

# MYSTICS

## year in review

APRIL 2007



Billy Connolly – Men's Soccer  
ACAA Rookie of the Year



James Sawler – Men's Soccer  
ACAA Coach of the Year



Jenna Dunn – Women's Basketball  
ACAA MVP & CCAA All-Canadian



Dyrick McDermott – Women's Basketball  
ACAA Coach of the Year &  
CCAA Coach of the Year

This was a historic year for MSVU varsity sports. Our five varsity sports combined for eighteen all conference awards, four league final appearances, three championship banners, three coach of the year awards, two unbelievable unbeaten streaks, one remarkable season.

In only their third year of existence, the men's soccer team began the year by becoming the first men's soccer team at MSVU to win the ACAA Championship. Not to be out done, the men's and women's basketball teams also became a part of university history by becoming the first basketball teams at MSVU to go undefeated in ACAA play with a combined record of 46-0. Both teams were also able to capture ACAA championships.

Mystic athletes also set records in individual awards, eighteen varsity athletes in five varsity sports earned All Conference honours, two league MVPs, two All Canadians, two ACAA rookie of the year and Coach of the year went to three MYSTIC coaches. In men's soccer, All Conference winners were: Mark Harnish, Billy Connolly, Alex Lornete Viardell, Joe Frangie, Patrick Johnston and Stephan Sears. Women's Soccer winners included, Deirdre Gormley, Amy Fischer, Nicole Baxter and Kristina Van Eden. Women's volleyball award winners were, Allison Saunders and Jasna Toprek. In men's basketball, Damian Gay, Brendon Arnold and Steve Morris received the honours while in women's basketball, Jenna Dunn, Katherine Brien and Shannon Labre recieved awards. League MVP and All Canadian winners were Jenna Dunn (basketball) and Damain Gay (basketball), ACAA Rookie of the year went to Jasna Toprek (volleyball) and Billy Connolly (soccer) and Coach of the year winners were James Sawler (men's soccer), Rick Plato (men's basketball) and Dyrick McDermott (women's basketball), Coach McDermott also received the CCAA Coach of the Year.



Jasna Toprek – Women's Volleyball  
ACAA Rookie of the Year



Rick Plato – Men's Basketball  
ACAA Coach of the Year



Allison Saunders – Women's Volleyball  
CCAA Academic All Canadian



Brendon Arnold – Men's Basketball  
CCAA Academic All Canadian



Damian Gay – Men's Basketball  
ACAA MVP & CCAA All Canadian

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**Fitness Centre**  
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## Women's Basketball

After a disappointing end to last season, the team achieved their goal of winning the conference and won the 2006-07 ACAA women's basketball title. This was the 3<sup>rd</sup> 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 headed to Edmonton to represent the conference at the CCAA National Championship. The team lost their first game to eventual Gold medalists Vanier and their second game to Okanogan (the British Columbia Champions) 84-83 in double overtime, before defeating the 6<sup>th</sup> ranked hosts, Grant McEwan 60-56.

Congratulations to Jenn Kendrick (CCAA Second Team All Tournament), Jenna Dunn (first team all conference, ACAA MVP and CCAA All Canadian) Katherine Brien (first team all conference) and Shannon Labre (second team all conference) and Dyrick McDermott (ACAA and CCAA Coach of the Year).



**Back Left:** Catherine Steiner (Assistant Coach), Jenna Kendrick, Shauna Aucoin, Sarah Conn, Sarah Rudderham, Erin Zinck, Elaine Horne (Assistant Coach), Dyrick McDermott (Head Coach).

**Front Left:** Katherine Brien, Melissa Berry, Lyndsay MacKinnon, Shelagh Abriel, Jenna Dunn, Dianne Keddy, Shannon Labre.



**Back Left:** Dave Brien (Assistant Coach), Jason Carlson, Ian Baker, Brett Fulmore, Ibrahaim Toulany, Anthony Zinn, John Caulfield, Steve Morris, Brendon Arnold, Mark Forward (Assistant Coach), Rick Plato (Head Coach).

**Front Left:** Anton Berry, Adam Jewkes, Carl Wickstrom, Damian Gay, Corey McLellan, Mark Brien, Gary Grey. Missing: Andrea Plato (Manager).

## Men's Basketball

The men's basketball team also made MSVU history by becoming the first men's basketball team to go 23-0 in ACAA action. This was the Mystics 9<sup>th</sup> 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.

At the National Championships, the team continued with their winning ways by defeating the Alberta Champions Mount Royal College before falling to the top ranked Douglas College of B.C. in the National semi final.

Congratulations to Jason Carlson (CCAA second team all tournament), Damian Gay (first team all conference, ACAA MVP and All Canadian) Steve Morris (second team all conference) and Brendon Arnold (second team all conference and CCAA Academic All Canadian) and Rick Plato (ACAA Coach of the Year).

## Women's Soccer

Although the women's soccer did not repeat as conference champions, they did make it to the league finals with 12 first and second year players. Head Coach Jacques Boudreau is building a team that will be very competitive when MSVU hosts the 2007-08 CCAA National Championships.

This year's team finished with 5 wins, 3 losses and 4 ties (4<sup>th</sup> position in the ACAA) and a renewed focus to recapture the ACAA championship.

Congratulations to ACAA 1<sup>st</sup> Team All Conference winners Deirdre Gormley and Amy Fischer and ACAA 2<sup>nd</sup> Team All Conference winners Nicole Baxter and Kristina Van Eden.



**Back Left:** Jacques Boudreau (Head Coach), Lisa Evong, Nikki Baxter, Keri MacNeil, Deirdre Gormley, Kristina Van Eden, Mary Maddalena, Amber Trimm, Lindsay Britten, Amanda Revels, Robyn Homans (Assistant Coach).  
**Front Left:** Anna Suutarla, Sarah Reid, Amy Fischer, Natasha Sanford, Sarah Edsall, Danielle DeCoff, Kim White. Missing: Jessica Dooley.

## Men's Soccer

In only their third season, the men's soccer team was able to capture their first ACAA Championship. The team finished in first place in the ACAA regular season and defeated a talented STU team 3-1 to represent at National Championships in Burnaby British Columbia.

At CCAA Championships the team proved they belong with the best in the country and will be a force when MSVU hosts the 2007-08 CCAA Nationals season.

Congratulations to ACAA 1<sup>st</sup> Team All Conference winners Mark Harnish, Billy Connolly and Alex Lorente Viardell, ACAA 2<sup>nd</sup> Team All Conference winners Joe Frangie, Patrick Johnston, Stephan Sears, ACAA Rookie of the Year Billy Connolly and ACAA Coach of the Year James Sawler.



**Back Left:** James Sawler (Head Coach), Stefan Sears, Mazen Hafez, Matt Szeto, Kenzie Duhart, Billy Connolly, Jimmy Corey, Marlow Reeves, Mark Theriault, Ryan Hearn, Matt Oliveau and Luke Corey (Assistant Coach).  
**Front Left:** Ahmad Ghazoul, Shane Lynch, Patrick Johnston, Bantu Campbell, Ben Hunter, Murray O'Quinn, Giovanni Saltus, Alex Villardell, Mark Harnish, Ibrahim Yuksel.

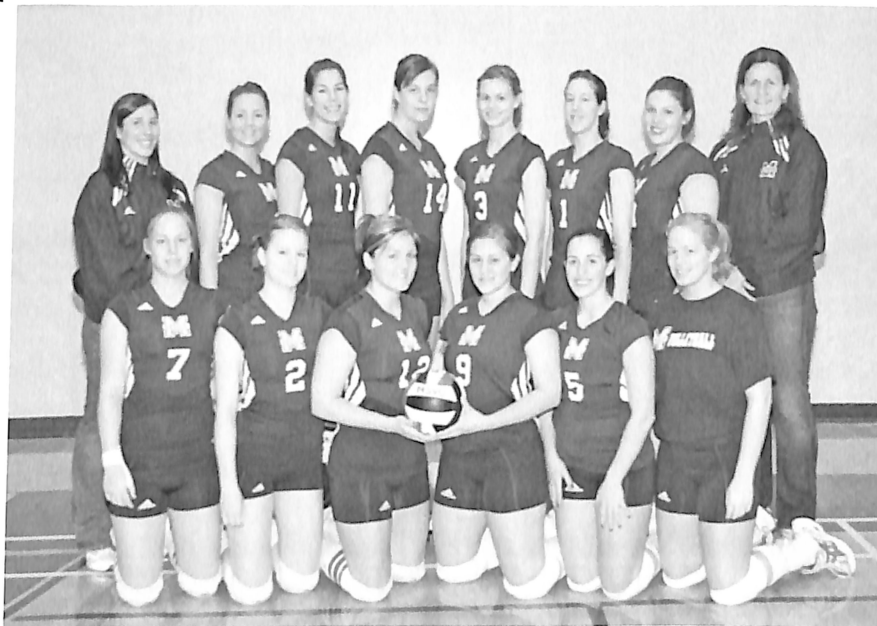


### Women's Volleyball

This year's 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 third 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 1<sup>st</sup> Team All Conference and CCAA Academic All Canadian) and first year player Jasna Toprek (ACAA Rookie of the Year and 2<sup>nd</sup> Team All Conference).



**Back Left:** Chelsea Whitehead (Assistant Coach), Kaylee Hake, Allison Saunders, Kelsey Myles, Carla Smith, Amanda Haggerty, Kelly Smith, Suzanne Dittmer (Head Coach).

**Front Left:** Amanda Forrest, Megan Corkum, Vanessa McEvoy, Jasna Toprek, Candace Garland, Maggie Daley.



### RECREATION SOCIETY

The Recreation Society has been working hard this year to provide students an opportunity to participate in student life activities. Each month they promoted a variety of activities, and encouraged students to get involved in all aspects of campus life. They have created partnerships with the MSVU Students' Union and Vinnie's Pub to host two very successful events, the Halloween Haunted House and the 3rd Annual Mardi Gras Super Pub.

In the fall they also organized the 2nd Annual Late Night Gym Party, MSVU Booster Day for the Soccer Home Opener and the 4<sup>th</sup> Annual Toy Drive Chocolate Campaign. Funds raised were used to purchase new toys for children at Christmas.

During the winter term they organized the Right To Play Awareness Day. This was the first Right To Play event hosted at MSVU. This event was created to raise awareness of the importance of "play" in war torn and impoverished countries. "When children play, the world wins". The Rec Society also helped promote the Student Life Workshop and again teamed up with MSVU Students' Union and Vinnie's Pub to co-host the 3<sup>rd</sup> annual Mardi Gras Super Pub, one of the best events of the Year!

### FITNESS REVIEW

The Mount Fitness Center continues to be a focus for MSVU students and staff. With more full and part time students accessing the Fitness Centre (including the Gym, Exercise Room, Fitness Classes and the Weight Room) we have seen an increased participation in all areas. The most popular activities this year have been the weight room and yoga-based fitness classes.

Also of interest have been the leadership training courses for national certification as a Group Fitness Leader or Resistance Trainer and mini educational sessions in the weight room. Topics have included Grip Strength, Nutrition counselling with Canada's Food Guide, Body Fat Testing, Target Heart Rate, Blood Pressure and Flexibility. Be sure to check our website for future courses, classes and sessions at [www.msvu.ca/fitnesscentre](http://www.msvu.ca/fitnesscentre)