



Mount Saint Vincent University

## ATHLETICS / RECREATION

# Review

APRIL 1995

A Special Supplement to Campus Connection

## IT'S A BANNER YEAR!

It has been a banner year for the Mount Saint Vincent University Athletics/Recreation Office. Three new Nova Scotia Colleges Athletic Association banners have been added to the collection hanging from the roof in the Rosaria Gymnasium. The women's volleyball team captured their twelfth banner, the men's basketball team captured their fourth banner, and the badminton team their fourth banner.

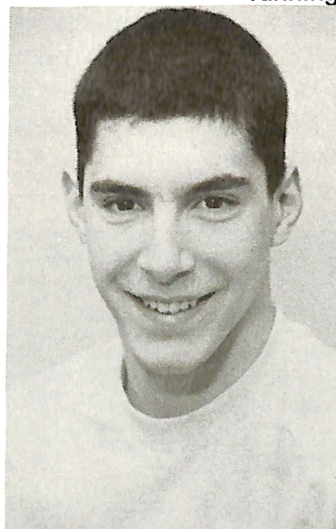
The Pepsi Weight Training and Conditioning Centre officially opened in January. The new centre offers a wide range of conditioning and training equipment including free weights, universal gym, Pacific weight training machines, lifecycles, stairmasters and a treadmill. The new centre now has the capacity for students, employees, and the broader community to participate in well rounded programs. The new Pepsi Weight Training and Conditioning Centre is the result of a concerted effort by the Athletics/Recreation Office to provide a facility which is able to meet the needs of a community more aware of the benefits of a healthy lifestyle. The equipment is varied, easy to use and allows for an overall workout including cardio, and muscular strength and endurance.

The improvements and addi-

tions have led to a significant increase in numbers. In the last two years alone, weight room statistics have increased from 9,000 visits (1992-93) to 24,000 visits (1994-95).



**CCAA Academic All Canadians!**  
*Erin Atkinson - First year Bachelor of Applied Arts (Child and Youth Study) student, was selected to the NSCAA All Conference soccer team and CCAA team.*



*Todd Hirtle - Second year Bachelor of Business Administration student was selected to the NSCAA All Conference first team.*

Always popular are the more than 30 fitness classes each week. Qualified instructors offer the latest in fitness. The classes range from soft aerobics for the older adult to innovative programs such as step, slide, Xerbar routines and abdominals only.

The Recreation Council has been very successful in recruiting participants this year. Some of the activities included the Bleacher Creatures,

volleyball, basketball and badminton leagues, Tournament of Champions, movie nights, soccer tournaments and ski trips. This year more students than ever have been active in designing and running programs.

The Athletics/Recreation Office is committed to Active Living and strives to design programs to suit our university and external community. With our improved facilities, up-to-date training programs, knowledgeable staff, and student-led activities, it is obvious that we have something for everyone. As our numbers increase, it is evident that we are fulfilling the needs of a community more aware of the benefits of staying active.

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 are also extended to:

Halifax Office Products  
Cleves Sporting Goods Ltd.  
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Air Canada  
Moosehead Breweries Ltd.  
Tall Ships Art Productions Ltd.  
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CanMed Surgical Supplies



# Women's Basketball



**Women's Basketball** (l-r) back row: Jennifer Isenor, Andrea Hill, Mindee Walker, Amber Leahy; (l-r) middle row: Audrey Norman (Assistant Coach), Emily Murray, Pam McCulloch, Melissa Stevens; (l-r) front row: Patsy Pyke (Head Coach), Pam Brennan, Trish Whynott, Lisa Fleming, Jennifer Archibald

This team of first and second year players finished sixth overall with 8 wins and 13 losses. Five of those losses were by only one point and only three times was the team defeated by double figures. The influx of strong players this year makes next year an exciting prospect. Second-year player Pam McCulloch was selected to the first NSCAA All Conference team.



# Men's Basketball



**Men's Basketball** (l-r) back row: Craig Miller, Adam Lockhart, Charlie Robson; (l-r) middle row: David Brien, Arthur Lunn, David Wilson, Matthew Swain; (l-r) front row: Todd Hirtle, Marke Clarke, Andy Stanley, Paul Brombey. Missing are Rick Plato (Head Coach), Mark Forward (Assistant Coach), Andrew McNeil (Assistant Coach), Andrea Plato (Manager).

The men's basketball team finished the conference play in first place with 18 wins and only 3 losses. They then went on to NSCAA playoffs and were successful in winning the NSCAA Championship. The team went on to represent the NSCAA at the CCAA National Championships in Truro finishing fifth overall. Mark Clarke and Todd Hirtle were selected to the NSCAA All Conference first team.



# Women's Volleyball



**Women's Volleyball** (l-r) back row: Brenda Toner, Natasha Hurley; (l-r) middle row: June Lumsden (Coach), Angie Garner, Rhonda MacDougall, Rachel Browne; (l-r) front row: Steven Gallant (Coach) Rebecca Jones, Dervel Gardener, Andrea Hurley, Heather MacIssac.

The volleyball team finished first in the conference with 18 wins and only 3 losses. The Mystics were then successful once again in gaining the NSCAA Championship. In fact this was their twelfth title! The team represented the NSCAA at the CCAA Nationals in Edmonton, Alberta where they finished sixth. Brenda Toner was selected to the NSCAA All Conference team.



# Women's Soccer



**Women's Soccer** (l-r) back row: Patsy Pyke (Head Coach), Erin Atkinson, Kate Davies, Kim Christie, Kim Bailey, Jackie MacLeod, Maeribeth MacDonald, Shauna Whitman, Audrey Norman (Assistant Coach); (l-r) front row: Erin Barkhouse, Fran Duguay, Wendy Spence, Kim Verge, Linda Harvey. Missing are Kim Marr, Shauna Swain.

This year was one of rebuilding, with four returning players and nine rookies. The season came to a close early as the team was defeated in a must win game by St. Thomas University. The team is strong for next year and is aiming at the NSCAA title. Erin Atkinson, a rookie for the Mystics, was selected MVP of the NSCAA and CCAA All Canadian.



## Co-ed Badminton



**Co-ed Badminton** (l-r) back row: Jolene Conrad, Mike Hingston (Coach), Todd Hodder, Paul Leon, Brian Doucet, Gaston Renault; (l-r) front row: Dwayne Costello, Karen MacGillvary, Trudy Doucet, Patty Wile, Shawn Leamon, Margo Lafosse.

This year has probably been one of the most successful years ever for badminton at the Mount. This group of dedicated and enthusiastic athletes captured the NSCAA Team Championship. Shawn Leamon won the men's singles event. Trudy Doucet and Dwayne Costello won the mixed doubles competition. The athletes represented the NSCAA at the CCAA Nationals in Quebec. The Mystics Coach Mike Hingston was selected as the coach for the NSCAA delegation at Nationals.

## Ath / Rec Society



**Ath/Rec Society** (l-r) back row: Shelley Tessier, Todd Hodder, Paul Leon, Wendy March; (l-r) 4th row: Joanne Burns-Theriault, Natasha Dunn, Andresa Tucker, Heidi Crawford; (l-r) 3rd row: Stacy Luddington, Tamara Squires, Susan Combdon, Heather Crawford; (l-r) 2nd row: Dawn Porter, Sara Hawker, Tracey Warren; (l-r) front row: Kara McNeil, Marcia Johnson, Melanie Beaton, Julie Suvajac, Nanette Caldwell.

The Athletics/Recreation Society with its strong membership of thirty plus active students had a very successful year. The society offered over 30 events for students on campus and each one was greatly received. Some of the highlights included; a Halloween Party, Christmas Bake and Craft Fair, Martock Ski Trip, T.G.I.F. Movie Nights, as well as numerous Booster Nights and Sports Tournaments. Many thanks to all the Society Members for a great year!