



Riding high in '89 – '90: Our best year ever!

1989/90 The Year in Review

Over 30,000 individuals passed through our doors in 1989/90. Programs and services offered by the Mount's Athletic/Recreation office touched many people in the Mount community. Women and men, children and seniors — people of all ages and descriptions participated in Mount sport, fitness and recreation programs.

Popular intramural programs and events on the Mount campus attracted more than 300 participants during the past seven months.

Participants invested a total of 4000 person hours in intramural team sports including volleyball, basketball, badminton, soccer, ball-hockey and gymnastics. And, this year's program included some special off-campus events such as swimming

at Northcliffe Pool and bowling at the Bayers Road Bowlarama.

Student leadership on campus was strong. Residences and societies worked with the Athletic/Recreation Office to host activities for students. The annual year-end intramural party, held March 15, celebrated student participation.

A team of 10 qualified leaders headed fitness programs this year. From Tai Chi to the back care program, high and low impact aerobics to toning with tubing and an aerobic walking class, Mount students, staff, faculty and the community took advantage of the variety of recreational fitness programs offered.

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Women's Basketball

For the first time in the history of the Nova Scotia College Conference, the Mount Saint Vincent University women's basketball team won the title.

The team finished the season with a 3-5 win/loss record, but played up to their potential in the final two games, defeating the University of Kings College and Nova Scotia Teachers College and advancing to the Canadian College Athletic Association National Championships. Two Mount players, Dana DeCoste and Andrea Drake, were named to the All Conference team.



Women's Basketball (l-r) back row: coach Anne Lindsay, Maura Ryan, Alex Taylor, Heather Nicholson, Dana Decoste, Deanne MacLeod, manager Denice Clark; front row: Lynn Ann Campbell, Jocelyn MacLean, Andrea Drake, Wanda Skinner, Jeannie Flynn.

Women's Soccer

Finishing regular season play with a 7-1 win/loss record, the women's soccer team captured its fourth Nova Scotia College Conference Championship. Five players from the Mount were named to the All Conference Team including Teri Canning, Cory Dykes, Shelly Eichel, Jennifer Shebib, Leanne Tanner.



Women's Soccer (l-r) back row: Rhonda Rogers, Lori Martin, Lindsay Jones, Leanne Tanner, coach Patsy Pyke; front row: Natasha Klefenz, Darcie Moore, Sonya Powell, Jennifer Shebib, Teri Canning, Danielle Gendron. Missing from the photo are Shelly Eichel, Cory Dykes, Jocelyn MacLean, and Karen Weatherston.



Co-Ed Badminton (l-r) back row: Tom Pink, Rob MacKenzie, J.P. Dowdall, Lynn Amirault, manager Carl Lingley; front row: Wendi Smith, Karrie MacDonald, Julie Maher, Gail Nash. Missing are Gail Ingarfield, Sheri Parks, John Furey and coach Jeff McLean.

Co-Ed Badminton

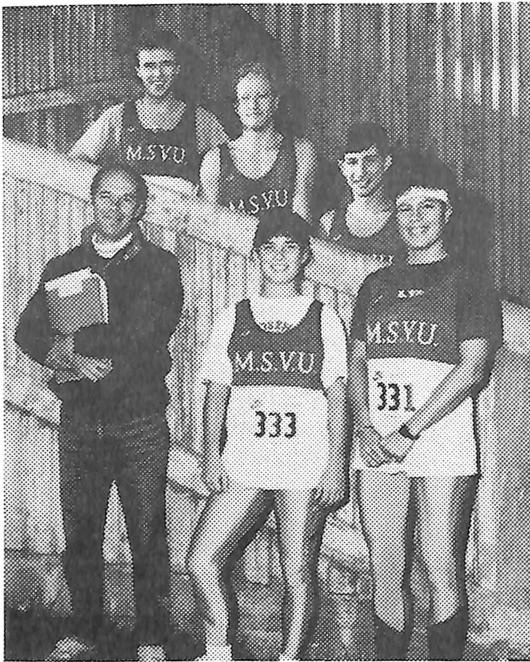
The Nova Scotia College Conference Badminton finals were held at the Mount in March. Three badminton team members competed in the Canadian College Athletic Association National Championship in Burnaby, B.C. Karrie MacDonald represented the NSCC in ladies singles. Her team mates Lynn Amirault and Gail Ingarfield competed in ladies doubles.



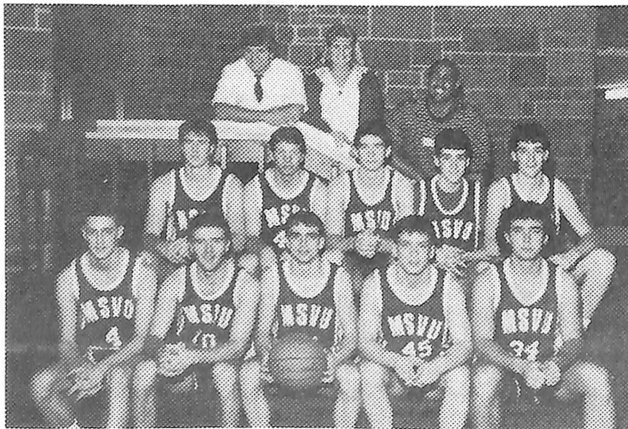
Women's Volleyball (l-r) back row: coach June Lumsden, coach Howard Jackson; middle row: Rachel Brown, Paul Ingarfield, Tania Angelucci, Leanne Tanner; front row: Kathy Lamey, Marlene McCue, Ann Deaveau, Justine Turpin, Lore Meggetto.

Women's Volleyball

The Mount Volleyball team placed second in the Nova Scotia College Conference. Losing the title for the first time in 10 years was a disappointment, but this young team is eager to recapture the title next year. Leanne Tanner was named to the NSCC All Conference team and Kathy Lamey was named Most Valuable Player in the NSCC. Lamey was also placed on the CCAA All Canadian team.



Cross-Country Running (l-r) back row: John Doody, Michael Haynes, J.J. Poividon; front row: coach Bill Bent, Denise Fraser, Melanie Claude. Missing from the photo are Margaret Kenny, Fletcher Hamilton, Larry Buhagier, Maria Robinson, and Geraldine Bougeas.



Men's Basketball (l-r) back row: coach Rick Plato, manager Andrea Plato, Ray Adekayode; middle row: Johnathon Phillips, Wayne Keddy, Jessie Diepenveen, Anthony MacNeil, Andrew MacNeil; first row: Derek Johnson, John Doody, Mark Forward, Paul Forward, Dyrick McDermott.

Cross-Country Running

The Mount's Cross-Country Running Team had a very successful season. In the women's division, the Mount team won its fifth consecutive title with Melanie Claude breaking the course record. The men had an excellent showing with J.J. Poidevin placing first in the Provincial Championships and the team placing second.

Men's Basketball

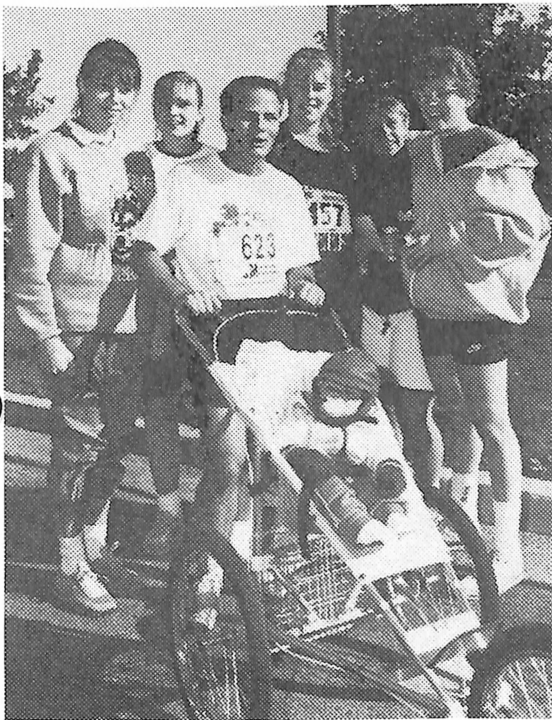
This year's very young team—with only one returning player from last season—proved itself the contender in the Nova Scotia College Conference.

Finishing the season with an 11-9 win/loss record, the men's team defeated Nova Scotia Teachers College in the semi-finals. With this win, they advanced to the final game against UCCB, losing a very close match to finish second in the conference.

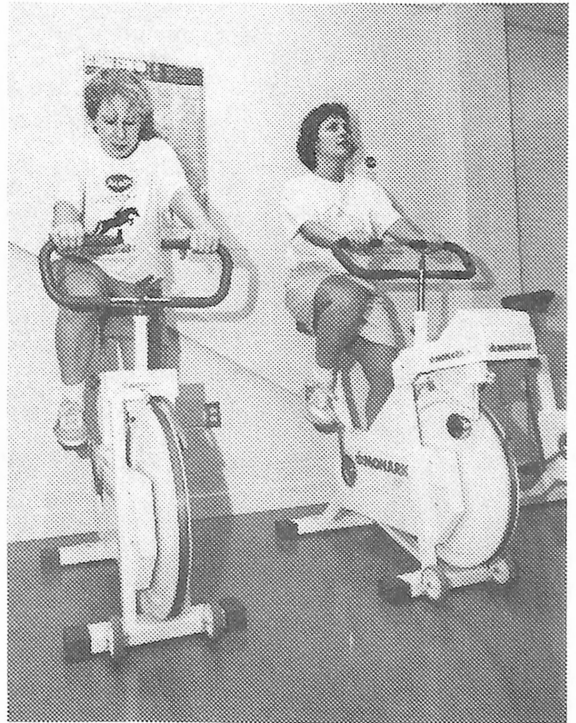
All Conference awards were presented to Jesse Diepenveen, Mark Forward and Paul Forward. Coach Rick Plato was named NSCC Coach of the Year.



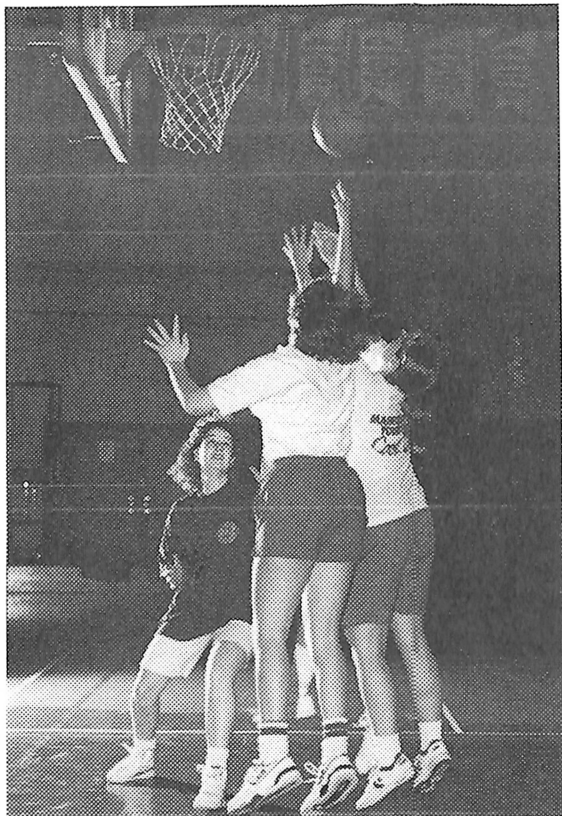
Maritime Beverages Limited sponsored Mount athletic teams during the 1989-90 season. Barry Robski (far right), on-premise area manager for Maritime Beverages Limited inspects Pepsi uniform logos, here modeled by (left to right) Jocelyn MacLean, Anthony McNeil and Kathy Lamey.



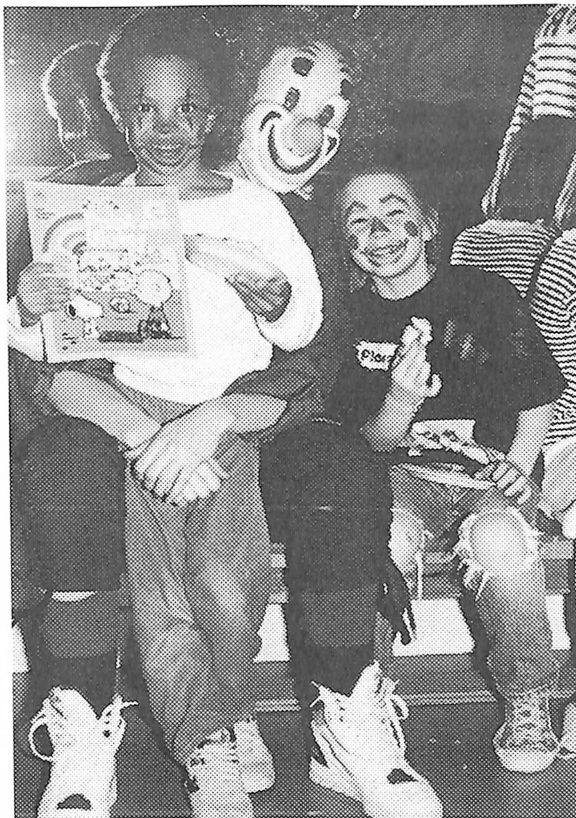
More than 80 participants of all ages took part in seventh annual For the Run of It last fall. The run is part of the Nova Scotia College Conference cross-country meet; a 5 & 10 km run, jog, walk, wheelchair roll (and stroller push!) for the community; and a fund raiser for AdSum House, an emergency shelter for women.



Two members of the Mount community get plenty of fitness mileage out of stationary bicycling. Equipment training is a popular way to shape up.



Intramural basketball is a great way to join friends for fun, while getting in shape. It's a regular part of the Athletics/Recreation Office's fitness program.



Smiles and chuckles were had by children visited by the Mount clown at March Break Day Camp 1990's closing party. Children grades primary to five kept Athletics/Recreation staff hopping through games, crafts, music, movies and field trips and more.

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Weight training is a growing trend on campus. Several weight-training clinics were held this year and the weight-training room was supervised for six hours each week. Supervisors assisted individuals to develop personalized training programs and monitored their fitness on a regular basis.

During February, Heart Month, participants in the fitness classes were asked to "have a heart" and bring a friend to class.

With quality instruction and programs that fill the needs of the Mount community, the fitness program has seen its highest level of participation to date.

Fitness classes continue throughout the year. Plan now to "Spring into Spring" with new programs beginning April 17.
