

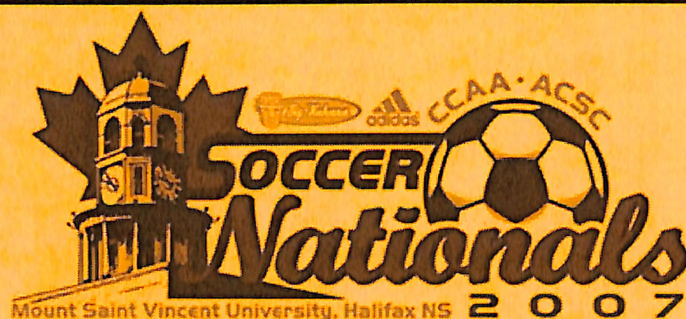
►► **October 2007**

mystics



athletics & recreation

newsletter



Hosted by MSVU

2007 Big kahuna/adidas

CCAA Soccer Nationals

November 7-10

Halifax Mainland Common

Game Schedule:

November 7 - 9:

Game Times: 10:30AM & 1:00PM

November 10: Gold Medal Games

Game Times: 1:30pm(W) & 4:00pm(M)



VOLUNTEERS NEEDED FOR SOCCER NATIONALS

Contact Joanne Burns-Theriault

at 457-6369 or

joanne.burns-theriault@msvu.ca

A meeting for those who would like to volunteer is Thursday, Oct. 11 at 4:30pm in the Rosaria Meeting Room off the Gym.

Women's Soccer

As the host team of this year's CCAA National Championships, the Women's Soccer Team is working hard to prepare for November 7-10. Eight new rookies compliment the strong base of returning players led by Amy Fischer, Sara Edsall, Deirdre Gormley, Kristina Van Eden and Nikki Baxter. The Mystics are presently in first place but a second half season of tough matchups is still ahead. Go Mystics Go!

Men's Soccer

As defending ACAA 06-07 Champions, the Mystic Men's Soccer Team are in a rebuilding phase. Seniors Mark Harnish, Matt Szeto, Stephan Sears and Patrick Johnston are working hard to place the team in a playoff spot. The Mystic games in October are crucial, so come cheer this great team on!

Home Schedule

Oct 10	Kings at MSVU 7pm (w & m) Mainland Common
Oct 14	ABU at MSVU 1pm (w) Mainland Common
Oct 21	STU at MSVU 11am (w & m) Mainland Common
Oct 28-29	ACAA Championships at NSAC
Nov 7-10	CCAA Nationals at MSVU



**THE MOUNT
Fitness Centre**
902.457.6420

www.msvu.ca/fitnesscentre

Campus intramurals/events

Rec Society

Join us Thursdays from 4:30-5:00pm
in the

Meeting Room off Rosaria gym. The Rec Society and V'Crew are looking for volunteers to help with their 2nd Annual Haunted House.

Contact: msvurecsociety@hotmail.com

Outdoor Rec Club

Tuesdays 4:30pm Rosaria Gym Meeting Room

Want to hike, bike, ride and climb through the Fall in Nova Scotia? Here is your chance and no experience necessary.

Upcoming Event: Hike Duncan's Cove:

Sunday, October 14, meet 9:00am at Tim Horton's on Quinpool Road and Beech Street.

Note: This is a Halifax Outdoor's Club Public Event.



HALLOWE'EN HAUNTED HOUSE
Wednesday, October 31
Rosaria Student Centre
Enter if you dare!
Brought to you by the
Rec Society and the V'Crew
\$5 coverage



Rec Intramural Hockey at SMU

Must be a MSVU Student & provide your own gear. First meeting is Wednesday, Oct. 3rd,

at 4:30pm, in the meeting room off the Rosaria Gym. League play begins Oct. 9 at SMU Arena. 1 game per week.

Registration Fee: \$50.00 Space is limited.
Register at the Fitness Centre Front desk.



RESIDENCE CHALLENGE October Mount Cup Events:

Tuesday, Oct 16: Mission Impossible

Tuesday, Oct 30: Halloween Floor Decorating

BULLETIN BOARD

EMPLOYMENT OPPORTUNITY

MSVU Athletics and Recreation is looking for Minor Officials for the upcoming varsity season.

Drop off a resume or pick up an application at the Athletics and Recreation Office. To apply and/or for more information phone Dyrick McDermott at 457-6462.

VOLUNTEERS NEEDED

CCAA Soccer Championships

November 7-10, 65-75 persons needed.

We would like to invite the Mount Community to be part of this great event.

Contact: joanne.burns-theriault@msvu.ca
Or 457-6369

FREE MOVIE NIGHTS

Movie Location: Seton Auditorium D

We Are Marshall

Date: Sunday, Oct. 14th Time: 6:00pm

Knocked Up

Date: Sunday, Oct. 28th Time: 6:00pm

FITNESS NEWS

Fitness is free for full time students! New this term is Pilates for Fitness. This program is based on the Stott Pilates system of using the breath and "core" to sequence through a series of exercises that focus on developing strength, flexibility and stability. **Join in on Mondays and Wednesdays 1:15-2:00pm, Rosaria Exercise Room.**

5 REASONS WHY

WOMEN NEED STRENGTH TRAINING:

Wayne Westcott, PhD, YMCA, Quincy Mass (2005)

1. You'll lose more fat than you'll gain muscle.
2. Your new muscle will help fight obesity.
3. Your bones will benefit.
4. You will reduce the risk of diabetes.
5. You will fight heart disease.

WEIGHT ROOM one to one appointments are available to students at a modest fee of \$15. Drop in or Phone 457-6420