

mystics

year in review

APRIL 2008

Mystics capture SILVER at both CCAA Basketball Championships



2007-2008 has been a year filled with great accomplishments for the Mount Mystics and MSVU. Our Mount Mystics earned three ACAA titles, won two ACAA Coach of the Year awards and hosted the 2008 ACAA Basketball Championships. In CCAA action, MSVU hosted its first CCAA Soccer Nationals, won one CCAA Coach of the Year award, and topped off the year by earning TWO unprecedented CCAA SILVER Medals at the 2008 CCAA Men's and Women's Basketball Championships. Congratulations to all our student athletes and coaches who worked so hard to fulfill their goals and achieve success.

Rick Plato, head coach of the MSVU Mystics men's basketball team, was named the 2008 Coach of the Year by the Canadian Colleges Athletic Association (CCAA).

Plato has been head coach of the MSVU men's basketball team for 19 years and has been awarded the prestigious coach of the year award by the Atlantic Colleges Athletic Association (ACAA) nine times.

Rick has successfully lead the MYSTICS to a perfect 23-0 season for the second year in a row this year and topped off the year by winning the silver at the CCAA Basketball Championships. An amazing season led by an amazing coach. Congratulations Rick!



**2008 CCAA
Coach of the Year
RICK PLATO**

THE MOUNT
Fitness Centre
902.457.6420

WOMEN'S BASKETBALL

2008 CCAA Silver Medalists

2008 ACAA Champions

For the second consecutive season, the Mystics were able to compile 23-0 record and win the 2007-2008 ACAA Championships. The women's basketball team has now won 46 straight conference games and captured its' fourth championship in the past six seasons.

The team traveled to Truro, NS to represent the conference in the CCAA National Championship. The Mystics faced Medicine Hat College in their first game and convincingly won 69-44. In semi-final action, MSVU defeated the Sheridan Bruins 66-54. In the CCAA Championship game, MSVU fought valiantly against a very talented Ste Foy team but lost 63-52. The team captured the Mounts first National medal in women's basketball. An end to an amazing season! Congratulations to Coach McDermott and the entire team.

Congratulations to Katherine Brien (1st team All Conference, ACAA MVP, All Canadian, CCAA 2nd Team All Star), Jenna Dunn (2nd team All Conference), Jenn Kendrick (2nd team All Conference), Shannon Labre (CCAA 1st Team All Star) and to the rest of the team on an amazing season.



Back (Left To Right): Catherine Steiner (Assistant Coach), Katherine Brien, Dianne Keddy, Jenna Dunn, Lyndsay MacKinnon, Shelagh Abriel, Shannon Labre, Sarah Rudderham, Elaine Horne (Assistant Coach), Dyrick McDermott (Head Coach).

Front (Left To Right): Erin Zinck, Shauna Aucoin, Jen Kendrick, Kali VanVulpen, Emily Surrette



Back (Left To Right): Mark Forward (Assistant Coach), Ibrahaim Toulany, Brendon Arnold, Carl Wickstrom, Damian Gay, Jason Carlson, Mark Brien, Adam Jewkes, Derico Symonds, Anton Berry (Assistant Coach), Rick Plato (Head Coach).

Front (Left To Right): Ian Baker, Paul Evans, Steve Morris, Gary Grey, John Caulfield, Anthony Zinn. Missing: KC Brooks, Sean Boulay, Dave Brien (Assistant Coach), Andrea Plato (Manager).

MEN'S BASKETBALL

2008 CCAA Silver Medalists

2008 ACAA Champions

Not to be out done, the men's basketball team also went 23-0 for the second straight season and won their third consecutive conference.

The team traveled to Montreal to represent our conference in the CCAA National Championships. After reaching the National semi finals for the past two seasons, the team believed this was the season to finally reach the Championship game and they did by defeating UBC Okanagan 66-57 in the quarter finals and Sheridan College 79-64 in the semi-finals. In the Championship Game, MSVU battled Douglas College but lost a very close game 70-62. Congratulations to Coach Plato and team for an amazing season.

Congratulations to Damian Gay (1st team All Conference, ACAA MVP, All Canadian, CCAA 1st Team All Star), Brendon Arnold (1st team All Conference, All Canadian) Steve Morris (2nd team All Conference), Mark Brien (CCAA 2nd Team All Star) and Rick Plato (ACAA & CCAA Coach of the Year) on another great season

WOMEN'S SOCCER 2007-08 ACAA Champions

The women's soccer team once again proved to be unstoppable in ACAA play. After finishing the season with a 9 win, 1 tie and 2 loss season, the team rallied in the playoffs to capture its' fifth title in the past seven seasons. Although the team failed to qualify for a medal game on home turf at the National Championships, they played extremely well and represented our conference and University with pride and class.

Congratulations to Deidre Gormley (1st team All Conference) Sarah Ali (1st team All Conference) Danielle Decoff (2nd team All Conference) and Amanda Doyle (2nd team All Conference) and Jacques Boudreau (ACAA Coach of the Year).

A special thank you to Coach Boudreau who is leaving the Mystics program after 7 seasons. Jacques leaves with 5 conference championship, a Bronze medal form the 2004 CCAA National Championship, 4 ACAA coach of the year and a CCAA coach of the year award.



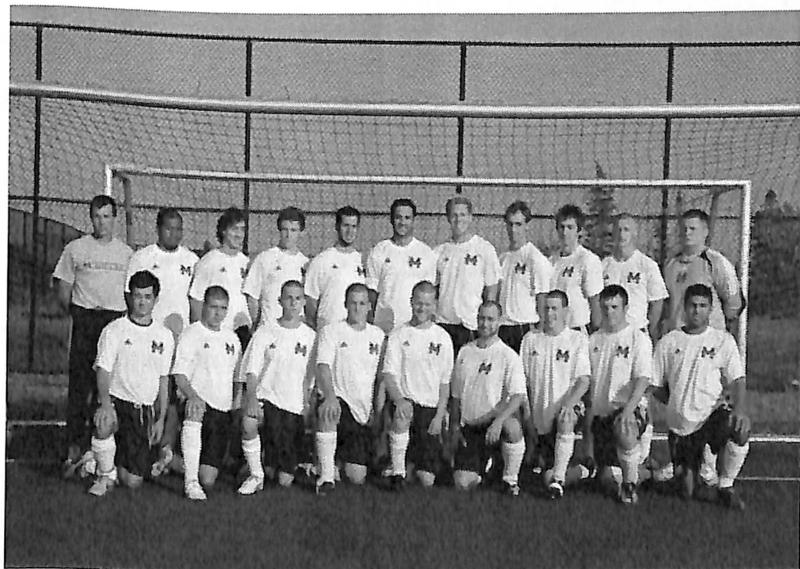
Back (Left To Right): Jacques Boudreau (Head Coach), Courtney MacMaster, Jessica Dooley, Sarah Ali, Sheila Kerry, Sarah Edsall, Amanda Haggerty, Danielle DeCoff, Amy Fischer.

Front (Left To Right): Kate Elliot, Nikki Baxter, Stephanie Dockrill, Amanda Doyle, Morgan LeBlanc, Deirdre Gormley, Lindsay Britten, Breagh MacDonald.



MSVU HOSTS 2007 CCAA Soccer Nationals November 7-10

Thank you to all the athletes and volunteers who helped make this national tournament a tremendous success!



Back (Left To Right): James Sawler (Head Coach), Javon Minors, Ryan Hearn, Stefan Sears, Keith Partridge, Onar Portakal, Jimmy Corey, Patrick Johnston, Mark Harnish, Robin Mann, Murray O'Quinn.

Front (Left To Right): Matt Szeto, Brian Stever, Kevin Burgess, Bryce Crosby, Antony Kelly, Marlow Reeves, Connor Gormley, Brad Taylor, Ibrahim Yuksel.

Missing: Martin Sichinga, Luke Corey (Assistant Coach)

MEN'S SOCCER

The men's soccer team ended the 2007 season in 5th place, falling short of making the ACAA playoffs. Although the team entered the season as defending ACAA champions, it took time to find their rhythm and put some "W's" in the win column. Head Coach James Sawler was proud of his team's efforts this season and is confident they will be back in 2008 with a vengeance and recapture the ACAA banner.

Congratulations to Mark Harnish (1st team All Conference) and James Corey (2nd team All Conference).

A special thank you to Coach Jamie Sawler who is leaving the program. In his two year tenure, Jamie led the Mystics to their first ACAA title and their first appearance at Nationals in 2006-07.



year in review

WOMEN'S VOLLEYBALL

The women's volleyball team ended the 2008 season in 3rd place the ACAA standing with a record of 17-5. The team entered the playoffs with confidence after handing the 6 time defending ACAA Saint Thomas team only their second loss in the past 6 seasons. Although the team played extremely well, they could not advance past a very talented MTA team to the conference finals. Head Coach Susanne Dittmer is confident this young team will be a force in the 2009 season as they look to win an ACAA championship banner.

Congratulations to Jasna Toprek (2nd team All Conference) Carla Smith (1st team All Conference) and Jamie Brown (1st team All Conference) on their incredible seasons.

Coach Dittmar is leaving the program this year. We want to sincerely thank Suzanne for 7 fantastic years with MSVU. Also a special thanks to Assistant Coach Chelsea Whitehead who is also retiring.



MYSTICS "SOLE" Search

On Saturday, January 26, 2008 the MSVU Mystics launched the first Mystics "Sole" Search, an initiative aimed at collecting new and gently used sneakers and cleats for children in The Gambia. With overwhelming student and community support, we have collected over 250 pairs of shoes that will soon be delivered to children in need. Thank you for all your support!



The MSVU Athletics & Recreation Office would like to congratulate all MSVU student athletes. We are very proud you and your accomplishments.



Back (Left To Right): Chelsea Whitehead (Assistant Coach), Amanda Forrest, Carla Smith, Kelsey Myles, Jamie Brown, Jasna Toprek, Suzanne Dittmer (Head Coach)

Front (Left To Right): Kaylee Hake, Vanessa McEvoy, Krista Blight, Emma Patterson, Gail Blight

Recreation Society

It was a memorable year for the Rec Society. The students played a leadership role this year at many events. Whether it was the CCAA Soccer Nationals, Right To Play Awareness Day, Mardi Gras Super Pub, ACAA Basketball Championships, Annual Christmas Toy Drive, Hallowe'en Haunted House, Open Gym Rec Night, or their Pool Party, the Rec Society was there. Meeting weekly they actively contributed to student life at the Mount.

The Health & Fitness Society

This student-based society was new to the Mount and attracted over 30 members in its first year. The group focused on health and fitness activities including Weight Room workout buddies, Boot Camp, Leger Shuttle Run - "beep test", & Core. We look forward to working with this active society next year.