



Mount Saint Vincent University ATHLETICS/RECREATION REVIEW

Special Supplement to Campus Connection

April, 1993

In the MYSTIC tradition....

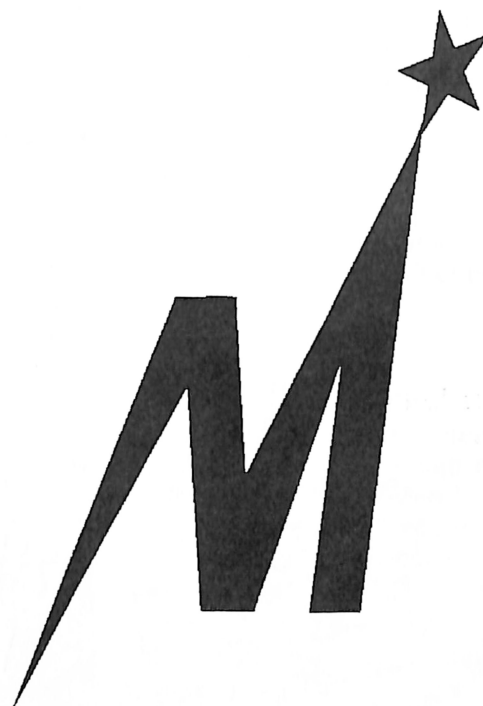
The Mount Mystics follow a tradition which began long ago as the first team representing the Mount stepped onto a playing surface.

Handed down through the years, the Mystic way has resulted in twenty-eight Nova Scotia Colleges Athletics Association (NSCAA) titles over the past 11 years.

It goes beyond winning championships. The Mystic tradition means competing fairly, with respect for teammates and opponents alike. It means holding your head high whether you win or lose.

Determination, dedication, sharing, caring and life-long friendships—these are the qualities of a Mystic.

We take pride in all our athletes who uphold the tradition of the Mystic. As they venture beyond our university to compete in other spheres, we wish them the very best.



Intramurals/Recreation

New and varied intramural/recreation activities were introduced this year for students at the Mount.

In the spirit of co-operation and friendly competition, the Mount hosted inter-university badminton and bowling tournaments. Super-rec competitions were introduced for the more competitive Mount student. Step classes for residence students have become popular events. Students became regulars at Citadel

hockey games during University Nights at the Metro Centre. A number of Society Challenges were held.

This year also saw the creation of the Bleacher Creatures, Mystics teams' supporters.

For the students who volunteered for the Athletics/Recreation Council it has been a busy year. We thank them for their time and effort.

Women's Basketball

With a combination of five strong returning players and a talented group of first-year players, the Mystics compiled a 10-10 win/loss record during regular season play. The Mystics' fourth-place finish meant a meeting with first-place Nova Scotia Teachers College in the semi-final round of the NSCAA championships. NSTC was the only team in the league from whom the Mystics had not been able to take a game in regular season play. In a charge that impressed coaches and players alike, the Mystics played their best game of the season. At the buzzer, the Mystics came up short by only 3 points. Audrey Norman and Alex Taylor were selected to the NSCAA All Conference Team.



Women's Basketball (l-r) back row: Denise Murnaghan, Danielle Weatherbe, Katie Clarke, Tracy Peverill; front row: Patsy Pyke (coach), Heather Fredericks, Audrey Norman, Alex Taylor, Jennifer Archibald, Jeannie Flynn. Missing is Tammy Godfrey.

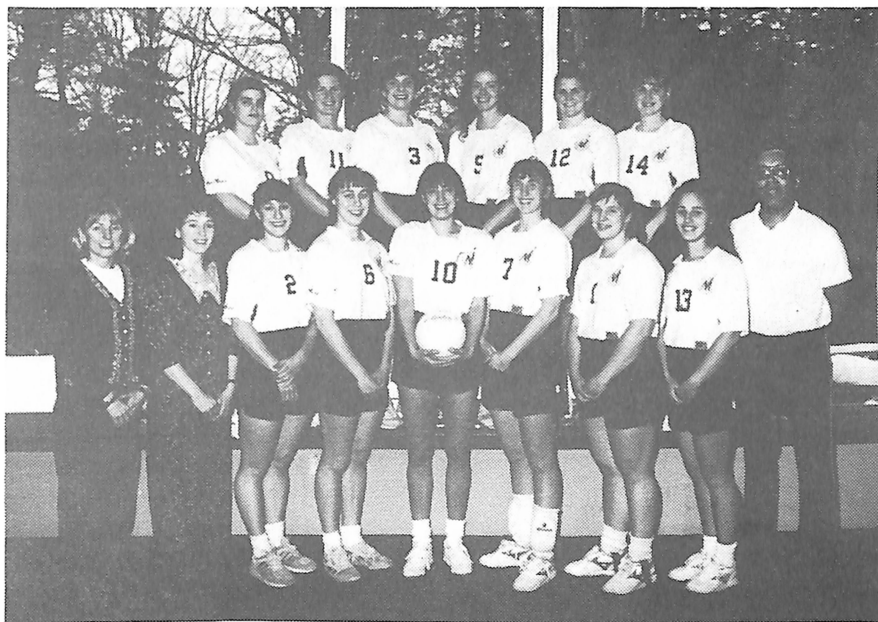
Men's Basketball

The Mystics' men's basketball team finished their regular season with 21 wins and only three losses, sending them to the NSCAA finals in first place to play fourth-place NSTC. The Mystics defeated the NSTC Hawks, taking control of the game in the final ten minutes. The win vaulted the Mystics into the final game against Kings College Blue Devils. Dominating the Blue Devils from the start with fourteen unanswered points, the Mystics kept their tempo to win handily, sending the team to the CCAA Nationals. In this, their third trip to nationals in as many years, the Mystics came away with the bronze medal. They are only the second NSCAA team to win a medal at a national basketball tournament.

Jessie Diepenveen and Tony Ross were selected to the NSCAA All Conference Team. Tony was also selected All Canadian.



Men's Basketball (l-r) back row: Wayne Keddy, Tony Ross, Andy Stanley, Jonathon Phillips; front row: Dyrick McDermott, Andrew McNeil, Jessie Diepenveen, Anthony McNeil, Ray Adekayode, Steve Sampson, Derek Johnston, Ed Haliburton. Missing are Rick Plato (coach), Mark Forward, (assistant coach) and Andrea Plato (manager).



Women's Volleyball (l-r) back row: Shannon Farris, Julie Roberge, Rachel Browne, Elaine Collins, Kristy Goodwin, Angie Garner; front row: June Lumsden (assistant coach), Kim Knox (manager), Leesa Naugler, Krista Naugler, Renee Fournier, Lynda Shoveller, Hope Carr, Monica Clarke, Howard Jackson (coach). Missing is Natasha Hurley.

Women's Volleyball

The Mystics women's volleyball team had an impressive year with twenty-four wins and only one loss during the regular season. This year's NSCAA championships were played at the Mount giving our first-place team home-court advantage. The Mystics met NSAC in the semi-final match. With little trouble, the Mystics aced the Truro team in three straight games, setting the scene for a final match between the Mount and the Université Sainte Anne. Again the Mystics showed their prowess, defeating the visitors in three straight games. Julie Roberge, Elaine Collins and Krista Naugler were all selected to the NSCAA All Conference Team. Krista Naugler was also recognized as CCAA Athlete of the month. Julie Roberge was selected NSCAA League MVP and All Canadian nominee. In the nationals, the Mystics defeated Saskatchewan to take seventh place.



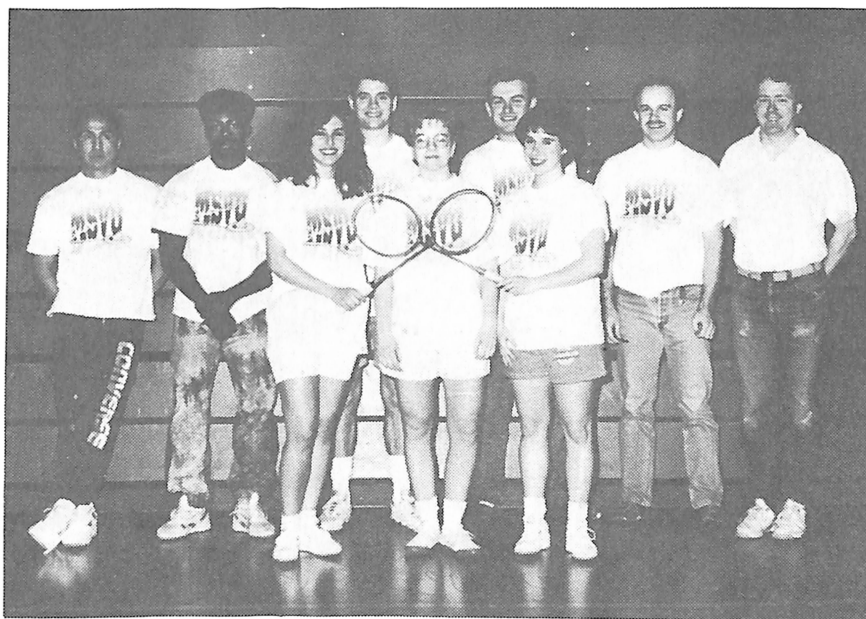
Women's Soccer (l-r) back row: Jocelyn MacLean (assistant coach), Shelley Snair, Shannon Clarke, Monica Jackson, Audrey Norman, Darcie Moore, Lesley Coolen, Janice Major, Patsy Pyke (head coach); front row: Corinne MacLellan, Kim Schimp, Jackie Lee Myra, Karen Pottie, Jennifer Ayotte, Jennifer Shebib, Jenny Legere

Women's Soccer

The 1992-93 Mystics soccer team ended their regular season play undefeated with 6 wins and 1 tie. Goalie Karen Pottie allowed only 3 goals in the 7 games of regular season play. The Mystics completed their season by scoring a total of 23 goals. In the first game of the playoffs the Mystics met the team from Technical University of Nova Scotia. The Mystics' hopes of playing the nationals for a second consecutive year were dashed when TUNS scored a lone marker in the final minutes of the game. Still, it was an outstanding year, with statistics unmatched in conference play. Selected to the NSCAA All Conference Team were Shelley Snair, Darcie Moore, Audrey Norman and Karen Pottie. Norman was also selected recipient of the Gerry LeBlanc Award for her contribution to her team on and off the field. Snair was selected to the All Canadian Team for the second year in row.

Co-ed Badminton

After regular season play, the Mystic badminton team was ranked first in Men's Doubles, second in Men's Singles, third in Mixed Doubles and fourth in Ladies Singles. At the 1993 NSCAA Badminton Championships the team finished in third place overall. The Mixed Doubles team of Wendy Skeard and Brian Doucet finished second while Marco Tejada and Shawn Leamon captured the Men's Doubles Championships. Tejada and Leamon attended the CCAA National Tournament in Grande Prairie, Alberta to represent the NSCAA, placing fifth overall.



Co-ed Badminton (l-r) front row: Marco Tejada, Corey Beals, Claudia Habib, Gail Nash (assistant coach), Wendy Skeard, Shawn Leamon, Carl Lingley (coach); back row: Gaston Renault, Chuck Williams

Review continued from page A-1

Our fitness program includes more than 22 dynamic classes a week and encourage students, staff, faculty and community to engage in a healthy lifestyle and active living on a daily basis.

Fitness classes include low impact, multi-level, strength and tone, STEP aerobics, soft aerobics and pre and post natal classes.

Fitness is a life-long pursuit. From pre-school programs such as children's gymnastics, pre-school STEP, and creative movement through to aerobic programs to active older adult fitness classes, our fitness programs are designed for people in all life stages.

Athletics/recreation soon will be offering state-of-the-art, user-friendly resistance training equipment in our new Pepsi Conditioning Centre. As well, 1993-94 will see such services as Standard Tests of Fitness and American College of Exercise Certified Personal Trainers incorporated into athletics/recreation programming.

We believe in the education and promotion of fitness. With this in mind our facilities and resources are available to all students, staff, and faculty as well as the community as a whole.

DISCOVER ACTIVE LIVING through FITNESS...

at Mount Saint Vincent University

APRIL 13 TO JUNE 30, 1993

Class Time	MON	TUES	WED	THURS	FRI	SAT
9:30-10:30	STEP*	ST*	STEP*	SC*	ML*	
10:00-11:15						ML(E)
PM 12:05-12:55	STEP	ST		LI		
2:00-3:00		SA		SA		
5:00-6:00		STEP		STEP		
6:00-7:00	STEP(E)	S+T	LIST(E)	S+T		
7:00-8:00	PPN(E)	STEP		STEP		
8:00-9:00	ML(E)		STEP(E)			

KEY:

LI Low Impact
ML Multi-level
SC Step Circuit
ST Strength & Tone
(E) exercise room

STEP Step Aerobics
PPN Pre+Post Natal (ends June 14)
SA Soft Aerobics (ends June 10)
LIST Low Impact/Strength & Tone
* babysitting available

ALL CLASSES ARE
IN THE GYMNASIUM
UNLESS OTHERWISE
INDICATED