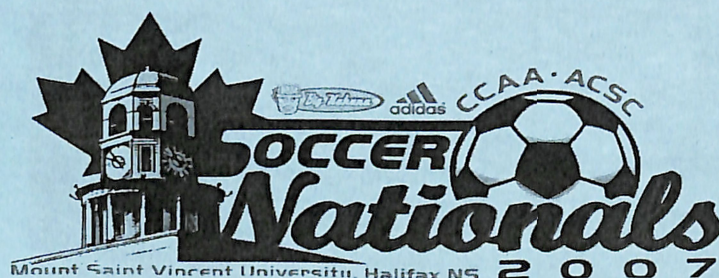


►► November/December 2007

mystics

athletics & recreation

newsletter



Hosted by MSVU

2007 Big Kahuna / adidas

CCAA Soccer Nationals

November 7-10

Halifax Mainland Common

www.msvu.ca/soccernationals

Mount Saint Vincent University is the Host of the 2007 Big Kahuna / adidas CCAA Soccer Nationals with teams participating from British Columbia, Alberta, Ontario, Quebec and the Maritimes.

Nov. 7 – 9 Game Times: 10:30am & 1:00pm

The Atlantic Colleges Athletic Association winners (for Men and Women) start play at 10:30am on the 7th. Come & cheer on your Mystics!

The Bronze Medal Game Nov. 10th at 11:00am

Gold Medal Games Nov. 10th at 1:30pm(w) & 4:00pm(m)

Ticket Prices: Adult \$5, Students \$2, Under 12 yrs is free



REMEMBER TO VOLUNTEER

Be a part of this inaugural event. Contact Joanne Burns-Therriault at 457-6369 for further information or joanne.burns-therriault@msvu.ca

To Sign Up For A Committee:

come to the Ath/Rec Office located in the Rosaria Student Centre, Room 127.



Women's Soccer

The women's soccer team ended the 2007 season in 2nd place with 9 wins, 1 tie and 2 losses. The team finished the regular season strong as they look to take on the Nation's best at the CCAA National Championships on November 7th – 10th. The team will look to ACAA leading scorer Deidre Gormley to lead the team as they focus on taking home a National title in front of family, friends and a proud Mount Saint Vincent University community. Congrats to the ACAA All Conference winners Deidre Gormley and Sarah Ali (1st Team), Danielle Decoff and Amanda Doyle (2nd Team).



Men's Soccer

The men's soccer team ended the 2007 season in 5th place, falling short of making the ACAA playoffs. Although the team entered the season as defending ACAA champions, it took time to find their rhythm and put some "W's" in the win column. Head Coach James Sawler was proud of his team's efforts and is confident they will be back in 2008 with a solid base of players. Congrats to Mark Harnish and Jimmy Corey for being named to the ACAA All Conference team. The team wishes to thank the Mount Community for their support.

THE MOUNT
Fitness Centre
902.457.6420

Fitness News with Pat MacDonald

PERSONAL TRAINING

Conducted by a certified Trainer who will design a program for YOU!

FEE: \$20 per session (\$15 for students)
\$60 for 4 sessions (\$30 for students)
\$100 for 8 sessions (\$50 for students)

Call 457-6420 to book your appointment.

Do You Want To Know...

If a supplement is going to be effective?
How to burn the most calories during a work out? Water vs. Gatorade? Pre/Post work out foods?

Student Nutrition Services will in the Fitness Centre to answer your questions on:

Nov. 19th 2:00-3:00pm
Nov. 20th 12:00-1:00pm
Nov. 21st 9:00-10:00am
Nov. 22nd 10:00-11:00am

Curious About Body Fat Percentages?

We would like to try out our new calipers for body fat testing. While visiting the Fitness Centre a Trainer can take a 3-site measurement to determine percentage body fat. See the **TRAINER ON DUTY** December 10-14th.

Visit us online for information on monthly events, tournaments, varsity sports, and much more...

www.msvu.ca/fitnesscentre

HOLIDAY HOURS

December 20 -	6:30am-8:00pm (NO Gym)
December 21 -	6:30am-1:00pm (NO Gym)
December 22-26	Closed
December 27 -	7:30am-8:00pm
December 28 -	7:30am-8:00pm
December 29 -	7:30am-6:00pm
December 30 -	8:00am-8:00pm
December 31 -	7:30am-4:00pm
January 1 -	Closed

FACULTY & STAFF Remember Yourself This Month

Calling all Faculty and Staff!
Physical activity is an active component of wellness. Come to the gym on us!

Free use of the facility and fitness classes from December 10 – 16, 2007.

Cut out the coupon below and present to the front desk at the Mount Fitness Centre!

THE MOUNT Fitness Centre ONE Week Pass

Cut this coupon out for your free membership

Name: _____

Circle: Faculty or Staff Dept: _____

Membership Valid from: December 10 – 16, 2007

Campus Intramurals/Events



MOUNT CUP Residence Challenge

This is your last chance to gain points before the Christmas Break. Mark these dates in your calendar!

- November 2nd : BASKETBALL HOME OPENER @ 6pm
(w) & 8pm (m) MSVU vs. MTA
November 21st: CAMPUS IDOL
December 2nd: RESIDENCE CHRISTMAS DINNER;
Songs/ Skits, Decorating & Murals

For updates to the Mount Cup Challenge, please visit
www.mountstudents.ca

FREE MOVIES

SHREK the THIRD

Sunday, November 18th @ 6:00PM

Location: Seton Auditorium D

The Santa Clause 3 – The Escape Clause

Sunday, December 2nd @ 1:00PM

Location: Seton Auditorium D

AID's AWARENESS Day Inter Society and Residence VOLLEYBALL & PIZZA SOCIAL

Friday, November 23, 12-2pm.

Teams of 6-8 Players. \$2/player. Register at the Fitness Centre Desk.

Wear red in recognition of AID's Awareness Day at MSVU

3 on 3 BASKETBALL

Monday, November 19th @ 9:30pm

Teams must have a minimum of one of opposite sex on the court at all times. Available to all experienced Mount Students and Facility Members with valid memberships.

INDOOR CRICKET

Wednesday, November 28, 2:00-3:00pm

Drop by for a game of Cricket.

Equipment is provided. New and players welcome. See Joanne for details.

INTRAMURAL DROP IN

Open Rec
Basketball
Basketball

Mondays: 9:30-11:00pm
Thursdays: 9:30-11:00pm
Mon-Fri 12-1:30 ½ gym

Soccer
Badminton
Badminton

Saturdays: 6:30-8:30pm
Tuesdays: 8:00-10:30pm
Mon-Fri 12-1:30 ½ gym

ANNUAL CHRISTMAS SKATE



The annual skate is FREE to Mount Students, Faculty, Staff and their families. Lace up your skates for Saturday December 1st from 5:00 - 6:00pm at the Halifax Metro Centre.

HORSEBACK RIDING

Join in on a day of fun at the Boulderwood Stables. November 16th at 2:00pm.

Register at the Mount Fitness Centre for a Horseback Ride (\$30) or Horseback Ride, Swim and Hot Tub (\$35).

Phone: 902-457-6420



Varsity Athletics with Dyrick McDermott



Women's Volleyball

The 2007-08 Mystics volleyball team begins the season with one goal, winning the ACAA championship banner. It has been 13 seasons since MSVU has won the league championship but team captain Kelsey Myles believes this may soon change. Although the team is considered young, with 10 first and second year players, they are confident they will compete with the best the ACAA has to offer. Come support the team at their home opener on November 3rd at 2 pm when they host Mount Allison and on November 4th at 2 pm when cross town rivals King's College takes on our Mystics.



Women's Basketball

The Mystics' women's basketball team returns with the core of last year's championship team and with the addition of ACAA first team All Conference player, Kali Van Vulpen. The team looks prepared to take on the league once again. After a tough pre season schedule of St. Mary's, UNB, Dalhousie, Algonquin, Humber and defending National Champions Vanier College of Montreal, the team is eager to begin the 2007-08 schedule. Although confident, the team realizes the league has improved dramatically since last season and they need to be focused if they want to defend their ACAA title. The season begins on November 2nd as the Mystics play host to Mount Allison at 6 pm.



Remembrance Day
November 11th, 2007
Hours of Operation are
1:00pm – 8:00pm

Every November 11th, Canadians across the country pause in a silent moment of remembrance for the men and women who served our country during war time. Please remember to honour those who fought for Canada.



Men's Basketball

The men's basketball team began the season as defending ACAA champions. They recently returned from the Hagen Tournament in Montreal where they finished in third place after defeating Algonquin, Montmorency, John Abbott and defending National Champions, Dawson College.

This is the first time in team history they have placed in the top three of what is considered to be the best basketball tournament in the country. Team captain and tournament All Star Mark Brien believes the team's experience and maturity will play an important factor in defending their ACAA championship. Come cheer on the team in their first home game of the season as they play host to Mount Allison on November 2nd at 8 pm.

