



Mount Saint Vincent University

ATHLETICS / RECREATION

REVIEW

April 1996

A Special Supplement to Campus Connection
prepared by: Athletics/Recreation

THE RIGHT TIME TO BE A MYSTIC

What do these teams have in common?

- ...women's soccer
- ...women's basketball
- ...men's basketball
- ... women's volleyball
- ...badminton teams

THEY ARE...

MYSTICS. They are full-time students. They carry full course loads, attend all team practices, participate in fundraising and compete during nights and weekends. They are gracious, win or lose, and they are right out there representing the university with the class and composure that we should all be proud of. Win or lose *it is the right time to be a Mystic.*

In addition to competitive athletics, the Athletics/Recreation Office offers programs to the university and

external community to encourage active living. Our knowledgeable and friendly staff offer many programs for all to participate. The Ath/Rec Office likes to keep up on

what's happening, the latest fitness developments... and feels it is on the cutting edge. Over the past few

with the university's non-traditional approach, we also offer new programs such as FLOW, Boxer-slide, body bar classes, stress releasers, karate do shotokai, tai chi taiji qigong, yoga, strength training for the older adult, fitness classes for the older adult, student leadership courses and basic fitness leadership training courses.



CCAA All Canadians!

Pam McCulloch

Third year Bachelor of Arts student, was selected MVP of the ACAA. She was then selected CCAA All Canadian. Pam is one of the Mystics' most consistent scorers, was Rookie of the year in her first year and All Conference in her second.

Mark Clarke

Third year Bachelor of Child and Youth Study student, was chosen MVP of the ACAA. He was then selected CCAA All Canadian. Mark is a very consistent player who has led his team all year. He was selected Rookie and All Conference in his first two years.

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
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Tall Ships Art Productions Ltd.
New Order Screening
CanMed Surgical Supplies
Cleves Sporting Goods Ltd.

years we have been one of the first to use and design STEP and SLIDE classes, and replace high impact with safer and more efficient toning and low level aerobics. In keeping

Women's Volleyball



Women's Volleyball: (l-r) back row: Gin Hing Lee (Manager), Andrea Hurley, Tanya Diamond, Dervel Gardner, Heidi Crawford, Jennifer Hardy, Jackie Coyle (Coach); (l-r) front row: Wendy Spence, Christy Smith, Angie Garner, Lisa Patterson, Sheri Lee McKenna.

The volleyball team had a very positive year with a 16-5 record going into the ACAA playoffs. The Mystics lost to UNBSJ in semifinal play losing 15-11, 15-10, 15-10. Although the team did not win the title this year, they greatly improved from the beginning of the season and the team is looking forward to next year already! Angie Garner, a fourth year Bachelor of Arts student and MSVU setter was named to the ACAA All Conference Team.

Women's Soccer

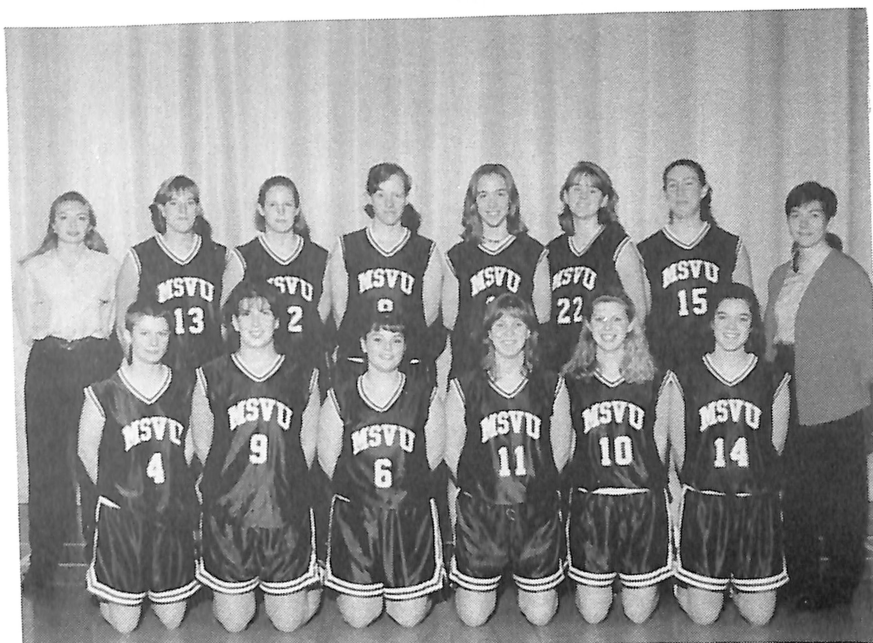


Women's Soccer: (l-r) back row: Heather Hennigar, Shauna Whitman, Karen Seamone, Erin Atkinson, Dawn Rushton, Treena Hansen, Denise Elliot, Patsy Pyke (Head Coach); front row: Deidre Gallant, Shawna Johnston, Maeribeth MacDonald, Wendy Spence, Jennifer Brown, Jackie MacLeod; missing: Terri Read, Shannon Keefe, Jennifer MacLeod

The 1995-96 soccer season was successful for the Mystics. The team finished regular season play with a record of 7 wins, 3 losses and 2 ties, securing second place going into playoffs. The Mystics met St. Thomas in the first playoff game and were defeated 1-0, but this does not overshadow their success. They allowed only 14 goals against all season and exhibited a real team effort whenever they competed. Erin Atkinson and Jackie MacLeod were selected to the All Conference team and Wendy Spence was selected as All Conference Keeper.



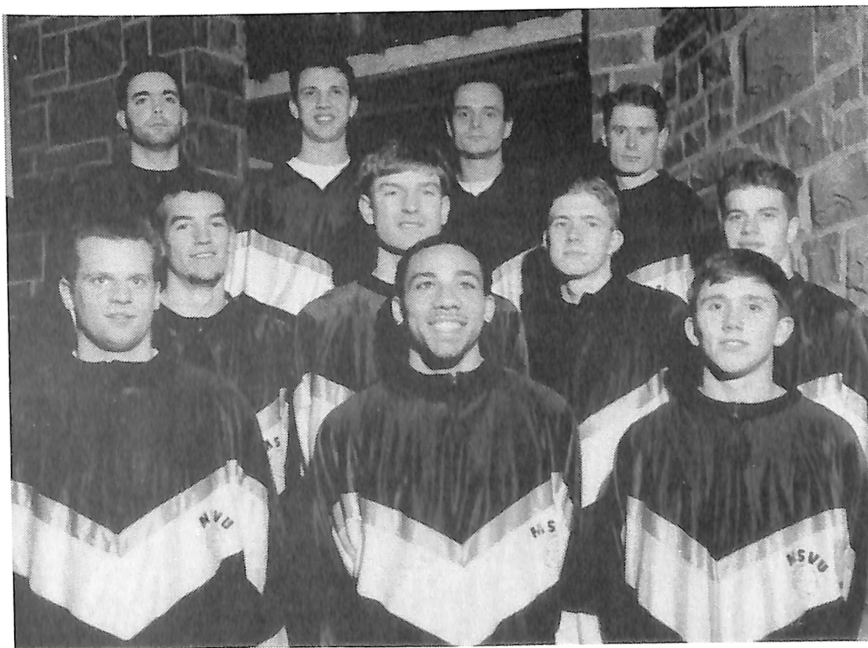
Women's Basketball



Women's Basketball: (l-r) back row: Tina Creelman (Assistant Coach), Jennifer Acker, Susan Giffin, Amber Leahy, Emily Murray, Amy MacKay, Patsy Pyke (Head Coach); (l-r) front row: Pam Brennan, Andrea Hill, Amanda Swales, Melissa Stevens, Pam McCulloch, Sheila Murphy.

The 1995-96 season was a disappointing one for the women's basketball team as they finished the season with 13 wins and 8 losses but were unable to take a must-win game to make the final four. On the positive side, the team of seven returning and five rookie players, opened the season by winning the NSAC tournament and re-verses last year's season record. Pam McCulloch was selected MVP of the ACAA and CCAA All Canadian.

Men's Basketball



Men's Basketball: (l-r) back row: David Brien, Craig Miller, Rob Sysak, Craig Sampson; (l-r) middle row: Mark Clarke, Arthur Lunn, Jason Brunt, Matthew Swain; (l-r) front row: David Wilson, Malik Adams, Andy Stanley; missing: Rick Plato (Head Coach).

The 1995-96 season was an extremely successful year for the men's basketball team. The team finished in first place with 20 wins and only 1 loss during regular season play. They then won both their playoff games with ease and advanced to the CCAA National Championship in Montreal, Quebec. They were defeated in their first game against second ranked SAIT and then lost to Sheridan in a very close game (76-71). The calibre of play was outstanding and the Mystics should be proud of their effort and great season. Mark Clarke was selected as MVP of the ACAA and named to the CCAA All Canadian Team. Coach Rick Plato was selected ACAA Coach of the Year.

Co-ed Badminton



Co-ed Badminton: (l-r) back row: Aine Humble (Assistant Coach), Brian Doucet; (l-r) middle row: Lynn Amirault, Charles Williams, Susanna Rocca; (l-r) front row: Dwayne Costello, Trudy Doucet, Mindee Walker, Richard Michaud, Mike Hingston (Head Coach).

At the ACAA Championship Tournament Lynn Amirault and Mindee Walker captured the Women's Doubles crown while Dwayne Costello and Brian Doucet took the Men's Doubles. At the CCAA qualifying tournament Lynn Amirault and Dwayne Costello joined together to take the Mixed Double Title and travelled to Nanaimo, BC to compete at the CCAA. The team received the CCAA Fair Play Award which is voted upon by all participants at the national tournament. Head Coach Mike Hingston, was also recognized with the CCAA Coaching Excellence Award. Only one badminton coach involved in the CCAA receives this award—a tribute to Mike's contribution to badminton in Nova Scotia and at MSVU!

Athletics/Recreation Society

Ath/Rec Society

The members of the Athletics/Recreation Society deserve to be recognized for their outstanding leadership and volunteer contribution to the Mount's Student Athletic and Recreation Program. During the past year these students took leading roles in promoting and providing many recreational opportunities to fellow students. One of the most outstanding contributions came when the Mount hosted the Atlantic Colleges Athletic Association (ACAA) Basketball Championships. While many students were relaxing during Spring Break, these students were busy volunteering long hours to host the championships. Many visiting guests, students and VIP's were overwhelmingly impressed with the organization of the event. The success of the tournament reflects the professional leadership skills these students possess. Their dedication to the lives of fellow students and their motivation to provide quality recreational opportunities are well recognized.

Our sincerest thanks for your support and dedication. Voluntarism is the backbone of any successful event.

Thank you!

Kara MacNeil
Helen Smith
Melanie Beaton
Timothea Gibb
Monica Wyman
Nancy Swain
Tanya Lewis
Rhonda Lee Kirk
Sara Hawker
Susie Rocca
Nancy Lee White
Nicole Robinson
Deah LeBlanc
Doreen MacKenzie
Joey Clancey
Chris Carpenter
Nicole Beaulieu
Angela Corcoran
Gin Hing Yee
Julie Suvajac

