

MSVU ATHLETICS & RECREATION

2018-2019 REVIEW





The Mount Mystics had a “banner” year as we celebrated winning **three** Atlantic Collegiate Athletic Association Championships in Women’s Soccer, Women’s Basketball and Women’s Volleyball. All three teams represented the Mount and the ACAA at the CCAA National Championships travelling across the country to compete with the very best – Soccer in Coquitlam, BC; Basketball in Quebec City, Que and Volleyball in Welland, Ontario. An amazing experience for our student athletes and coaches.

Our Men's Basketball team and Men's Soccer team also had outstanding years qualifying for the ACAA Championships and making it to semifinal play. Both teams are very young and the future looks very bright for these talented squads. Our cross country running team doubled in participant numbers and we were able to field a full team in both the men's and women's division in almost every meet. At the ACAA Championships our Women's Cross Country team placed an impressive third place.

Fourteen of our student athletes were named to ACAA All Conference teams. Cross Country Coach Matthias Mueller and Women's Basketball Coach Mark Forward were named ACAA Coach of the Year. A third consecutive year for Coach Forward – Mark was also honored by being named CCAA Women's Basketball Coach of the Year – a huge compliment to Coach Forward and the Mount.

Our 2018-2019 Athletics program felt special. EVERY team truly reflected throughout their seasons, their value of respect, hard work, empathy for others and team work. Excellence in the sport they love and their academics are what our teams strive for, and the mutual feeling of family and working together was the path these teams chose to reach those goals. Well done!

Thank you to our Mount Mystics Coaches who give so much of themselves to our student athletes and our Athletic programs. Thank you to all those who have helped us along the way – especially our amazing parents, families, friends, Mount staff, alumnae and special volunteers Dave Gallant and Dr. Robert Berard. Thank you to all our student athletes and congratulations on a wonderful year! You will always be a part of the Mystics family. We wish you well!



In 2018 – 2019 Mount Campus Rec had students involved and having fun all year long. Popularly attended Paint Nights were held each month. Mount Campus Rec, MSVU Geek Squad Society and MSVU Paranormal Society hosted the first ever Mount-Con event in October, where we brought out our inner geeks! The Rec Society partnered with the Meal Exchange Society for the Annual Trick Or Eat event on Halloween canvassing the community in support of Feed Nova Scotia; this year they broke the Mount's record with 28 boxes and 18 bags of food, and raising over a thousand dollars. We also partnered with Hike NS and launched a new Mood Walks program; getting participants active in nature and boosting their mood. The Rec Society conducted their first ever Christmas Card Campaign; collecting holiday cards with handwritten greetings and delivering them to local nursing homes and hospitals. We rang in the holiday season with the 11th Annual Grinch's Gala, selling out in just one day! On Caritas Day the Rec Society held their 2nd Annual BackPack GiveBack collecting items, packing them into backpacks and delivering them to local shelters. Many braved the winter with Mount Campus Rec to have a blast on the Annual Ski Martock trip. March may have gone out like a lamb, but it came in with the 15th Annual Mardi Gras Super Party that turned the Rosaria Lobby into New Orleans and attracted 200 partiers. Our Intramural programs ran every Thursday night including Basketball, Volleyball and Futsal. Mount Cup Residence Challenge had a successful year with participation from all three residences, in monthly events such as Dodgeball, Fall Fest, Gingerbread House Contest and more! Birch 2 was victorious in taking home the grand prize!




#RECYourLife
Mount Campus Rec

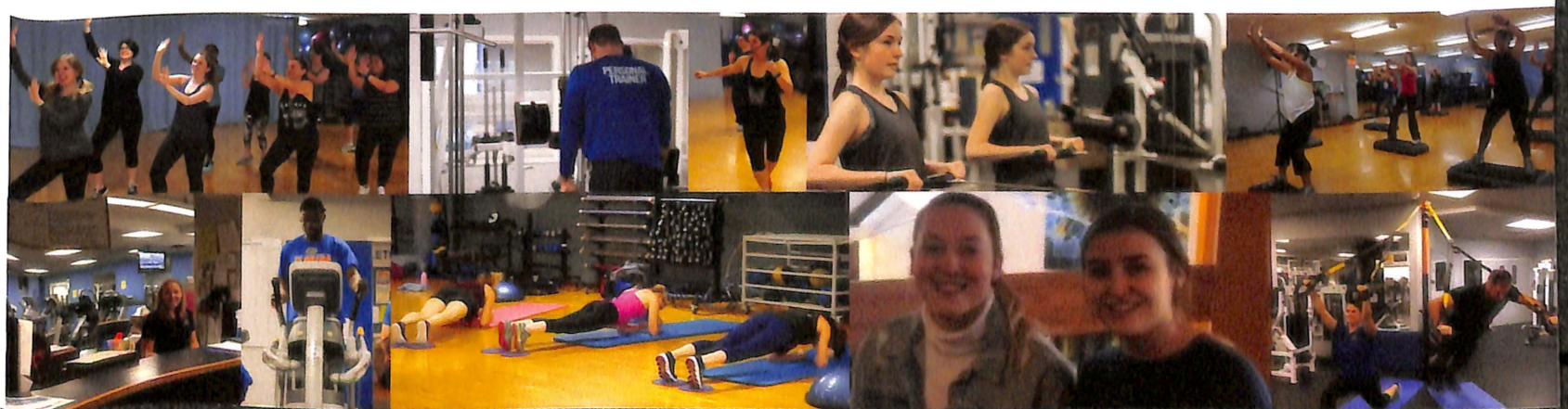


It has been a very busy but positive year for the Mount Fitness Centre. In the Fall we did a remodel in the Conditioning Centre that included: freshly painted walls, a re-organization of space to optimize the floorplan and create better flow, two new TRX Suspension training units, the StairMaster Gauntlet (a beast of a step mill!) and a variety of small equipment such as kettlebells, heavy bands and resistance loops. We also added 4 high-powered wall fans in both the Exercise Studio and the Conditioning Centre which has helped to keep air circulating and cooling the space.

To enhance our Fitness Centre offerings in 2018/19 we introduced 10 and 20 Class Passes (in January) for Group Fitness, we added new fitness class times on Monday & Wednesday 6:15am, Tuesday & Thursday 1:00pm and a Sunday morning class in Fall & Winter and introduced new class styles: Mpowered, Recover, Ballet Body, Yoga Fusion & Circuit. For Active Living we added new programs such as African Dance, Zumba Step Fusion, Stretch Lab, and Agility Training and provided 30 minute TRX training sessions for only \$15!

Personal Training specials offered throughout the year has helped double the number of members utilizing this service.

Our social media presence has continued to grow with the help of Katherine Khorovets and Courtney Smith. This dynamic duo are the stars of “What’s up Wednesday - with Kat & Courtney”. This weekly feature enhanced promotion and engagement with our students.





CROSS COUNTRY

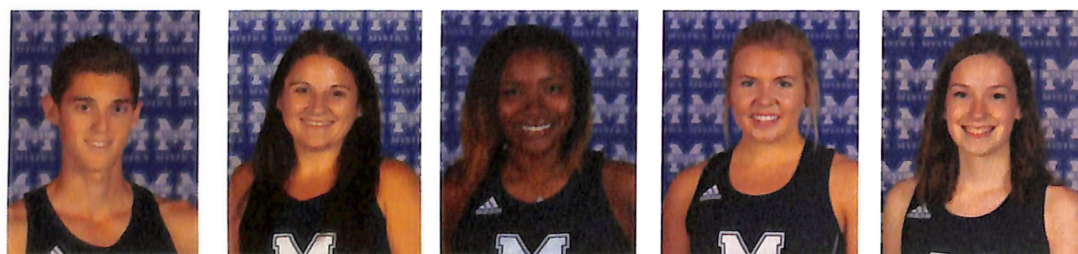


Back Row (L to R): Alex MacEachern (Head Coach), Hannah Baillie, Dana Baker, Joshua Deal, Donald DeWolfe, Jaime Tejero, Matthias Mueller (Head Coach)

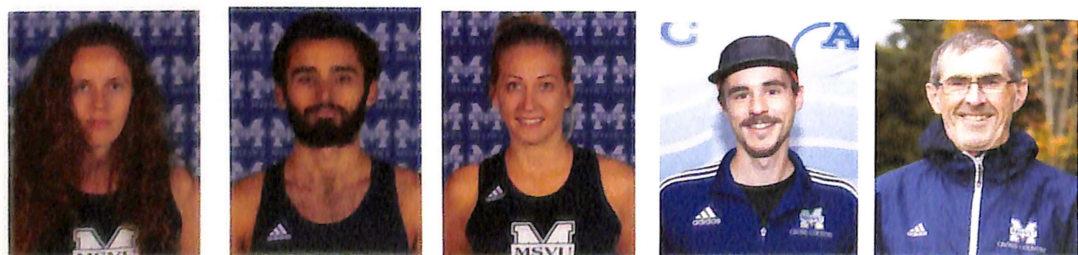
Front Row (L to R): Yvonne Wohlfahrt, Jade Farquharson, Jessika Ortiz, Melissa Arsenault, Gillian Gamble, Amanda Fancy



Melissa Arsenault
Dana Baker
Hannah Baillie
Ainsley Buffett
Joshua Deal



Donald DeWolfe
Amanda Fancy
Jade Farquharson
Gillian Gamble
Rachel Long

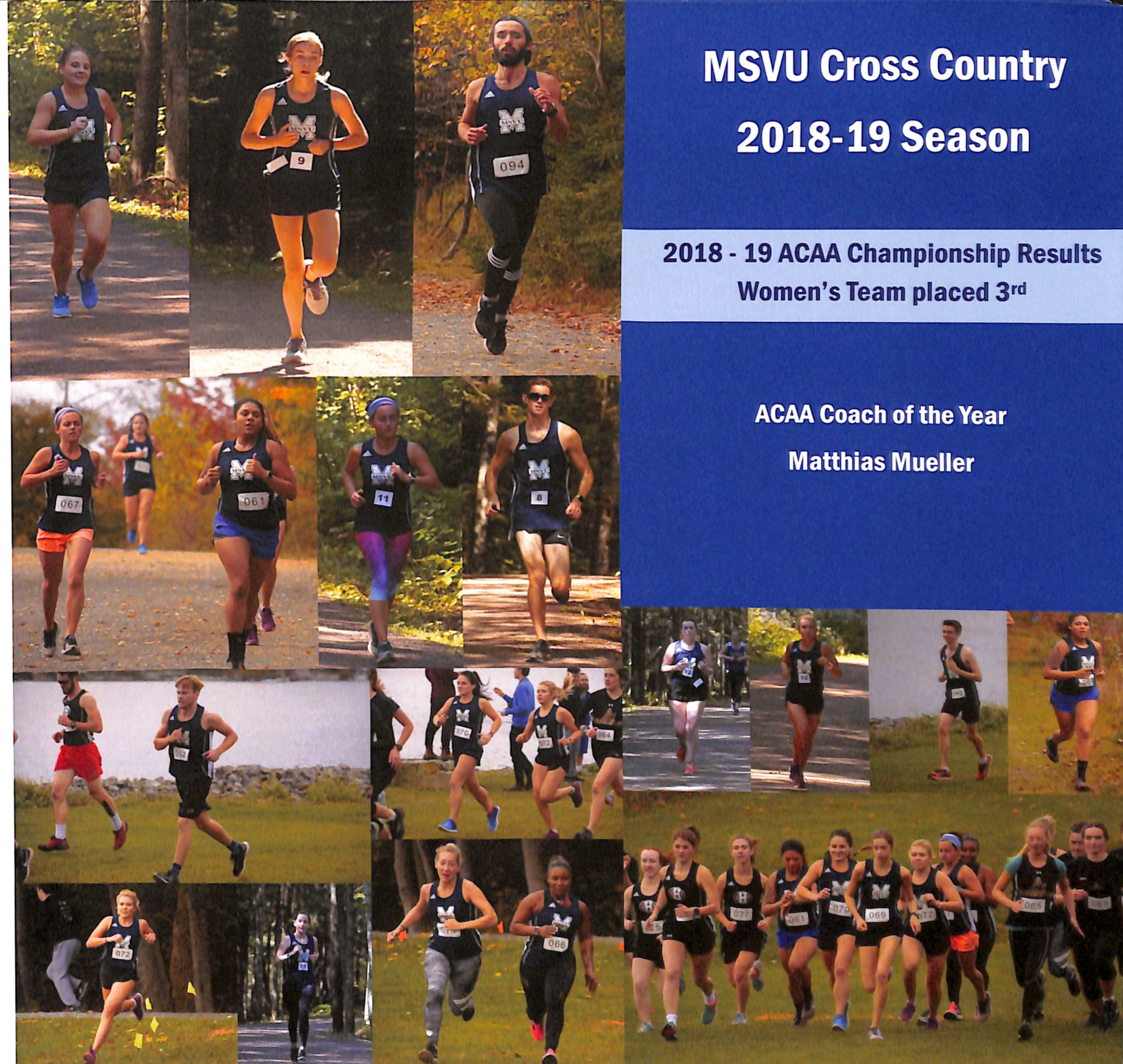


Laila Snijder
Jaime Tejero
Yvonne Wohlfahrt
Matthias Mueller (Head Coach)
Alex MacEachern (Head Coach)

MSVU Cross Country 2018-19 Season

2018 - 19 ACAA Championship Results
Women's Team placed 3rd

ACAA Coach of the Year
Matthias Mueller



MSVU Athletics Awards: Cross Country

Most Improved Player



Melissa Arsenault

Coaches Award



Amanda Fancy

Most Valuable Player



Hannah Baillie

ACAA Coach of the Year



Matthias Mueller



SOCCER



Back Row (L to R): Jenna Blackburn (Assistant Coach), Chloe Page, Hannah Oatway, Danielle Cyr (Head Coach),
 Mariah Wright (Manager), Breagh Laing, Marilyn Burke, Ashley Poirier (Assistant Coach)

Middle Row (L to R): Aly Greeno, Julia Short, Jessica Oliver, Carly Johnston, Meagan Watts, Teaghan Wallace, Jasmine Tang

Front Row (L to R): Ally Seamone, Megan Andrews, Allana Khoury, Madeline Parlee, Kayla Pike, Madison Mills, Anneliese Somerville



Megan Andrews
 Marilyn Burke
 Aly Greeno
 Carly Johnston
 Allana Khoury
 Caroline Larocque



Breagh Laing
 Madison Mills
 Hannah Oatway
 Jessica Oliver
 Chloe Page
 Madeline Parlee



Kayla Pike
 Ally Seamone
 Julia Short
 Anneliese Somerville
 Jasmine Tang
 Teaghan Wallace



Meagan Watts
 Danielle Cyr (Head Coach)
 Ashley Poirier (Assistant Coach)
 Jenna Blackburn (Assistant Coach)
 Mariah Wright (Manager)



MSVU Women's Soccer 2018-19 Season

2018-19 ACAA Champions

Regular season record: W: 9 T: 2 L: 1

CCAA Nationals: 8th place

Regular season CCAA ranking: 15th place

**2019 CCAA Diana Drury
 Exemplary Leadership Award:**
 MSVU Women's Soccer Team

1st Team ACAA All-Conference

Julia Short
 Jessica Oliver
 Caroline Larocque

2nd Team ACAA All-Conference

Breagh Laing
 Marilyn Burke

ACAA Gerry LeBlanc Award
 Meagan Watts

MSVU Athletics Awards: Women's Soccer



Most Improved Player
 Carly Johnston



Coaches Award
 Madison Mills



Most Valuable Player
 Julia Short



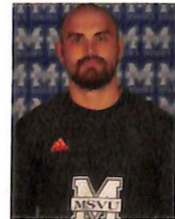
SOCCER



Back Row (L to R): John Munro (Manager), Jesse Thomson (Assistant Coach), Amen Kebede, Waris Atiquillo, Nick MacDonald (Assistant Coach), Mark Harnish (Head Coach)

Middle Row (L to R): Jonathan Phillips, Maxwell Hoar, Fortunate Ekwueme, Oscar Castelblanco, Connor Grant, Alvaro Siqueiros

Front Row (L to R): Graham Welch, Jordan Boyd, Rowan MacArthur, Kevin Abraham, Chris Garagan, Kwaku Agyare, Cole Rhyno-Wiedermann



Kevin Abraham
Kwaku Agyare
Waris Atiquillo
Abdulla Bajunaid
Jordan Boyd



Oscar Castelblanco
Chris Garagan
Connor Grant
Maxwell Hoar
Amen Kebede



Rowan MacArthur
Jonathan Phillips
Cole Rhyno-Wiedermann
Alvaro Siqueiros
Graham Welch



Missing:
James Foley
Assistant Coach

Mark Harnish (Head Coach)
Jesse Thomson (Assistant Coach)
Nick MacDonald (Assistant Coach)
John Munro (Manager)



MSVU Men's Soccer 2018-19 Season

2018-19 ACAA Semi-Finalists

Regular season record: W:6 T:3 L:3

Regular season CCAA ranking: 15th place

ACAA Rookie of the Year
Connor Grant

ACAA 1st Team All-Conference

Waris Atiquillo
Kevin Abraham

ACAA 2nd Team All-Conference

Graham Welch

ACAA Bob Coe Award

Chris Garagan

MSVU Athletics Awards: Men's Soccer



Most Improved Player
Maxwell Hoar



Coaches Award
Waris Atiquillo



Most Valuable Player
Kevin Abraham



VOLLEYBALL



Back Row (L to R): Jamie Brown (Assistant Coach), Onye Njoku, Jenn Leckey, Maddie Bernard, Janine Marshall, Laura MacDonnell, Kenzie Brimicombe, Derrick Brooks (Head Coach)

Front Row (L to R): Lis Rhymes, Kristen Binns, Nicole Rector, Madison Urquhart, Jaylene Fraser, Becca MacDonnell, Gabrielle Duguay, Emily Repchull



Megan Anthony
Maddie Bernard
Kristen Binns
Kenzie Brimicombe
Gabrielle Duguay

Jaylene Fraser
Jenn Leckey
Becca MacDonnell
Laura MacDonnell
Janine Marshall

Onye Njoku
Nicole Rector
Emily Repchull
Lis Rhymes
Madison Urquhart

Derrick Brooks (Head Coach)
Jamie Brown (Assistant Coach)
Kevin Reade (Assistant Coach)
Tyler Simmons (Assistant Coach)
Allison Saunders (Assistant Coach)
Missing:
Darren McCallom (Assistant Coach)



MSVU Women's Volleyball 2018-19 Season

2018-19 ACAA Champions

Regular season record: W: 21 L: 0

8th consecutive ACAA Title

CCAA Nationals: 8th place

Regular season CCAA ranking: 5th place

CCAA All-Canadian Madison Urquhart

ACAA Player of the Year Madison Urquhart

ACAA 1st Team All-Conference Madison Urquhart Jaylene Fraser

ACAA 2nd Team All-Conference Jenn Leckey

MSVU Athletics Awards: Women's Volleyball

Most Improved Player



Kristen Binns

Coaches Award



Maddie Bernard & Jenn Leckey



Most Valuable Player



Madison Urquhart & Jaylene Fraser





BASKETBALL



Back Row (L to R): Mark Forward (Head Coach), Nikki Arsenault, Tahlia Jones, Kelsey Crocker, Kelsey McGrath, Madison Doucet, Katherine Khorovets, Maria Rodrigues, Courtney Smith, Kate Gallant (Assistant Coach), Kenny Reardon (Assistant Coach)

Front Row (L to R): Randi Hudson, Riley Beaton, Gwen Ettinger-O'Leary, Maria Carroll, Brandi Mills, Alisha McNeil, Tyler Malloy, Lexi Zegray



Nikki Arsenault
Maria Carroll
Kelsey Crocker
Madison Doucet
Gwen Ettinger-O'Leary



Randi Hudson
Tahlia Jones
Katherine Khorovets
Tyler Malloy



Kelsey McGrath
Alisha McNeil
Brandi Mills
Maria Rodrigues
Courtney Smith



Mark Forward (Head Coach)
Kenny Reardon (Assistant Coach)
Kate Gallant (Assistant Coach)
Elaine Horne-Duarte (Assistant Coach)
Missing:
Bryan Fader (Mental Skills Coach)



MSVU Women's Basketball 2018-19 Season

2018-19 ACAA Champions

Regular Season Record: W:21 L:0

CCAA Nationals: 8th place

Regular season CCAA ranking: 2nd place

CCAA & ACAA Coach of the Year

Mark Forward

CCAA Judy Smith Exemplary

Leadership Award

Maria Carroll

CCAA All-Canadian

Maria Carroll

ACAA Player of the Year

Maria Carroll

ACAA 1st Team All Conference

Maria Carroll

Nikki Arsenault

MSVU Athletics Awards: Women's Basketball

Most Improved Player



Randi Hudson & Kelsey Crocker

Coaches Award



Tahlia Jones

Most Valuable Player



Maria Carroll & Nikki Arsenault

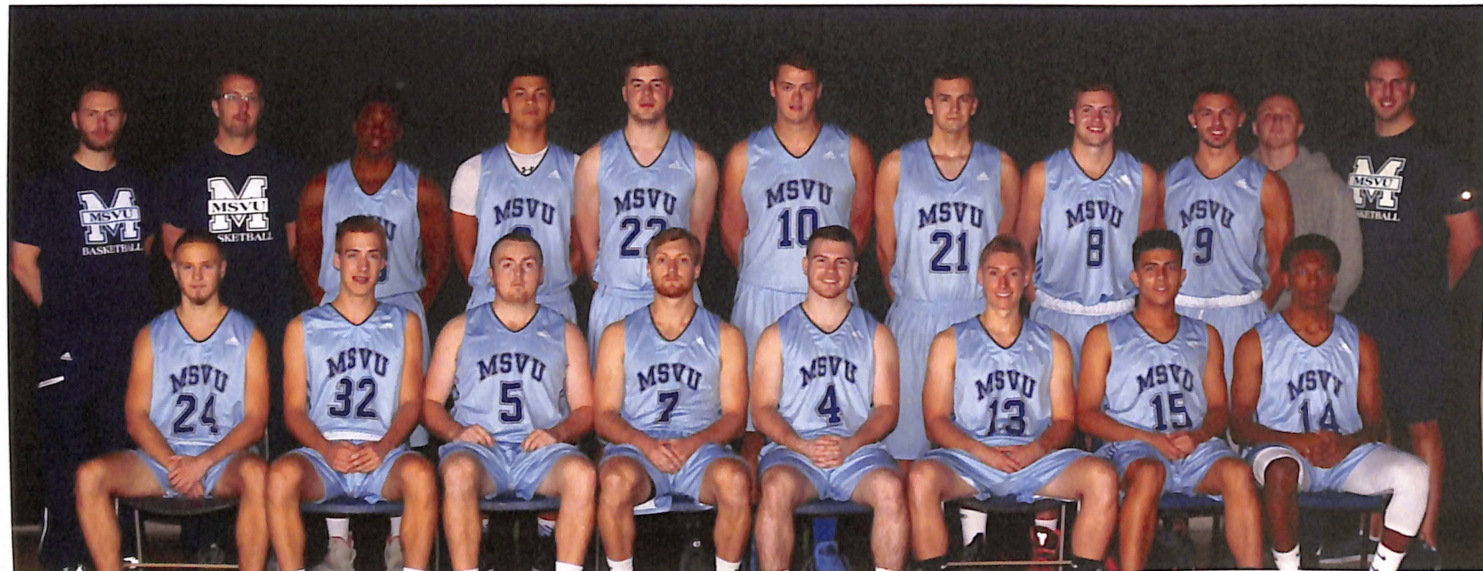
CCAA & ACAA Coach of the Year



Mark Forward



BASKETBALL



Back Row (L to R): Mark Ross (Assistant Coach), Ian MacRae (Head Coach), Tario Sands, Tyrese Paul, Brayden White, Joel McCrossin, Patrick Liebmann, Cameron Fillmore, Drew Jacklin, Derek Norris (Assistant Coach), Simon Marr (Assistant Coach)
Front Row (L to R): Brian Fox, Daniel Slack, Ben Kidston, Liam Mitchell, Jacob Sheffar, Brody Blakney, Zach Ryan, Tariq Thomas



Brody Blakney
Cameron Fillmore
Brian Fox
Drew Jacklin
Patrick Liebmann

Joel McCrossin
Liam Mitchell
Tyrese Paul
Zach Ryan
Tario Sands

Jacob Sheffar
Daniel Slack
Tariq Thomas
Brayden White
Ian MacRae (Head Coach)

Mark Ross (Assistant Coach)
Simon Marr (Assistant Coach)
Derek Norris (Assistant Coach)
Ashton Slawter (Assistant Coach)



MSVU Men's Basketball 2018-19 Season

2018-19 ACAA Semi-Finalists

Regular Season Record: W: 15 L: 6

Regular season CCAA ranking: 12th place

ACAA 1st Team All Conference

Liam Mitchell

ACAA 2nd Team All Conference

Brody Blakney



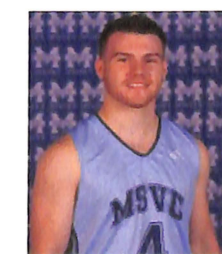
MSVU Athletics Awards: Men's Basketball

Most Improved Player



Brody Blakney

Coaches Award



Jacob Sheffar & Brayden White

Most Valuable Player



Liam Mitchell



Athletic and Recreation Awards

2018-19 Athletics Awards

Female Player of the Year:

Maria Carroll
Madison Urquhart

Sport: Women's Basketball
Sport: Women's Volleyball

Male Player of the Year:

Liam Mitchell

Sport: Men's Basketball

CCAA Academic All Canadians:

Brody Blakney
Jenn Leckey
Julia Short

Sport: Men's Basketball
Sport: Women's Volleyball
Sport: Women's Soccer

Windsor Flash Trophy:

Donald DeWolfe
Julia Short
Jasmine Tang

Sport: Cross Country
Sport: Women's Soccer
Sport: Women's Soccer

Sheila & Stephenie Allt Memorial Award:

Chris Garagan
Hannah Baillie

Sport: Men's Soccer
Sport: Cross Country

Tracy Barton Endowed Memorial Award:

Alisha McNeil

Sport: Women's Basketball

Raymond & Helen Plato Memorial Award:

Brody Blakney
Liam Mitchell

Sport: Men's Basketball
Sport: Men's Basketball

Rick & Andrea Plato Award:

Jacob Sheffar

Sport: Men's Basketball

Dyrick McDermott Memorial Award:

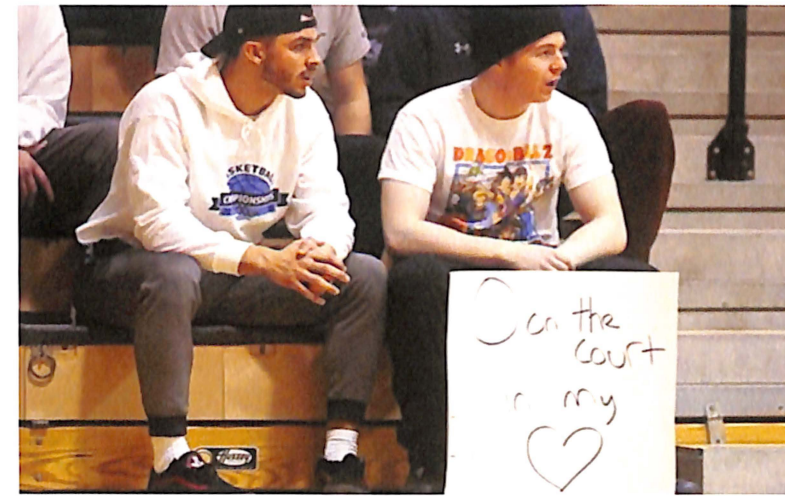
Gwen Ettinger-O'Leary

Sport: Women's Basketball

Alumnae Varsity Award

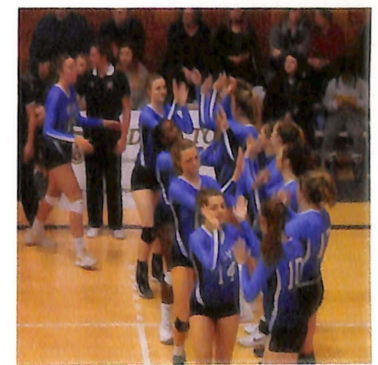
Jordan Boyd
Brandi Mills

Sport: Men's Soccer
Sport: Women's Basketball



Thank you
Dr. Robert Berard!

The voice of the Mount Mystics

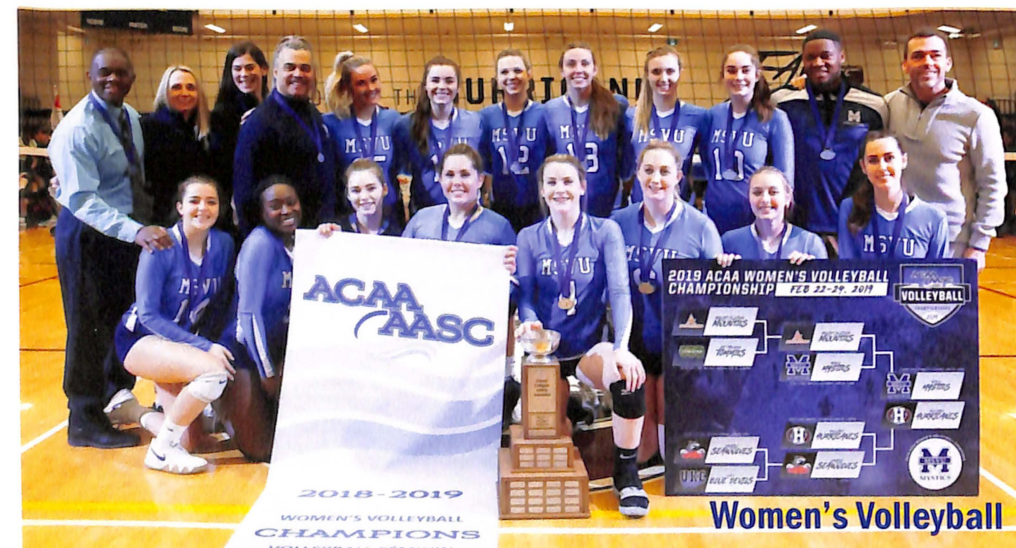




ACAA CHAMPIONS



Women's Soccer



Women's Volleyball



Women's Basketball

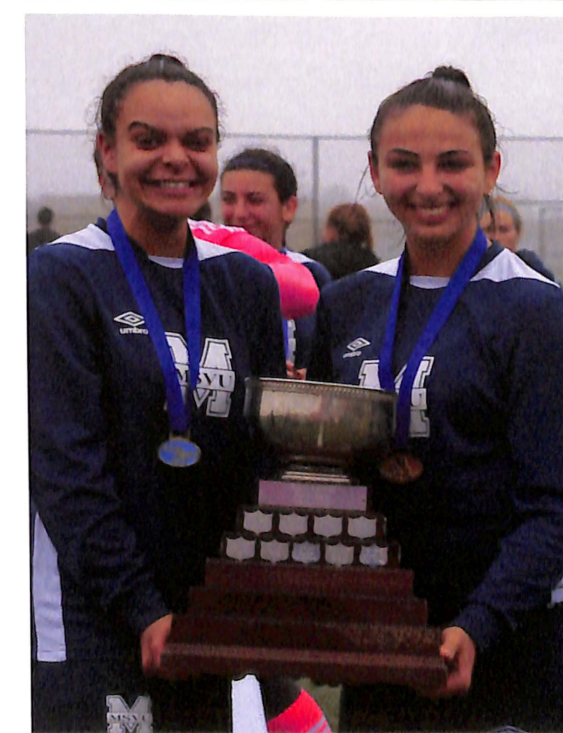
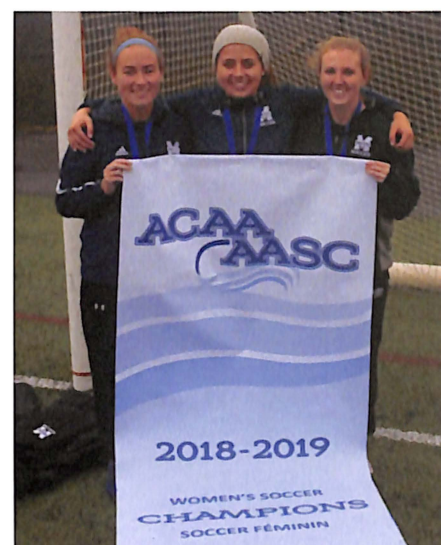


Photo credit: Dave Gallant

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

