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ATHLETICS RECREATION Review

April, 2005

Varsity athletics at the Mount continues to be one of the strongest programs in the Atlantic Colleges Athletic Association. Our **Women's Soccer Team** became the first ACAA soccer team and the 4th Mystic team to win a medal at the National Championships. Their **Bronze Medal** capped off a spectacular season for the women's squad. This year was also the inaugural season for Men's Soccer here at MSVU. Head Coach, Chris Roper, led his team to a respectable 5th place finish in their first year of play. All of our varsity athletes had an exceptional year with ten being named to the ACAA all conference team, Shawn Clarke (Men's Basketball) and Nicole Meldrum (Women's Soccer) were selected as ACAA most valuable players and CCAA All-Canadians. Coaches Jacques Boudreau (Women's Soccer) and Rick Plato (Men's Basketball) were named ACAA Coach of the Year. Jacques Boudreau also received the honour of being named Canadian Colleges Coach of the Year.

The Mount Saint Vincent Athletics and Recreation Office was busy this year creating many fun and exciting events for MSVU students to enjoy. Fitness for 2004-2005 was rockin' with FREE facility and fitness memberships to all full time students! We are thrilled that so many students are committing to an active lifestyle. There was also an opportunity every term to take a Learn to Run Clinic, a Pilates Primer course and Leadership Training course which certifies participants as a Resistance (Weight Room) Leader or Group Fitness Leader.



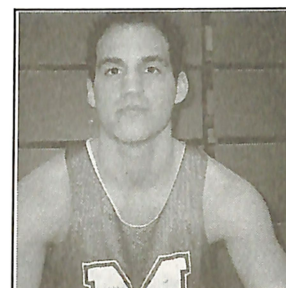
Nicole Meldrum - ACAA Women's Soccer Most Valuable Player & CCAA All-Canadian

Men's intramural hockey, co-ed basketball, badminton, soccer and volleyball were all well attended by Mount students. Our most popular activities were Hip Hop Dance, Karate, Tae Kwon Do, Salsa Dance, and our annual ski trip to Martock. The Mount community also utilized the recreation department in a spirit of giving. Mount students organized and facilitated a 3 on 3 basketball event with all proceeds being donated to the Tsunami Relief efforts in Asia. The recreation division also supported the MSVU Wish Day Event with a dawn to dusk street hockey game with all proceeds going to the Children's Wish Foundation of Canada. Congratulations to the Recreation team and to the students and community of Mount Saint Vincent on a tremendous year.

On Saturday April 9th, the 6th Annual Athletics Initiative Dinner and Silent Auction will be the final event of the year. This year's dinner will feature guest speaker Ron O'Flaherty, the Executive Director of the Nova Scotia School Athletic Federation and Chair person of the Atlantic Colleges Athletic Association. Ron has been a guiding force and champion of sport for all students in the Nova Scotia school system and will be retiring this year. We encourage all staff, friends and family of Mount Saint Vincent Athletics to join us and help support our Varsity programs.



Jacques Boudreau - ACAA Women's Soccer Coach of the Year & CCAA Coach of the Year



Shawn Clarke - ACAA Men's Basketball Most Valuable Player & CCAA All-Canadian



Rick Plato - ACAA Men's Basketball Coach of the Year



Sarah Rudderham - ACAA Women's Basketball Rookie of the Year



Allyce Holden - ACAA Women's Volleyball Rookie of the Year



2004 - 2005 WOMEN'S BASKETBALL

Back Row (l-r): Dyrick McDermott (Head Coach), Jenn Kendrick, Ashley Jordan, Wendy Hutchinson, Leah McFadden, Diandra Phipps, Ashley Gould, Erin Zinck, Farrah Moore, Tamara Stevens (Asst. Coach), Amanda Irving (Asst. Coach)

Front Row (l-r): Sarah Rudderham, Ashley Bonang, Sheilagh Abriel, Jen Fortune, Jenna Dunn.

The Women's Basketball team finished the regular season with a 21-3 record and a 1st place finish in ACAA standings. This year's team had nine first year players join three returning players in a competitive ACAA women's division.

Although the team lost in a hard fought battle to Saint Thomas in the ACAA playoffs, an overall 27-5 record and wins over two teams who were ranked in the CCAA top five, have this young team excited about the future. Congratulations to Sarah Rudderham (ACAA Rookie of the Year and 2nd Team All-Conference) and Wendy Hutchison (2nd Team All-Conference) and to the team on a great year. The team would like to thank seniors Ashley Gould and Leah MacFadden for their dedication and wish them well in their future studies.



2004 - 2005 MEN'S BASKETBALL

Back Row (l-r): Corey Munroe, Ben Hunter, David Brien (Asst. Coach) Mike Wilson, Brett Fullmore, Nick Daaboul, Corey Ross, Danny O'Blennis, Anton Berry, Rick Plato (Head Coach), Dyrick McDermott

Front Row (l-r): Hulute Yoga, Brendan Arnold, Joey Sampson, Abe Toulany, Devon Burke, Chris DeWolfe, Shawn Clarke.

Missing: Andrea Plato (Manager)

This year's Men's Basketball team finished the regular season with a 22-2 record and in 1st place in the ACAA standings. The team quickly asserted itself as one of the countries best with wins over Dawson College of Quebec and Sheridan College of Ontario. Although the team played well in the playoffs, they lost an overtime battle to King's College in the ACAA Championship game. Shawn Clarke was named the ACAA most valuable player, 1st Team All-Conference and CCAA All-Canadian and senior Chris Dewolfe won an ACAA 1st Team All-Conference award. ACAA Coach of the Year winner Rick Plato would like to thank senior Chris DeWolfe for his dedication and contributions to the MSVU program.

The 2004-2005 edition of MSVU Women's Volleyball had an incredible year. Head Coach Susanne Dittmer was pleased with her team's development and team chemistry as they fought their way to a 16-8 record and a 3rd place finish in the ACAA standings. This year the Mount played host to the ACAA Championships and the team did not disappoint the capacity crowd in semi final action. Although the team lost a 5 set battle to Mount Allison, we were all proud of their performance. Congratulations to Allyce Holden, ACAA Rookie of the Year and 1st Team All-Conference and Kelly Savary, 2nd Team All-Conference, on great seasons. The team would like to thank seniors Meg Scott, Chelsea Whitehead and Kelly Savary for four years of dedication to the Mystic program.



2004 - 2005 WOMEN'S VOLLEYBALL

Back Row (l-r): Susanne Dittmer (Head Coach), Candace Gallant, Chelsea Whitehead, Kelly Savary, Meghan Smith, Leigh-Ann Bishop, Jamie Wolfe, Allyce Holden, Debbi Johnston (Asst. Coach)

Front Row (l-r): Megan Corkum, Charlotte Carter, Alison Saunders, Meg Scott, Leanne Marriott

This was the first year for Men's Soccer at Mount Saint Vincent University. This year's team was not expected to be able to compete with the rest of the league but they quickly proved everyone wrong as they battled and earned respect from the leagues top teams. The team finished in 5th place and played well together. The team missed playoffs by one win and look forward to next year and the chance to compete for a conference championship. Congratulations to John Cianfaglione on his All-Conference award and to Head Coach Chris Roper on a job well done!



2004 - 2005 MEN'S SOCCER

Back Row (l-r): Chris Roper (Head Coach), Sandy Donaldson, Javon Minors, Robert de la Chevotiere, Patrick Johnston, Dave Delbridge, Randy Headley

Front Row (l-r): Manaf Khatib, Jason Hogan, Matt Szeto, Dan Sider, Marlow Reeves, Jordan Tinkham, John Cianfaglione

The Women's Soccer team became the first ACAA soccer team (men or women) to win a medal at the CCAA Championships. After a perfect 12-0 ACAA record and 3rd Championship in the past four seasons, the Mystics were able to defeat Fanshawe of Ontario 2-0 to capture the bronze medal in the 2004-2005 National Championships. National Championship tournament leading scorer Julie Lawrence and teammate Jacqueline Gallagher were recognized for their talent and were named to the 2004 National Championships All-Tournament Team. Nicole Meldrum, Julie Lawrence and Jacqueline Gallagher were named to the ACAA All-Conference team and Nicole Meldrum won her 3rd consecutive ACAA Most Valuable Player award and her 3rd consecutive CCAA All-Canadian award. Head Coach, Jacques Boudreau received the ACAA Coach of the Year award as well as the CCAA Coach of the Year honour. Congratulations on a memorable season. The coaches and team would like to thank the seniors for their contributions and wish them success in the future endeavours.

2004 CCAA NATIONAL BRONZE MEDALISTS



2004 - 2005 WOMEN'S SOCCER

Back Row (l-r): Robyn Holmans (Asst. Coach), Sarah Mather, Melanie Lohnes, Krista Taylor, Amy Longard, Anna Neid, Amy Fischer, Julie Lawrence, Heather Swetnam, Megan Ingram, Jacques Boudreau (Head Coach)

Front Row (l-r): Laura Kingston, Heather Bailey, Jenna Clarke, Nicole Meldrum, Jamie Caldwell, Jacqueline Gallagher, Deirdre Gormley, Jessica Rose, Shaylee Davis

2004 - 2005 INTRAMURALS & RECREATION

The Recreation staff at Mount Saint Vincent University are once again proud of a very eventful year. As in past years, the Recreation Society geared most of their events toward the MSVU student body. It was their goal to create an environment that encouraged student participation, developed school spirit, and created a more enjoyable "student life" for Mount students. This year events included: Free Movie Nights each month, the Annual Pumpkin Carving Contest, Ultimate Frisbee, Sea Kayaking and an All Night Gym Party! The Ath/Rec Society also teamed up with the Students' Union to host University Idol and Mardi Gras, a spectacular event that attracted over 300 participants!

In addition to the activities planned for MSVU students, the Recreation Society wanted to give back to the community and did so through a variety of charitable functions. At Christmas, they hosted a Campus Wide Toy Drive in support of the Salvation Army and in March they worked closely with the Housing Team to host the 2nd Annual MSVU Wish Day. This very successful 18-hour Street Hockey Game was full of excitement with a BBQ, a silent auction, a hot tub, and live musical performances from MSVU students, all in support of the Children's Wish Foundation. In addition, our Athletes, Tae Kwon Do and Hip Hop students/teachers demonstrated their talents in the 2nd Annual Festival of the Mount with proceeds going to Tsunami Relief effort.

We would like to thank the Mount community, the Students' Union, and the student body for their continued support throughout the year. Many of our events would not be possible without your support. Thank you to everyone for helping make this an enjoyable and memorable year.

THANK YOU TO OUR SPONSORS