



Mount Saint Vincent University

ATHLETICS / RECREATION

Review

APRIL 1994

A Special Supplement to Campus Connection

Moving into the '90's: Athletics/Recreation Programs and Facilities are Better than Ever!

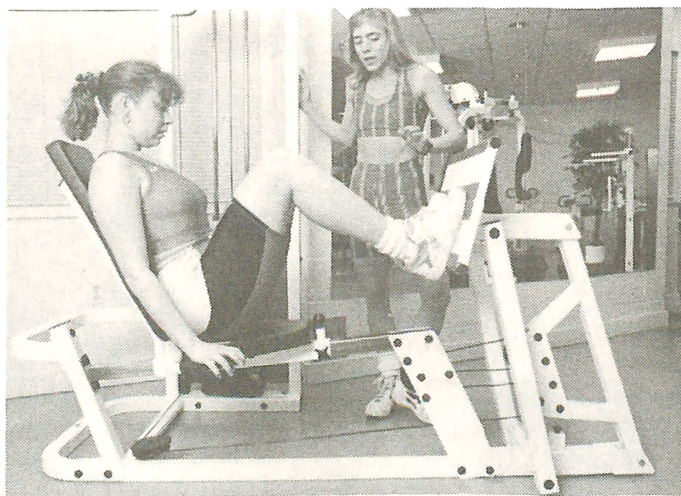
1993-94 was a year of building and rebuilding for the Athletics/Recreation department -- renovations, new equipment and the introduction of innovative programs have given the facility a whole new look.

"We're really moving into the 90's," says June Lumsden, Athletics / Recreation Director. "Thanks to extensive renovations, and changes and additions to existing programs, we now offer the Mount community a state-of-the-art fitness facility."

The first phase of renovations was completed last summer, when the weight and exercise rooms were completely overhauled, thanks to a generous donation from Pepsi Cola Canada Beverages. The weight room was moved into the space previously occupied by the games room and the exercise room was expanded. The result is the Pepsi Weight/Conditioning Centre, with increased space and a more pleasing environment. Five new pieces of equipment were brought in, including stairmasters, lifecycles, and the user-friendly Pacific weight training equipment -- a first in Atlantic Canada!

Since the opening of the Pepsi Weight/Conditioning Centre, there has been a marked increase in facility use over the past year.

"For the last five years, we have seen a 10-15% increase per year in the number of people using the facility," says Lumsden. "This year, weight room use is up by an incredible 33%! By the end of the year we will have had more than 50,000 people going through our doors."



The New Pepsi Weight/Conditioning Centre features state-of-the-art equipment and a relaxed, comfortable atmosphere. Fitness Co-ordinator, Ruth Vesterback explains the functions of the new Pacific weight training equipment to a facility user.

Other changes brought in over '93-'94 have been expansions and additions to fitness programs. The Mount now offers more than 30 fitness classes a week and was the first in Atlantic Canada to offer the latest fitness craze, SLIDE AEROBICS. This year also saw the Mount initiate a fitness program on TV called "Fit for You", which is aired three times a week on Shaw Cable.

"We are trying to stay on top and ahead of the fitness industry," says Fitness Co-ordinator, Ruth Vesterback. "At the same time, we want to make fitness as easy and accessible as possible to as many people as we can, especially women."

Athletics/Recreation caters its programming to promote the idea of Active Living, that fitness should be a lifelong pursuit for everyone, young and old. In doing so, they have introduced family and spousal rates for facility memberships and continue to offer specialty programs such as ElderFit, Kids Fitness and free babysitting service during morning fitness classes.

Attendance in fitness classes has increased a booming 50% in the last year, which Vesterback attributes to the focus on quality programming.

"Although participation is increasing, our classes are still personal," adds Vesterback. "People aren't just numbers here, they have names. We try to get to know everyone who comes through our doors."

Review continued on page A-4

Women's Basketball



Women's Basketball (l-r) back row: Audrey Norman (assistant coach), Heather Frederick, Pam McCulloch, Andrea Hill, Tanya MacIntyre, Mindee Walker, Maria Gough, Patsy Pyke (head coach); front row (l-r) Line Sletvod, Danielle Weatherbe, Trish Whynott, Melissa Stevens, Angie Langille.

Competing in the strongest league to date, the women's basketball team, with only two returning players and talented rookies, finished fourth place in regular season play. With an 11-10 win/loss record for the season, the Mount traded games with almost every team in the league. Advancing to the NSCAA championships at Nova Scotia Agricultural College, the Mystics lost in the semi-finals to first place Saint Thomas University, who later went on to win the title. First year player Pam McCulloch from South Colchester High School was chosen NSCAA Rookie of the Year and named to the NSCAA All-Conference Team.

Men's Basketball



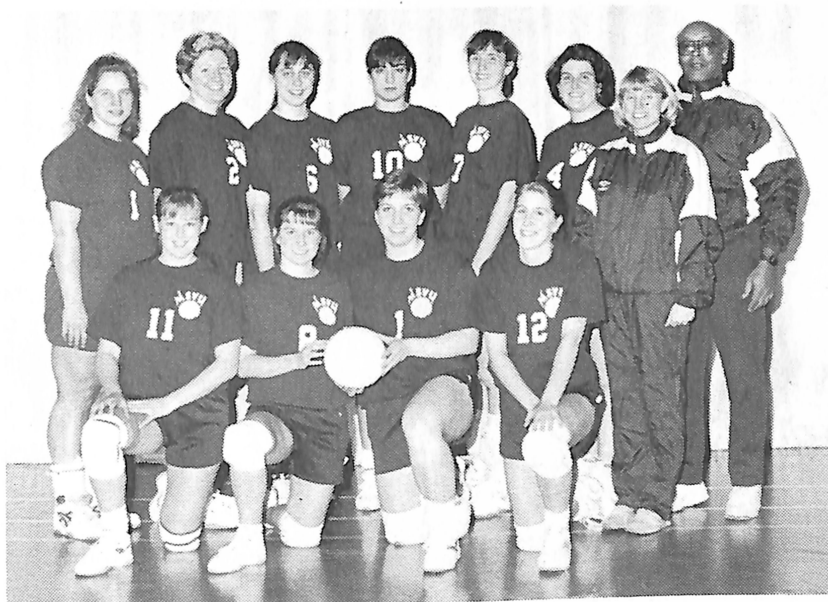
Men's Basketball (l-r) back row: Todd Hirtle, Ray Adekayode, Jason Croteau, David Brien, Craig Miller, Steve Sampson, Mark Clarke, David Wilson; front row: Andy Stanley, Tony Ross. Missing are Paul Bromby, Rick Plato (coach), Andrea Plato (manager), Andrew McNeil (assistant coach), and Mark Forward (assistant coach).

The Mystics Men's Basketball team, three time NSCAA champions, began the year with a mostly new squad. With hard work, discipline and determination, 7 rookies and 4 returning players secured first place in regular season play with a 11 win and 7 loss record. Advancing to the NSCAA championships in Truro, the Mystics handily defeated the home team, Agricultural College in semi-final action. In the championship game, they lost a close but exciting match to a determined squad from Saint Thomas University to finish second place in the conference. At the NSCAA banquet, fourth year player Tony Ross was selected to the NSCAA All Conference Team and rookie Mark Clarke from Horton High School, was named NSCAA Rookie of the Year.

1993-94 Male Athlete of the Year: Tony Ross, Men's Basketball

Tony Ross, a fourth year student in the Bachelor of Business Administration program is a native of Bridgewater. Ross, the 1992-93 NSCAA league MVP and All-Canadian nominee, led the Mystics to a first place finish this year in regular season play. A three-point specialist, he averaged 16.4 points per game, making him one of the top scorers in the league and earning him a space on the NSCAA All Conference Team. Ross is a Co-operative Education student and is currently on a work term with Revenue Canada.

Women's Volleyball



Women's Volleyball (l-r) back row: Hope Carr, Nicole Dakin, Krista Naugler, Renee Fournier, Lynda Shovellor, Natasha Hurley, Howard Jackson (head coach); front row: Kellie Dykstra, Angie Garner, Rachel Browne, Andrea Hurley, June Lumsden (assistant coach). Missing is Brenda Toner.

The Mystics Volleyball team had another successful season this year, finishing first place in regular season play and taking the NSCAA championship banner for the 11th time in 13 years. With an impressive 21 win and 3 loss record for the season, the Mystics had little trouble defending their title at the NSCAA championships, defeating Teacher's College and Universite Saint-Anne in three straight sets. Travelling to CCAA Nationals at the Southern Alberta Institute of Technology in Calgary, they finished in 7th place with a 1-3 record. For the second time, senior player Krista Naugler was selected MVP of the league and was nominated All-Canadian.

Women's Soccer



Women's Soccer (l-r) back row: Patsy Pyke (head coach), Shelley Snair, Kyla Inness, Shauna Whitman, Cheryl Banks, Lindsay Jones, Janice Major, Michelle Rowe, Lesley Coolen; front row: Denise Elliott, Wendy Curtis, Maeribeth MacDonald, Kim Christie, Wendy Spence, Stephanie Farrell, Ginette Malay.

This year, the Mystics fielded a young team of eleven rookies and only four returning players. The strength of this young group was evident as the team completed the regular season with five-wins, five ties and only two losses. Entering NSCAA playoffs in fourth place, the Mystics were defeated by long-time rival, Teacher's College in a tough semi-final game. Senior player Shelley Snair was once again named to the All-Conference team.

1993-94 Female Athlete of the Year: Krista Naugler, Women's Volleyball

Krista Naugler is a fourth year Bachelor of Science major who has proven her versatility both on and off the court. Averaging 8 kills and 6 blocks per game, she is one of the most dominating players in the NSCAA. She was selected MVP of the league this year and was named to the Canadian Colleges All-Canadian Team for the second consecutive year. Naugler is also a merit scholarship recipient at MSVU and for the second year in a row, was awarded a CCAA Academic All-Canadian for combining excellence in Athletics and Academics.

Co-ed Badminton



Co-ed Badminton (l-r) back row: Gail Lomas (assistant coach), Marco Tejada; middle row: Katherine Lo, Joeline Conrad, Gaston Renault; front row: Karen MacGilvary, Trudy Doucet, Mike Hingston (head coach), Kim Christie, Shawn Leamon. Missing is Brian Doucet.

At the 1994 NSCAA Badminton Championships, the Mount team placed second overall. Among the performers for the Mystics, were Marco Tedjada and Shawn Leamon, who captured the Men's Doubles title for the third year in a row. Also winning for the Mount, was Kim Christie who took the Women's Singles Championship. All three players travelled to the CCAA National Tournament, held this year at NSAC, in Truro. Both the Mystics Men's Doubles and Women's Singles team finished a respectable fifth place, after some very close and tough matches.

Review continued from page A-1

To encourage involvement at the community level, the Athletics/Recreation department once again sponsored the annual For the Run of It Fun Run last fall to raise money for Adsum House and held a fundraiser for the Ryka Rose Foundation, a national organization that supports prevention, treatment and education programs to help end violence against women. This year, A "Slide-a-Thon" was held in March that raised \$500 for the Foundation.

Campus Recreation had a very successful year, with an overwhelming response from the university and external community. Instructional classes such as T'ai Chi, Yoga, Line Dancing, and Wendo and SHARP self-defense courses were full, while intramural programs continued to be popular. Participation in traditional activities such as Badminton, Co-ed Volleyball and Basketball was high, and two new programs, Ultimate Frisbee and Co-ed Rugby, were also well attended.

Throughout the year, the Athletics/Recreation Council helped

organize many events for the student body, including two Martock Ski Trips, society volleyball tournaments, bowling leagues, mountain biking, cookie bake-offs and much, much more.

The Recreation office made an extra effort during '93-'94 to identify potential student leaders and to provide these students with training and leadership opportunities. The office established the Council of Societies, a new committee made up of representatives from various societies on campus who met on a monthly basis to discuss common projects, share information, and receive leadership training. The response from all student leaders was positive, and thanks to their direction, more than 500 students participated in Recreation programs this year.

Another new initiative from the Recreation office was the school spirit squad called the Bleacher Creatures. This energetic group of students led the cheers at many of the varsity games, encouraging the home team to victory.

1993-94 has seen Mount Athletics/Recreation move into the 90's and beyond. Next year will bring more changes that will make the facility even better. Additional renovations to the facility are in the works, more equipment will be brought in, and improvements will continue to be made to fitness and recreation programs.

~~~~~

A special Thanks to **Pepsi Cola Canada Beverages** for their continued support of Mount Athletics/Recreation and for helping make the Pepsi Weight/Conditioning Centre a reality.

Thanks also are extended to:

Halifax Office Products  
Cleves Sporting Goods Ltd.  
Oland Breweries Ltd.  
Thrifty Car Rentals  
Edgecombe Sports Ltd.  
Air Canada  
Moosehead Breweries Ltd.  
Tall Ships Art Productions Ltd.  
New Order Screening  
Milk Maritime  
CanMed Surgical Supplies

**We greatly appreciate your support!**