



Mount Saint Vincent University ATHLETICS / RECREATION

REVIEW

APRIL 1997

A Special Supplement to Campus Connection

THE MYSTIC APPROACH TO LIFE

Our athletic teams have been very successful over the years, as can be attested by the number of banners hanging in the gym. This year has been no exception. But it's not all about winning.

Someone once wrote "Winning is nice...it's a good feeling. But it passes, this feeling. And what lasts is what you have learned. And what you learn about is LIFE. That's what sports is all about...LIFE."

At this time of the year, when players are graduating, it's hard not to feel sad about it all ending. But later, on it is the good times that you remember. It is the lifetime friendships that were cultivated here at the Mount that will continue. It's the camaraderie you return to when you think of your time spent at MSVU. It's learning to work with people

toward a common goal. It's learning how to push yourself. It's learning what commitment is all about. It's life at its best.

We in the Athletics/Recreation Office have seen many talented young people come in and out of our lives. It is difficult to see you go as well. Our lives are much richer that we have crossed paths. We wish you all the best and continued success and hope our time together has been as positive and rewarding a LIFE experience for you, as it has been for us to share it with you.

In addition to competitive athletics, students have been involved in many activities sponsored by the Athletics/Recreation Office. The Ath/Rec Society, in cooperation with the Mount Student Alumnae Association was instrumental in hosting a High School Leadership conference which was attended by more than 100 high school students.

The society also ran movie nights, volunteered at Booster Nights and helped with the annual Christmas Craft Fair.

The intramural program held regular indoor soccer scrimmages, society volleyball challenges, 3 on 3 basketball tournaments and a ski trip to Martock.

We are also pleased to report that participation and commitment in the Weight Room and Fitness Classes has increased from the fall session.

Congratulations on maintaining your commitment to a healthy body!

Now that the 1996-97 academic year is just about over and the stress of exams is fast approaching why not come down to the Weight Room and see what we have to offer. Try our cardio equipment or take part in a structured fitness class. "People who participate in regular aerobic exercise report a sense of control over their health habits, a sense of pride and accomplishment as well increased self-esteem"



Women's Basketball



Women's Basketball (l-r) back row: Andrea Hill (Manager), Melissa Stevens, Tara Kinch, Jennifer Lamey, Nicole Phipps, Erin Miesner, Patsy Pyke (Coach); (l-r) front row: Emily Murray, Shannon Fraser, Amber Leahy, Sheila Murphy, Pam MacCulloch

The Women's Basketball team has had a very successful season. The team finished fourth overall after regular season play, with 11 wins and 7 losses. This set them up to play first place NSAC at the semi finals of the Basketball Championships. The team played to their potential defeating NSAC 69-65 in overtime to meet the host team Mount Allison in the final. After leading for most of the game the team succumbed to the foul line and lost 61-45 in the championship game. Pam McCulloch, Sheila Murphy and Erin Meisner were selected to the All Conference team. Erin Meisner was also selected Rookie of the Year.

Men's Basketball



Men's Basketball (l-r) back row: Joey Rhodes, Steve Harris, Todd Hirtle, David Wilson, Mark Clarke, Mike Sirois; (l-r) front row: Kaylen Carvery, Peter Turnbull, Dave Brien, Ben Hill, Craig Sampson; (missing): Craig Isley, Rick Plato (Head Coach), Malik Adams (Assistant Coach), Ray Pierce (Assistant Coach), Andrea Plato (Manager), Sheldon Miller (Manager).

The Men's Basketball team started their season very strong, losing only after a 15-game winning streak. The team finished their regular season play with 16 wins and 2 losses. In the Atlantic Colleges Championships (ACAA) the Mystics met King's in the first round and were successful in defeating them 59 to 46. This set up the final game against NSAC. The Mystics claimed their third conference title in a row in the final 84-64. Mark Clarke was selected MVP of the ACAA and All Canadian and Todd Hirtle was selected to the All Conference team.

Women's Volleyball



Women's Volleyball: (l-r) back row: Jackie Coyle (Head Coach), Dervel Gardener, Angela Dutch, Sara Ranger, Jennifer Hardie, Andrea Hurley, Angie Garner (Assistant Coach) (l-r) front row: Lisa Patterson, Christy Smith, Erin Campbell, (missing): Tanya Diamond.

The Women's Volleyball team finished their regular season in fine style taking two matches off the undefeated Universite Saint Anne Dragons.

The Mystics entered playoffs in second place but were unsuccessful in their bid for the championship, losing to NSAC in the semi finals.

Andrea Hurley was selected to the All Conference team.

Women's Soccer



Women's Soccer (l-r) back row: Tara Kinch, Erin Barkhouse, Jennifer Brown, Patsy Pyke (Head Coach), Wendy Spence, Maeribeth MacDonald, Denise Elliott, Jazmine Hayden. (l-r) front row: Heather Hennigar, Jennifer Reardon, Susan Duffy, Shannon Keefe, Sheila Murphy, Erin Atkinson, Cindy Wilson

The Women's Soccer team had a very successful year, capturing the 1997 ACAA Soccer Championship.

The team entered the championships in first place, having lost only one game in regular season play. The strong Mystic squad dropped NSAC 3-1 in the semi-final game to meet TUNS in the final. The Mystics took the Championship after the second overtime 4-1.

Heather Hennigar, Shannon Keefe, Jazmine Hayden were selected All Conference.

Wendy Spence was selected All Conferene Keeper and Head Coach Patsy Pyke was selected Coach of the Year.

Co-ed Badminton



Co-ed Badminton (l-r) back row: Mike Hingston (Coach), Trudy Doucet, Patti Wile, Susie Rocca, Grace Kinney, Mindee Walker; (l-r) front row: Scott Frizzell, Richard Michaud, Dwayne Costello, Chris White, missing: Greg Euloth

The Co-ed Badminton team were successful in winning three of four tournaments during their season.

At the ACAA Championships the Mystics Men's Doubles team and the Mixed Doubles team earned the right to represent the ACAA at the CCAA National Championships. Dwayne Costello and Richard Michaud won the ACAA Doubles title and Grace Kinney and Chris White took the Mixed Doubles honours.

Head Coach Mike Hingston will travel with the ACAA Representatives to the National Tournament.

The Badminton team finished second overall for the year.

Campus Recreation Highlights...

Student Leadership

Through various activities Mount students had opportunities to develop practical leadership skills. Highlights for this past year included the following: Student leaders from the Athletics/Recreation Society and the Student Alumnae Association teamed up to host the very successful High School Leadership Conference. In addition to the conference, many other students from various faculties participated in the CIRA Post Secondary Student Leadership Workshops. In wrapping up the year, a dynamic team of Mount student leaders came together to network and make plans for the coming year. From the look of things, we are in for an exciting year ahead.

Intramural Program

This year we saw the revival of Thursday Night Student Volleyball. Indoor Soccer was again very popular with the students; and both students and faculty/staff enjoyed the lunch time and evening Badminton Club. Throughout the year, students enjoyed participating in various inter-society tournaments. The intramural year wrapped up with the Annual Tournament of Champions and Year End Party.

Running Club

In support of Breast Cancer Research, the Running Club joined Mount faculty and staff for the Annual Run For Cure. The Mount raised the most money among all educational institutions and was awarded a \$1000 Nike Gift Certificate.

Instructional Programs

Courses in Yoga, Tai Chi, Women's Self Defence and Karate were also well attended this year.

The Academic All Canadians...

To be considered for an Academic All Canadian Award, an athlete must be awarded an All Conference award and maintain an Honours List average.

Andrea Hurley, a member of the Mystics Volleyball team, is a BA student with a major in Philosophy and a minor in History and Religion. Andrea hails from North River Nfld and will graduate this year. She was selected to the Volleyball All Conference team this year and has obviously combined athletics and academics well enough to be considered for the Honours List.

Sheila Murphy is a second year Science student from Halifax. Sheila has done what few students are able to do, combine two sports and academics. Sheila is a member of the Conference Champion, Mystics Soccer team and Conference Finalists, Mystics Women's Basketball Team, excelling in both sports. Committing to two sports which do overlap for a time is difficult enough, but maintaining an average high enough to be considered for the Honours List proves that Sheila can do anything she sets her mind to.

Campus Recreation