

►► March & April 2007

mystics

athletics & recreation

newsletter

FITNESS NEWS...

This time of year brings a particular kind of stress to Mount Students. You are most likely heavy into mid-terms and projects or finishing up course work. Some of you may be graduating and as exciting as that is, the anxiety and stress to get through the process can seem overwhelming.

It is very important to maintain your fitness schedule at this time as it will give you a break from your stress, help you burn off some energy, even provide relaxation.

Your Fitness Class schedule continues through the Spring and Summer.

Spring Fitness Schedule April 9 - June 16, 07

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:30 to 10:30	Step 'n Pump*	Strength 'n Tone*	Cardio Combo*	Yoga Lates*	Step*	Step 'n Pump*
* Child care service is available from 9:15-10:30am for \$2 per child.						
12:15 to 1:00		Yoga Fit	Core 'n More	Yoga Fit		
12:15pm Classes End On May 24						
6:00 to 7:00	Cardio Combo	Toning Express 6:15-7:00	Step 'n Pump	Toning Express 6:15-7:00		
7:00 to 8:00		Step		Step		

TEST YOUR FLEXIBILITY

Date: Thursdays, March 8, 15, & 22

Times: 4:00-8:00pm

Fee: FREE

Where: Mount Fitness Centre
Weight Room

Talk to the trainer on duty

THE LEGER SHUTTLE RUN TEST

The 'Beep Test,' is a multi state test of aerobic endurance. Suitable for healthy fitness, recreation and sport enthusiasts.

Registration is limited to 24 persons

Date: Friday April 20 5:30-7:00pm

Fee: \$10

Where: Rosaria Gymnasium



Excellence • Innovation • Discovery

THE MOUNT
Fitness Centre
902.457.6420

www.msvu.ca/fitnesscentre

Campus Intramurals/Events

FREE MOVIES



FLUSHED AWAY

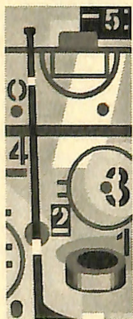
Sunday, March 11
7:00pm in Seton Aud. D
It's March Break!
Take the kids to a
movie on us

AN INCONVENIENT TRUTH

Sunday, March 18
7:00pm Seton Aud. D
Faculty, bring your classes
and join us for a post movie
discussion. **ALL WELCOME!**



Intramural Street Hockey



SUNDAY's 2:00-4:00pm
March 11th and 18th

Evaristus Parking Lot
Players must be Mount
Students.

FREE TO PLAY!
No sign-up is required.

The Athletics / Recreation Office have some sticks.
Participants are responsible for their own safety
equipment. Players will be assigned teams on a
weekly basis.

INDOOR SOCCER

Saturday, March 10 & 17
indoor soccer at Rosaria Gym!

SATURDAY NIGHTS

7:00-9:00pm
Mount Students Only



awareness

3 on 3 Basketball Fundraiser Tournament for Breast & Prostate Cancer

Wednesday, March 21st
7:00-11:00pm

Registration Fee: \$10/player. Guaranteed 3 games.
Varsity, Students and Community Welcome.
Teams of 3-4 players. Must have a least one female on
the court at all times. Space is limited!
Register at the Fitness Centre Front Desk



Salsa Dance Classes

Mount Fitness Centre
Exercise Room

Wednesdays 7:05-8:05pm
April 10 to June 6

To Register Phone:
457-6420

SPRING BASKETBALL LEAGUE

Women's League

Monday Nights- April 16 to June 18
Times: 6pm, 7:15pm, 8:30pm or 9:45pm
Fee: \$75.00 includes a T-Shirt.

Men's League

Wednesday Nights- April 18 to June 20
Times: 6pm, 7:15pm, 8:30pm or 9:45pm
Fee: \$75.00 includes a T-Shirt.



SUMMER DAY CAMP

Registration begins
April 2nd.

We offer 9 weeks of fun filled camps for children
who will be entering grades 1-6 in September
2007. Choose from daily and weekly options.
Don't delay, we fill up fast.

www.msvu.ca/fitnesscentre

Intramurals/Events Con't...

Varsity



LOCKER RENTALS

LOCKER RENTALS

LAST DAY APRIL 15TH, 2007

Lockers must be cleaned out by this date.
Summer locker rentals are available at the
Fitness Centre Front Desk.

Spring & Summer Programs

For details on our programs, please visit
www.msvu.ca/fitnesscentre



INSTRUCTIONAL CLASSES

Join us this April for our Spring
Instructional Programs. We offer Yoga,
Pilates, Women's Self Defense,
Children's Bully Proof, Babysitter's
Training and Salsa Dance classes.

SUMMER JOBS in ATH/REC!

SUMMER Day Camp Leaders

Looking for a summer job? The
Athletics and Recreation Office at
Mount Saint Vincent University is
looking for Summer Day Camp Leaders!

If you are enthusiastic, energetic, have
experience working with children
between the ages of 5-11 and are
interested in this opportunity, please
submit your resume to Tara MacPhee in
the Athletics and Recreation Office,
Rosaria Centre Room 127 or by e-mail
at mount.fitness@msvu.ca.

Deadline: Wednesday, March 28, 2007

Women's Volleyball

This years' edition of the MSVU women's volleyball team enjoyed a solid season. Although the team carried seven first year players, they were still extremely competitive and gained valuable experience that will help them for years to come. The Mystics finished in 3rd place in the ACAA with a 16-8 record and lost a hard fought match in the ACAA semi finals to eventual league champions Mount Allison. Head Coach, Susanne Dittmer, was proud of her team for their efforts and looks forward to next season.

Congratulations to the entire team on a great season and to Senior Allison Saunders (ACAA 1st Team All Conference) and first year player Jasna Toprek (ACAA Rookie of the Year and 2nd Team All Conference).



Allison Saunders
ACAA 2006-07
1st Team
All Conference



Jasna Toprek
ACAA 2006-07
Rookie of the
Year & 2nd Team
All Conference

Varsity Sports



Mystic Women & Men Finish Perfect Seasons (23-0) with ACAA Titles

Women's Basketball



After a disappointing ending to last season, the team achieved their goal and won the 2006-2007 ACAA women's basketball title. This was the 3rd title for the team in the past 5 seasons and certainly the most special.

This season was the first time in MSVU history a women's basketball team went undefeated. At 23-0, the team will be heading to Edmonton to represent the conference at the CCAA National Championship.

Congratulations to Jenna Dunn (first team all conference, ACAA MVP & All Canadian) Katherine Brien (first team all conference) and Shannon Labre (second team all conference) and Dyrick McDermott (ACAA coach of the year).

Men's Basketball



The men's basketball team also made MSVU history by becoming the first men's team to go 23-0 in ACAA action. This was the Mystics 9th conference title and certainly their most impressive.

The team capped off a dominant regular season with impressive wins over UNBSJ in the semi finals and then a convincing 79-53 win over rival King's College in the championships game.

Congratulations to Damian Gay (first team all conference, ACAA MVP & All Canadian) Steve Morris (second team all conference), Brendon Arnold (second team all conference) and Rick Plato (ACAA coach of the year).

