



Mount Saint Vincent University

ATHLETICS/RECREATION REVIEW

Special Supplement to **Campus Connection**

April, 1991

NSCAA Championship Titles for Mount Athletics Teams Pinacle a Decade of Excellence



Athletes and coaches cheer and flash their trophies in celebration of Nova Scotia College Athletic Association wins in the 1990-91 season. Pictured are members of Women's and Men's Basketball teams and the Women's Volleyball team.

February, 1991, marked the tenth anniversary of the opening of Rosaria Centre and its athletics facilities. To celebrate the occasion, Mount Alumnae Athletes were invited to play once again during a Saturday

of Alumnae Games. Many athletes returned to say hello and show their stuff in friendly competition.

While we are proud of the accomplishments of our athletes down the years, we're especially

happy to acknowledge this year's Mount team players.

Three of seven Mount teams took 1991 championship titles in Nova Scotia Colleges Athletic Association competition (formerly the NSCC).

Review continued on page A-4

Women's Basketball

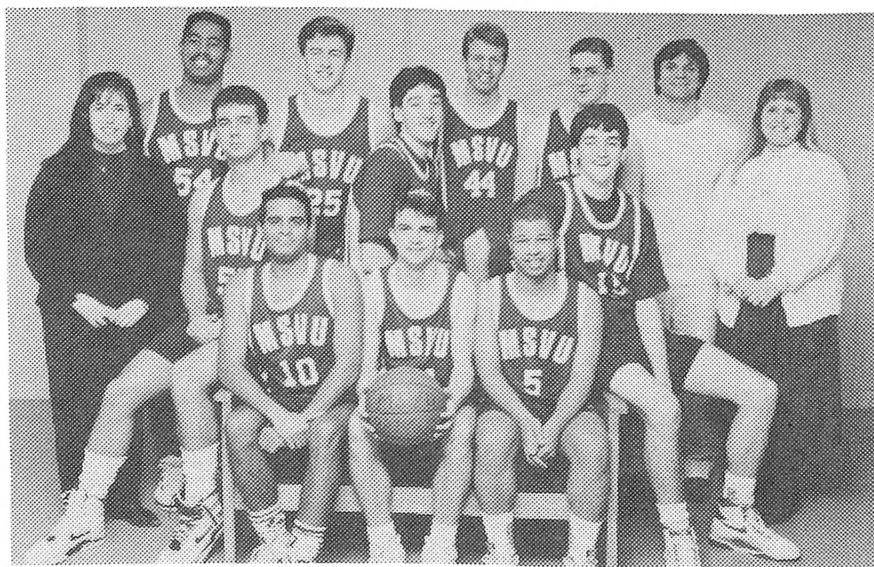
The women's basketball team successfully defended their NSCAA championship, winning twelve of sixteen games. Matched against a team from Saint Thomas University in the semi-final, the Mount women emerged as victors by a score of 57-50. Pitted against the Nova Scotia Teachers College team in the final, regulation play ended in a 54-54 tie. The Mount team broke the deadlock in five minutes of overtime play, taking the game 58-56. The Mount team won the NSCAA crown and the right to travel to the CCAA Nationals in British Columbia. Selected to the All Conference team were Alex Taylor, Andrea Drake and Jocelyn MacLean. Coach Anne Lindsay was named NSCAA Coach of the Year and was honored with the CCAA Coaching Excellence Award for her contributions to the sport.



Women's Basketball (l-r) back row: Heather Nicholson, Judy Blackwood, Audrey Norman, Alex Taylor, Nancy Carson; middle row: Gail MacDonald, Jocelyn MacLean, Wanda Skinner, Jeannie Glynn, Carolanne Coon; front row: Danielle Weatherbe, manager Denice Clark, Andrea Drake. Missing are coach Patsy Pyke and coach Anne Lindsay.

Men's Basketball

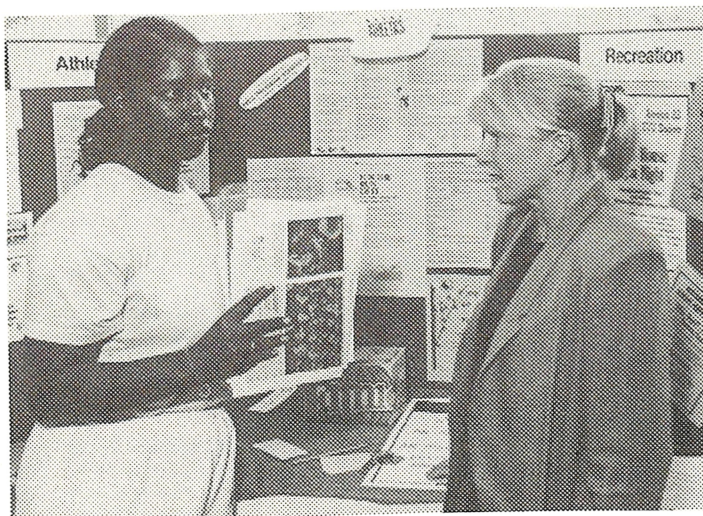
The strongest team to date in any men's sport at the Mount, the men's basketball team finished the regular season with seventeen wins in twenty games. They eliminated the University of Kings College Blue Devils in their first championship game and trounced the Nova Scotia Teachers College 44-39 in the final. With the win, they earned the right to travel to Kamloops, B.C. for CCAA National Basketball Championship competition. Tony Ross and Mark Forward were selected to the All Conference team. Ross was named Rookie of the Year and Forward was chosen Canadian College Athlete Association All Canadian. Coach Rick Plato was selected NSCAA Coach of the Year.



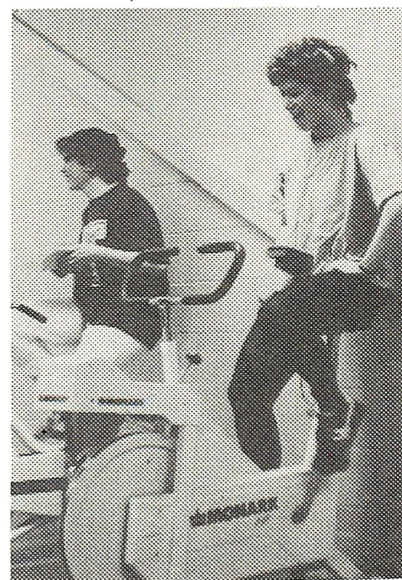
Men's Basketball (l-r) back row: Ray Adekayode, Jonathan Phillips, Wayne Keddy, Derek Johnston, coach Rick Plato; middle row: manager Nadine Hines, Dyrick McDermott, Anthony McNeil, Andrew McNeil, manager Andrea Plato; front row: Garnet Wright, Mark Forward, Anthony Ross.

Throughout the year....

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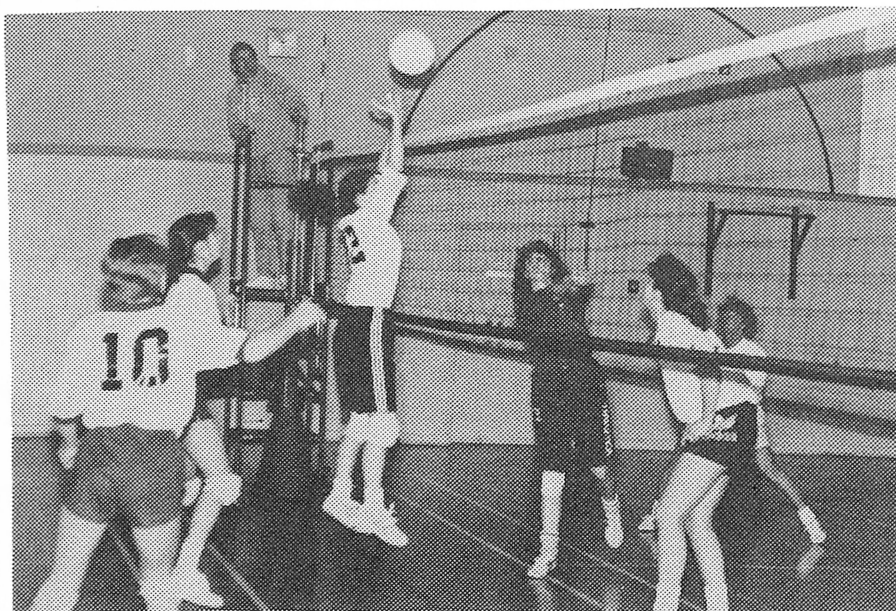


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3.

1. June Lumsden, co-ordinator of Athletics/Recreation, talks to a student about Athletics/Recreation facilities and services during the Information Fair, Orientation week, September, 1990.
2. Along with athletics/recreation events, intramural sports and NSCAA team competition in many sports, the athletics/recreation office offers many fitness programs and facilities.
3. The annual For the Run of It fun run in support of Adsum House drew many participants from the Mount community in October, 1990.



Athletics/Alumnae returned to the Mount in March for friendly competition and to celebrate Rosaria Centre's tenth anniversary and a Decade of Excellence for Mount athletes.

Review continued from A-1

After taking the championship from UCCB, our women's volleyball team travelled this month to the CCAA competition in Quebec City. This is an unprecedented ninth time in ten years that our players have taken part in the nationals.

In basketball, the Mount's women's team successfully defended their NSCAA title, which was first for them in 1989-90. As 1991 winners, they continued to the national finals in Kamloops, B.C.

The men's basketball team's NSCAA win marks a new page in Mount athletic history. After finishing first in regular season play, they defeated the Nova Scotia Teachers College for the NSCAA crown, and advanced to the national championships in British Columbia.

Several Mount athletes took their place on All Conference teams in soccer, volleyball, and men's and women's basketball.

None of these successes would be possible without the expertise and dedication of team coaches. Coach Anne Lindsay, women's basketball,

and Coach Rick Plato, men's basketball, were named Coaches of the year in their sport. Lindsay was also honored with the CCAA Coaching Excellence Award for her contributions to the sport. She has coached at the Mount for five years and was instrumental in developing the Mount's women's basketball program. Badminton Coach Rob MacKenzie was selected to travel with the NSCAA badminton team to the CCAA national tournament in Kingston, Ontario.

Along with organizing teams for College Conference competition, athletics/recreation continues to provide the whole Mount community with sport, fitness and recreation programs. New this year was the Active Living Resource Centre, focusing on providing educational resource information on health and fitness.

Whether woman or man, child or senior, all ages and descriptions walked through our doors. This year, intramural sports like volleyball, ball-hockey, badminton and

basketball drew up to fifty participants on any given night. Instructional classes in T'ai Chi and Jazz Dance were very popular. The weight room averaged 225 users per week, a 25% increase over last year. A roster of 22 fitness classes drew an average of 20 participants per class.

A Student Recreation Council assisted Athletics/Recreation throughout the year. A special note of thanks goes to them for organizing recreational events and keeping the Mount's student body up-to-date on all activities.

With superior athletes, dedicated coaches, and support from the co-ordinator and staff of the Athletics/Recreation office, the Mount's teams have continued to be successful. But it is the support of the university as a whole which really gives them the winning edge. Athletics/Recreation extends thanks to all in the Mount community who supported teams and programs, attended games, competed for the Mount or participated in athletic and recreational events.



Women's Volleyball (l-r) back row: Elaine Collins, Justin Turpin, Verity Turpin, Tracy Karlik, Paula Ingarfield, Krista Naugler, Lore Megetto; middle row: coach June Lumsden; front row: Tessie Marryatt, Julie Roberge, Andrea Faulkner, Callie Davison. Inset: coach Howard Jackson.

Women's Volleyball

Winning seventeen of twenty-two matches this season, the women's volleyball team trounced University of Kings College in three straight games in the semi-finals. Pitted against the University College of Cape Breton in the final, the Mount team defeated UCCB in three straight games to take the Nova Scotia Colleges Athletic Association Championships for the ninth time in ten years. Julie Roberge, Elaine Collins and Paula Ingarfield were named to the All Conference Team. The team represented the NSCAA in the CCAA Nationals in Quebec City.



Women's Soccer (l-r) back row: Monica Jackson, Lindsay Jones, Audrey Norman; middle row: Kim Dauphinee, Michelle Michalak, Sonya Powell, Shelly Eichel, Janice Parker, Lesley Coolen; front row: coach Patsy Pyke, Renee Powell, Keri Sutherland, Maureen Ryan, Shelly Snair. Missing are Jennifer Ayotte, Darcie Moore, Jennifer Golding and Jennifer Shebib.

Women's Soccer

Regular play ended this season with six wins, one tie and one loss for the Mount's women's soccer team. Entering the playoffs in first place, the Mount team defeated the Nova Scotia Agricultural College team 3-2 in their first championship game, but lost the final to the University of Kings College team, 2-0. Named to the All Conference team were Jennifer Golding, Shelly Eichel and Shelly Snair. Eichel was chosen Most Valuable Player and Snair was honored as Rookie of the Year.

Co-Ed Badminton

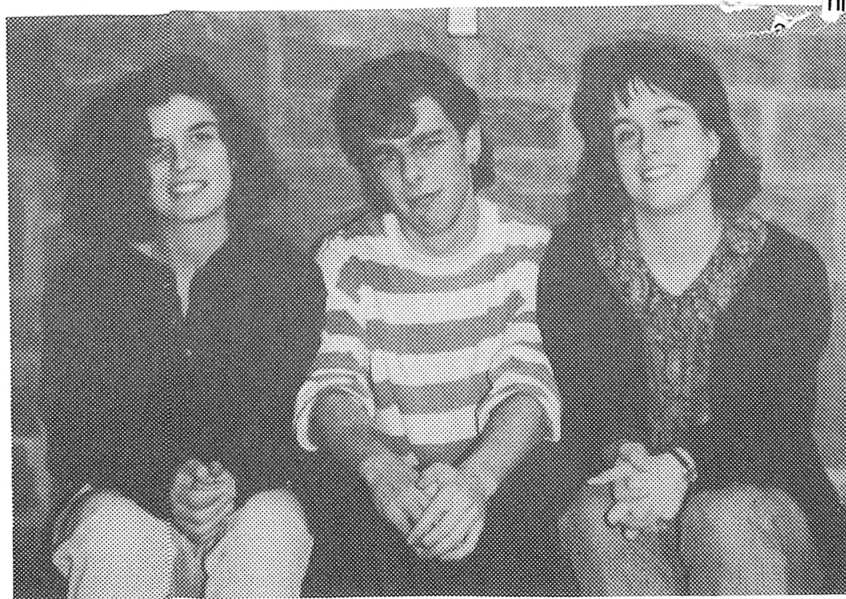
Competing in five tournaments this season, the team placed third of six teams in the NSCAA Provincial Championships. Karrie MacDonald and Wendy Skeard placed second in women's doubles competition, while Kevin Devan and Gail Nash lost a close match to place second in the mixed doubles. Coach Rob MacKenzie, who was named assistant coach to the NSCAA team, attended the nationals in Kingston, Ontario.



Co-ed Badminton (l-r) back row: manager Karl Lingley, Patricia Lemon, John Kenyan, coach Rob MacKenzie; front row: Wendy Skeard, Inga MacLaine, Gail Nash. Missing are Karrie MacDonald, Scott Ferris and Kevin Devan.

Cross-Country Running

Members of the Mount's cross-country running team began their year with the annual **For the Run of It** fun run. J.J. Poidevin and Tony Roach finished first and second respectively in the event. Competing in three NSCAA races this season, the women finished the season in third place overall.



Cross-Country Running (l-r) Denise Fraser, Steve Quinn, Christine Pernette. Missing are Tony Roach, Margaret Kenney, J.J. Poidevin and coach Norm Tinkham.