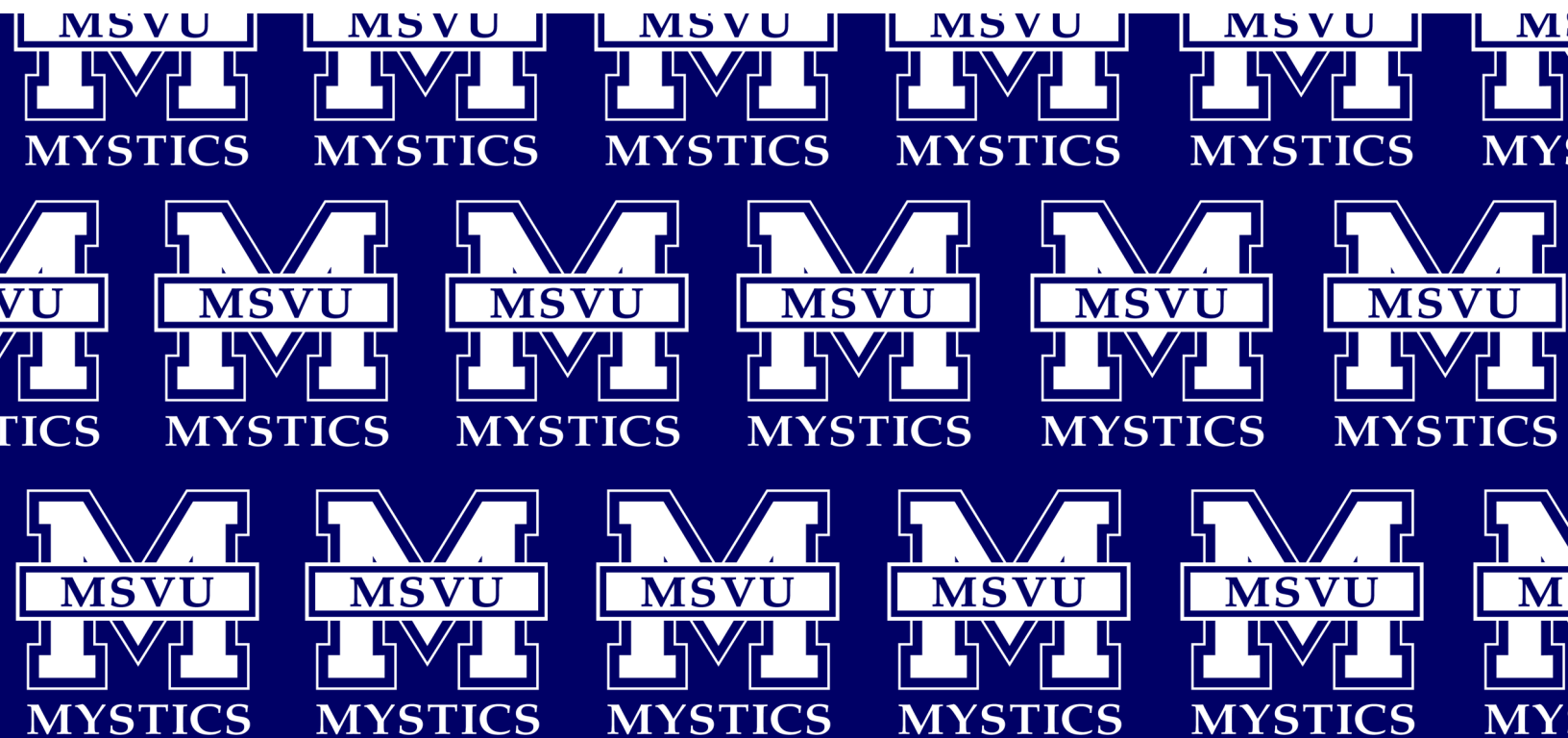




MSVU ATHLETICS & RECREATION

2020-2021 REVIEW





2020-2021 is a year that our students, staff, faculty, and community will not forget. Our lives at the Mount and at home were turned upside down by COVID-19 in March 2020 and our 20-21 academic year has been focused on safety, communication, wellness, education, access, and being as compassionate and kind as we can, in such challenging times. We all have had to adjust, reinvent, and learn different ways to deliver and receive our programs and services this year and the Mount and our students, student athletes, coaches and staff have risen to the challenge.

We were very fortunate to be able to give our student athletes an opportunity to practice in a controlled environment with numerous protocols and safety checks. The opportunity to participate in the sport you love and with your teammates and coaches was very special. Coaches and student athletes adapted to the ever-changing conditions with resiliency and perseverance. We were one of the few provinces in Canada that were able to actually allow our student athletes to compete against their sister institutions in a modified condition. The opportunity to compete was joyous and when we someday return to some normalcy, it will be more valued than ever before.

This year brought a few significant changes to our MSVU Coaching staff. A sincere thank you to Ian MacRae who stepped down after 7 years at the helm of our Mount Mystics Men's Basketball program as Head Coach. He was an inspiring leader and his student athletes learned so much from him, both on and off the court. An amazing coach, colleague, role model, dad, and friend. We also want to thank Derek Norris, Assistant Coach of the men's teams who helped us so much through the transition. We want to welcome our new Head Coach of the Men's Basketball program Danny De Palma. Danny, a grad of the Mount and an extremely experienced basketball coach, joined us in early February and is looking forward to what the future brings as it certainly looks bright! A huge shout out to ALL our coaches for having the tenacity and resilience to be able to inspire and engage our student athletes all year, even though there was no official leagues or competitions. We look forward to 2021-22 and all it brings.

Our Recreation and Fitness programs truly had to reinvent themselves. Since COVID-19 arrived, we have been virtually delivering fitness, personal training and some recreation programs to our participants, in their homes through Microsoft Teams. Mount Campus Rec was able to engage students from all over the world in social activities through the newly invented online hangout spot known as the Virtual Crow's Nest. These online cafes, games nights, paint nights, and trivia nights were just a few of the activities that kept our students connected this year and build friendships with the hopes of meeting in person someday! Our summer day camp program was cancelled for the first time ever, returning with new protocols, just in time for March Break 2021! Through it all, COVID-19 has reminded us just how important it is to take time for self care, connection with others, and the importance of community, kindness and humour. Our thanks go out to all our amazing participants and instructors.

Thank you from the Athletics and Recreation team! All our participants, students, staff, faculty, and community members have been inspiring. We look forward to seeing you in 2021-2022.



Thank you Dave Gallant
for capturing all the Mystics
moments throughout the year!

2020 - 2021 ATHLETICS AWARDS

Sheila & Stephenie Alt Memorial Award:	Alisha McNeil	Sport: Women's Basketball
	Kathrine McEwen	Sport: Women's Soccer
Tracy Barton Endowed Memorial Award:	Nicole Rector	Sport: Women's Volleyball
Raymond & Helen Plato Memorial Award:	Redford Ingram	Sport: Men's Basketball
	Campbell Colpitts	Sport: Men's Basketball
Rick & Andrea Plato Award:	Tariq Thomas	Sport: Men's Basketball
Dyrick McDermott Memorial Leadership Award:	Alisha McNeil	Sport: Women's Basketball
	Tahlia Jones	Sport: Women's Basketball
Windsor Flash Award:	Hannah Baillie	Sport: Cross Country
	Donald DeWolfe	Sport: Cross Country
	Julia Short	Sport: Women's Soccer
Alumni Varsity Award	Donald DeWolfe	Sport: Cross Country
	Julia Short	Sport: Women's Soccer

2019 - 2020 CCAA NATIONAL SCHOLARS



Brody Blakney, Men's Basketball	Chris Garagan, Men's Soccer	Ally Seamone, Women's Soccer
Campbell Colpitts, Men's Basketball	Connor Grant, Men's Soccer	Julia Short Women's Soccer
Nick Jennex, Men's Basketball	Michael Grechuk, Men's Soccer	Dominic Stutz, Men's Soccer
Tahlia Jones, Women's Basketball	Maxwell Hoar, Men's Soccer	Kristen Binns, Women's Volleyball
Julia Kokonis, Women's Basketball	Carly Johnston, Women's Soccer	Lis Heroux-Rhymes, Women's Volleyball
Alisha McNeil, Women's Basketball	Breagh Laing, Women's Soccer	Onye Njoku, Women's Volleyball
Bret Baxter, Men's Soccer	Brianna Murphy, Women's Soccer	Nicole Rector, Women's Volleyball



CROSS COUNTRY



Hannah Baillie

Jade Farquharson

Jared Green

Natalie Freeman



Jillian Smith

Donald DeWolfe

Mitchell Firth

Eric Palaco-Tobia



Grace Anderson

Taylor Wilson
(Assistant Coach)

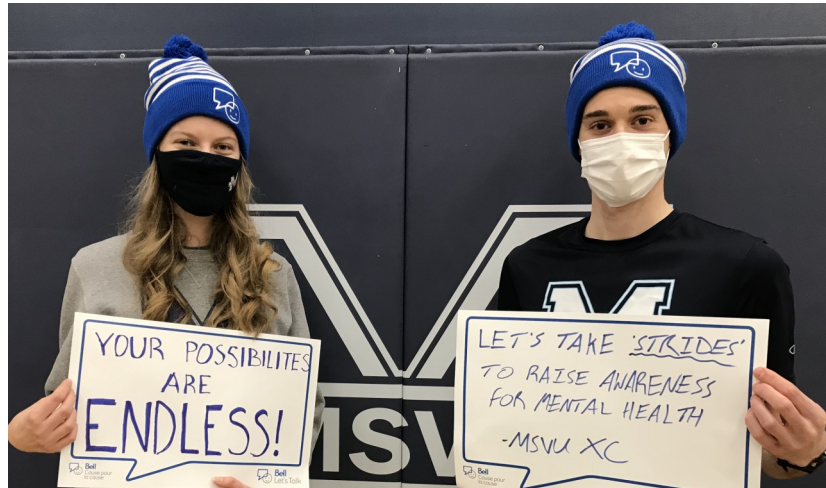
Matthias Mueller
(Head Coach)



MSVU Cross Country 2020-21 Senior



Donald DeWolfe





WOMEN'S SOCCER



Kari Waller
Alicia Thomsen
Breagh Laing
Carly Johnston
Julia Short



Ally Seamone
Abigail Binns
Ana Lucas
Esja Marr
Brianna Murphy



Mariah Wright
Chelsea Foote
Andrea Mahoney
Madison Mills
Emily White



Kayla Pike
Nicole Fergusson
Jordan Blaney
Sarah Keeler
Pascale Haidar



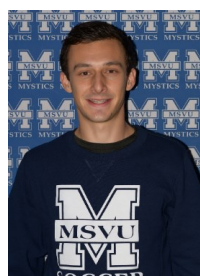
Kathrine McEwan
Danielle Cyr (Head Coach)
Sarah Taylor (Asst. Coach)
Jenna Blackburn (Asst. Coach)
Ashley Poirier (Asst. Coach)

Missing:
Wendy Donaldson (Asst. Coach)

A collage of five action and team photos of the Mount Vernon girls' soccer team. The photos show players in blue uniforms with white 'M' logos, a player in a white uniform, and a group of five players posing together on a grass field with a brick building in the background.



MSVU MYSTICS MEN'S SOCCER



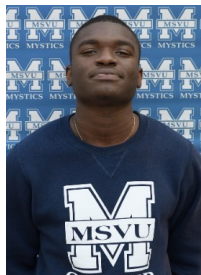
Yehia Eldefrawy
Kevin Abraham
Nick Bryden
Bret Baxter
Luc Andriopoulos



Steve Belinga
Graham Welch
Jesse Beaton
Tylar Graves
Fawaz Alka



Noah Jordan
Connor Grant
Maxwell Hoar
Logan O'Connell
Michael Grechuk



Poku Ofori-Atta
Brett Maddox
Oliver Bork
Dominic Stutz

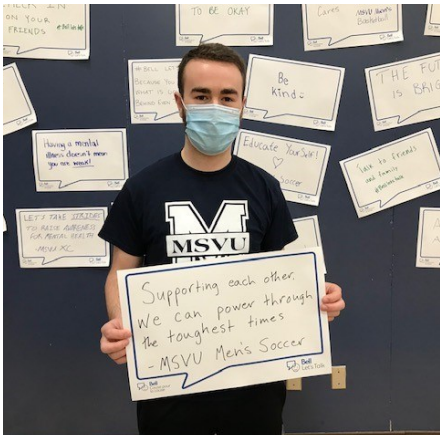


Mark Harnish (Head Coach)
Graham Ashworth (Asst. Coach)
James Foley (Asst. Coach)

MSVU Men's Soccer 2020-21 Senior



Poku Ofori-Atta





WOMEN'S VOLLEYBALL



Nicole Rector
Becca MacDonnell
Lis Rhymes
Madyson Parlee



Olivia Patterson
Madison Prudencio
Marcy MacNeil
Tess McIsaac



Kristen Binns
Maia Green
Makayla Addington
Brooke Wallace



Derrick Brooks (Head. Coach)
Jamie Brown (Asst. Coach)
Tyler Simmons (Asst. Coach)
Allison Saunders (Asst. Coach)
Meaghan MacDougall (Asst. Coach)

Missing:
Darren McCallum (Asst. Coach)





WOMEN'S BASKETBALL



Kelsey Crocker
Alisha McNeil
Piper Tracy-Stewart
Randi Hudson
Katherine Khorovets



Calla Newcomb
Nikki Arsenault
Aaliyah Johnson
Courtney Smith
Gwen Ettinger-O'Leary



Tyler Malloy
Tahlia Jones
Jayleigh Bryant
Amanda Pearcey
MacKenzie States

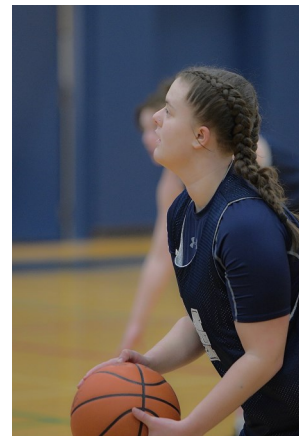


Mark Forward (Head Coach)
Kenny Reardon (Asst. Coach)
Marcus Eaton (Asst. Coach)
Maria Carroll (Asst. Coach)
Kate Gallant (Asst. Coach)

MSVU Women's Basketball 2020-21 Senior



Nikki Arsenault



Thank you to Bryan Fader,
Mental Skills Coach
for the Mystics varsity program.





MEN'S BASKETBALL



Campbell Colpitts
Adam Callaghan
Nick Jennex
Redford Ingram
Tariq Thomas



Jacob Sheffar
Tario Sands
Cedric Niyotwagira
Matthieu de la Chevotiere
Jack Forward



Joel McCrossin
Danny De Palma (Head Coach)
Ben Miller (Asst. Coach)
Marcel Boudreau (Asst. Coach)



Thank you Coach MacRae!

In 2020 Coach Ian MacRae stepped down from his role of Head Coach of the Mystics Men's Basketball Team, after seven years of commitment to the program (2013-2020). An enormous thank you goes out to Ian and his entire coaching staff. We wish Coach MacRae all the best in any future endeavors.

MSVU Men's Basketball

2020-21 Seniors



Joel McCrossin



Nick Jennex





ONE WAY, TOGETHER!

VARSITY CAMPAIGN

A HUGE THANK YOU to all those who took part in our ONE WAY, TOGETHER VARSITY CAMPAIGN.

We continue to work hard to create sustainable awards to support our Mount Mystics student athletes and we are thankful for your support.

This campaign is ongoing and we welcome you to jump on and join our ONE WAY, TOGETHER TEAM! Donate today at msvu.ca/onewaytogether