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# ATHLETICS - RECREATION THE Review

April, 2004

**The Mount Saint Vincent University Athletics/ Recreation Office - Department of Student Affairs would like to thank all students, staff, faculty and community members for making our year such a great success.**

The Mount Saint Vincent University weight room participation and fitness classes continued to grow in popularity this year as the Athletics/Recreation Office offered free fitness classes to all full-time Mount students. Many students took advantage of this offer while faculty and staff used the facility as a way to improve their physical and mental well being. Our weight room added a new treadmill as well as new core strength equipment, and will continue to grow next year. Our instructional classes: Pilates, Yoga, Core Strength, Tae Kwon Do, Salsa Swing Dance Hip Hop, RSAD Self Defence, Bully Proof, Karate, Learn to run, as well as various Sport Camps were very popular among the students, staff and community members. All of these programs and more will be offered during the spring and summer sessions, so be sure to check our flyers for specific programming information.

The Mount Saint Vincent Recreation Office was once again busy this year creating many fun and exciting events for MSVU students to enjoy. Skiing, Casino-Oscar Night, Horseback Riding, and Sea Kayaking adventures were just a few of the events the office organized. In addition to the traditional sports of basketball, volleyball, soccer and badminton the sports of cricket and netball were also introduced. The intramural program grew this year to included men's ice hockey. For the second straight year, the Keith's Cup Challenge had residences compete against each other to show their "School Spirit" and keep residence life exciting. This year's cup winners were floors 9-10 from Assisi Hall.

They were the proud winners of a private party at Vinnie's Pub, a custom designed t-shirt and two students from the winning floors will attend the Annual Student's Union Awards Banquet to accept the Keith's Cup trophy!

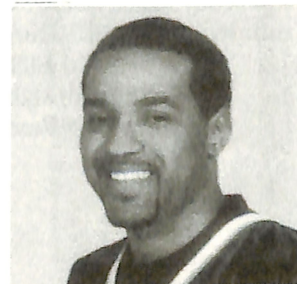
On Saturday, April 3<sup>rd</sup>, the 5<sup>th</sup> Annual Athletic Initiatives Dinner and Silent Auction will be the final event of the year. This year's guest speaker is Dr. Kim Amirault. Dr. Amirault is the Director of Sport Psychology at the National Sport Centre in Calgary. She works with numerous national and professional athletes and teams and has lectured and presented all over the world. We encourage all staff, faculty and friends of the Mount and the external community to take part in this exciting event. Thank you for your continued support.

**Thank you once again for making our year such a success, we look forward to meeting all your health, fitness and recreational needs in the future.**

*Continued on back page...*



Kim Fralick - ACAA Women's Basketball Most Valuable Player, CCAA All-Canadian & CCAA Academic All-Canadian



Barry Bryan  
CCAA All-Canadian



Erin Horne  
CCAA All-Canadian



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





## 2003 - 2004 WOMEN'S BASKETBALL

**Back Row (l-r):** Dyrick McDermott (Head Coach), Leah McFadden, Kim Fralick, Wendy Mills, Ashley Gould, Brianna Taker, Erin Zinck, Jenna Simms

**Front Row (l-r):** Erin Horne, Lise Richard, Jennifer Kinsella, Ashley Bonang, Elaine Horne, Jennifer Fortune.

**Missing:** Amanda Irving, Nadia MacDonald (Asst. Coach), and Lora Harvey (Asst. Coach)

2003-2004 has been an outstanding year for the women's basketball team. Under the leadership of five great senior players : Kim Fralick, Amanda Irving, Jen Kinsella, Erin Horne and Elaine Horne our team finished league play with an almost perfect record of 23-1. The team was prepared and determined to capture the 2004 ACAA title and defeated University Kings College in semi-final play 59-42. The Championship game matched the Mount Mystics up against second place St Thomas Tommies. There was no stopping the Mount as they played an almost perfect game capturing the banner with a convincing score 60-41. Kim Fralick was named ACAA MVP and both Kim and Erin Horne were named to the ACAA All-Conference Team and also earned CCAA All-Canadian honours. Head coach Dyrick McDermott was named ACAA Coach of the Year. Congratulations to the Team and Coach McDermott. Go Mystics! Best of luck at the 2004 CCAA Nationals.



## 2003 - 2004 MEN'S BASKETBALL

**Back Row (l-r):** David Brien (Asst. Coach), Danny O'Blenis, Nick Daaboul, Brett Fulmore, Mike Wilson, Matt Alarcon, Barry Bryan, Rick Plato (Head Coach).

**Front Row (l-r):** Joey Sampson, Chris DeWolfe, Matt Reagan, Jonathan Keezer, Andrew Barnhill, Jonathyn Williams

**Missing:** Matt Belliveau, Mark Forward (Asst. Coach), Andrea Plato (Manager).

The men's basketball team finished off the season with a 21-3 record. A very talented team, led by seniors Chris DeWolfe, Matt Alarcon and Barry Bryan had high hopes for this year. The team gave it's all at the ACAA Championships, where they defeated UNBSJ Seawolves 80-70 in semi-final play. The Mount Mystics battled the St Thomas Tommies in one of best played championship games of the decade. Unfortunately, we walked away without the banner losing by one basket, 67-65. The team can be assured that they should be proud of their outstanding efforts and we already look forward to the rematch. The ACAA named Barry Bryan and Chris DeWolfe to the ACAA All-Conference first team. Barry Bryan was also named CCAA All Canadian.



The women's volleyball team finished this season in third place in a very competitive Atlantic Colleges Athletic Association (ACAA) with a 11-9 record. The team entered the playoffs with the hopes of upsetting 2<sup>nd</sup> seed Université Sainte Anne in semi-final action. Although the team could not defeat the talented Sainte Anne team, Head Coach Suzanne Dittmer was proud of her teams' performance. This young team of talented players should be a threat to win the league championship title in years to come. Congratulations to second team All-Conference players, Joni Hirtle, Andrea Daniels, and Robyn Thomas. The team would like to recognize Carolyn Carter, Andrea Daniels and Joni Hirtle for their dedication to the Mystic varsity program.



## 2003 - 2004 WOMEN'S VOLLEYBALL

**Back Row (l-r):** Jon Elliott (Asst. Coach), Kelly Smith, Candace Garland, Emily Hubley, Andrea Daniels, Chelsea Whitehead, Meghan Smith, Susanne Dittmer (Head Coach), Debbie Johnston (Asst. Coach).  
**Front Row (l-r)** Robin Thomas, Allison Saunders, Meghan Scott, Carolyn Carter, Leanne Marriott, Joni Hirtle.

The 2003-2004 edition of women's soccer entered this year's Atlantic Colleges Athletic Association (ACAA) playoffs as the leagues' top team with a 7-1 record and the leagues best offence of 28 goals scored. All-Canadian and League MVP Nicole Meldrum and ACAA Rookie of the Year Sarah Mather led the team to a 3-0 semi-final win over cross town rival University of King's College. Unfortunately the two time ACAA defending champions could not defeat Atlantic Baptist University, and fell 4-2 in the finals. Although, the team did not "three-peat," ACAA Coach of the Year, Jacques Boudreau was proud of the teams' efforts and look forward to next season. Congratulations to Nicole Meldrum, Jessica Rose, and Meghan Ingram for winning first team All-Conference. The team would like to thank seniors Wynne VanTheilan, Jill Boudreau and Sarah Power for their efforts!



## 2003 - 2004 WOMEN'S SOCCER

**Back Row (l-r):** Jacques Boudreau (Head Coach), Nicole Meldrum, Jessica Rose, Sarah Wellwood, Wynne VanTheilan, Jenna Clarke.  
**Front Row (l-r):** Marie Claire Boudreau, Megan Ingram, Sarah Power, Sarah Mathers, Jill Boudreau **Missing:** Jamie Caldwell, Sheena Keay, Janine Forsey, Jacqueline Gallagher, Julie White, Amy Longard, Meghan Pitts, Jillian Byrne, Chris Roper(Asst. Coach), Sarah Allt (Asst. Coach).



# 2003 - 2004 RECREATION SOCIETY

The Recreation Society has had another successful 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, develop school spirit, and create a more enjoyable "student life" for Mount students. This year's events included: the Amazing Race, University Idol II, Free Movie Nights each month, the Annual Pumpkin Carving Contest and Ultimate Frisbee.

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, a New/Used Sporting Goods Drive in support of Nova Scotia's Kid Sport program. With the support of the Mount community, both events were a huge success, with the Mount receiving recognition for their Toy Drive efforts on the local radio station, 96.5FM. In February, they volunteered their time and resources selling pop, treats, barbequed hamburgers, and hot dogs at the First Annual MSVU Wish Day. This was a very successful 24-hour Hockey Game with live musical performances from MSVU students, all in support of the Children's Wish Foundation.

This year, three of our society members will be graduating. Sarah Power, Jennifer Kinsella and Amanda Dwyer. We would like to congratulate them on a job well done, and wish them the best of luck in their future endeavours. We would also like to thank the Mount community, the Student's 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.

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