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MOUNT SAINT VINCENT UNIVERSITY



**Athletics —
Recreation
Year Book**

1976 — 77





Athletics-Recreation Director Margaret Ellis

ACKNOWLEDGEMENTS

All photographs in this book were taken, and processed by Brian Billard, a senior student in Business Administration at Mount St. Vincent University.

Thank you Brian!

BASKETBALL



Back Row [L to R]: Louise Greeley (Coach), Cindy Hebb, Brenda Sullivan, Judy O'Neill, Becky Robar, Colleen Myrick. **Front Row [L to R]:** Carm McNeil, Bev MacKinnon, Lynn Hogan, Heather Moir.

TEAM:

Cindy Hebb
Lynn Hogan
Bev MacKinnon
Carmelita McNeil

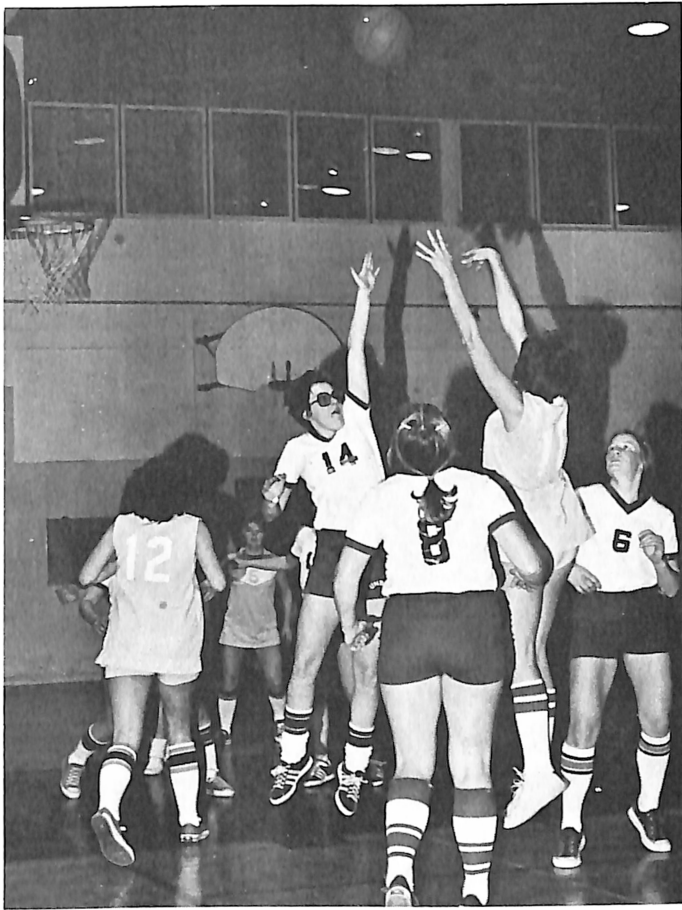
Colleen Myrick
Judy O'Neill
Becky Robar
Brenda Sullivan

Coach: Louise Greeley
Manager: Don Larder

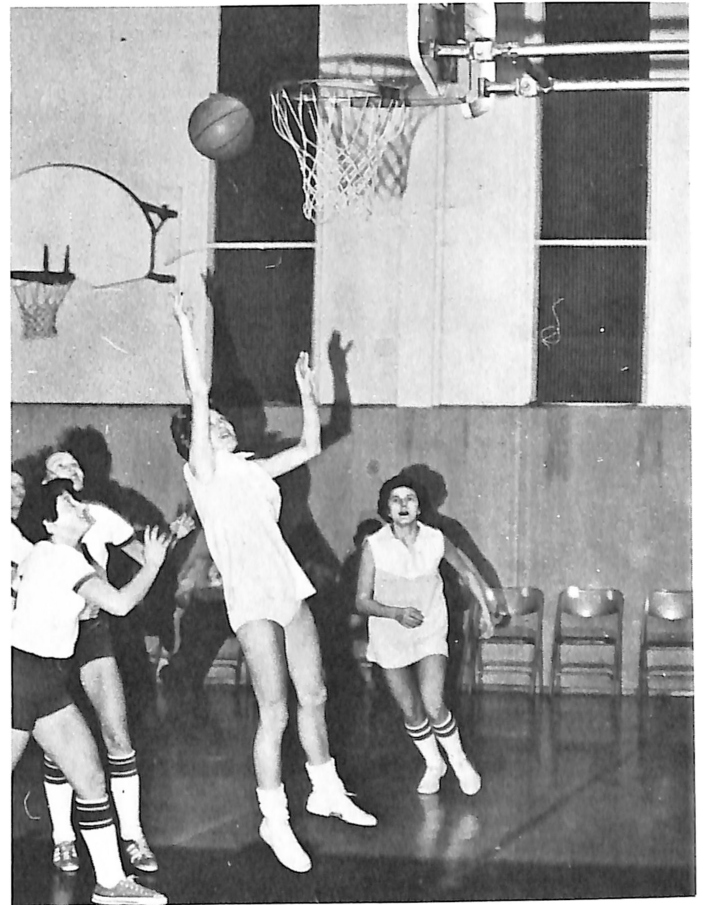
The Mount Basketball Team participates in the Metro Ladies Basketball League, (MELBA Intermediate "A" Division). They play weekly from October until March on Tuesday evenings. This year they played all their games off campus either at Sackville High School or St. Francis School. It has been a successful year for them. At time of going to press, they are leading in their league and will go on to the Provincial Tournament to be held in Truro.

In the AUAA "B" Tournament, which was held at the Mount this year our team was beaten in its bid for a place in the championship game by Memorial University who in turn were beaten by Dalhousie.

In the Nova Scotia Agricultural College Invitational Tournament the Mount team brought home the Consolation trophy and Becky Robar was named to the All-Star Team.



The Mount at the NSAC Invitational Tournament.



Cindy Hebb shooting.



Judy O'Neill shooting.



The Mount versus UNB St. John at NSAC Invitational Tournament.



Back Row [L to R]: Terry Koskolas, Brian Billard, Danny McGrath, Adair Stewart. **Front Row [L to R]:** Randy Hunter, Dave Reader, Don Carney.



On Wednesday evenings throughout the year, a group, organized by the Science Society, has been playing basketball for fun. This group, made up of guys and girls, have taken advantage of our facility and have shown a good example to the rest of the university in organizing their own recreation. Thanks are due to Kathy Myketyn for this. Another group, all men this time have been playing for fun on Monday evenings. This is what it should all be - fun!

Terry with the leg!

VOLLEYBALL



Back [L to R]: Jane McLean, Louise d'Entremont, Judy O'Neill, Cheryl Marcipont. **Front [L to R]:** Heather Hart, Becky Robar, Elspeth McLean.

TEAM: Louise D'Entremont
Elspeth McLean
Becky Robar

Heather Hart
Jane MacLean
Cheryl Marcipont

Judy O'Neil
Coach: Maj. Ali

This year the Mount took out membership in Volleyball Nova Scotia. This enabled us to increase the number of tournaments by 100% from one to two. In the Greenwood Open our team won first place in the Senior "B" section, but lost their Championship Trophy in the AUAA Tournament that was held at UNB, St. John.

Hopefully next year the season will be extended so that our team can compete in all the tournaments offered by Volleyball Nova Scotia.

FIELD HOCKEY



Back Row [L to R]: Jennifer Brangman, Margaret Ellis (Coach), Bev MacKinnon, Kim Kral, Paula Montford, Nancy Hoegg, Carol Coolen, Colleen Myrick, Glend Morrissey. **Front Row [L to R]:** Margo Boates, Karen Horne, Alison Way, Sheila Orr, Dayle Harrington.



Back Row [L to R]: Margaret Ellis, Kim Kral, Margo Boates, Leona Sullivan, Karen Horne. **Front Row [L to R]:** Glend Morrissey, Bev MacKinnon, Carol Coolen, Cheryl Rafuse.

TEAM: Margo Boates, Jennifer Brangmen, Carol Coolen, Dayle Harrington, Nancy Hoegg, Karen Horne, Gwynneth Hughes, Kim Kral, Bev MacKinnon, Kathy Maloney, Paula Montford, Glenda Morrissey, Colleen Myrick, Sheila Orr, Cheryl Rafuse, Leona Sullivan, Alison Way. Coach: Margaret Ellis. Manager: Ruth Drysdale.

The above list may seem rather large in number for a field hockey team that should number eleven. This is because the team varied because of the availability of players.

Owing to bad weather, a short season, poor facilities and late organization, our season was not as successful as it could have been with the talent that we have. We played one exhibition game against Kings College which resulted in a non-scoring draw. In the AUA J.V. Tournament hosted by Dalhousie, although we did not win, we did not disgrace ourselves; scoring nine goals in total and having nine goals scored against us. Thanks are due to those who helped out at the last minute with no practice or preparation for the tournament, without them we could not have fielded a team.



TENNIS

TENNIS

Shirley Bowness and Jane McLean

TEAM:

Shirley Bowness	Jane McLean
Cheryl McLaughlin	Moir Smith
Coach: Bill Shakespeare	

This team played in the AUAA championships that took place at UNB in Moncton, 15 and 16th of October. This early date gave us little time to publicize and practice to form a team. They did not win any trophies but each had the experience of playing in a tournament on indoor courts. In the Spring of this year (1977) our own tennis court will be in service and next fall it should be easier for our team to practice.

Missing: Moira Smith

Cheryl McLaughlin



NETBALL



NETBALL

[L to R]: Lorraine Smith, Gail Tucker, Debbie Sawley, Maxine Adams, Valerie Robinson, Jennifer Brangmen, Margaret Ellis, Joann Davis, Judith Joell. **Kneeling [L to R]:** Ulene Robinson, Charlene Selkridge.

Netball, a new game to Canadians, but one that has been played by most girls in British Commonwealth Countries for many years, was introduced as an activity for the first time this year. As many as twenty students, most of them from Bermuda have played regularly either with Margaret Ellis coaching on Thursday evenings or by themselves on Sunday afternoons. We have made history in that the Mount Team played against the Nova Netball Club in the first interclub game in Nova Scotia and also took part in the first invitational tournament in the province. We have a lot of netball talent which, with regular practice, should build us a fine team in the future. Joann Davis has been the volunteer co-ordinator of this group and much of the success of netball has been because of her.



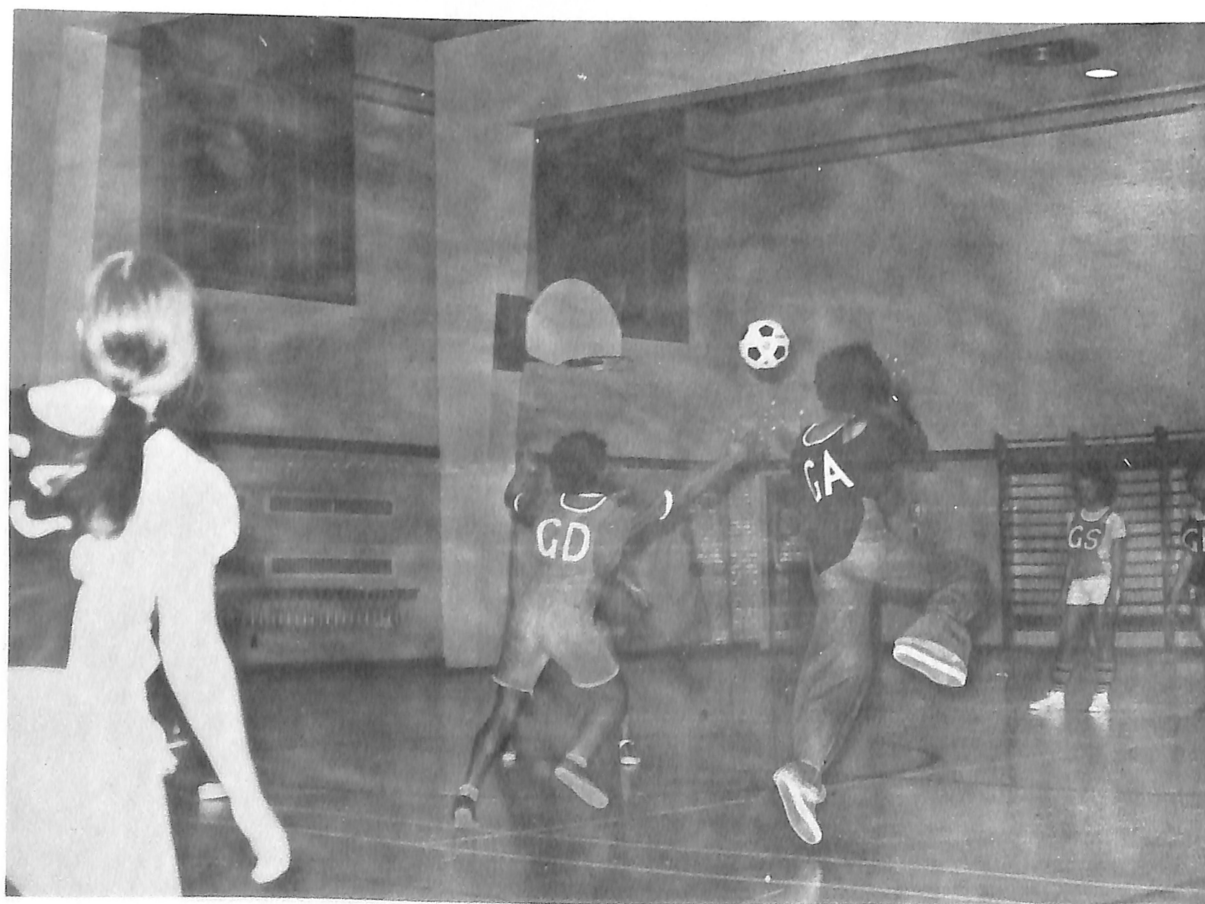
Lorraine Smith attempts a shot at goal.



Val Robinson catches the ball.



Margaret Ellis working on a "fine point" with Maxine Adams and Lorraine Smith.



Jennifer "Sam" Brangman and Lorraine Smith reach out for the ball.

BADMINTON



[L to R]: Bill Shakespeare, Lynn Mutch, Roberta Parker, Judith Joell.



Ann Blandford and Bill Shakespeare.

TEAM: Judith Joell, Lynn Mutch, Roberta Parker. Coach: Bill Shakespeare.

These three young women served their university well. They practiced hard and went to the AUAA championship at Mount Allison in February with very little playing experience. Their hard work was not enough to win them a title but they are all keen to return next year and try again.



Bill Shakespeare - Coach



Judith Joell



Judith Joell



Roberta Parker



Lynn Mutch



Lynn Mutch



Ann Blandford



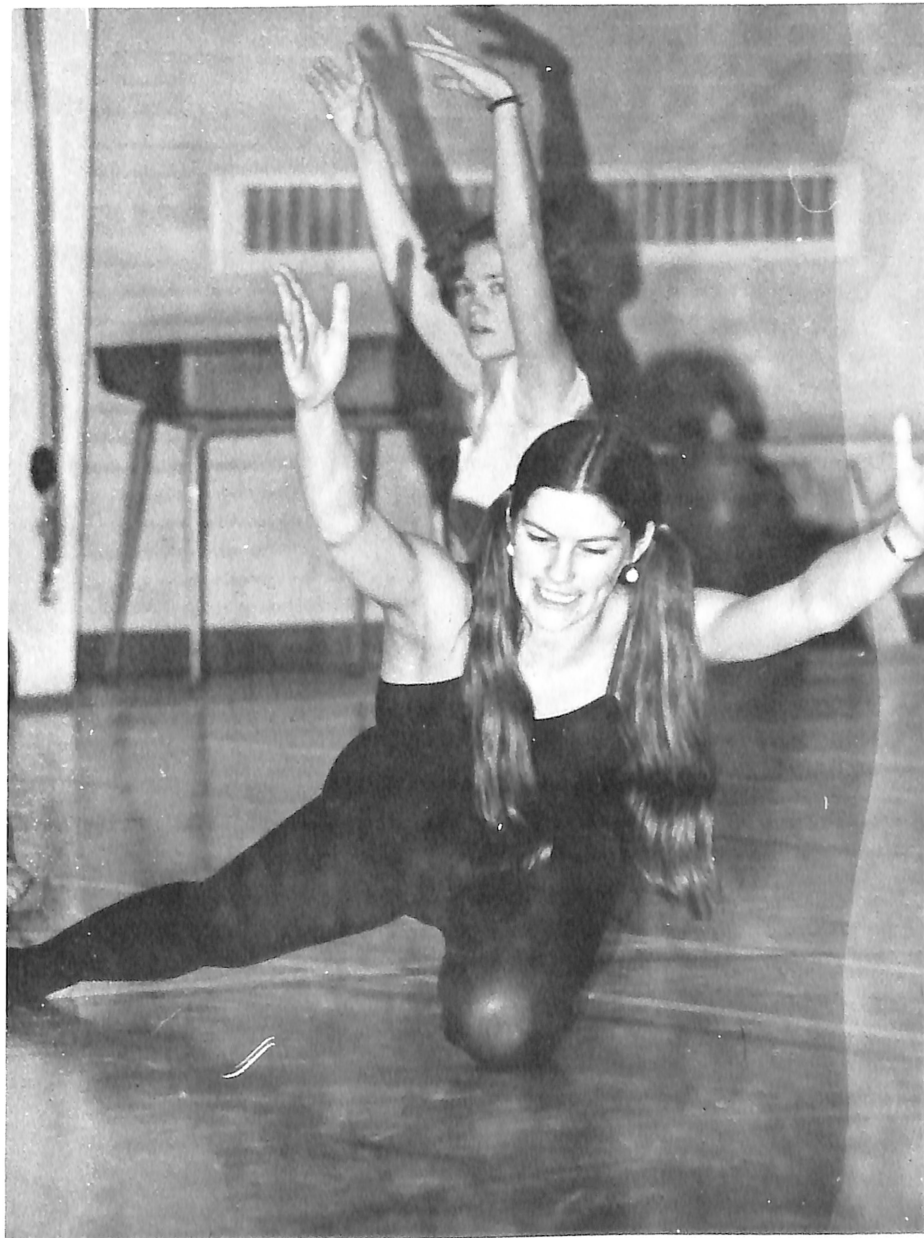
Ann Blandford and Bill Shakespeare

MODERN DANCE

We have been fortunate for the second term in having Annette Gee as our instructor. Annette hails from Australia where she has had experience in dancing and teaching dance. A core croup of ten students will perform at our Athletics - Recreation Banquet to be held at the end of March.

MODERN DANCE

Annette Gee - Instructor

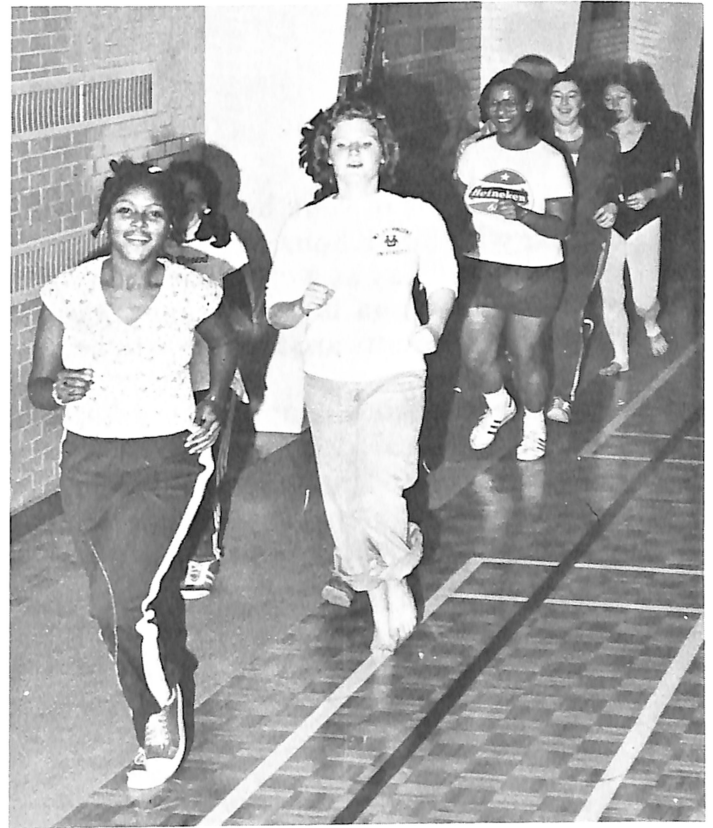




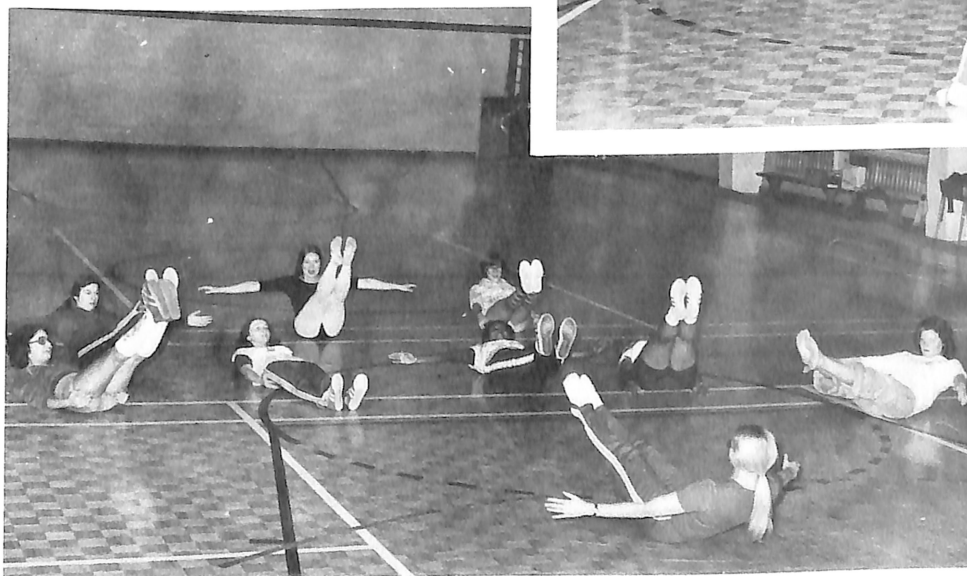
FITNESS

Fitness programs this year have been supported by a few keen students most of whom were already fit. One class has been held on Tuesday evenings in the gym, while the other took place in a classroom in Seton Academic Centre at noon on Thursdays. Both groups, although small, have been faithful and hopefully have gained a feeling for fitness.

Running is part of fitness! Roseanne Maxwell leads the way.



Margaret Ellis leads the class in some exercises.



Working on the "tummy".

YOGA

Classes in yoga have been provided by the Atlantic Yoga Center throughout the year with Jim Khona and Jean Fraser as the instructors. These classes have been held during the day as well as the evening to accommodate non-resident as well as resident students. Yoga is a pleasant way of exercising and renewing oneself in this hectic world. Students are fortunate to be able to take advantage of a discount of 50% of the regular fees.



This group sits cross-legged while doing finger exercises.



An illustration of a variety of yoga exercises.

SWIMMING

Our efforts to have regular recreational swimming has been thwarted somewhat this year because of problems at Northcliffe Recreation Centre pool. However, as an interim measure, a few students took advantage of the pool at the Sea King Motel during January and February. Normally a bus picks up and returns students to the university for the regular bus fare to make it easy for students to enjoy their swim. Kathy Sherwood has been our regular life guard and Lynn Myles has faithfully collected bus fares.



Kathy Sherwood lifeguarding at the Sea King Motel

CURLING

TEAM: Jennifer Bates, Dawn Carey, Wendy Conrod, Brenda Ivany, Kathy Myketyn. **Coach:** Jerry LeBlanc.

At the time of going to press this team has not yet had to prove itself. The AUSA championship Bonspiel takes place in Charlottetown, P.E.I., March 9th, 10th and 11th, 1977. They are hoping to repeat last year's success in bringing the trophy back to Mount St. Vincent. Wendy Conrod will not be going to P.E.I. instead she will be taking part in the National Mixed Bonspiel which takes place in Halifax at almost the same time.

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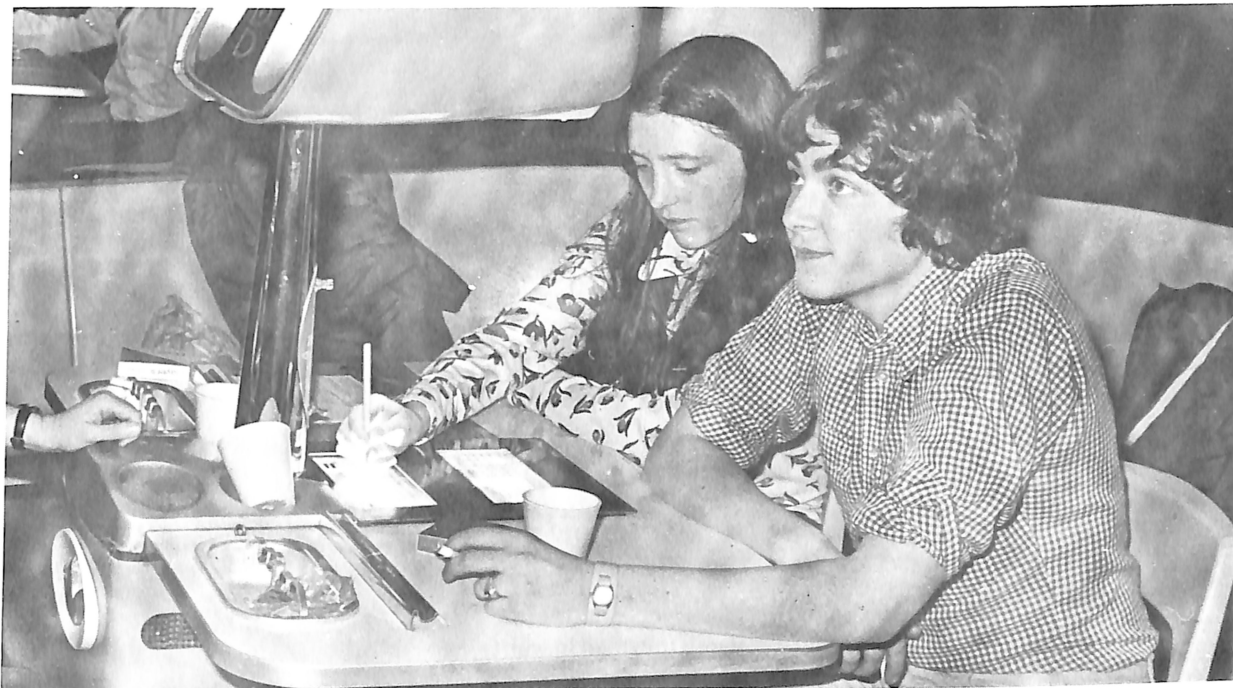
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BOWLING

For the first time there have been a group of students who have been bowling on a regular basis at the Halifax Bowling Centre. The season started with a bowling "party" and for a couple of weeks following this free lessons were given to those who wanted them. Students pay a lesser amount than the general public and it is hoped that this initial enthusiasm will develop next year so that a Mount league can be formed.



Donna Eisenhower and Colleen Swail



Back Row [L to R]: Judith Oxner, Carol-Ann Smith, Lori Swail, Colleen Swail, Debbie Loeffler. **Front Row [L to R]:** Ronnie Crawford, Eileen Borgel, Mubina Hudder, Roberta Strum, Donna Eisenhower.

SKATING

We are lucky at the Mount in having a pond set in a picturesque surroundings, which, when frozed provides a delightful skating area for those gifted in the art.



Using the pond in winter.



Hockey on the pond.

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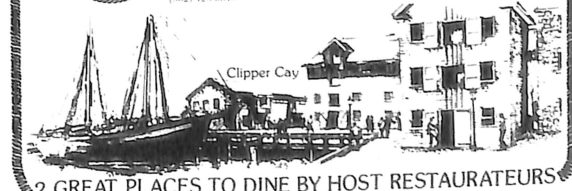
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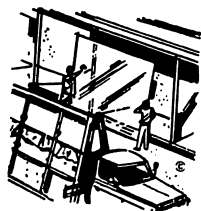
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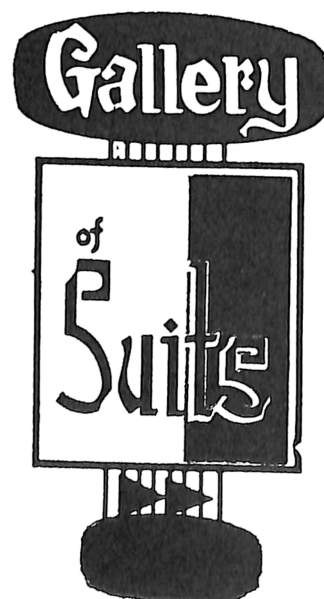
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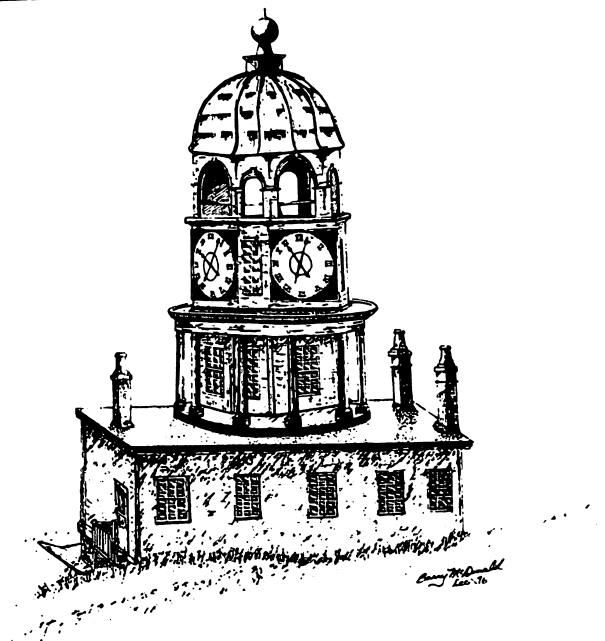
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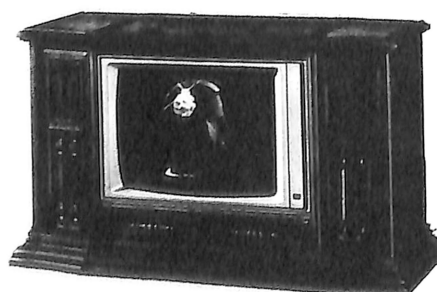
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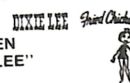
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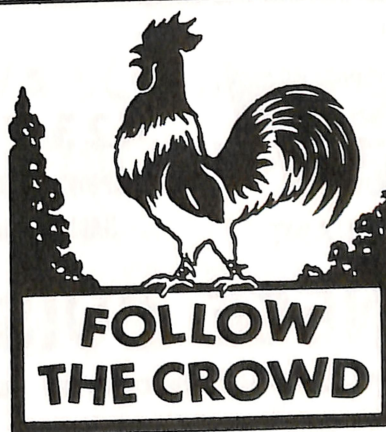
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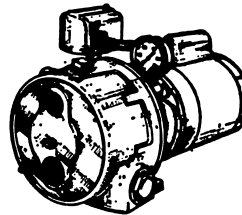
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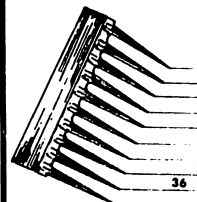
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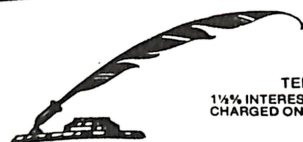
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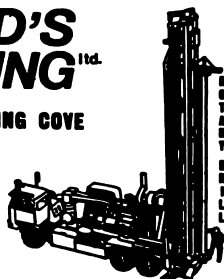
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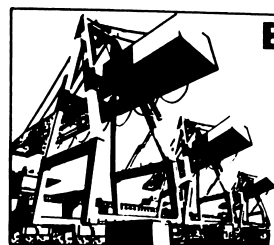
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