

2010-2011

Mystics Year in Review



**MYSTICS**

*Athletics & Recreation*

166 Bedford Highway

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# ACAA Mount Mystics Accomplishments



**2010-2011 ACAA Men's Basketball Champions**  
making it the 6<sup>th</sup> consecutive ACAA Championship Title

## **ACAA Player of the Year:**

Jamie Brown - Women's Volleyball

## **ACAA Coach of the Year:**

Derrick Brooks - Women's Volleyball

Rick Plato - Men's Basketball

## **ACAA 1<sup>st</sup> Team All Conference:**

Women's Soccer: Sarah Parker, Jill Edwards, Stephanie Dockrill

Men's Soccer: Alex McPherson

Women's Volleyball: Carla Smith, Jamie Brown

Women's Basketball: Chelsea Mackay

Men's Basketball: Sean Boulay, Todd Williams, Luke Reynolds

## **ACAA 2<sup>nd</sup> Team All Conference:**

Women's Soccer: Danielle Cyr, Chrissy Henneberry, Emily Burke, Leah Gregory

Men's Soccer: Scott Thompson

Women's Volleyball: Andrea Melanson

Women's Basketball: Ann Conrod

Men's Basketball: Anthony Zinn

**Bob Coe Award:** Bryce Crosby - Men's Soccer

**Dyrick McDermott Defensive Player of the Year:** Todd Williams - Men's Basketball

# CCAA Mystic Accomplishments



**CCAA All Canadian**

Chelsea Mackay - Women's Basketball



**CCAA All Canadian**

Jamie Brown - Women's Volleyball



**CCAA Fair Play Award**

Justin Hill - Men's Basketball



**CCAA Academic All Canadian**

Emily Burke - Women's Soccer



**CCAA Academic All Canadian**

Danielle Cyr - Women's Soccer



**CCAA Academic All Canadian**

Sarah Parker - Women's Soccer



**CCAA Academic All Canadian**

Alex McPherson - Men's Soccer



**CCAA Academic All Canadian**

Ann Conrod - Women's Basketball

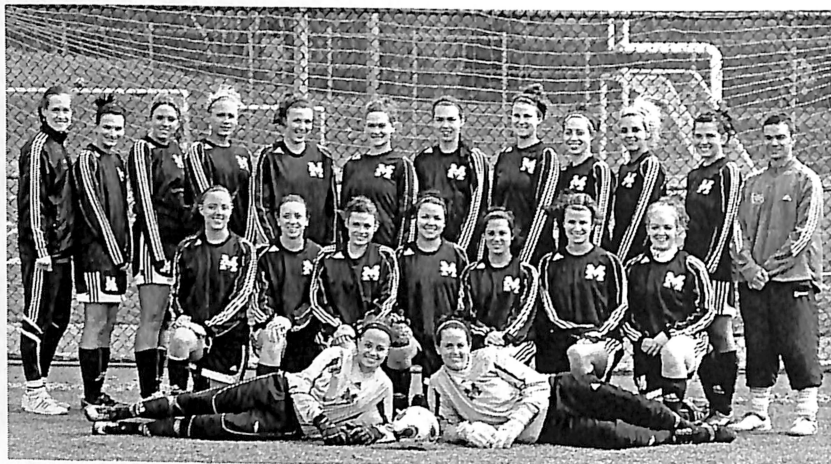


**CCAA Academic All Canadian**

Carla Smith - Women's Volleyball



# Women's Soccer



**Back (L to R):** Cassandra O'Neil (Assistant Coach), Sheila Kerry, Emily Rake, Sarah Parker, Rebecca Sutherland, Jaimee Dobson, Carleigh Hiltz, Nicole Power, Stephanie Roy, Amanda Nelson, Jenna Gallie, Colin Steeves (Head Coach).

**Middle (L to R):** Courtney McMaster, Melissa McGee, Kyla Anderson, Ashley Westhaver, Jill Edwards, Emily Burke, Chrissy Henneberry

**Front (L to R):** Danielle Cyr, Breagh MacDonald

**Missing:** Morgan LeBlanc, Stephanie Dockrill, Leah Gregory

The 2010-2011 Women's Soccer team was made up of an exciting rookie class, a pool of talented senior players and a new Head Coach, Colin Steeves. Seniors Sarah Parker, Sheila Kerry, Courtney McMaster, Breagh MacDonald, Morgan LeBlanc and Stephanie Dockrill led the team to first place in league play with a 9-2-1 record.

In the ACAA Championship, the team faced UNBSJ in semi-final play. The score was tied one-one in regulation time and in overtime both teams scored again ending in a tie. The team lost in penalty kicks 3-2 and their season was suddenly finished. Head Coach Colin Steeves and Assistant Coach Cassandra O'Neil were very proud of the outstanding effort made by the team throughout the season and Championships. Each and every student athlete on the team contributed to a great season.

Sarah Parker, Stephanie Dockrill and Jill Edwards were named to the ACAA All Conference 1<sup>st</sup> Team and Emily Burke, Leah Gregory, Chrissy Henneberry and Goalie Danielle Cyr made ACAA All Conference 2<sup>nd</sup> Team.

Many thanks to seniors Sarah Parker, Sheila Kerry, Courtney McMaster, Breagh MacDonald and Morgan LeBlanc who will be graduating this year. Their contribution to the Women's Soccer Program has been outstanding.



# Men's Soccer



**Back (L to R):** Mark Harnish (Assistant Coach), Martin Sichinga, Bryan Grant, Blake Murphy, Jimmy Corey, Alex McPherson, Stefan Sears, Jamie Burrell

**Middle (L to R):** Ed Farias (Assistant Coach), Matt Szeto (Trainer), Rob Forgeron, Bryce Crosby, Mazen Hafez, Giuliano Petrella, Conor Gormley, Andy Thompson, Derek Thibault, Luke Corey (Head Coach),

**Front (L to R):** Enrique Alonso Ruiz, Wonik Choi, Darryl Simmons, Scott Thompson, Matt Sullivan, Kevin Burgess, Graham Krieg, Tyler Simmons

**Missing:** Jon MacDonnell (Assistant Coach), Zoran Stjepanovic

The 2010-2011 Men's Soccer team was made up of a very talented squad of young and veteran players. The Student Athletes came into training camp in great shape and proceeded to have a solid season ending up with a record of 4-2-4. Five of the ACAA teams were in a battle for four championship playoff spots and unfortunately the Mount Mystics missed making the playoffs by just one point. Coach Luke Corey, Coach Eduardo Farias and Coach Mark Harnish were impressed by the effort and commitment made by each and every Student Athlete on the Men's Soccer team.

Alex McPherson was named to the ACAA All Conference 1<sup>st</sup> Team and Scott Thompson was named to the ACAA All Conference 2<sup>nd</sup> Team. Bryce Crosby won the prestigious Bob Coe Award recognizing leadership, sportsmanship, enthusiasm and ability. Ten seniors graduate this year from the program so the Coaches are already busy recruiting for the upcoming season.

Congratulations and thank you to the following seniors: Jimmy Corey, Mazen Hafez, Stephan Sears, Conor Gormley, Martin Schiniga, Darryl Simmons, Graham Krieg, Bryce Crosby, Alex McPherson, Derek Thibault and Zoran Stjepanovic.

# Women's Basketball



**Back (L to R):** Lyndsay MacKinnon (Assistant Coach), Justine Finlayson, Leslie Connors, Nicole Brown, Chelsea Mackay, Emma Reardon, Ann Conrod, Christina Brien, Laura Himmelman, Mark Forward (Head Coach), Elaine Horne (Assistant Coach)

**Front (L to R):** Danielle Devoe, Taylor MacDonald, Sheray Reddick-Jackson, Katie Waite, Samantha Strickland, Katrina Leighton

After winning ACAA Gold, CCAA Silver, and losing four senior players from last year's squad, the 2010-2011 Women's Basketball campaign was in a rebuilding year. With eight new faces in the line-up it took the entire season for this new team to build chemistry both on and off the floor. Third year players Ann Conrod, Katie Waite and Chelsea Mackay were named team captains of this young group who went 14-4 in the regular season, made it to the conference finals versus St. Thomas University. Although they lost in the conference championship game, the team earned the wildcard birth to compete in the CCAA National Championships at Niagra College in Welland, Ontario.

The experience of playing at a national championships is so valuable and it was evident that this young team has a bright future by the way they competed. They never gave up on each other all season and they made huge strides in learning what it takes to be a champion.

Third year player Ann Conrod was named to the ACAA 2nd Team All Conference and third year player Chelsea Mackay was named ACAA 1st team All Conference and CCAA All Canadian.

The team returns with all the players from this year's squad and will look to regain the conference championships next season. Coaches and players would like to thank all the fans, parents and alumnae for their support through out the season.

# Men's Basketball



**Back (L to R):** David Brien (Assistant Coach), Jason Carlson (Assistant Coach), Jeremy Skidmore, John Caulfield, Brandon Doyle, Karl Frederick, Kenneth Reardon, Todd Williams, Alex LeBlanc, Justin Hill, Andrea Plato (Manager), Rick Plato (Head Coach)

**Front (L to R):** Derico Symonds, Jay Kelly, Mac Ellis, Luke Reynolds, Sean Boulay, Ryan Smith, Graham Carter, Anthony Zinn

Make it six straight ACAA championship titles for the Men's Basketball Program. After a 20-1 regular season win loss record, the men defeated Holland College (the only team to defeat them in the regular season), in the ACAA Championship game to earn their sixth ACAA title in a row. Senior John Caulfield, who was Player of Game in the ACAA championship game, along with Anthony Zinn, Sean Boulay, Luke Reynolds and Todd Williams provided great leadership throughout the season. Todd, Sean and Luke were all named to the ACAA All Conference 1<sup>st</sup> Team and Anthony Zinn was named to the ACAA All Conference 2nd Team. This year the ACAA launched the Dyrick McDermott Defensive Player of the Year award which was awarded to Todd Williams. Coach Plato and his staff were awarded ACAA Coach of the Year.

The Mount Mystics competed in the CCAA National Championship at Durham College in Ontario. As the 6th seed team out of the eight team tournament, the men faced 3rd seed Humber College, out of Ontario in the first game. The men defeated Humber which set them up for a semi final game against Vanier College out of Quebec. Unfortunately the men came up short in that game but battled their way back against UNBC out of Prince George, BC to earn the right to play for a bronze medal against Vancouver Island University (VIU). This was a back and forth game that came down to the wire with VIU coming out on top 74-72 to capture the bronze. The Mount Men's team finished 4th in the country and represented the ACAA extremely well again this year.

The team will say goodbye to three seniors this year. Anthony Zinn, Sean Boulay and John Caulfield will graduate this year with a combined, 13 ACAA championships, one CCAA silver banner and impressive win loss record of 112-3 in ACAA play while in a Mystic uniform. We wish them all the best in their future endeavors after they graduate. The Men's team are in good hands for future success by returning 12 players from this year's team and will look to continue with their unprecedented success.

# Coach Plato achieves 500 wins!



Behind the Mount's long-standing tradition of top varsity athletic teams is a long line of exemplary coaches and mentors. One such mentor is Rick Plato, Head Coach of the Mount Mystics Men's Basketball team for 22 years.

Coach Plato recently celebrated his 500th win as coach of the team, which ranks among the best in the country. The wins include league, playoff, national and exhibition games that have been played coast to coast by teams filled with incredibly talented young men.

"500 wins is an amazing accomplishment, and it's really a testament to Rick's commitment to the Mount's varsity program," says June Lumsden, Director of Athletics and Recreation at the Mount. "Our athletes work very hard on and off the court, and many are now coaches themselves. It's a testament to what Rick taught them."

In addition to Rick's 500 career wins, he has lead the Mystics to 13 ACAA championship titles and 2 CCAA banners. For the players who have had the experience of being coached by Rick, there is little room for doubt about how they've come to be so successful.

When Rick isn't coaching the Mystics to the top of the ranks in basketball, he's a teacher for the Halifax Regional School Board. He has been teaching such topics as Global History and Political Science at Charles P. Allen High School for many years, and has earned a reputation as being one of the toughest, but most compelling teachers in the school.

Congratulations, Coach. We look forward to the next 500.

# Women's Volleyball



**Back Row (L to R):** Derrick Brooks (Head Coach), Haley MacDonald, Amanda Taylor, Kelly Higgins, Sara-Anne Smith, Taylor Conrad, Nicole Brinson, Andrea Melanson

**Front Row (L to R):** Miranda Hattie, Annie Blanchard, Jamie Brown, Carla Smith, Jordan Hunziker, Krystin Melanson

**Missing from photo:** Dayna Hill (Assistant Coach)

The Mount Mystics Volleyball team had a great season finishing league play with a 16-2 record. The team was made up of six returning players and seven rookies. Their successes were a culmination of hard work, passion for the sport and solid coaching from Head Coach Derrick Brooks. Captains, Jamie Brown and Carla Smith, plus seasoned players Andrea Melanson, Jordan Hunziker, Nicole Brinson and Haley MacDonald led the team throughout the year. The team's rookies all contributed and the Mount's future looks very positive with standout performances from Kristyn Melanson, Taylor Conrad, Miranda Hattie, Amanda Taylor, Kelly Higgins, Annie Blanchard and Sarah Anne Smith.

Unfortunately, the team lost in semi final play at the ACAA Championships to MTA - MTA 3 vs MSVU 2 (25-23, 14-25, 25-21, 21-25, 15-5). It was a very difficult loss for the team but there is no doubt they are thinking about redemption next year. Although the result is not what the team wanted, we are very proud of the effort made by the Mount Mystics Volleyball Team.

Congratulations to Jamie Brown and Carla Smith, who were named to the ACAA All Conference 1<sup>st</sup> team and Andrea Melanson, ACAA All Conference 2<sup>nd</sup> Team. Head Coach Derrick Brooks was named ACAA Coach of the Year and Jamie Brown was named ACAA Player of the Year and was named to the 2010-11 Canadian Colleges Athletic Association All Canadian Team.

Jamie Brown is the team's only Senior who is graduating this year. We would like to thank her for her contribution to the Women's Volleyball program and wish her all the best.

# Tournaments Hosted by the Mount Mystics

## Dyrick McDermott Invitational



The Dyrick McDermott Invitational has been established in memory and honour of the late and inspirational Mount Saint Vincent University Women's Basketball Coach, Dyrick McDermott. This tournament is held annually on the New Year's weekend in his memory.

As was Coach McDermott's vision; the Mount has filled the tournament with top caliber college and university teams: Mount Saint Vincent University, Dalhousie University, Ste. Foy College, University King's College, Holland College, Southern Alberta Institute of Technology, Acadia University and the Atlantic All-Stars.

**The winners of the 2010-2011 Dyrick McDermott Invitational were:**

Women's Basketball: Acadia    Men's Basketball: Atlantic All-Stars

## 2010-2011 ACAA Basketball Championships



The Mount Mystics hosted the 2010-2011 ACAA Women's and Men's Basketball Championships. Congratulations to Saint Thomas University who took the Women's ACAA Basketball Championship (STU 68 - MSVU 51) and to Mount Saint Vincent University (MSVU 82 - HC 48) for grabbing the sixth consecutive ACAA Men's Basketball title.

# Fitness

It was a busy year with a marked increase in cardio equipment usage and fitness class attendance by the student body and our community members. Trainers conducted One-to-One program design, blood pressure readings and body fat measurements. More Zumba classes were added to the Fitness Program and it was a tremendous success! It packed the exercise room with over 30 participants each class. We continue to provide training programs for group fitness and weight room instructors. In additions we teamed up with Student Nutrition Services who provided nutrition education to our morning fitness participants. programs for group fitness and weight room instructors.



# Recreation

Campus Rec and the Rec Society had a fun year with the annual Grinch's Gala and Mardi Gras parties, (both sellouts once again); the Caritas Day Ski Trip; Children's Toy Drive and Right To Play Day. New this year was UFIT and classes in Argentine Tango and Flamenco dance.



Salsa, Tae Kwon Do, Karate, Yoga and Pilates were once again very popular.

In intramurals, indoor soccer and basketball drew huge crowds of students while the Mount Cup Challenge hosted monthly residence competitions such as Riot Cup (Medieval theme), Trivia Night, Dodge-Ball Tournament and Games Night. Team Whistler from Assisi 7/8 captured the 2010-2011 Residence Cup Challenge. The Annual Battle of the Varsity Teams and 3on3 Basketball rounded out the year.

Monty Mystic continues to be a popular friend on Facebook to Mount Students, Faculty, Staff and Alumnae. Monty likes to keep everyone connected to events around campus. Special thanks go out to the Rec Society and ACAA Basketball championships volunteers. With the new Co-Curricular Recognition Program, twenty-four Mount students received volunteer recognition for their leadership in campus recreation.

## Recreation Award:

**Margaret Ellis Award - For outstanding leadership:**

Lyndsay MacKinnon & Jeremy Neilson





## The Mount Mystic Awards

### Most Improved Player

Women's Soccer: Stephanie Dockrill

Men's Soccer: Bryan Grant

Women's Volleyball: Kristyn Melanson

Women's Basketball: Christina Brien

Men's Basketball: John Caulfield

### Most Valuable Player

Women's Soccer: Sarah Parker

Men's Soccer: Alex McPherson

Women's Volleyball: Jamie Brown

Women's Basketball: Chelsea Mackay

Men's Basketball: Sean Boulay and Anthony Zinn

### Varsity Awards

**Windsor Flash Trophy:**

Kristyn Melanson

**Sheila and Stephanie Allt Memorial Award:**

Derico Symonds

**Tracy Barton Memorial Award:**

Carla Smith

**Dyrick McDermott Memorial Award:**

Ann Conrod

**MSVU Male Athlete of the Year:**

Sean Boulay

**MSVU Female Athlete of the Year:**

Jamie Brown