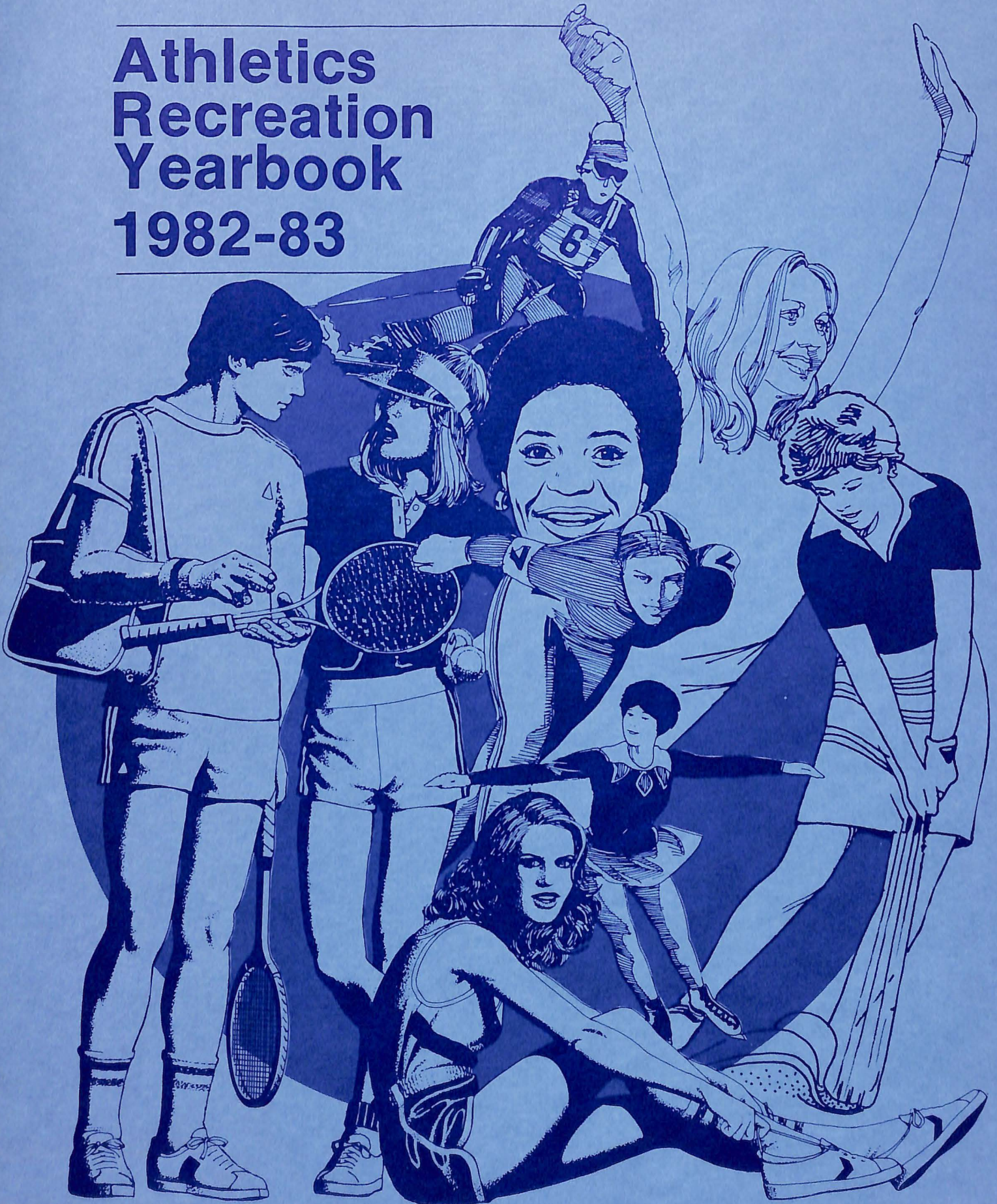


Athletics Recreation Yearbook 1982-83



President's Message



For the first time in the over one-hundred-year tradition of this educational institution, we are able to provide at Mount Saint Vincent University, athletics and recreational facilities that truly meet the needs, not only of our students, but of our faculty, staff, and surrounding community neighbours. In opening our new Rosaria Centre, we are providing the facilities necessary to develop real physical fitness and recreational interests.

The goal of Mount Saint Vincent University is to graduate students who are sound in mind, body, and spirit. Athletics and recreation are as much a necessity in the development of a whole person as intellectual, moral, and ethical training; for the conduct of persons in their sports and social lives is a very real test of character. At the Mount we hope to provide the leadership which encourages all to participate, since it is involvement that matters, not winning.

Competitive sports certainly have a place, but much more important than playing for the sake of winning, is playing for the sake of well-being.

Mount Saint Vincent University, then, attempts to provide a variety of opportunities to develop health and physical fitness in line with emotional stability, intellectual alertness, and professional training. It is my hope that every student at the Mount can get into the true spirit of holistic living.

E. Margaret Fulton,
President

Athletic/Recreation Staff



Front: Joan Richardson
Back: Jan Jebson, Joanne Burns, Pat DeMont, June Tanner, Julie Nolan

The Athletics Recreation office has enjoyed a very successful year. Now that we have settled completely into the Rosaria Centre, we have put in place a fine assortment of activities which we believe provides something for everyone. This year people seemed to take a keener interest in their personal fitness and thus, participation in activities and general use of the facility has increased noticeably.

For those who like the pressures and excitement of competition, there are intercollegiate sports. This year's volleyball, badminton and soccer teams showed outstanding skill, poise and dedication to their respective sports. All the Mount teams continued in the tradition of being a tough opposition on any playing surface, be it ice, grass, or gymnasium floor.

For those who wanted to play games and have some friendly competition, the intramural program offered a variety of sports. Intramurals tend to be more social than competitive but still offer a

good opportunity for people to display their skills.

Instructional programs were wide and varied this year. Sport skills, self defense, ballet/jazz, yoga and aerobic exercise were among those offered. The noon time aerobic exercise was a big favorite with everyone. The programs offered people a chance to improve their physical fitness with the assistance of a qualified instructor so that they may continue on their own time.

The 1982/83 year saw the start of a few new things at the Mount. In January, Athletics Recreation sponsored a "Welcome Back Week" to get people involved in recreation for the New Year. Also, a week of fitness testing was held to evaluate personal fitness levels. Both weeks proved to be very successful.

Looking back over this past year, we believe we have succeeded in making fitness a great concern of Mount Saint Vincent University students, faculty and staff. We also believe that we have managed to provide a healthy atmosphere to pursue fitness and most of all have fun doing it.



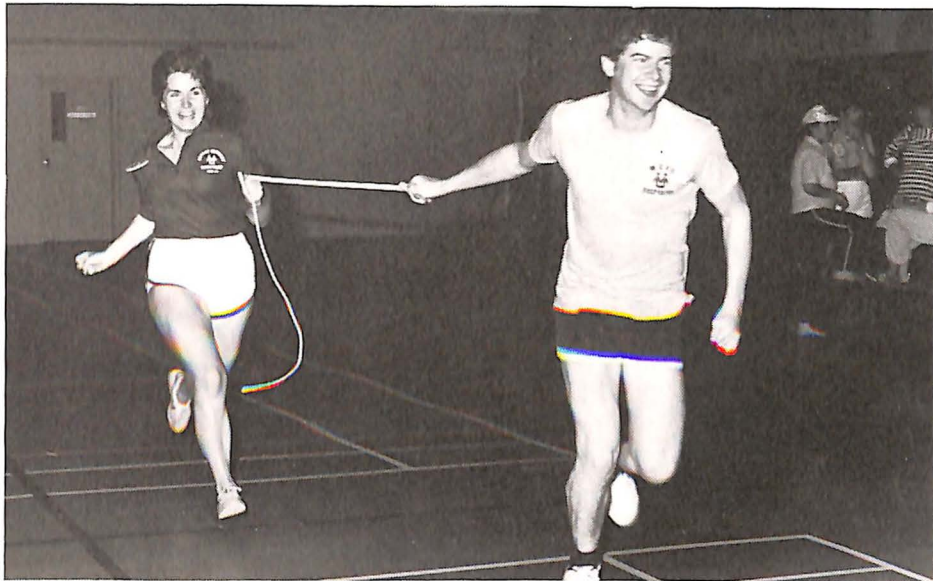
Student Assistants
Front, from left: Dawn Matthews, Debbie Dagenais, Karen Mills
Back, from left: Earl Williams, Ann Hanrahan, Frank DeMont

Ever wonder what mysterious forces are responsible for putting up the volleyball nets, changing the gym from badminton to basketball or supplying cues and balls for the pool table? Well, the forces aren't that mysterious—it's the equipment control staff. Those people who sit tirelessly in that little room near the gym.

They are all students employed by Athletics/Recreation to distribute equipment to gym users as well as set the gym up for the activities scheduled. They are an important part of the working mechanism of the Athletics Recreation Office. Without them, chaos would most certainly result. So thanks to Earl, Wes, Frank, Karen, Debbie, Anne and Dawn.

Pat DeMont
June Tanner

Activities Day (Orientation) Fall 1982



Debbie Speers and Earl Williams



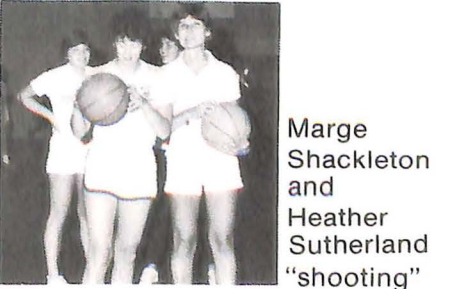
Betty MacDonell and Jerry Shea



Janice Harvey



Presentation of prizes—Sheri McKillop and Dr. Pauline Jones



Marge Shackleton and Heather Sutherland "shooting"

Joggers Club Soccer 82-83



Front (L to R): Heather MacKay, Brenda MacKinnon, Sue Murray
Back: Carol Finke, Sheila Bell



Front (L to R): Karen Toupin, Heather MacKay
Back: Beth Jarrett, Brenda MacKinnon, Bev Scott, Carol Finke



Brenda MacKinnon, Bev Scott, Nancy Weatherhead.



Front, from left: Johanne Arseneault, Leila Hiltz, Rachael Bachman, Carrie Morrison, Janet Porter, Charlene Whittier, coach Neil Blanche
Back, from left: Sharon Doucet, Carolyn Sutherland, Ann Legere, Brenda Cosman, Karen Murnaghan, Nancy McDurmid, Sharon Digden
Absent: Diane Shaw, Nancy Lyons, Debbie Dagenais, Kim Davis

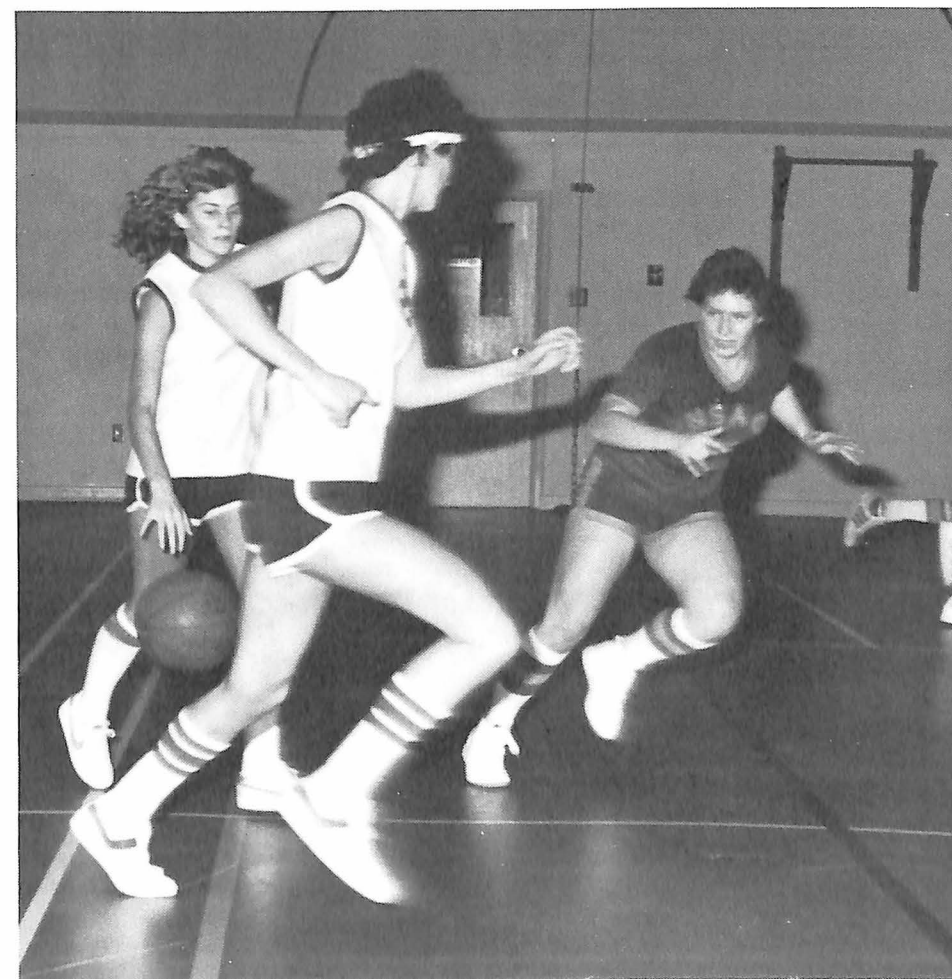


Women's Basketball Team

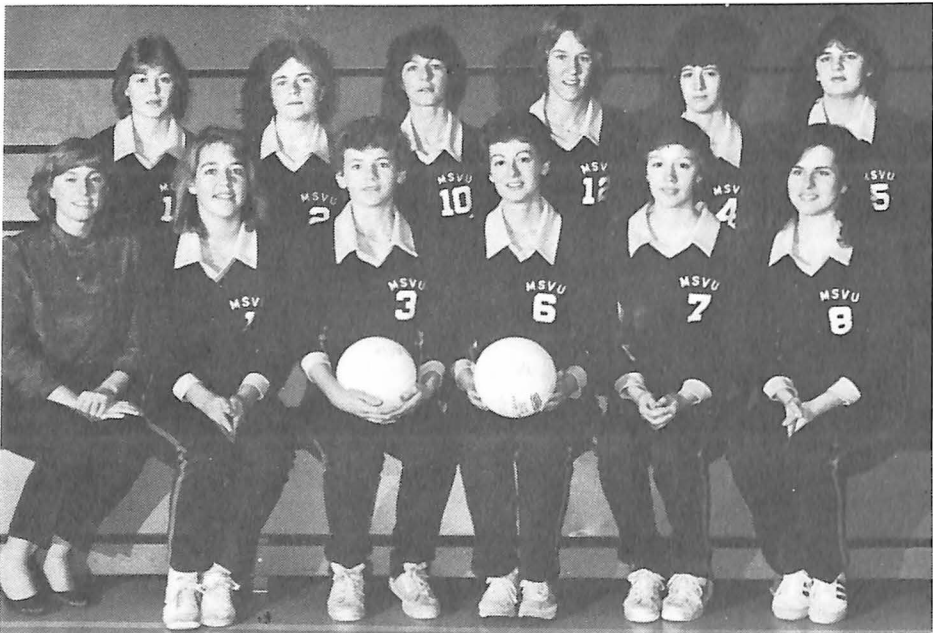


Women's Basketball Team

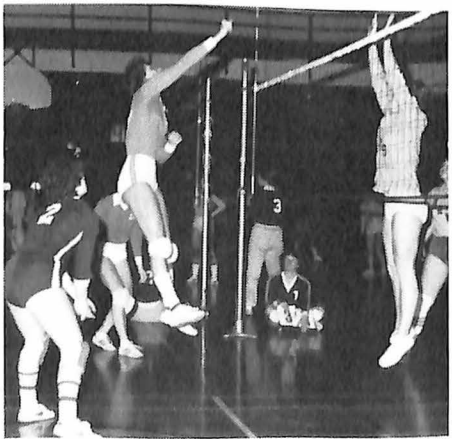
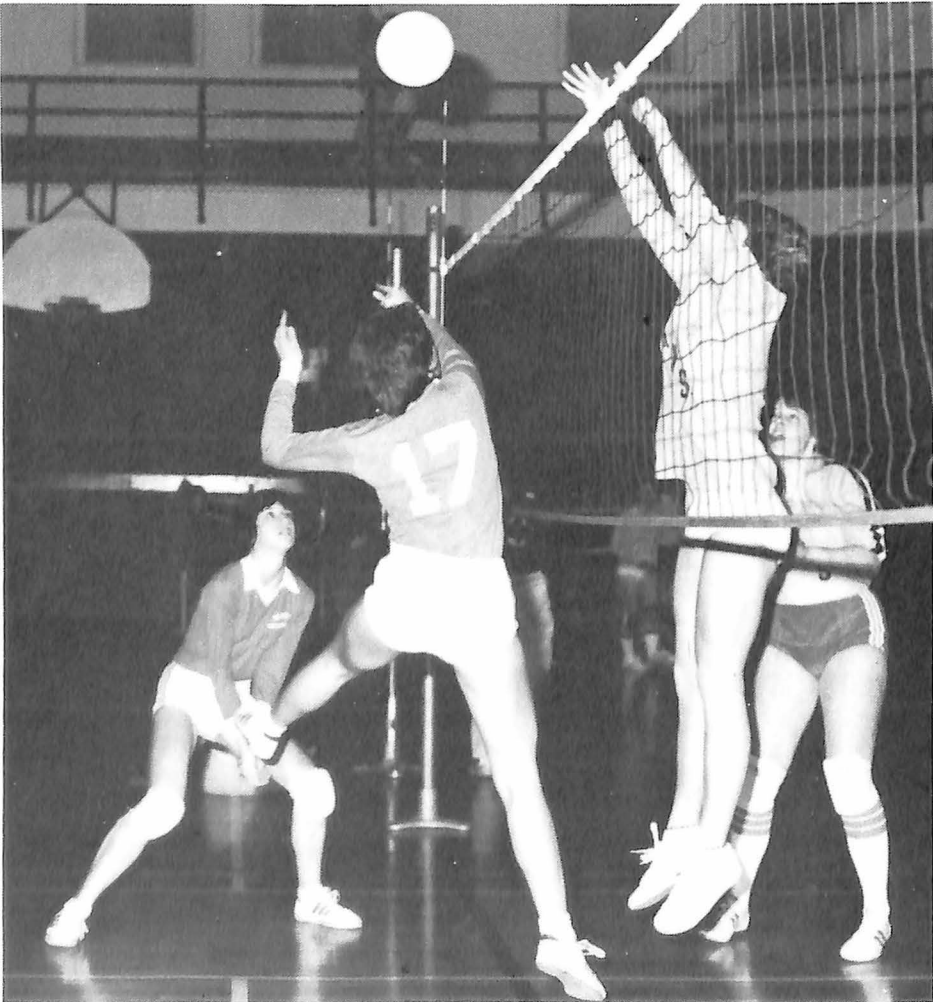
Front, from left: Carol Leslie, Kelly Bryan, Suzanne Karis, Janet Porter, Andrea Brinton, Jan Thomas
Back, from left: Jocelyn Isenor, Debbie Crozier, Cheryl Boudreau, Alice Sandall, Teina Creelman, Joanne Armstrong, Ruth Mills; Manager, Tom Pattillo; Coach



Volleyball Team



Front, from left: Coach June Tanner, Lisette LeBlanc, Sally Hanham, Jacquie Melanson, Judy Kliener, Margaret Glover
Back, from left: Loretta Melanson, Deanna Phalen, Joyce Ledwidge, Nanette Elsinga, Betty MacDonnell, Patty Brennan



Badminton Team

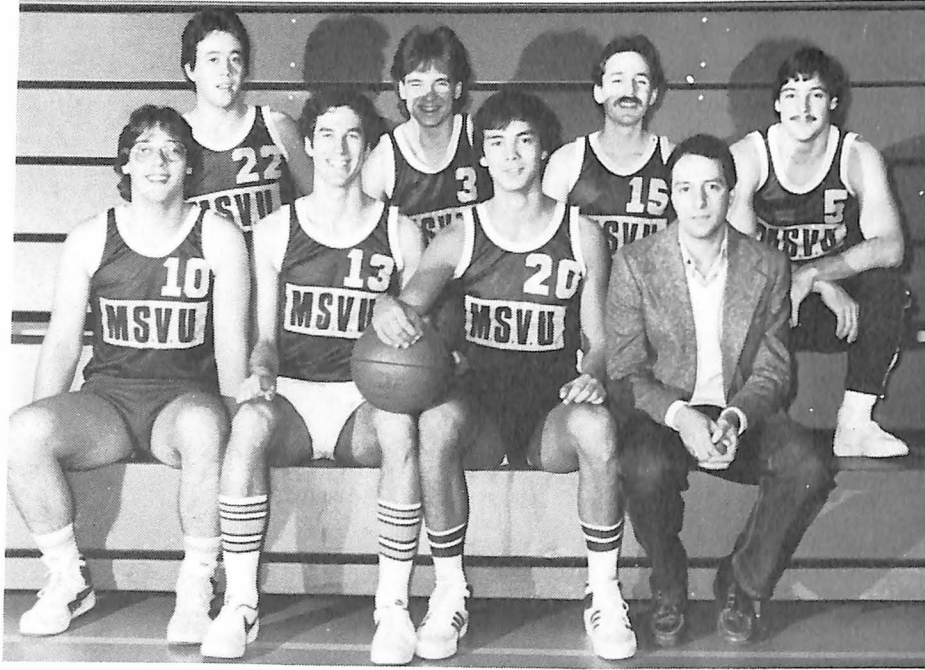


Front, from left: Anita Sundaram, Karen Toupin, Heather MacLean, Ann Hanrahan, Sheri McKillop
Back, from left: Duey Squires, Jerry Shea, Dave MacKinnon
Absent: Coach Jim Grosvenor, Eduardo Espejo and Wei I. Gim

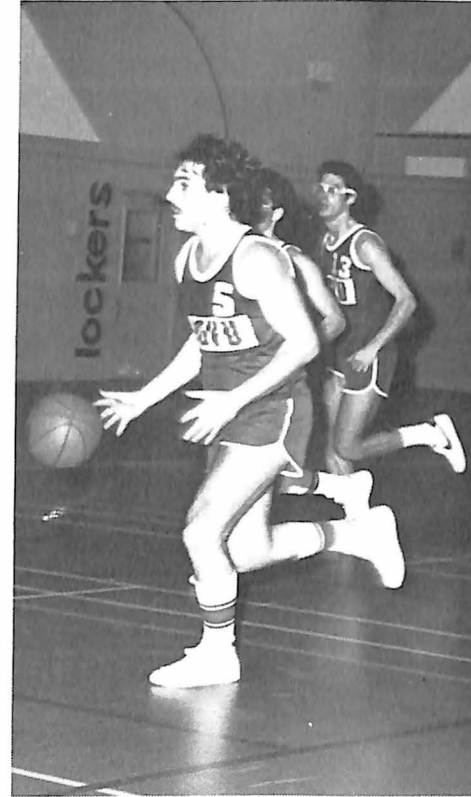
Hockey



Men's Basketball Team



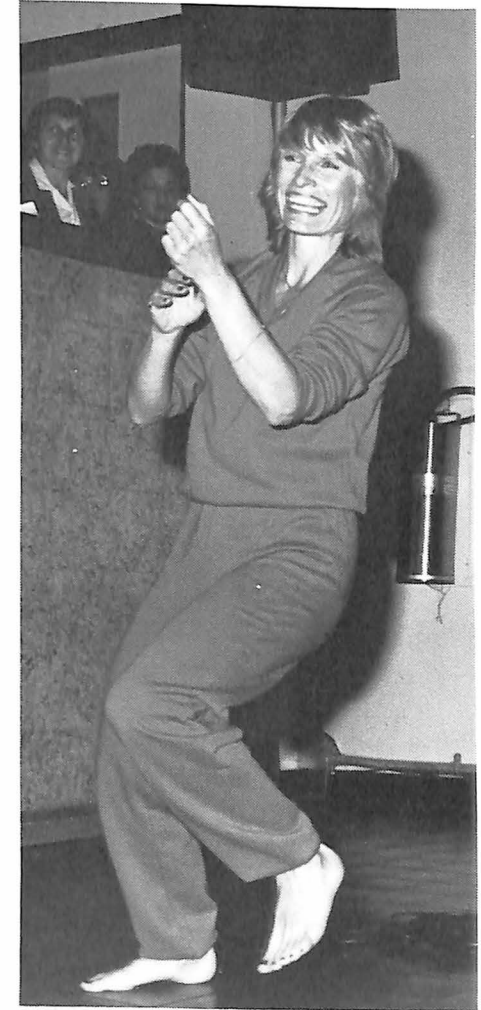
Front, from left: Stuart Bailey, Dave Cushing, Doug Betts, Coach Joe Teichman
Back, from left: Frank DeMont, Rob Chisholm, Bruce Backman, Richard Theriault



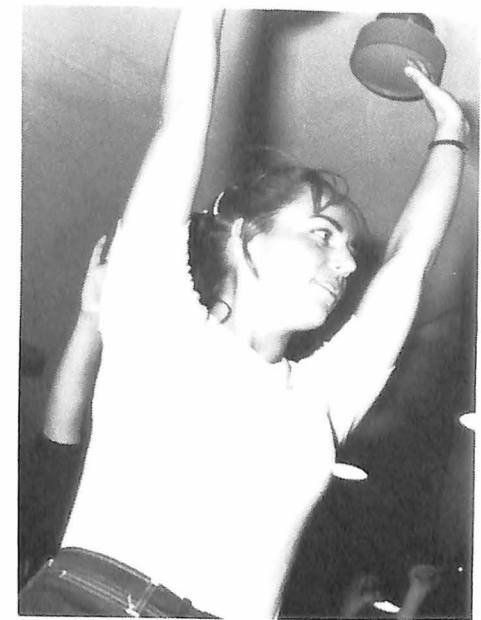
Folk Night Orientation 1982



Instructors: Jane Edgett, Pat DeMont, June Tanner, Suzanne Lethbridge



Suzanne Lethbridge



Mary Reynolds

Mount Saint Vincent University 1982-1983





Mount Saint Vincent University

Activity For You Have you accepted the challenge?

The MSVU Athletic and Recreation Department is wondering if you have accepted the challenge. The challenge goes out to all students, faculty, and staff of MSVU to show that you are concerned about your personal fitness. They are challenging you to get involved and participate in at least one physical activity for a minimum of 15 minutes each time. The activity should be strenuous enough to increase your heart beat and it should be continuous. You can do this on your own or as part of a group. If you should decide to take part, a group party is being planned for everyone when the challenge is over.

To become involved, drop by the gym and sign your name to the growing list of participants. The people at the Athletic Department think you will be glad that you did.

Page 3, The Picaro, November 16, 1982

SPORTS COMMENT Positive attitude prevails

by Craig Monroe
Staff Reporter

There is a very positive attitude around the Athletic Department these days about the future of athletics at MSVU. The reason for this attitude is simple: the program has been poor in the past, but it has been improved. Much of this improvement is coming from the MSVU sports program is expanding. The addition this year, of a men's basketball team will greatly add to the program. This team will have a chance to play in a city league with many teams being played in the Mount gymnasium.

There is also a soccer team on the horizon. It is too late in the year to get one started this year but if enough interest is shown some exhibition games could be played. And of course there is the hockey team. Although in the future it is now uncertain our Athletic Department and one of

Page 11, The Picaro, January 25, 1983

SPORTS Badminton team victorious Welcome Back week a success

by Craig Monroe
Staff Reporter

The MSVU Badminton Team came back victorious from a tour of two weeks in the U.S. and Canada. The team had a record of 10 wins and 2 losses. In the first round, they defeated the University of Toronto. In the second round, they defeated the University of Waterloo. In the final round, they defeated the University of Guelph. The team's success was due to their hard work and dedication.

Page 12, The Picaro, January 25, 1983

SPORTS Volleyball team flying high in first place a unique game

by Craig Monroe
Staff Reporter

The Volleyball team is flying high after another victory in regular season play last Monday night. The team is in first place with a 5-0 record. Monday night's win over Saint Mary's was a 15-2, 15-5 and 15-4 in the best 3 out of 5 sets. The team's success is due to their hard work and dedication.

Page 13, The Picaro, January 25, 1983

SPORTS Athletics department heads up new programs

by Melaine Smith
Staff Reporter

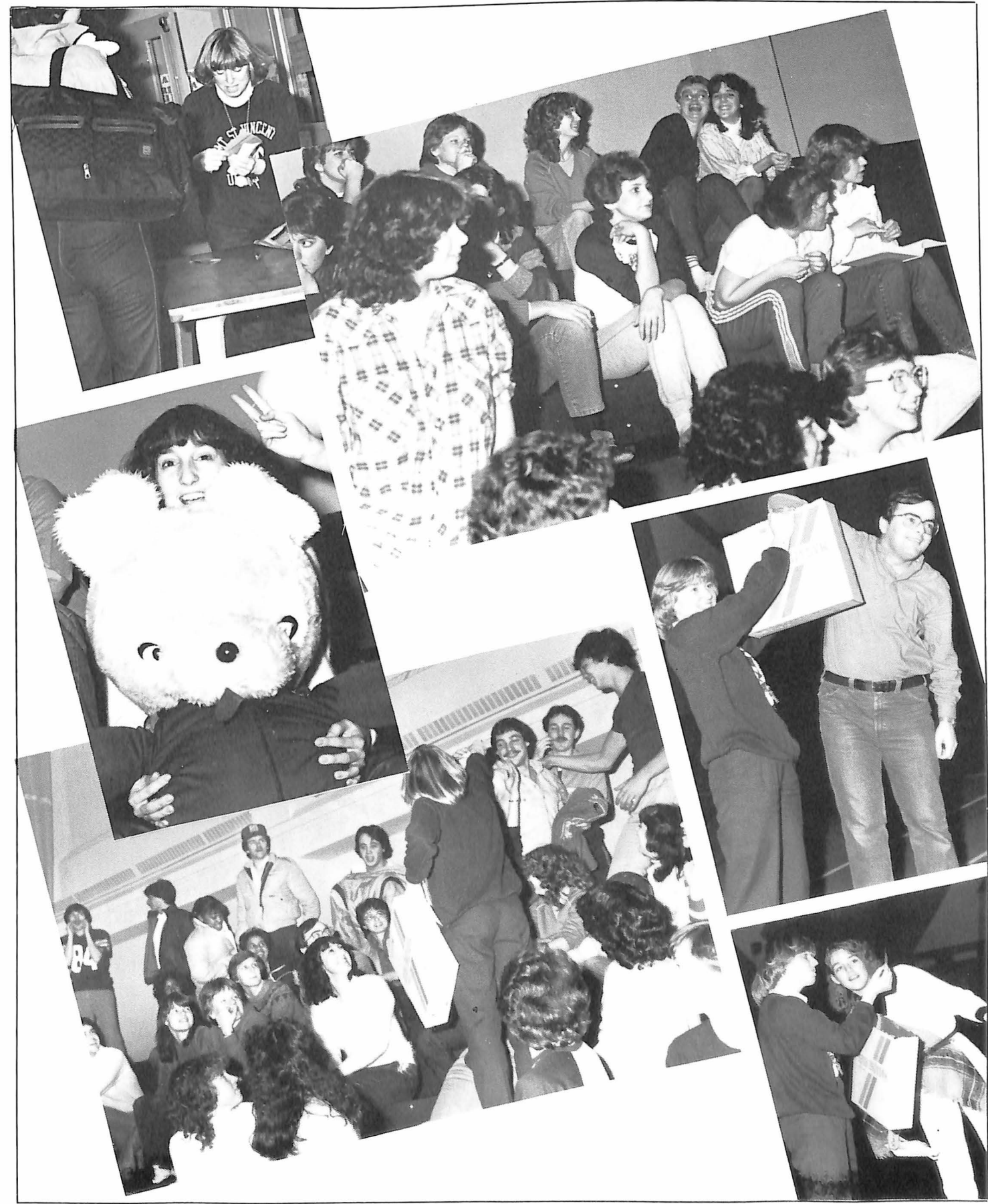
In recent years the safety of women has become a concern of MSVU. The Athletics department is now offering a self-defense course for women. The course will help women prepare themselves for a situation they may encounter. It will teach them physical, verbal and mental defense methods available to them against an attacker.

SPORTS Athletics/Recreation Badminton team victorious

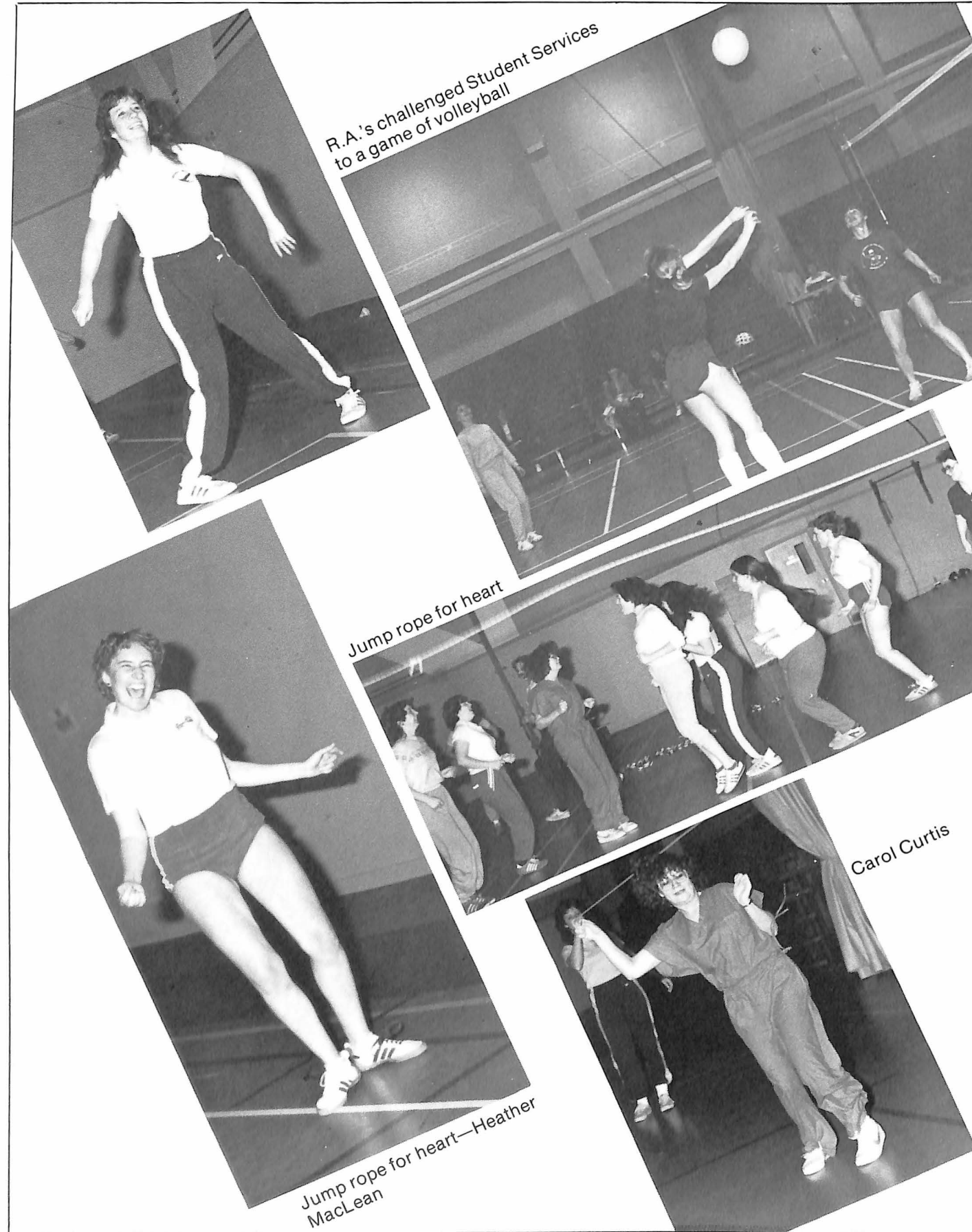
by Melaine Smith
Staff Reporter

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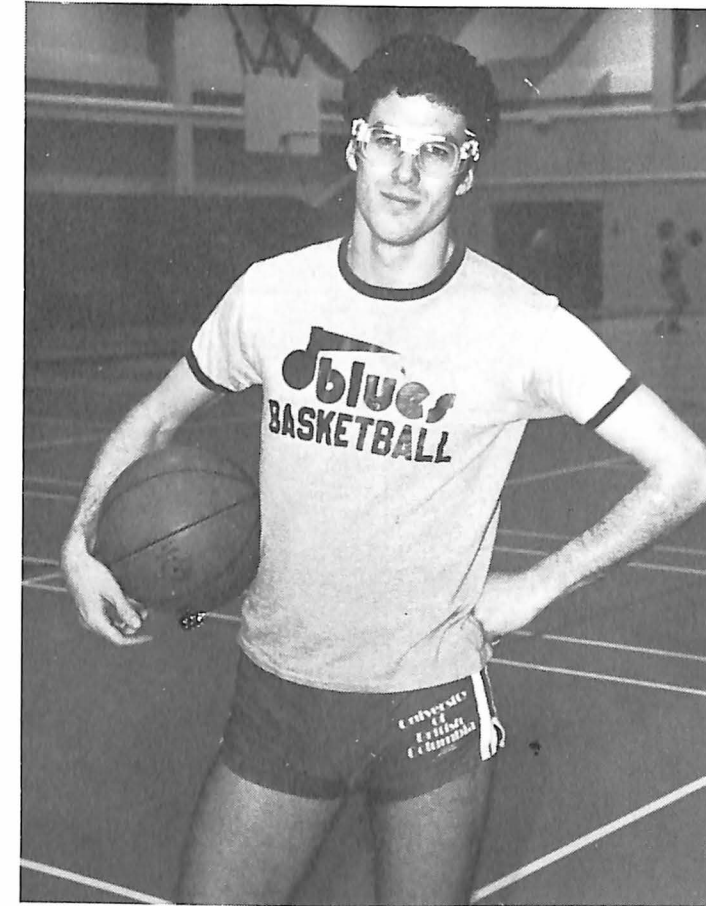
Booster Night



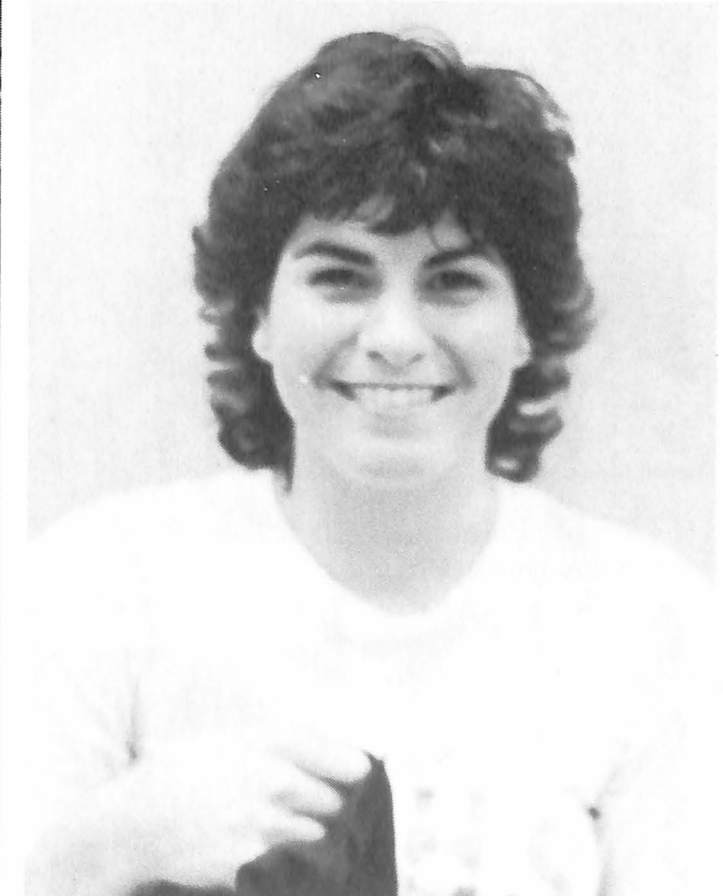
Welcome Back Week January, 1983



Some Outstanding Athletes



Basketball
Dave Cushing



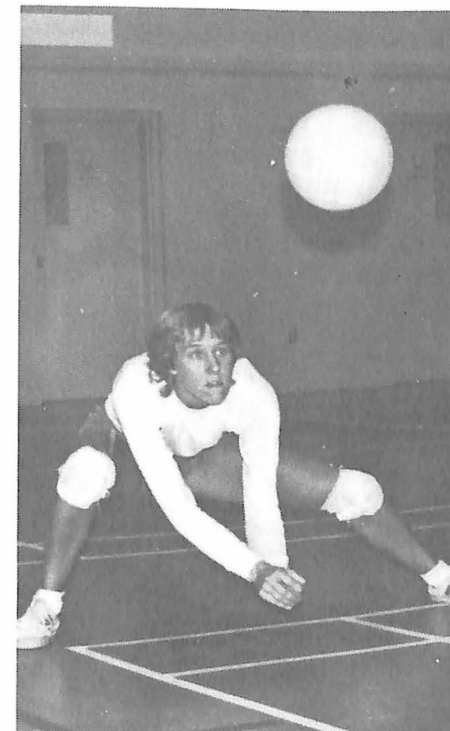
Basketball
Suzanne Karis

SUZANNE KARIS, a second year student from New Glasgow has been selected the Athlete of the week. The Nova Scotia College Conference Women's Basketball statistics were released earlier this month and Suzanne was on the top of the list. The 5'4" guard had an average of 19.2 points per game. This is her second year on the team and first as the team captain. The intensity and dedication she plays with is typical of the entire team.

EXERCISE!

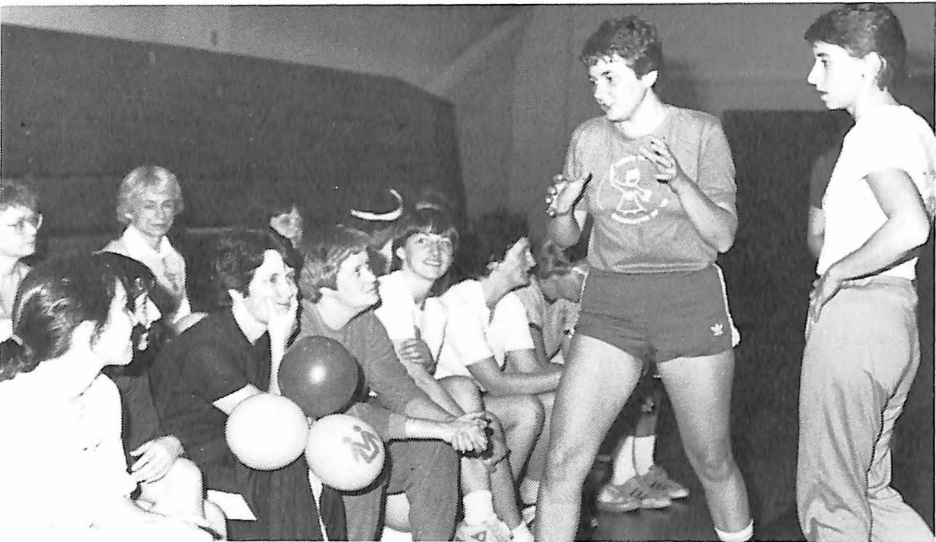


JOIN A CLASS NOW



Volleyball
Nanette Elsinga

Alumnae Antiques v.s. MSVU



Alumnae Antiques 1983



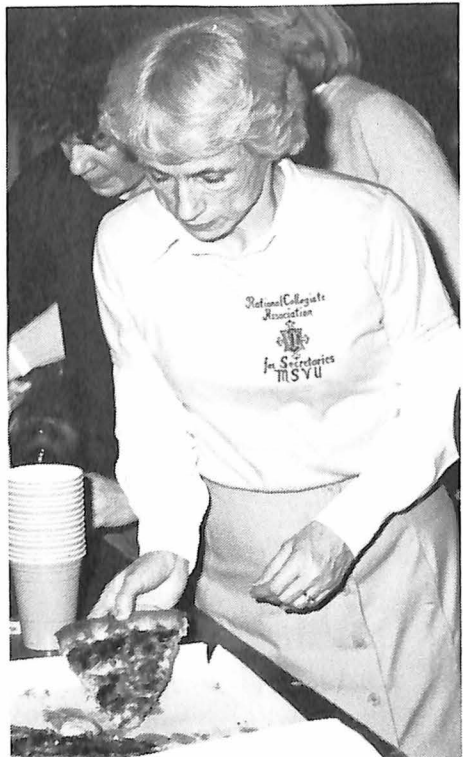
Fulton led the charge




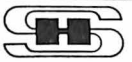

Pizza party after the fun and games





Moore-Uhl
Outstanding player





June O'Brien
"Well she showed up didn't she"

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