

►► September 2007

mystics



athletics & recreation

newsletter

**WELCOME TO MSVU
HOME OF THE MYSTICS!**

Mystics Hot Sheet

Varsity Team Name: **MYSTICS**

Varsity Colours:
LIGHT BLUE & DARK BLUE

Mascot:
MONTY (The Mountain Lion)

Varsity Teams:
Women's & Men's Basketball
Women's & Men's Soccer
Women's Volleyball

Championship Record:
Atlantic Colleges Athletic Association
ACAA: 48 Titles
Canadian Colleges Athletic Association
CCAA: 4 Medals



NOVEMBER 7th - 10th
MSVU is hosting the 2007-08
Big Kahuna/adidas CCAA
Women's & Men's Soccer Nationals

We're looking for **VOLUNTEERS**
for this great event:
Contact Joanne Burns-Therault at
457-6369 or
joanne.burns-therault@msvu.ca



THE MOUNT
Fitness Centre
902.457.6420

Fitness & Weight Room Programs

THE MOUNT Fitness Centre ... HOW TO JOIN!

FULL-TIME STUDENT:

- **FREE** Unlimited Fitness Classes
- **FREE** access to the Weight Conditioning Centre
- 50% off selected Instructional Programs
- To become a member:
 - Present your MSVU 2007-08 student I.D. card
 - Complete a registration form at the Rosaria Gymnasium

PART-TIME STUDENTS:

- \$40.00 per term
- Includes access to the Weight Conditioning Centre and unlimited Fitness Classes
- To become a member:
 - Present your MSVU 2007-08 student I.D. card
 - Complete a registration form at the Rosaria Gymnasium

Fall Fitness Schedule

September 4 – December 4, 2007

Student IDs are required for each visit to the Fitness Centre



Mount Saint Vincent University
Johann Sebastian Bach
12, July, 1889
FT Student
■■■■■■■■■■

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:30 to 10:30	STEP 'n Pump*	Strength 'n Tone*	Cardio Combo*	Yoga Lates*	STEP 'n Pump*	STEP 'n Pump*
* Child care service is available from 9:15-10:30am for \$2 per child.						
12:15 to 1:00		Yoga Fit	Core 'n More	Yoga Fit		
1:15 to 2:00	Pilates for Fitness		Pilates for Fitness			
5:15 to 6:00	Toning Express	Cardio Box 5:15-6:15	Toning Express			
6:00 to 7:00	Cardio Combo	Toning Express 6:15-7:00	STEP	Toning Express 6:15-7:00		
7:00 to 8:00		STEP		STEP		

MSVU FACULTY & STAFF

- **Facility Only:** \$75/YR
Access to the Weight Conditioning Centre and the Gymnasium.
- **Fitness Only:** \$100/YR
Access to all Fitness Classes. Classes vary depending on the term. Consult the current schedule for classes.
- **Fitness and Facility:** \$140/YR
Access to Weight Conditioning Centre, the Gymnasium, and all Fitness Classes.

ONE-TO-ONE APPOINTMENTS

A one-to-one appointment is a consultation conducted with you and a certified Resistance Trainer. It includes goal setting, program set-up, demonstration, client practice and work out.

Fee: \$15 MSVU Student Rate
\$20 Faculty/Staff/Community Rate
Call 457-6420 to book an Appointment.

CardioBox: A cardio class incorporating boxing and kicking combinations.

Cardio Combo: A cardio class using a mix of cardio styles, hi/lo, STEP and dance

Core 'n More: A class that focuses on core and muscle conditioning.

Pilates for Fitness: a strength and flexibility program based on the Pilates principles and exercises.

STEP: An aerobic workout using the Reebok Step.

STEP 'n Pump: A combination class of STEP and resistance exercises.

Strength 'n Tone- A general strength/tone class using a variety of resistance equipment.

Toning Express- A 45 minute muscle conditioning class.

Yoga Fit- A combination of yoga styles and stretches designed to improve flexibility.

Yoga Lates- A strength and flexibility class that combines Yoga and Pilates.

Intramurals Schedule



Fall 2007 Intramural Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-1:30pm Basketball ½ Gym	12-1:30pm Basketball ½ Gym	12-1:30pm Basketball ½ Gym	12-1:30pm Basketball ½ Gym	12-1:30pm Basketball ½ Gym	
12-1:30pm Badminton ½ Gym	12-1:30pm Badminton ½ Gym	12-1:30pm Badminton ½ Gym	12-1:30pm Badminton ½ Gym	12-1:30pm Badminton ½ Gym	
	1:30-3:00pm Basketball Full Gym		1:30-3:00pm Indoor Soccer Full Gym		6:30-8:30pm Indoor Soccer Full Gym
9:30-11:00pm Open Gym Night Full Gym	8:30-10:30pm Badminton Club Full Gym	10:00-11:00pm Open Gym Night Full Gym	9:30-11:00pm After Hours Basketball Full Gym		

- *Badminton Club on Tuesdays is the exception and community can drop-in and pay \$5 to play.*
- *Intramurals are FREE for MSVU Full Time Students and Fitness Centre members.*
- *Intramurals run on a drop in basis so students and members can participate on their terms.*
- *Contact Joanne Burns-Theriault at 457-6369 or e-mail joanne.burns-theriault@msvu.ca for information on these and other sport opportunities.*

SMU Intramural Hockey League

MSVU will once again be entering an ice hockey team into the SMU Intramural Rec League. Players must be a Mount Student and provide their own gear.

If interested e-mail Joanne:
joanne.burns-theriault@msvu.ca



Open Gym Times

Fee: Free to MSVU Full Time Students & Members of the Mount Fitness Centre.
\$5.00 drop in fee applies to all others.

Open gym times: This is when the gym is available for you to shoot around or just hang out! Equipment loans are available.

Late Night Workout

ΝΕΩ, ΛΑΤΕΡ ΗΟΥΡΣ!

ΜΟΝ ΤΗΥΡ: ΩΡΟΚΟΥΤ ΥΝΤΙΑ 11 ΠΜ!

Ψου χαν αλσο δροπ ιν τη γυμ & φοιν ιν ον
α παριετψ οφ σπορτσ ανδ γαμεσ.

Badminton Club

Tuesday Nights from 8:30pm-10:30pm - Rosaria Gym

Join a long standing tradition at MSVU. The Mount's Tuesday Night Badminton Club is 25 years old. Racquets and shuttles may be borrowed from the Fitness Desk with MSVU ID.
Free to MSVU Students and Members. Community welcome \$5.

Campus Recreation

Intramural Tournaments

dodgeball

**Monday,
September 10th
9:30pm
Rosaria Gym**

Register today! Call 457-6420

**Monday,
September 17th
9:30pm
Rosaria Gym**

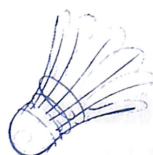


Volleyball
Tournament

Register today! Call 457-6420

**Badminton
Friendly**

**Monday,
September 24th
9:30pm
Rosaria Gym**



Register as a team or as an individual.
Singles and Doubles.

More details? Stop by the Fitness Centre
Front Desk or call 457-6420.

Have An Event Idea?

If you have an idea for an event or a
group sport activity contact us!

Call 457-6369 or

E-mail:

joanne.burns-theriault@msvu.ca

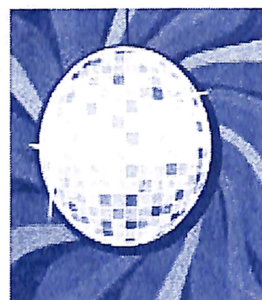
2nd Annual



RIOT CUP

October 1 at 8:00pm

Enter your team
THIS YEAR'S THEME...



RETRO RIOT

- ❖ Dress in your best retro gear & get ready to battle for the coveted Riot Cup.
- ❖ Grab your friends, house-mates, or your frosh group and register your team.
- ❖ Space is limited, so register early! Maximum 16 teams.
- ❖ 6-8 players/team.
- ❖ Registration Deadline:
Friday, September 28th.
To register, visit the Fitness Centre Front Desk or call 457-6420.

Special Events & Student Leadership

FREE MOVIE NIGHT

DYSTERBIA

Date: Sunday, Sept. 16th
Time: 6:00pm
Location: Seton Auditorium D



BLADES OF GLORY



Date: Sunday, Sept. 30th
Time: 6:00pm
Location: Seton Auditorium D

RUN FOR THE CURE

September 30th

Help the
fight against
Breast Cancer!

Join the Mount Team and
walk, run or stroll with us in
support of the Canadian
Breast Cancer Foundation.

For more information call 457-6370



CALLING ALL RESIDENCE STUDENTS!

This could be the year your team wins the
MOUNT CUP RESIDENCE CHALLENGE!

Upcoming Events

Fri, Sept. 14: Mount Cup Kick-off
Monday, October 1: Riot Cup

Be sure to visit www.mountstudents.ca for event updates
and current standings.

Brought to you by Athletics & Recreation, Housing & the
Students' Union

The Recreation Society

had a fantastic time last year and is
excited to start again. This year the
society will be hosting:

- Swim Party
- 4th Annual Mardi Gras Party
- 4th Annual Christmas Candy
Campaign to buy toys for
children
- 2nd Annual Right to Play
Carnival.

All welcome to The Rec Society
Meet and Greet Social on **Thursday,**
September 13th from 4:30-5:30pm.

Drop by the Fitness Centre Exercise
Room for some refreshments and learn
what the society is all about.

200-000-007

Rec Society SWIM PARTY!

All welcome!

Sunday, Sept. 23: 4:30-5:30pm

Location: Northcliffe Pool

FEE: \$3/ person.

Purchase your swim pass in advance at
the Mount Fitness Centre front desk.

Directions: Use your "UPASS"! Take the
#18 bus going towards Bedford.

Get off on Dunbrack St. right across from
Northcliffe Pool.

Outdoor Recreation Club

Fall in Nova Scotia is beautiful.

Do you like to hike or bike?

Would like to learn how to climb, kayak, golf,
ride a horse, ski or snowboard?

Join the **OUTDOOR RECREATION CLUB**
and participate in outdoor adventure activities.

The first meeting will be held
Tuesday, September 18, 4:30pm
Study Hall off Rosaria Gym

Instructional Programs

STOTT PILATES

NO Pilates on October 8

Essential I – Beginner I

Mondays 5:00-6:00pm

Mondays 8:00-9:00pm

Fee: \$125

Sept. 17 – Nov. 26

Sept. 17 – Nov. 26

Essential II – Beginner II

Mondays 6:00-7:00pm

Tuesdays 6:00-7:00pm

Fee: \$125

Sept. 17 – Nov. 26

Sept. 18 – Nov. 20

Intermediate

Mondays 7:00-8:00pm

Tuesdays 5:00-6:00pm

Fee: \$125

Sept. 17 – Nov. 26

Sept. 18 – Nov. 20

YOGA – HATHA/KRIPALU

NO Yoga on Nov. 9

Beginner Yoga

Fridays 12:00-1:00pm

Fee: \$65

Sept. 28 – Nov. 23

All Levels Yoga

Wednesdays 7:00-8:30pm

Fee: \$125

Sept. 19 – Nov. 21

Advanced Yoga

Thursdays 6:30-8:00pm

Fee: \$130

Sept. 20 – Nov. 22

DANCE CLASSES

NO Class on October 8

Adult Hip Hop Dance

Mondays 7:10-8:10pm

Fee: \$55

Sept. 24 – Nov. 19

Teen Hip Hop (Grades 7-9)

Saturdays 3:00-4:00pm

Fee: \$55

Sept. 22 – Nov. 10

Latin Dance- Cha Cha & Ramba

Wednesdays 7:10-8:10pm

Fee: \$55

Sept. 26 – Nov. 14

ADULT SHOTOKAI KARATE

Fees:		\$350	\$100
Day	Time	Level	Full Year
Mon	9:00-10:15pm	Advanced	Sept 17–Sept 8
Thurs	8:15-9:30pm	All Levels	Sept 20–Sept 11
Sat	10:00-11:15am	All Levels	Sept 22–June 14
			Fall Term
			Sept 17–Dec 3
			Sept 20–Dec 6
			Sept 22–Dec 8

Instructor: Randy Veinotte

Note: No adult summer sessions on Saturdays in July & August.

Just for Kids

Karate

Bully Proof

Hip Hop Teen Dance

Inservice Day Camps

St. John's Ambulance Babysitting Course

For more information visit our website

www.msvu.ca/fitnesscentre

DISCOUNTS

- Full Time MSVU Students receive 50% off YOGA, DANCE AND KARATE!
- MSVU Faculty & Staff, with a current Mount Fitness Centre Membership, will receive a 50% discount on YOGA, DANCE AND KARATE!

RAPE SELF AWARENESS DEFENSE COURSE

RSAD is a self-defence and assertiveness system for women, designed to be comprehensive and uses no martial arts skills or weapons. It requires very little strength yet is realistic and effective. RSAD will give participants an understanding of how to avoid potentially dangerous situations and respond to physical and verbal assault.

Fee: \$40 per person or \$60 for two
Date: Friday – November 2 from 7:00-9:00pm & Sunday – November 4 from 10:00am-4:00pm
Participants must attend both days.

Location: MSVU Rosaria Ath/Rec Exercise Room

Fitness Leadership Training, Certifications & Clinics

Basic Fitness Theory – Module 1

Entry level training module for certification of fitness professionals. (Group Fitness Leader and/or Resistance Leader).

Date: Saturday & Sunday, Sept. 22, 23, 29 & 30

Time: 9:00-5:00pm

Fee: \$199 – includes manuals & materials.

Group Fitness Leader – Module 2

Certification as an on-floor aerobics Group Fitness Leader. Prerequisite: Module 1.

Date: Thursdays, Oct. 4 - Nov. 22 from 7:00-9:30pm

Fee: \$105 – includes manuals and materials.

Resistance Leader – Module 3

For those who want to conduct weight room, strength and conditioning programs for Clients. Prerequisite is Module 1.

Date: Tuesdays, Oct. 2-Nov. 20 from 7:00-9:30pm

Fee: \$105 – includes manuals and materials.

STEP Training Workshop

Learn to teach Step Aerobics based on the STEP Reebok Program.

Date: Sunday, Nov 18 from 2:00-5:00pm

Fee: \$50- includes materials and refreshments

Varsity Programs

The Mystics are a member of the Atlantic Colleges Athletic Association (ACAA) & the Canadian Colleges Athletic Association (CCAA). Our varsity program includes participation in:

- Women's and Men's Basketball
- Women's and Men's Soccer
- Women's Volleyball



CHEER on the Mount Mystics!!

HOME GAMES:

Free of charge for Mount students. (Student ID's Required). Admission \$3 for others.

Varsity Tryouts

Are you a full-time student and interested in trying out for one of our varsity teams? If so, please join us at tryouts.

Women's Soccer Tryouts

Meet at Rosaria Gym at 7:30 pm

Wed	Sept 5	8:00 – 10:00 pm	Mainland Field
Thurs	Sept 6	8:00 – 10:00 pm	Mainland Field
Fri	Sept 7	8:00 – 10:00 pm	Mainland Field

Men's Soccer Tryouts

Meet at Rosaria Gym at 7:30 pm

Wed	Sept 5	8:00 – 10:00 pm	Mainland Field
Thurs	Sept 6	8:00 – 10:00 pm	Mainland Field
Fri	Sept 7	8:00 – 10:00 pm	Mainland Field

Women's Basketball Tryouts

Wed	Sept 12	4:30-6:30 pm	Rosaria Gym
Thurs	Sept 13	4:30-6:30 pm	Rosaria Gym
Sat	Sept 15	1:00-3:00 pm	Rosaria Gym

Men's Basketball Tryouts

Wed	Sept 12	8:00-10:00 pm	Rosaria Gym
Fri	Sept 14	4:00-6:00 pm	Rosaria Gym
Sat	Sept 15	11:00-1:00 pm	Rosaria Gym

Women's Volleyball Tryouts

Tues	Sept 11	6:00-8:00 pm	Rosaria Gym
Thurs	Sept 13	6:30-8:30 pm	Rosaria Gym
Mon	Sept 17	7:30-9:30 pm	Rosaria Gym

UNABLE TO ATTEND TRYOUTS?

If you are unable to make any of these dates please contact
June Lumsden,
Director Athletics/Recreation.

Email: June.Lumsden@msvu.ca
Telephone 457-6370
In Person: Rosaria Centre Room 127

Fall Varsity Home Game Schedule

Women's & Men's Soccer

Home Turf is Mainland Commons

Home Opener Games is September 15 at KINGS

Sat	Sept 15	MSVU@KINGS	2pm (w) & 4pm (m)
Sat	Sept 22	UNBSJ@MSVU	2pm (w) & 4pm (m)
Sat	Sept 26	NSAC@MSVU	6pm (w) & 8pm (m)
Wed	Oct 10	KINGS@MSVU	7pm (w) & 7pm (m)
Sun	Oct 14	ABU@MSVU	1pm (w)
Sun	Oct 21	STU@MSVU	11am (w) & 11am (m)

November 7-10

CCAA National Championships (Women & Men)
Hosted by Mount Saint Vincent

Women's & Men's Basketball

Sat	Nov 3	MTA@MSVU	3pm (w) & 5pm (m)
Sat	Nov 11	STU@MSVU	3pm (w) & 5pm (m)
Mon	Nov 12	STU@MSVU	11pm (w) & 1pm (m)
Wed	Nov 21	KINGS@MSVU	6pm (w) & 8pm (m)
Sun	Nov 25	HOLLAND@MSVU	2pm (w) & 4pm (m)

Atlantic Coast Classic: Jan. 4-6, 2008
Women at MSVU & Men at Kings

Women's Volleyball

October 21: ACAA Tournament at MSVU

Sat	Nov 3	MTA@MSVU	12:30pm
Sun	Nov 4	KINGS@MSVU	2pm
Sat	Nov 4	MTA@MSVU	7pm
Wed	Nov 29	KINGS@MSVU	7pm
Sat	Jan 7	MTA@MSVU	6pm

MINOR OFFICIALS 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

Staff Contact Information



Locker Services

With a facility and/or fitness membership, you are eligible to rent a Fitness Centre Locker (Lock included in the fee):

Fall Term Rental:

Sept. 1 – Dec. 15, 2007 \$20

Year Rental:

Sept. 1 – August 15, 2008 \$35

We require a MSVU lock on all lockers except Day Use lockers. If you have a MSVU lock, inform the front desk staff for a discounted rate.

Free Weight Room Orientations:

FREE group Weight Room Orientations will be conducted to introduce participants to the Mount Fitness Centre. On the following dates, orientations will be offered on the half-hour:

Monday	Sept 10	12:00-12:30pm
Tuesday	Sept 11	4:00-7:30pm
Wednesday	Sept 12	12:00-12:30pm
Thursday	Sept 13	4:00-7:30pm
Sunday	Sept 16	1:00-3:00pm

Attention Societies, Classes & Residences

FREE Gym Rentals for Mount Student Activities

Contact: Joanne Burns-Theriault at 457-6369 if you wish to run a student activity such as an inter-residence or inter-society competition.

Hours of Operation

Monday - Thursday	6:30a.m. - 10:00p.m.
Friday	6:30a.m. - 8:00p.m.
Saturday	7:30a.m. - 8:00p.m.
Sunday	8:00a.m. - 10:00p.m.

ATH/REC STAFF

June Lumsden Director of Athletics & Recreation	457-6370
Joanne Burns-Theriault Recreation Co-Ordinator	457-6369
Dyrick McDermott Athletic Officer & Women's Basketball Head Coach	457-6462
Pat MacDonald Fitness Officer	457-6563
Susan Burrell Member Services Officer	457-6152
Tara MacPhee Member Services Assistant & Recreation Programmer	457-6551

The Mount Fitness Centre
Front Desk Phone: 457-6420
E-Mail: mount.fitness@msvu.ca
Web: www.msvu.ca/fitnesscentre