

Athletics / Recreation I

Mount Saint Vincent University, 1985-86

Athletics/Recreation Staff



Athletics/Recreation Staff Back Row: Joanne Burns-Therriault, Joan Richardson, June Lumsden. Front Row: Lynn Kazamel, Peggy Boudreau, Pat DeMont.

In every sense of the word the Mount's Athletics/Recreation Department is a team. Everyone's job spills over into everyone else's — and co-operation is a way of life.

In the six years since co-ordinator **Pat DeMont** came to the Mount the department has grown out of all recognition. "When I first arrived," she says, "Rosaria Centre wasn't even finished. We used the Vincent Hall gymnasium, and I can remember when we first started aerobics classes — three times a week back then — we often only had three or four people in a class!"

Now there are 22 aerobics classes a week and on some days there are up to 50 participants.

"The Mount has had a good volleyball team for years," DeMont says, "but apart from that, all we had six years ago was basketball, field hockey and badminton. Today there's a choice of soccer, cross-country running, men's and women's basketball, volleyball, men's ice hockey and badminton. The whole picture has changed."

Athletics and recreation facilities are being used to capacity at the Mount — and this poses a problem. "We really can't grow much bigger," DeMont says, "because there's no more room! And our human and financial resources are stretched to the limit."

The Vincent Hall gym is back in use again on occasion, and provides badly needed extra space — but DeMont would like to see track and field

facilities and tennis courts on campus to provide a well-rounded program.

Joan Richardson, Department Secretary, has also been at the Mount for six years, and helps out with most of the department's activities.

Athletics officer **June Lumsden** coaches the Mount's volleyball team which, this year, went to British Columbia to play in the Canadian College Championships in March.

She represents the Mount on the Nova Scotia College Conference, arranges coaches for the other teams, supervises programs, schedules team and practice periods, arranges uniforms, transportation, meals, and hotels for intercollegiate games and generally "mothers" the Mount teams.

Organizer of the annual For the Run of It, Lumsden, together with assistant Peggy Boudreau, is always looking for ways to raise funds for the Mount's intercollegiate teams. "Just getting our team to British Columbia cost \$5,800," she says, "We raised the money through the fun run (while helping Adsum House at the same time!), a pantyhose sale, athletics lotto tickets, the C100 dance and the Student Council helps with a contribution of \$300 for each team."

Intramurals are the responsibility of **Joanne Burns Therriault**, athletics/

recreation assistant. With teams for women's volleyball, women's sockey hockey, men's ball hockey, co-ed basketball and co-ed volleyball, this is sport for the sheer love of it!

"No one has to be a super athlete to enjoy the intramurals," Burns-Therriault says. "It's a tremendous amount of fun, very informal and the groups are into it for the love of the game and the competition. We have a very broad spectrum of all types of students."

Intramurals, however, only represent about a third of her duties in the department. This year she was involved in special events such as a swimming party, a table tennis tournament, a billiards tournament, the International Year of the Youth Society Challenge (a combination of sporting activities) and the Volleyball Challenge.

In addition Burns-Therriault teaches fitness classes, outdoor aerobics, supervises student workers and organizes the program in the weight room.



Janet Fenerty

Athletics/recreation assistant **Peggy Boudreau** works with the intercollegiate teams, assists in coaching the soccer and basketball teams, supervises minor officials in the games and co-ordinates the men's leagues.

She also works with the Picaro and the public relations office for publicity of various events during the year.

She organizes the March Day Camp, helps with the annual fun run and high school basketball and volleyball tournaments and raises funds for the department, together with June Lumsden.

Part-time assistant **Lynn Kazamel** is the fitness coordinator for the athletics/recreation department, scheduling all the classes, arranging for instructors and supervising them, assisting in anything that is fitness related.

She works closely with nutritionist **Janet Fenerty** who puts in time with the athletics/recreation program advising the athletes on nutritional needs and weight control.

Kazamel also teaches aerobics and "tubing" fitness classes at the Mount. The other half of her job is with Dalplex.

The Teams 1985-86

Cross-country - the first year for this team at the Mount and the first Nova Scotia College Conference (NSCC) cross-country meet. The women's team won the NSCC cross-country championship meet. Team members are Rob Burchell, Paul Claude, Ann Cherry, Tina Rodenhiser, Leslie Bowes and Samantha Litler. Organized by Peggy Boudreau.

Men's Hockey - competes in the NSCC hockey league. Has shown a great improvement over the season with well-motivated self-starters. The new coach this year is Mike Kelly from Saint Mary's University.

Men's Basketball - the new coach this year is Louis Gannon. This is the first time a men's basketball team from the Mount has competed in an exhibition series within the NSCC basketball league. It's a strong team that competes in the Mount's men's basketball Sunday league and is building steadily.

Women's Basketball - new coach is Anne Lindsay. A strong, hard-working team that has played a lot of very close games. It promises to be strong again next year with eight returning players. Alison Sarty was named to the NSCC all-star team.

Women's Soccer - Kevin Marks is the new coach and this is the best soccer (continued on page 6)



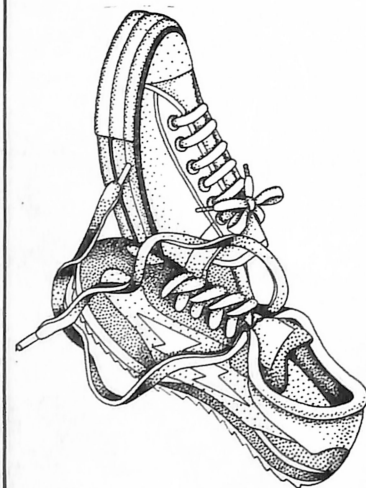
Recreation Council Front Row: Charlene Jolleymore, Tammy LeBlanc, Rebecca Margeson, Lisa LeBlanc, Jennifer McNeil. Back Row: Joanne Burns-Therault, Natalie LeBlanc, Donna LaFave, Denise MacDonald, Christina Fitch.



Badminton Back Row: Duff Bishop, Ray Bourque, Sherry Boss, Bruce Croft (coach), Debbie MacDonald, Rebecca Margeson. Front Row: Eduardo Espejo, Paul Card, Anne Hanrahan (missing Scott Frizzel).



Women's Volleyball Back Row: Danna Garnet, Debbie Doucette, Heather Selwyn-Smith, Alexis Sinclair, Natalie Bird, Roberta Mentis, Liz Brideau, Tina Rodenhiser. Front Row: Patti Brennan, Donna Rice, Joyce Ledwidge, Debbie Murray, Jackie Coyle, June Lumsden (coach), (missing Howard Jackson, assistant coach)



Women's Soccer Back Row (left to right): John Saumure (trainer), Peggy Boudreau (assistant coach) June Saunders, Mitzy Grimshaw, Melanie Russell, Janice Griffen, Kathy Naugler, Jeff Mann (goalie coach), Janis Croft, Ann Cherie Williams, Kevin Marks (coach). Front Row: (left to right): Nancy Lyons, Ann Marie Broderick, Ann Cherry, Krista Foley.



Men's Hockey Back Row: Paul Dixon, Nick Hamblin, Bill Eisenhauer, Mark Letterick, Shaun Gannon, Shaun Castle, Tim Clahane, Jeff Burden, Tom Fredericks, Dave Waterfield, Mike Kelly (coach). Front Row: Keith Parlee, Richard Marr, Bob Bryan, Grant MacLean, Rob Burchell, Mike Herrick, Dean Hansen (missing Danny Gunter).



Men's Basketball Back Row: Bill Soper, Stephen MacDonald, Rudy Kafer (assistant coach) Brad Ruggles, Lennie Vannieuwenhuizen. Front Row: Paul Henderson, Steven MacDonald, Bruce Mansour, Rod Blake, Eric Boucher, Gerard Flynn, Ray Bourque, (missing Louis Gannon, coach).

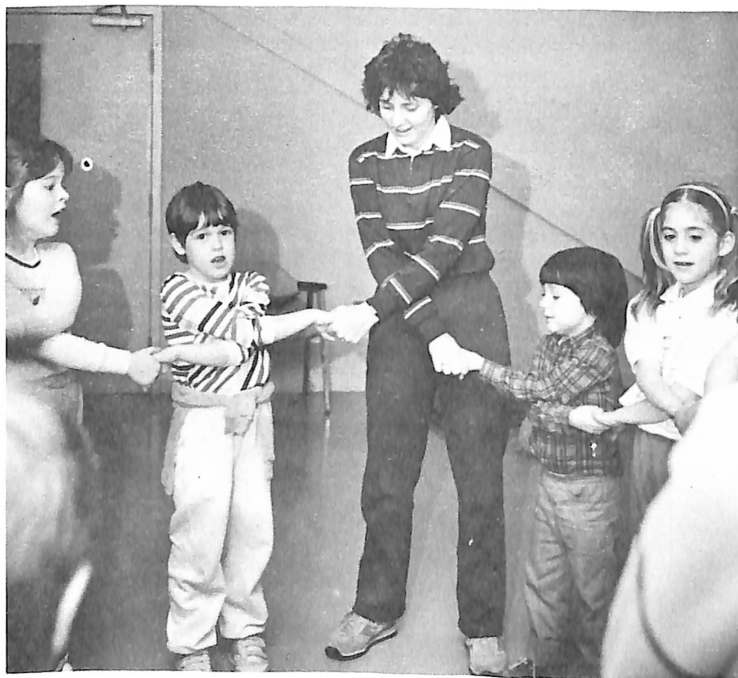


Women's Basketball Back Row: Jojo MacNeill, Canny Cantwell, Alison Sarty, Michelle Barrett, June Saunders. Front Row: Anne Lindsay (coach), Mitzy Grimshaw, Ann Cherry, Nancy Rafferty, Peggy Boudreau (assistant coach)





Chef Rene, of Versa Services (centre, with cake) and supporters gave the volleyball team a send-off to the national championships in Vancouver . . . a fourth-place finish was a good showing for a strong team.



THE TEAMS, (from page 3)

team the Mount has ever had. It lost in the championship game to UCCB by only one goal — 4-3 and had a great season. Ann Marie Broderick and Kathy Naugler were named to the NSCC all-star team and June Saunders named the most valuable player of the Nova Scotia College Conference.

Women's Volleyball - coach was June Lumsden (NSCC coach of the year). It was the NSCC champion from 1980-81 to 1985-86 and the Canadian Colleges Athletics Association Bronze Medal winner in 1984-85. It is a strong team with 10 returning players from the bronze medal team, undefeated in NSCC league play. Jackie Coyle and Roberta Mentis were named to the NSCC all-star team and Jackie was also named to the CCAA national team. It travelled to British Columbia in March to compete in the CCAA national championships for the fifth time.

Badminton - Bruce Croft is this year's coach. There are four returning players from last year's team. Duff Bishop and Anne Hanrahan were the NSCC 1985-86 mixed doubles champions and also competed in the CCAA national championships in British Columbia in March. This was Anne's fourth time in the nationals.

