

The Mount's on top of the world!



MOUNT SAINT VINCENT UNIVERSITY

ATHLETICS/RECREATION REVIEW, 1986-87

The Mount is on a roll! After an action-packed year, the Mount's intercollegiate teams have come out on top. 1987 was a year of superb sportsmanship, high-calibre athletics and outstanding teamwork.

The **women's cross-country team** was just one team that did the Mount proud. After winning the two meets previous to the provincials, they moved on to clinch the Nova Scotia College Conference provincial title at a meet held at the Nova Scotia Teacher's College on October 25, 1986.

Ann Cherry led the team of four runners by placing first in the ladies' division at all three meets. The team's strength was demonstrated further when the other three runners — Margaret Kenney, Melanie Van Crosson and Patti Strople — all placed in the top five at each meet.

The **women's soccer team** added another provincial championship (its 11th) to the victory list by defeating the Nova Scotia Teacher's College by a convincing score of 3-0 in the championship game. They went to the provincials with a four-wins, two-ties record and defeated the University of King's College in the semi-final game

by a 5-2 margin. And no less than four members of the Mount's soccer team — June Saunders, Kathy Naugler, Caroline Rodgers and Susan Murphy — were voted to the All-Conference soccer team. June Saunders was named Most Valuable Player in the conference as well.

The **women's volleyball team** continued its winning streak again this year with an amazing 16-0 win/loss record. After gaining experience through exhibition tournaments, such as the one attended by the team in early January in Quebec City, the team was ready for the Provincial Championships held here at the Mount on March 14 and 15. They beat the University of King's College in the finals to win the Nova Scotia College Conference title for the **seventh** consecutive year. The team travelled to Red Deer, Alberta, to represent the league at the Canadian College Athletic Association National Championships March 24-29 (results not available at press time).

Debbie Murray, Captain of the volleyball team, was named to the All-Conference team and Roberta Mentis named Most Valuable Player of the Conference. The Coaching Excellence

Award was given to co-coaches Howard Jackson and June Lumsden (her third in a row).

The **women's basketball team** improved greatly over the season. With a 0-2 win/loss record before Christmas, they went on to place second provincially. With several players back from last year, the team has grown together and played some really good basketball. While at the Nova Scotia College Conference Basketball Championships March 14, the team upset the first-place team (UCCB) in the semi-final play and lost to Nova Scotia Teacher's College in the final game by a score of 67-56.

Alison Sarty was named to the Nova Scotia College All-Conference first team and June Saunders and Nancy Rafferty were named to the second team. Saunders was also named Player of the Game in both the semi-final and final game and Coach Anne Lindsay was given the Coaching Excellence Award for women's basketball.

This year, the Mount competed for the first time in the **men's basketball league**. With Louis Gannon coaching,

the team's debut in the league has been positive. Just missing out on a play-off spot this year, the team can certainly look forward to another competitive season next year. Kevin Newcomb, co-captain of the team, was named to the first All-Conference team and Kevin Mettle to the second.

A successful season was also experienced by the Mount's **badminton teams**. The **mixed doubles** team of Gail Ingerfield and Paul Card placed second in Nova Scotia at the Provincial Title held at the Mount on March 8. And the **ladies doubles** team of Debbie MacDonald and Carry Mitchell won the Nova Scotia College Conference Badminton Championships. As a result, they represented Nova Scotia at the Canadian College Athletic Association's Badminton Championship in Edmonton, Alberta on March 17-23 (results not available at press time).

The quality of the coaching and training staff, the excellent performance of each athlete, and the enthusiasm of the fans all added up to the best year yet for Mount athletics — and a base from which even greater things can be accomplished in 1987-88.



Women's Volleyball (N.S. Provincial Champions) Back Row: Howard Jackson (co-coach), Roberta Mentis, Heather Selwyn Smith, Alexis Sinclair, Caroline Bray, Shelley Hipson, Danna Gernett, Kim Huard, Marsha Hickey, June Lumsden (co-coach). Front Row: Debbie Murray (captain), Donna Rice, Darlene Himmelman, Leanne Tanner, Juanita Mombourquette.



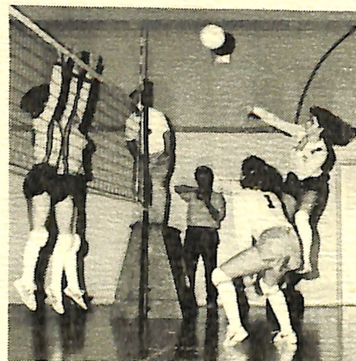
Women's Basketball Back Row: Kathy Naugler, Peggy Boudreau (asst. coach), Paula Sweeney, Judy MacNeill, Nancy Rafferty, Camilla Doyle, Ann Cherry, Barbara Goreham (manager). Front Row: Anne Lindsay (coach), Alison Sarty, Nancy Batchell, Lisa Robichaud, June Saunders.



Badminton Back Row: Rob Chisholm, Gail Ingerfield, Carry Mitchell, Bruce Croft (coach), Debbie MacDonald, Eric Boucher. Front Row: Ray Bourque, Paul Card, Wendy Cameron.



Cross Country (N.S. Provincial Champions) left to right: Patti Strople, Melanie VanCrosson, Peggy Boudreau (coach), Margaret Kenny, Ann Cherry.



Athletics/Recreation



Mount Saint Vincent University 1986-87



Women's Soccer (N.S. Provincial Champions) Back row: Jackie Brown, Caroline Rodgers, Melanie Russell, Kathy Naugler, Judy MacNeill, Kate Gillard, Carol Campbell. Middle Row: Barbara Goreham, Susan Murphy, Janis Croft, Ann Cherie Williams, June Saunders, Ann Cherry, Desiree Ward (missing, Danielle Farrell). Front Row: Kevin Marks (coach), Peggy Boudreau, Chris Moore (asst. coaches).



Athletics/Recreation staff: L. to R. Richard DeMont, Lynn Kazamel, June Lumsden, Pat DeMont, Joan Richardson, Janet Fenerty, Peggy Boudreau.



Men's Basketball Back Row Mike Grey (manager), Don Wheeler (asst. coach), Gerrard Flynn, Mike Sangster, Scott Verrett, Paul Henderson, Ray Burns, Rudy Kafer (asst. coach), Louis Gannon (coach), Kevin Marks (trainer). Front row: Kevin Nettle, John Doody (seated), Rod Blake, Keith Andrews, Kevin Newcombe.

Happy faces signify achievements for Athletics/Recreation staff

Pay a visit to the Athletics/Recreation Department and most likely you'll see the staff there smiling from ear to ear. And they have good reason. Not only did three of the six intercollegiate teams at the Mount bring home provincial championships this year, but the A/R staff witnessed many of the programs grow in size and popularity.

The intramural program was no exception, with at least 20 per cent more participation than last year. It follows, of course, that competition was keener. The women's intramurals held Monday afternoons were an example, with up to 50 players participating each week, compared to last year's 10 or 12. The large numbers have led to the development of some very good play.

Growth of the intramural program is especially pleasing to Athletics/Recreation Co-ordinator Pat DeMont, who says an important role of her department is to develop programs which provide opportunities for all students to participate in physical activities for fun and fitness.

"We have a really good opportunity for people to play here. Our intramural program is excellent — it's just growing and growing," says DeMont.

Indeed, the growth of the program has warranted the use of Vincent Hall gymnasium for some intramural sports, such as badminton, this year.

The A/R Department has also been using it for other activities, and has plans to make more use of the facility in the future.

For the benefit of its 150 residents, aerobic fitness classes have also been initiated at Vincent Hall.

"I'm pleased about it," says DeMont. "Now, the students up there not only have fun, but take part in fitness activities — and they don't even have to leave the building."

Self-Defense for Women classes, which are taught by women, are also held at Vincent Hall.

"There are still lots of people who should be taking advantage of it and aren't," says DeMont. "Women should know how to protect themselves, but for some reason, they don't worry about this until something happens."

The addition of Sunday night co-ed volleyball (on a drop-in basis) to the intramural program has proven very popular. Co-ed perimeter basketball (basketball with less body contact) has also been added to the intramural roster for the first time this year.

Another "first" for the A/R Department took place in January — Celebration '87. This workshop for fitness leaders interested in learning new concepts and trends was a huge success, with Pierre Chartier as the main presenter, followed by Anthea Bellemare and Janet Fenerty.

"Fitness instruction can get very boring, so instructors sometimes need something to charge them up," says DeMont. "We had 50 participants and received some great feedback on the presentations."

This year's For the Run of It was bigger and better than ever, which, of course, meant more money was raised for Adsum House and for the athletics program. The day was beautiful and sunny and approximately 150 people ran to support the cause to the tune of about \$2,400.

The A/R Department is pleased with the increase in popularity of the weight room during the past year. Those interested in aerobic work-outs for cardiovascular purposes now have at their disposal a Nordic track, a rowing machine and stationary bicycles.

Twenty-five members have signed up for weight training clinics since September. The clinics have become increasingly popular since the acquisition of the Global Gym equipment, which means the weight room now has a full complement of stationary weight equipment.

As far as the A/R staff is concerned, they are happy that this year has had so many successes, but it's all in the line of duty. "Really, whatever people want, we try to provide," says DeMont. "Our motto is: 'Something for everyone at the Mount.'"



Taking fun and games seriously

There is a group of students on campus who take their fun and games very seriously — so much in fact that they took over where the budget for the games room left off.

The newly formed Games Room Club has already raised enough money to buy a dart board and equipment, as well as new billiard cues for the university's games room.

"It shows the initiative of students contributing to the facilities of the university and meeting the needs of other students," says Athletics/Recreation Assistant Joanne

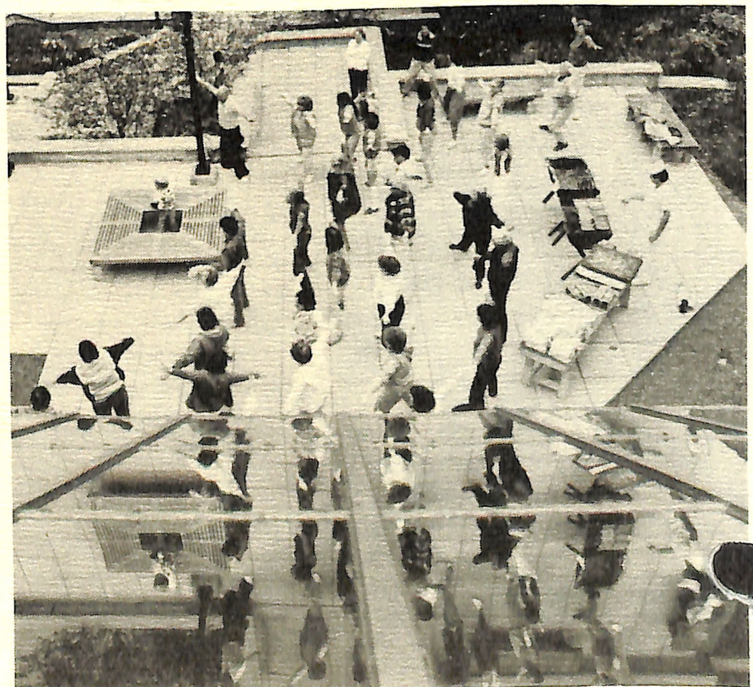
Burns-Theriault.

The students realize their main interest — that of buying a new billiard table — is financially out of reach for now. Although the old table is still useable for free, they have rented a better quality, coin-operated table. Next year, the group hopes to obtain recognized status from the Student Union in order to receive further financial assistance.

"The Games Room Club is helping the facility as well as themselves and being successful at it," says Burns-Theriault. "They've stuck together."



Alison Sarty reaches high during a jump ball in a basketball game against N.S. Agricultural College.



A group of energetic exercisers warm up at the Mount's Fitnic held in May as part of National Physical Activity Week.