

mystics

year in review

2005-2006

varsity review

It was another successful year for Mount Saint Vincent University varsity athletes with four of MSVU's five teams playing in the ACAA championship games. Women's Soccer, Women's Volleyball, Men's Basketball and Men's Soccer had all played for league titles' this season with Women's Soccer and Men's Basketball taking home the championship banners.

The Women's Soccer team captured its' fourth title in five seasons while the Men's Basketball team, after a six season absence, had recaptured the elusive title. This was the 8th title for Head Coach Rick Plato in his eighteen year coaching reign at MSVU. Mount Saint Vincent Athletes also enjoyed many individual honours this season, taking home three ACAA MVP's, four All-Canadian accolades and eleven All-Conference awards.

Sandy Donaldson (Men's Soccer) was awarded First Team All-Conference, ACAA MVP and CCAA All-Canadian, Brendon Arnold (Men's Basketball) received First Team All-Conference, ACAA MVP and CCAA All-Canadian, Erin Zinck (Women's Basketball) won First Team All-Conference, ACAA MVP, CCAA All-Canadian and Academic All-Canadian and Jessica Rose (Women's Soccer) received an ACAA All-Conference and a CCAA All-Canadian award.

All-Conference awards also went to Megan Ingram and Amy Fisher (Women's Soccer), Elaine Horne and Shannon Labre (Women's Basketball), and Laura Bonia, Allyce Holden and Allison Saunders (Women's Volleyball). Megan Ingram (Women's Soccer) was also awarded with the prestigious Gerry LeBlanc award which is given to a player who best demonstrates the spirit of leadership and sportsmanship as well as athletic excellence. ACAA Coach of the Year honours went to Jacque Boudreau (Women's Soccer) and Dyrick McDermott (Women's Basketball).

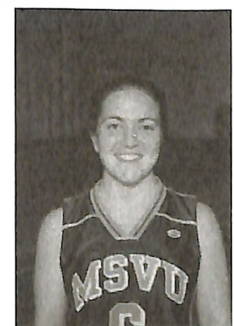
The Athletic department was kept busy this season by hosting two Atlantic Colleges Athletic Association Championships. The Mount and University of Kings College co-hosted a successful ACAA Soccer Championships in the fall and MSVU played host to twelve of the best men's and women's basketball teams for this year's ACAA Basketball Championships. Both events were well received and enjoyed huge fan support. A sincere thank you to the Recreation Society who assisted the Athletic Department in hosting these exciting events.



Sandy Donaldson – Men's Soccer
ACAA MVP & CCAA All-Canadian



Brendon Arnold – Men's Basketball
ACAA MVP & CCAA All-Canadian



Erin Zinck – Women's Basketball
ACAA MVP, CCAA All-Canadian
& Academic All Canadian



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Megan Ingram – Women's Soccer
Gerry LeBlanc Award



Jessica Rosa – Women's Soccer
CCAA All-Canadian

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women's basketball

The Women's Basketball team finished the regular season with a 21-3 record and in second place in the ACAA standings. The team enjoyed a 27-5 record overall and had wins over CCAA teams from British Columbia (Kwantlen), Ontario (Algonquin), Quebec (Vanier) and Maine (Fort Kent).

Although the team lost a hard fought ACAA semi-final in overtime to eventual ACAA Champions Mount Allison, they are proud of what the team achieved and had to overcome this season.

Congratulations to ACAA Most Valuable Player and CCAA All-Canadian Erin Zinck and second team All-Conference winners Elaine Horne and Shannon Labre. Head Coach Dyrick McDermott was awarded the ACAA Coach of the Year.



Back Left: Kirk Bonnar (Assistant Coach), Shauna Aucoin, Jen Kendrick, Ashley Gould, Ashley Jordan, Wendy Hutchinson, Erin Zinck, Amanda Irving (Assistant Coach), Dyrick McDermott (Head Coach).

Front Left: Sarah Rudderham, Diandra Phipps, Elaine Horne, Jenna Dunn, Lyndsay MacKinnon, Melissa Berry, Katherine Brien

men's basketball

We are back!! After a six season absence, the MSVU Men's Basketball team regained the Championship banner by defeating King's College in front of a standing room only crowd at the Mount gym in the ACAA Championship game.

Led by ACAA Most Valuable Player and CCAA All-Canadian Brendon Arnold, and seniors Danny O'Brien, Mike Wilson and Shawn Clarke, the team was able to overcome a seven point half time deficit and win the Mounts 8th ACAA title and moved onto compete at the CCAA National Championships in Brampton, Ontario.

The Mystics shocked the country when they defeated the number one ranked, University Fraser Valley Cascades, 59-52 at Nationals. During semi-final play, the Mount lost a hard fought battle to the host Sheridan Bruins 66-52. The team continued on and played in the back door bronze and lost a heart breaker 65-64 to the Humber Hawks.

The Mystics left an impression on everyone with their strong defense and determination. We are very proud of their accomplishments.



Back Row: Adam Jewkes, Joey Sampson, Ian Baker, Mike Pearson, Mike Wilson, Shawn Clarke, Steve Morris, Matt Gamblin, Dave Brien (Assistant Coach).

Front Row: Carl Wickstrom, Brendon Arnold, Ibrahaim Toulany, Mark Brien. Missing: Rick Plato (Head Coach), Andrew Plato (Manager) & Danny O'Brien

women's soccer

This season's Women's Soccer team featured many new faces. Although the team graduated many of last season's championship team, they did not let that slow them down as they finished the regular season with nine wins and one tie. The team continued their dominance in the playoffs and captured their fourth league title in five seasons.

All-Conference players Jessica Rose, Megan Ingram and Amy Fisher led this year's young team to the CCAA National Championships in Vancouver where the Mount finished in sixth place. Congratulations to the team and ACAA Coach of the Year, Jacques Boudreau.



Back Left: Jacques Boudreau (Head Coach), Deirdre Gormley, Ashley Atkinson, Colleen Flemming, Sara Edsall, Anna Suutaria, Amy Fischer, Sarah Mather, Megan Ingram, Robyn Homens (Assistant Coach), Vanessa Aube.

Front Left: Amber Trimm, Keri MacNeil, Laura Kingston, Jamie Caldwell, Natasha Sanford, Kristina Van Eden, Jessica Rose, Nicole Baxter

men's soccer

In their second year of existence, the MSVU Men's Soccer team surprised the league by defeating the undefeated and first place King's College team in the league semi finals and advanced to the ACAA Championship game.

Although the Mount fell to UNBSJ in a hard fought battle, their year will now inspire next season's team to set new goals and win the Mounts' first Men's soccer banner.

Congratulations to ACAA All-Conference, league MVP and All-Canadian winner Sandy Donaldson. The team would like to thank all their supporters for making this season an exciting one.



Back Left: Ryan Hassler, Randy Headley, John Cianfagione, Matt Szeto, Kirk MacDonald, Bantu Campbell, Mark Harnish, Patrick Johnstone, Marlow Reeves, Luke Corey (Assistant Coach), Chris Roper (Head Coach).

Front Left: Kenzie Urquhart, Stefan Sears, Shane Lynch, Sandy Donaldson, Murray O'Quinn, Javon Minors, Mark Theriault, Brad Taylor, Jordan Tinkham. Missing: Dave Delbridge

year in review

women's volleyball

This year's Women's Volleyball team finished the regular season with an 18-6 record and holding second place in the ACAA standings. After defeating Mount Allison 3-1 in the ACAA semi-final's, the team was faced with the task of dethroning five time league champions Saint Thomas in the ACAA championship game.

Although the Mount fell 3-1 in the finals, they can be proud of a great season and know the future looks bright for Mount Volleyball.

Laura Bonia received ACAA First Team All-Conference honours and Allyce Holden and Allison Saunders were recognized for incredible seasons with Second Team All-Conference Awards.



Back Left: Susanne Dittmer (Head Coach), Candace Garland, Jamie Wolfe, Vanessa McEvoy, Leigh-Ann Bishop, Nicole Marshall, Allyce Holden, Rhonda Phillips (Assistant Coach), Debbie Johnston (Assistant Coach).

Front Left: Front Left: Jessica Gover, Amanda Haggerty, Kelsey Myles, Allison Saunders, Charlotte Carter, Laura Bonia, Kelly Smith.
Missing: Megan Corkum

recreation review

Recreation was active again this year by bringing in numerous events to the Mount Community. Events included the Mount's Annual Martock Ski Trip, the Annual Christmas Skate at the Metro Centre and sporting events such as Street Hockey Tournaments, Cricket Socials, and 3 on 3 Basketball and Volleyball tournaments. For the third year, the Mount had an ice hockey team in the SMU Intramural league.

Campus Recreation in partnership with Students' Union and Housing hosted numerous exciting special events for Mount students this year. Events included East Coast Campus Idol which drew contests from Dal, SMU, MSVU, MTA and ST.F.X to compete for the title, Keith's Cup Residence Challenge, the Annual Mardi Gras Party and Wish Day. Members of the Recreation Society eagerly volunteered at these events as well as the Late Night Gym Party and the ACAA Basketball and Soccer Championships. The Recreation Society once again had a very successful Toy Drive and they also made and distributed lapel pins during the Mardi Gras party to remember Katrina victims.

Instructional classes in African, Hip Hop, and Latin dance complimented the program line-up of Pilates, Yoga, Karate and Tae Kwon Do. All-in-all, Campus Recreation had a very active and successful year. Thank you to all the Students and Staff who helped make Ath/Rec a fun place to work and play.

fitness review

Our Mount Saint Vincent University Fitness program continues to grow in popularity, attendance and in class selection. This year Yoga-Lates and Boot Camp-Circuits were added to our line up of classes. Other popular selection included STEP, Strength and Tone, Cardio Combo, Core and More.

Instructional programs such as Learn to Run and Leadership Training for certification as a Resistance Leader or Group Fitness Leader continue to help our members understand and appreciate the importance of a healthy active lifestyle. Stay tuned as Body Building 101 and a Golf Conditioning Clinic run in the Spring!