

2012-2013

Mystics Year in Review



MYSTICS

Athletics & Recreation

166 Bedford Highway

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2012-13 CCAA National Appearances



2012-13 CCAA Women's Soccer Champions
Placed 8th at CCAA Nationals



2012-13 CCAA Women's Volleyball Champions
Placed 7th at CCAA Nationals

CCAA All Canadian Recipients



Emily Burke
Women's Soccer



Chris Gallant
Men's Soccer



2012-13 CCAA Women's Basketball - 2nd Place
Placed 7th at CCAA Nationals
CCAA Fair Play Award

SIRC CCAA Academic All-Canadians Award Recipients

ACAA All-Conference Team with a GPA over 3.70



Christina Brien - Basketball
Danielle Cyr - Soccer
Chris Gallant - Soccer



Kelcie Levesque - Volleyball
Chelsea Mackay - Basketball
Chanelle Preradovich - Volleyball



ACAA Individual Awards



ACAA Rookie of the Year
Christina Day - Women's Volleyball

ACAA Coach of the Year

Derrick Brooks - Women's Volleyball



Gerry Leblanc Award

Danielle Cyr - Soccer

Dyrick McDermott Defensive Player of the Year

Taryn Oakley - Women's Basketball



ACAA 1st Team All Conference

Women's Soccer

Emily Burke & Sarah Reid

Men's Soccer

Chris Gallant & Jude Petrella

Women's Volleyball

Christina Day, Meaghan MacDougal & Chanelle Preradovich

Women's Basketball

Christina Brien

Men's Basketball

Kenneth Reardon

ACAA 2nd Team All Conference

Women's Soccer

Danielle Cyr, Stephanie Dockrill & Jessica Olver Hill

Men's Soccer

Matt Little & Carlos Vallarino

Women's Volleyball

Haley MacDonald, Kelcie Levesque

Women's Basketball

Chelsea Mackay, Emma Reardon

Most Improved Player

Women's Soccer: Frances Merks

Men's Soccer: Matt Sullivan

Women's Volleyball: Shenia Keith and Sydney Foy

Women's Basketball: Kara Hayes

Men's Basketball: Alex LeBlanc

Coaches Award

Women's Soccer: Carleigh Hiltz

Men's Soccer: Graham King

Women's Volleyball: Christina Day

Women's Basketball: Kalli MacDonald

Men's Basketball: Mac Ellis

Most Valuable Player

Women's Soccer: Emily Burke

Men's Soccer: Chris Gallant

Women's Volleyball: Channele Preradovich

Women's Basketball: Christina Brien

Men's Basketball: Kenneth Reardon and Todd Williams

Varsity Awards

Male Athlete of the Year: Chris Gallant - Men's Soccer

Female Athlete of the Year: Emily Burke - Women's Soccer

Windsor Flash Trophy: Sarah Spruin - Women's Soccer

Sheila and Stephenie Alt Memorial Award: Kara Hayes - Women's Basketball

Tracy Barton Memorial Award: Danielle Cyr - Women's Soccer

Dyrick McDermott Memorial Award: Kara Hayes - Women's Basketball

Franklin Raymond & Helen Plato Memorial Award: Duan Fournier - Men's Basketball

Overstock Outlet "Team Me" Award: Graham Carter - Men's Basketball

MacDonald Chisholm Trask Leadership Award:

Breanna Buis - Women's Basketball Emad Khalek - Men's Basketball

Women's Volleyball



Back Row (L - R): Tyler Simmons (Assistant Coach), Jill Bulmer, Shenia Keith, Carmen Swain, Kate Melanson, Sydney Foy, Sara Anne Smith, Jamie Brown (Assistant Coach), Derrick Brooks (Head Coach).
Front Row (L-R): Haley MacDonald, Kelcie Levesque, Joya Bishop, Channele Preradovich, Taylor Conrad, Meaghan MacDougall, Robyn Hollohan, Samantha Wentzell.
Missing: Christina Day

The Mount Mystics Women's Volleyball team came into the season with the goal of defending its title as defending ACAA Champions from 2011-2012. Although the team lost some key players, there was a solid base of returning players plus Coach Brooks was able to recruit two of the top high school players in the Maritimes: Christina Day from Balls Creek, NS and Sydney Foy, from Cornwall PEI.

The team went 18-0 in league play and placed third in the Limoilou tournament in Quebec in January. The team went into the ACAA Championships ranked number one and defeated 4th ranked Universite Ste Anne 3 straight: 25-14, 25-16, 25-19. The ACAA Final was a rematch of the year before with MSVU facing the STU Tommies. The Mount played with purpose and determination and defeated STU convincingly 25-16, 25-18, 25-14.

At the ACAA Championships, the Mount had an unheard five players make the ACAA All Conference Teams. Haley MacDonald and Kelcie Levesque made second team ACAA ALL Conference and Meaghan MacDougall, Channele Preradovich and Christina Day were named to the First Team ACAA All Conference. Christina Day also won ACAA Rookie of the Year and Head Coach Derrick Brooks was name ACAA Coach of the Year for the third consecutive year.

The team travelled to Lakeland College, Vermillion, Alberta where the team played extremely well and finished 5th overall. It was an another exceptional year for the Mount Mystics Womens Volleyball program.

We also want thank and congratulate seniors Robyn Hollohan, Kelcie Levesque and Channele Preradovich who graduate this year.

Women's Basketball



Back Row (L - R): Mark Forward (Head Coach), Chelsea MacKay, Emma Reardon, Marika Williams, Taryn Oakley, Shontaya Williams, Che'Kara Beals, Breanna Buis, Elaine Horne (Assistant Coach).

Front Row (L-R): Christina Brien, Sheray Reddick-Jackson, Kara Hayes, Taylor MacDonald, Kandace Hewlett, Kalli MacDonald, Maddy Hiscock.

The 2012-2013 edition of the Women's basketball Varsity team featured seven returning players and a rookie class of six. Essentially it was billed as a rebuilding season with so many new players. The season started with the annual Montreal preseason trip to play some of the top teams in the top conference in the country followed by attending the Moncton Ladies Classic a week later where the team played against the top CIS schools in Atlantic Canada. Although the team did not win any games in the preseason it helped to prepare them for a very tough regular season schedule where they played more road games than home games. The regular season had its share of adversities with injuries to key players leading the way. However with a determined group of first and second year players and being led by co-captain and fourth year player Christina Brien the team finished with a 16-5 record and good for second place and a bye in the first round of the conference play-offs. The conference championships saw the team play University of Kings College in the semifinals with the team coming out on top with a 15 point win and set the team up to play for a fourth straight championship ship game with the top ranked and undefeated St. Thomas Tommies. Playing on the Tommies home floor proved to be too much for the team to handle and the second ranked team national put an end to any title hopes this season. The team wasn't finished though. As a wild card spot was made available to the team they were able to attend the CCAA National tournament held at the Dalhousie University, Agricultural Campus in Truro, NS. At the eight seed the team faced the top ranked and eventual gold medal champions Montmorency Nomades in the first round, Ontario Champions in the second and the Ontario wildcard on day three. All games were hard fought, which included a loss and overtime loss and ended with a win to finish in seventh spot at the end of the tournament. The team was very happy with the way they competed at the National level and feel fortunate for the experience and will use it to build upon going into next year. The team also said a final farewell to fifth year guard Chelsea MacKay. Chelsea leaves the varsity scene and will work to complete her degree in Education.

Men's Basketball



Back Row (L - R): Dave Brien (Assistant Coach), Rick Plato (Head Coach), Bryson MacDonald, Ryan MacPhee, Mac Ellis, Alex Harding, Jeremy Skidmore, Patrick Simms, Jake MacDonald, Sagar Sohota, David Boulay, Austin Dewar, Andrea Plato (Manager), Ken Reardon (Assistant Coach).

Front Row (L-R): Andrew MacKinnon, Duan Fournier, Nathan Dunn, Kenneth Reardon, Todd Williams, Alex LeBlanc, Brandon Doyle, Emad Khalek, Neal McGill.

The 2012-2013 Mount Mystics mens basketball was composed of 7 seasoned players and 7 rookies. 5th year seniors Kenneth Reardon, Todd Williams and Jeremy Skidmore led the charge with standout efforts from Alex LeBlanc and Mac Ellis. Rookies Ryan MacPhee and Emad Khalek also had great first years and together the entire team gelled and went 17-4 in league play. They placed second overall and lost a heartbreaker in overtime to St Thomas Tommies in semi final play at the ACAA Championships. Kenneth Reardon earned an ACAA 1st All Conference Team award. The team is already looking forward to next season.

In May, the Mount Mystics said farewell to long time Mount Mystics Coach, Rick Plato. After 25 years of coaching the Mount Mystics Men's Basketball and 27 years of teaching at Charles P. Allan High School, Rick will retire from both to focus on his coaching career with Dalhousie University. He has accepted the Head Coach position for the Dalhousie Tigers Men's Basketball Team.

Coach Plato started with the Mount Mystics in 1988 and during this time he led the Mystics to 14 appearances at CCAA national championships, including two CCAA national medals. His teams have won 13 ACAA conference championships and they have been CCAA semifinalists in six of the last eight seasons. Rick has been named ACAA Coach of the Year on 13 occasions and received the national CCAA Coach of the Year honour in 2009.



Coach Plato has created a lasting legacy that will never be forgotten. His leadership, passion and dedication has shaped our mens basketball program and we are truly grateful for his years of commitment to the Mount Mystics Men's Basketball Program. We wish Coach Plato and his wife, Ann (who also sat on the bench for 25 years as statistician) much success and look forward to working with them as a Mount Mystic Alumnae.

Women's Soccer



Back Row (L - R): Morgan LeBlanc (Assistant Coach), Colin Steeves (Head Coach), Sara Reid, Jessica Oliver (Hill), Melissa McGee, Sarah Parker, Carly Rogerson, Nicole Power, Marilyn Burke, Jennifer Melissa Brace, Lindsay Fraser, Jenna Gallie, Carleigh Hiltz, Danielle Cyr.

Front Row (L-R): Madison Long, Stephanie Dockrill, Sarah Spruin, Ashley Westhaver, Frances Merks, Andrea Powell, Rebecca Savage, Katie MacPherson, Chrissy Henneberry, Emily Burke.

The Mount women's soccer team saw a talented group take the field this season under direction of head coach Colin Steeves and assistant coach Morgan LeBlanc. The team ended league play in second place with seven wins, one tie and two losses. The team scored 32 goals while only conceding five. The ladies met University of Kings College in ACAA semi-final playoff action and earned a decisive 3-1 victory that sent them to the championship game versus the undefeated Holland College Hurricanes. The women won 1-0 and became ACAA champions, giving them a seat at the national championships in PEI where they had a strong showing.

The women earned two first team all- conference spots held by Emily Burke and Sara Reid while Danielle Cyr, Stephanie Dockrill and Jessica Oliver-Hill earned second team all- conference status. For her exceptional leadership, work ethic and skill, Burke was named MVP of the league for the second year in a row and was recognized as a CCAA All-Canadian. Burke was also named MSVU Female Athlete of the Year. Cyr was awarded the ACAA Gerry LeBlanc Award and was named a SIRC-CCAA Academic All-Canadian.

Burke, Dockrill and Reid played their last season with the Mystics along with Chrissy Hennebury, Sarah Parker, and Katie MacPherson. The team wishes its graduates well and thanks them for their time and effort. With much admiration, the girls also say goodbye to coach Steeves who will not be returning for the 2013-2014 season. Steeves has been with the program for the past five years. The girls and athletic department wish him the best and are excited to welcome new head coach Matt Holton. Holton comes with a wealth of playing experience and is currently part of the technical staff of Halifax City Soccer Club.

Men's Soccer



Back Row (L - R): Mark Harnish (Assistant Coach), Matt Szeto (Trainer), Patrick Murphy, Bruno Berggeren, Jason Bruce, Chris Gallant, Scott Thompson, Jacob Meisner, Matthew Little, Tyler Simmons, Jamie Burrell, Carlos Vallarino, Justin MacDonald, Graham King, Luke Corey. (Head Coach)
Front Row (L-R): Andrew Thompson, Chris Quinlivan-Hall, Wonik Choi, Giuliano (Jude) Petrella, Matt Sullivan, Wonil Choi, Mohib Attallah, James DeMartini, Rob Forgeron.

The Men's Soccer team had a bounce-back season after finishing at the bottom of the table last season. With the inspired play of their veteran players, and the injection of energy by their talented rookies, the team finished with a record of 5 wins and only 2 losses, good enough for 2nd place in the league. A hard-fought semi-final loss to King's College in a shootout ended the season, but the team showed a maturity and commitment to winning that will bode well for next season.

Highlighting the year was the play of centre-back Chris Gallant, who was named ACAA MVP, CCAA All-Star, MSVU Soccer MVP and MSVU Male Athlete of the Year in only his second season.. Gallant also earned ACAA first team honors along with Jude Putrella while Matt Little and Carlos Vallarino were second team all-conference members.

The team returns its core group of players and is busy recruiting talented youth to make a run at the National Championship next season.

Dyrick McDermott Invitational



The Dyrick McDermott Invitational has been established in memory and honour of the late and inspirational Mount Saint Vincent University Women's Basketball Coach, Dyrick McDermott. This tournament is held annually on the New Year's weekend in his memory.

As was Coach McDermott's vision; the Mount has filled the tournament with top caliber college and university teams: Mount Saint Vincent University, Saint Thomas University, Ste. Foy College, University King's College, Holland College, Algonquin College, Trois Riviere, Champlain College and the Atlantic All-Stars.

The winners of the 2012-13 Dyrick McDermott Invitational were:

Women's Basketball: St. Francis Xavier University

Men's Basketball: Mount Saint Vincent University



Recreation

This year, new recreation programs included, African Drumming, Aikido, Yoga for Women, and workshops in Nordic Walking, Sport Nutrition and Yoga Meditation and Yoga for Menopause. Classes in Karate, Flamenco Dance, Argentine Tango, Yoga, Pilates and Kick Boxing continue to be popular. Athletic/Recreation also ran events such as the Annual Holiday Skate, Crow Walk, Mount Cup, Office Antics, and Sea Kayaking. The Annual Caritas Day Martock Ski Trip was unfortunately cancelled this year due to bad weather.

This year the Mount had an excellent group of student leaders on the Recreation Society. The society members were active in organizing numerous events. These included the Student Life Taskforce, ACAA Soccer Championship, The Grinch's Gala, Children's Toy Drive, Right To Play Awareness Week, the New Society Challenge Cup and the Annual Mardi Gras Party. Joanna Swett as this year's recipient of the Margaret Ellis Award

Keep Calm and Play On. Mount Campus Rec.



Fitness

Thank you students, staff and faculty for your patronage to the Fitness Centre during the 2012-2013 year. It is always a pleasure to help you get started or help you attain your fitness goals.

Over the year we have been working on our Weight Room Equipment "greening" plan. Some older equipment has been removed to make way for new cardio and strength equipment.

I am pleased to welcome new staff to the Weight Room and Fitness Classes. Mohamed Rizk (a Dietetic Student at the Mount) has been available for Weight Room Orientations and One-to-One programming. Mayra Fajardo Galindo (a Mount grad from the Dietetic program) teaches morning cardio classes.

