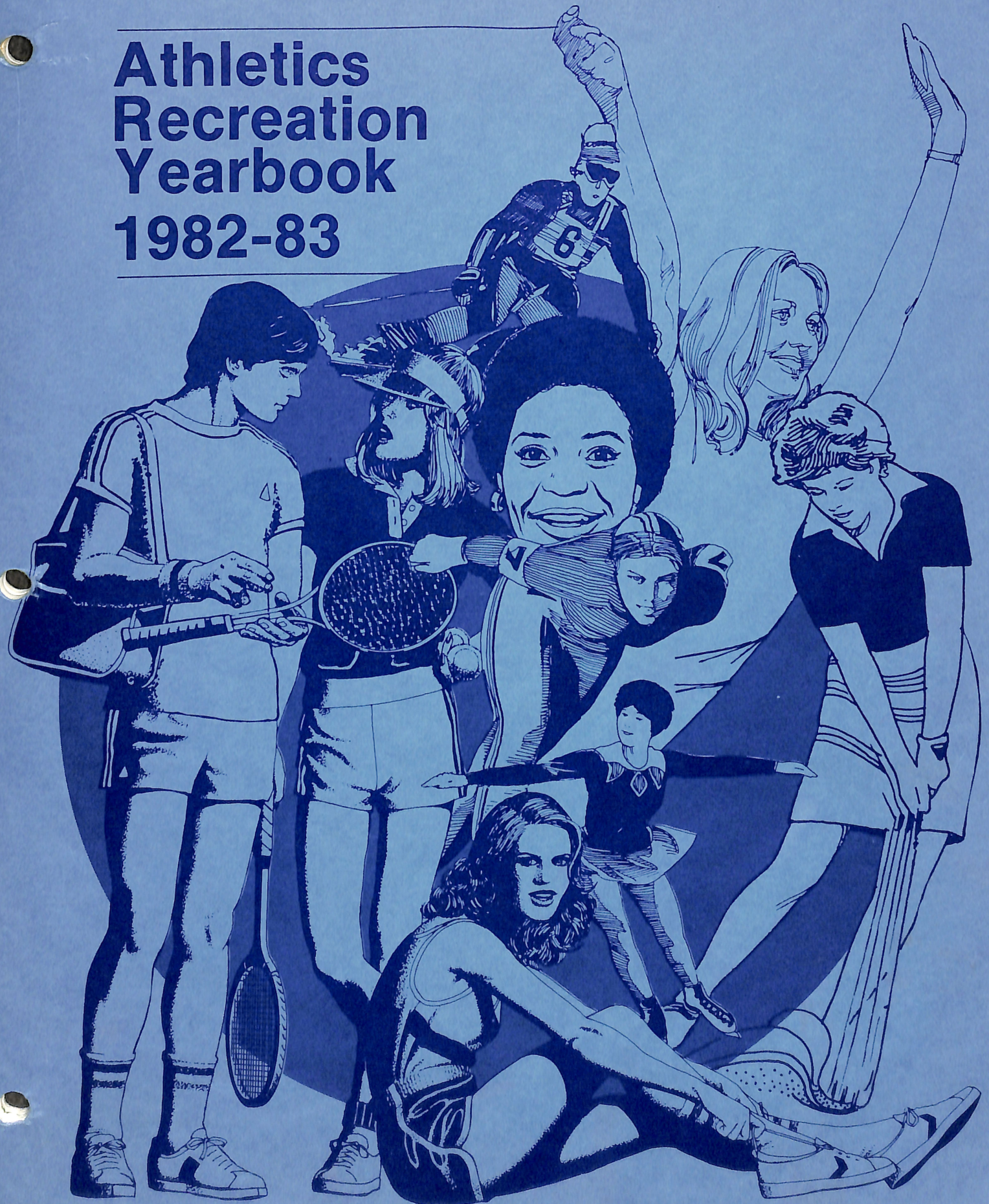


# Athletics Recreation Yearbook 1982-83









# President's Message

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For the first time in the over one-hundred-year tradition of this educational institution, we are able to provide at Mount Saint Vincent University, athletics and recreational facilities that truly meet the needs, not only of our students, but of our faculty, staff, and surrounding community neighbours. In opening our new Rosaria Centre, we are providing the facilities necessary to develop real physical fitness and recreational interests.

The goal of Mount Saint Vincent University is to graduate students who are sound in mind, body, and spirit. Athletics and recreation are as much a necessity in the development of a whole person as intellectual, moral, and ethical training; for the conduct of persons in their sports and social lives is a very real test of character. At the Mount we hope to provide the leadership which encourages all to participate, since it is involvement that matters, not winning.

Competitive sports certainly have a place, but much more important than playing for the sake of winning, is playing for the sake of well-being.

Mount Saint Vincent University, then, attempts to provide a variety of opportunities to develop health and physical fitness in line with emotional stability, intellectual alertness, and professional training. It is my hope that every student at the Mount can get into the true spirit of holistic living.

E. Margaret Fulton,  
President



# Athletic/Recreation Staff



**Front:** Joan Richardson  
**Back:** Jan Jebson, Joanne Burns, Pat DeMont, June Tanner, Julie Nolan

The Athletics Recreation office has enjoyed a very successful year. Now that we have settled completely into the Rosaria Centre, we have put in place a fine assortment of activities which we believe provides something for everyone. This year people seemed to take a keener interest in their personal fitness and thus, participation in activities and general use of the facility has increased noticeably.

For those who like the pressures and excitement of competition, there are intercollegiate sports. This year's volleyball, badminton and soccer teams showed outstanding skill, poise and dedication to their respective sports. All the Mount teams continued in the tradition of being a tough opposition on any playing surface, be it ice, grass, or gymnasium floor.

For those who wanted to play games and have some friendly competition, the intramural program offered a variety of sports. Intramurals tend to be more social than competitive but still offer a

good opportunity for people to display their skills.

Instructional programs were wide and varied this year. Sport skills, self defense, ballet/jazz, yoga and aerobic exercise were among those offered. The noon time aerobic exercise was a big favorite with everyone. The programs offered people a chance to improve their physical fitness with the assistance of a qualified instructor so that they may continue on their own time.

The 1982/83 year saw the start of a few new things at the Mount. In January, Athletics Recreation sponsored a "Welcome Back Week" to get people involved in recreation for the New Year. Also, a week of fitness testing was held to evaluate personal fitness levels. Both weeks proved to be very successful.

Looking back over this past year, we believe we have succeeded in making fitness a great concern of Mount Saint Vincent University students, faculty and staff. We also believe that we have managed to provide a healthy atmosphere to pursue fitness and most of all have fun doing it.



**Student Assistants**  
**Front, from left:** Dawn Matthews, Debbie Dagenais, Karen Mills  
**Back, from left:** Earl Williams, Ann Hanrahan, Frank DeMont

Ever wonder what mysterious forces are responsible for putting up the volleyball nets, changing the gym from badminton to basketball or supplying cues and balls for the pool table? Well, the forces aren't that mysterious—it's the equipment control staff. Those people who sit tirelessly in that little room near the gym.

They are all students employed by Athletics/Recreation to distribute equipment to gym users as well as set the gym up for the activities scheduled. They are an important part of the working mechanism of the Athletics Recreation Office. Without them, chaos would most certainly result. So thanks to Earl, Wes, Frank, Karen, Debbie, Anne and Dawn.

*Pat DeMont*  
*June Tanner*



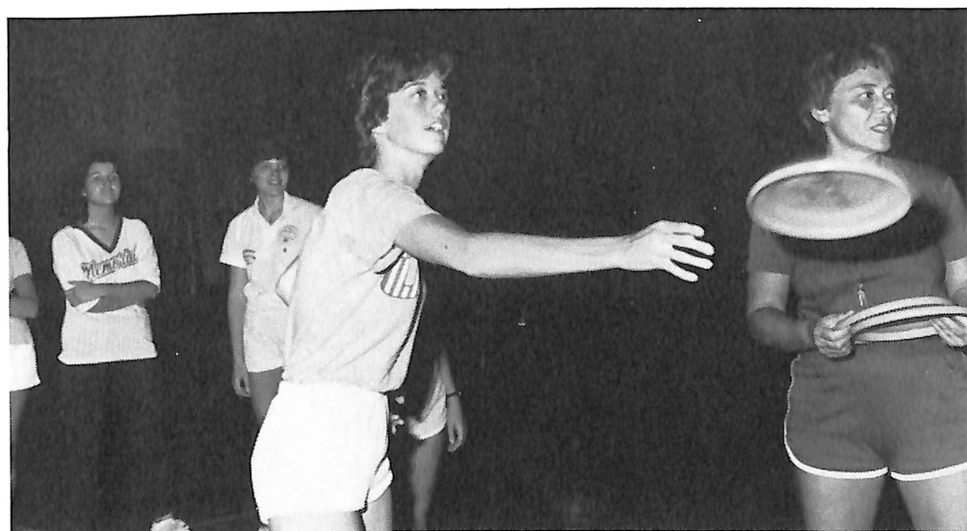
# Activities Day (Orientation) Fall 1982



Debbie Speers and Earl Williams



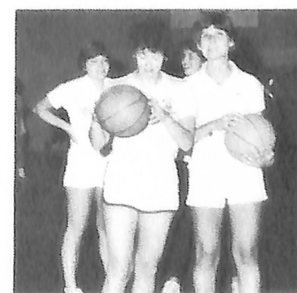
Betty MacDonell and Jerry Shea



Janice Harvey



Presentation of prizes—Sheri McKillop and Dr. Pauline Jones



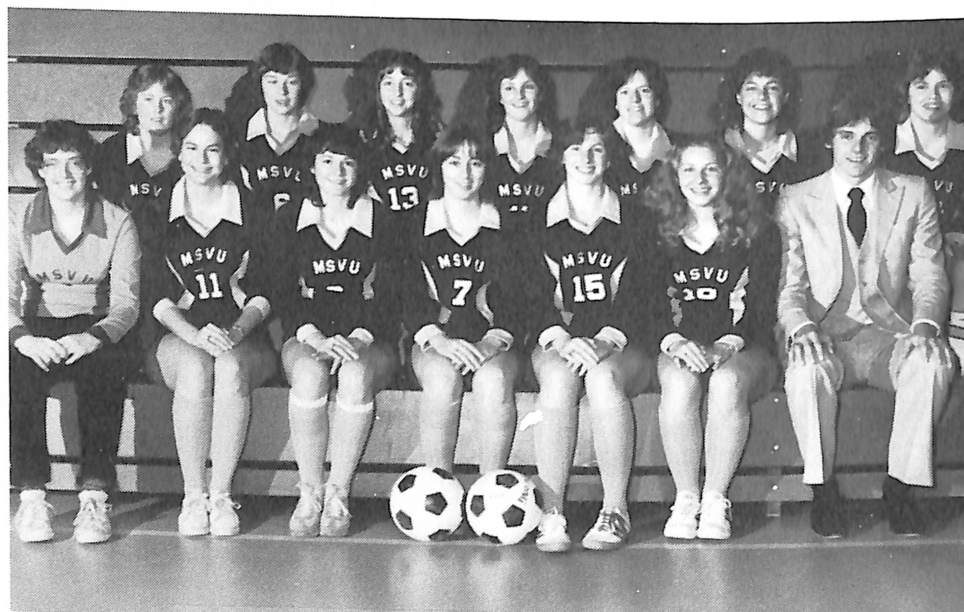
Marge Shackleton and Heather Sutherland "shooting"



# Joggers Club Soccer 82-83



**Front (L to R):** Heather MacKay, Brenda MacKinnon, Sue Murray  
**Back:** Carol Finke, Sheila Bell



**Front, from left:** Johanne Arseneault, Leila Hiltz, Rachael Bachman, Carrie Morrison, Janet Porter, Charlene Whittier, coach Neil Blanche  
**Back, from left:** Sharon Doucet, Carolyn Sutherland, Ann Legere, Brenda Cosman, Karen Murnaghan, Nancy McDurmid, Sharon Digden  
**Absent:** Diane Shaw, Nancy Lyons, Debbie Dagenais, Kim Davis



**Front (L to R):** Karen Toupin, Heather MacKay  
**Back:** Beth Jarrett, Brenda MacKinnon, Bev Scott, Carol Finke



Brenda MacKinnon, Bev Scott, Nancy Weatherhead.





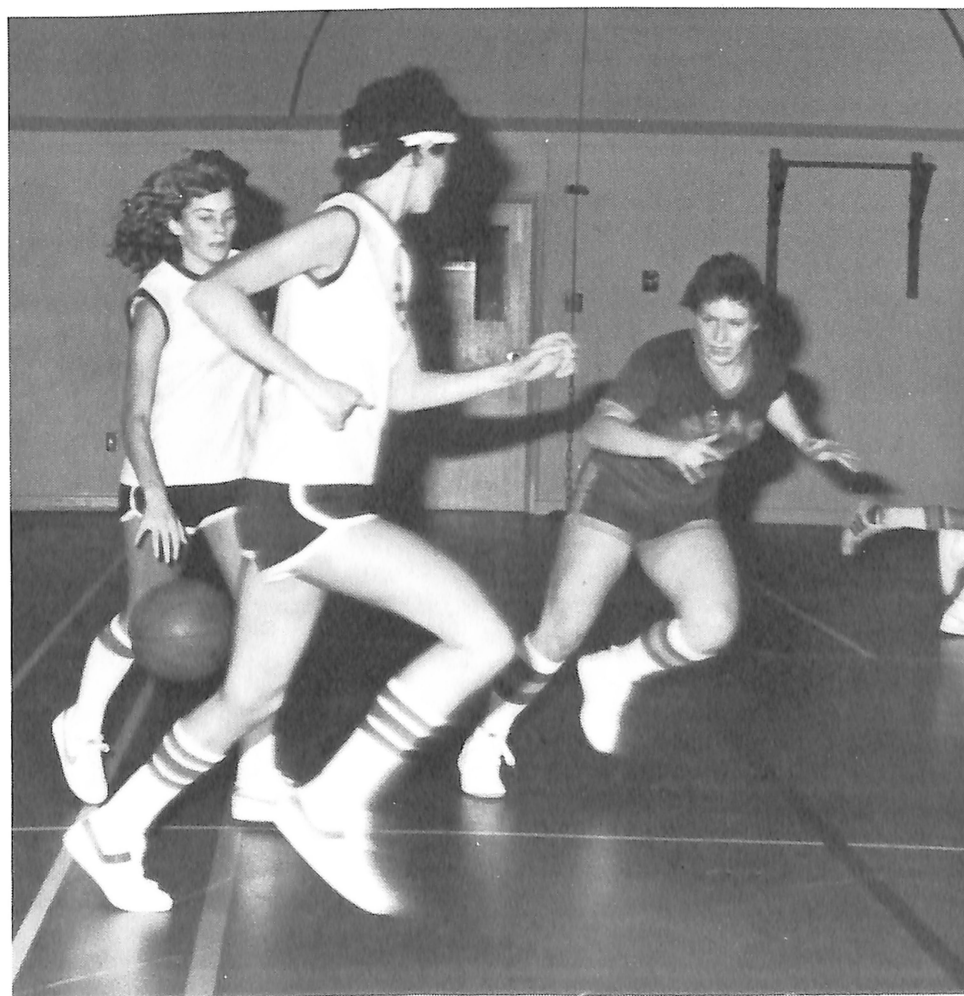
# Women's Basketball Team



## Women's Basketball Team

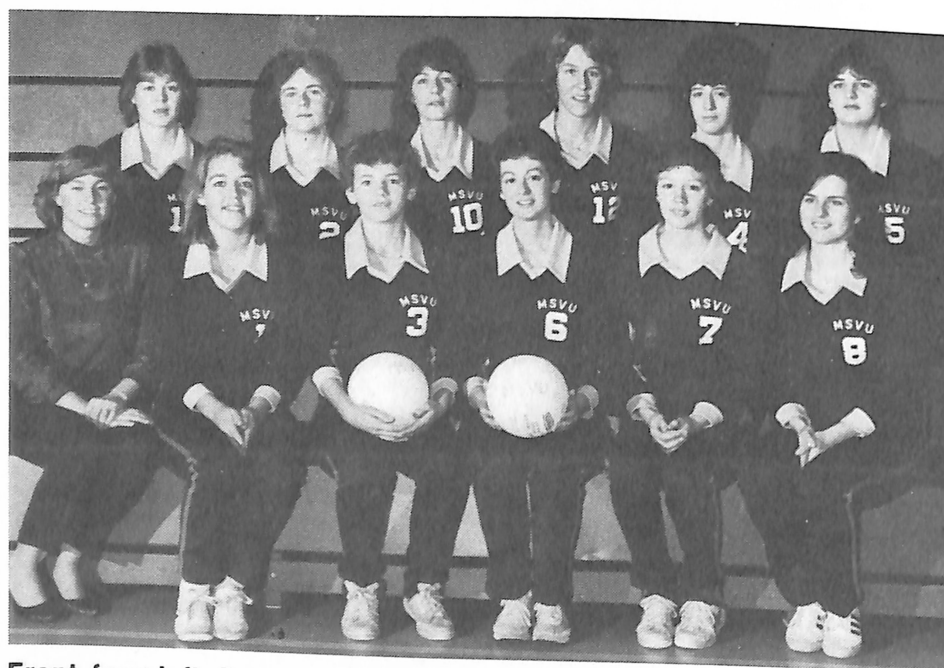
**Front, from left:** Carol Leslie, Kelly Bryan, Suzanne Karis, Janet Porter, Andrea Brinton, Jan Thomas

**Back, from left:** Jocelyn Isenor, Debbie Crozier, Cheryl Boudreau, Alice Sandall, Teina Creelman, Joanne Armstrong, Ruth Mills; Manager, Tom Pattillo; Coach

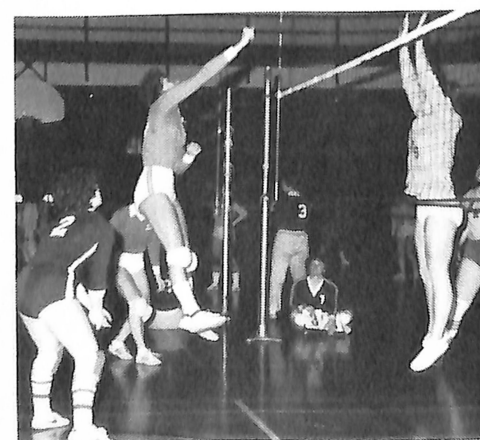
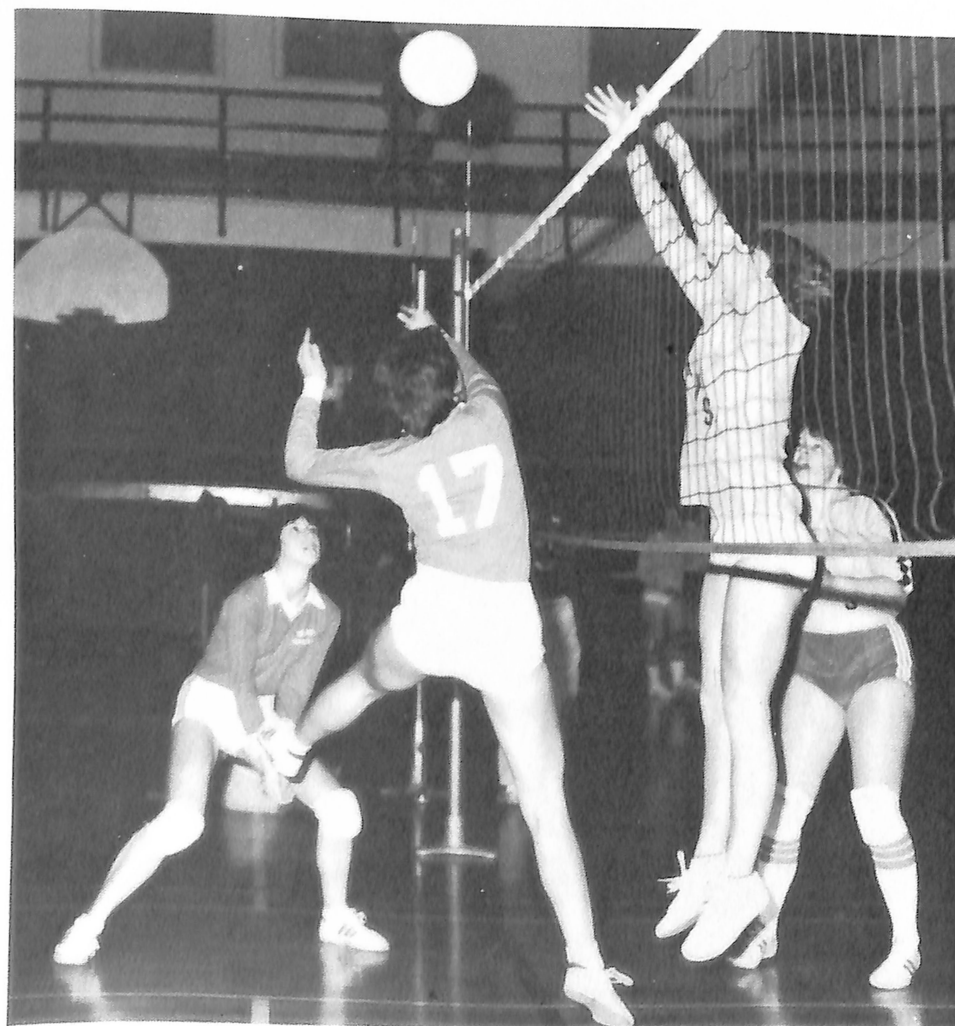
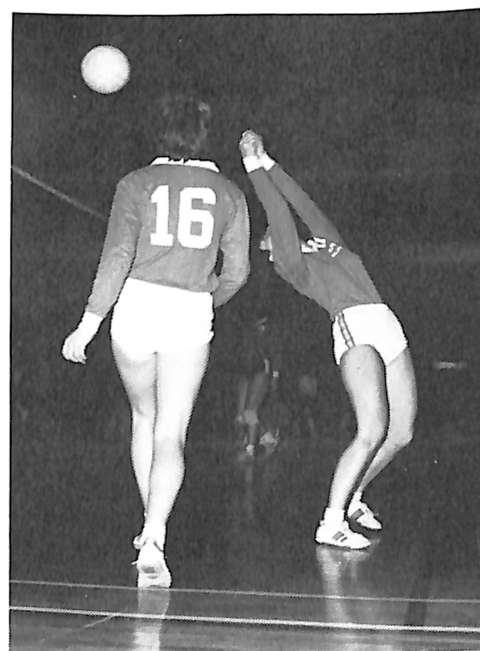




# Volleyball Team



**Front, from left:** Coach June Tanner, Lisette LeBlanc, Sally Hanham, Jacquie Melanson, Judy Kliener, Margaret Glover  
**Back, from left:** Loretta Melanson, Deanna Phalen, Joyce Ledwidge, Nanette Elsinga, Betty MacDonnell, Patty Brennan





## Badminton Team

---



**Front, from left:** Anita Sundaram, Karen Toupin, Heather MacLean, Ann Hanrahan, Sheri McKillop

**Back, from left:** Duey Squires, Jerry Shea, Dave MacKinnon

**Absent:** Coach Jim Grosvenor, Eduardo Espejo and Wei I. Gim

## Hockey

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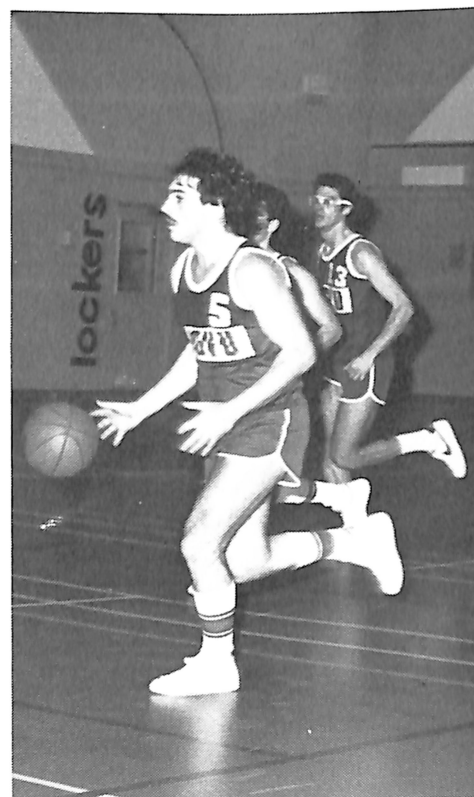


# Men's Basketball Team



**Front, from left:** Stuart Bailey, Dave Cushing, Doug Betts, Coach Joe Teichman

**Back, from left:** Frank DeMont, Rob Chisholm, Bruce Backman, Richard Theriault

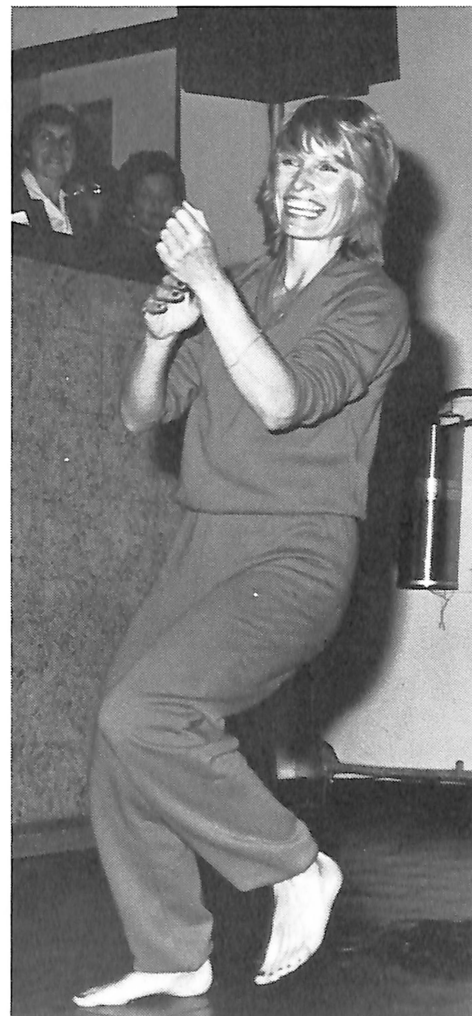




# Folk Night Orientation 1982



**Instructors:** Jane Edgett, Pat DeMont, June Tanner, Suzanne Lethbridge



Suzanne Lethbridge



Mary Reynolds



# Mount Saint Vincent University 1982-1983







Mount Saint Vincent University

# Activity Have you accepted the challenge?

The MSVU Athletic and Recreation Department is wondering if you have accepted the challenge. The challenge goes out to all students, faculty, and staff of MSVU to show that you are concerned about your personal fitness. They are challenging you to get involved and participate in your favorite physical activity at least three times a week for a minimum of 15 minutes each time. The activity should be strenuous enough to increase your heart beat and it should be continuous. You can do this on your own or as part of a group. If you should decide to take part, a group party is being planned for everyone when the challenge is over.

To become involved, drop by the Athletic office located next to the gym and sign your name to the growing list of participants. The people at the Athletic Department think you will be glad that you did.

Page 3, The Picaro, November 16, 1982

## SPORTS COMMENT Positive attitude prevails

by Craig Munroe  
Staff Reporter

There is a very positive attitude around the Athletic Department these days about the future of athletics at MSVU. The reason for this attitude is simple, the potential for a very fine athletic program at the Mount. This is not to say that our athletic program has been poor in the past, because it has not. There has been, and it is thought, like many things in this world, room for improvement. Much of this improvement is coming from the MSVU sports program is expanding. The addition this year, of a men's basketball team, will greatly add to the program. This team will have a chance to play in a city league with many games being played in the Mount gymnasium. There is also a soccer team on the horizon. It is too late in the year to get one started this year but enough interest is shown some exhibition games could be played. And of course there is the hockey team. Although its future is now uncertain our Athletic Department and one of

Page 11, The Picaro, January 25, 1983

## Sports Athletics department heads up new programs

by Melaine Smith  
Staff Reporter

The Athletics and Recreation Office gave a sneak preview of its Spring 1983 offerings this past week, so people would start thinking about what there will be some exciting new ones. The new Year resolution program being introduced next spring are self-defense, yoga and sport skills.

In recent years the safety of women has become a concern voiced by many people. M.S.V.U. will be offering a self-defense course for women. This course will help women prepare themselves for a situation they may encounter. It will teach some physical, verbal and mental defense methods available to them against an attacker. Discussions

lated to Women and The Law, Rape, Avoidance and Aggression. This is an extremely important course and should be considered a must by all women. To be prepared on how to react in a situation that is encountered in a Yoda program. This is a great opportunity to exercise in a relaxing and gentle way. It will help increase flexibility and circulation in the body and in the mind.

Page 6, The Picaro, November 16, 1982

## Sports Badminton team victorious

by Melaine Smith  
Staff Reporter

The MSVU Badminton Team came back victorious from a tour of the U.S. and Canada. The team won 10 out of 11 matches. The team was led by Jackie Edgema and Joyce Led. The team was victorious in all of its matches. The team was victorious in all of its matches. The team was victorious in all of its matches.

## Sports Volleyball team flying high in first place

by Melaine Smith  
Staff Reporter

The Volleyball team is flying high after another victory in regular season play last Monday night. The team is in first place with a 5-1 record. Monday night the team won 3-0 against the St. Mary's. The team was victorious in all of its matches. The team was victorious in all of its matches. The team was victorious in all of its matches.

three senior teams from New Brunswick. The coach of the Volleyball team, June Tanner, is looking for leadership from Nanette Elango, Jackie Edgema and Joyce Led. The level of intensity is high throughout the season. The team is looking for a strong performance from the quarterbacks. The team is looking for a strong performance from the quarterbacks. The team is looking for a strong performance from the quarterbacks.

## A unique game

by Melaine Smith  
Staff Reporter

Every Monday at 9:00 p.m. in the gym a unique game is played. The game is called "The Game of the Week". The game is called "The Game of the Week". The game is called "The Game of the Week". The game is called "The Game of the Week". The game is called "The Game of the Week".

## Welcome Back Week a success

by Melaine Smith  
Staff Reporter

Welcome Back Week took place between January 10 and January 12. The week was a big success. The week was a big success. The week was a big success. The week was a big success. The week was a big success. The week was a big success.

The three top females were Rachel Kassis (41 points) and Janet Porter (47 points). The challenges presented during the week saw the R.A.'s defeat the Student Services staff in a beach volleyball competition. The game was fast and furious. The only thing that was missing was the sand. Thursday, January 13, saw two challenges take place. The first was the big volleyball game.

Page 12, The Picaro, January 25, 1983

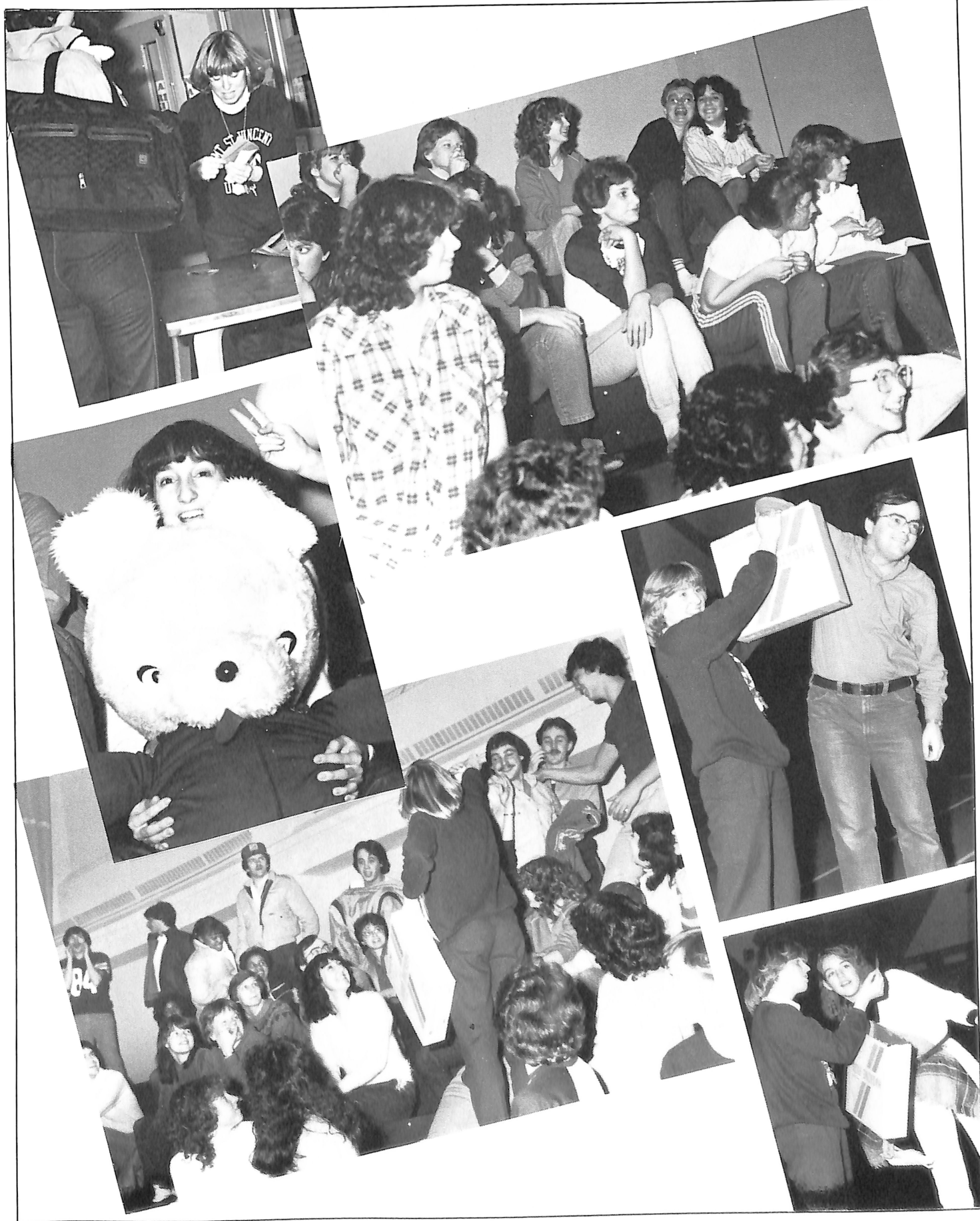
## Basketball team wins over King's

by Dan Chamberlain  
Staff Reporter

Suzanne Leary scored 20 points to lead the Mount to a 67-25 victory over King's College last Wednesday night at King's. Also leading the way to victory for the Mount were Alice Sandall—20 points, Tina Creelman—10 points, and Kelly Bryan—8 points and Andrea Brun—3 points.

Tom Paillo, coach of the MSVU women's basketball team, said that the team played with confidence in their defence and with a lot of team spirit. Coach Paillo hopes that fan attendance will increase.

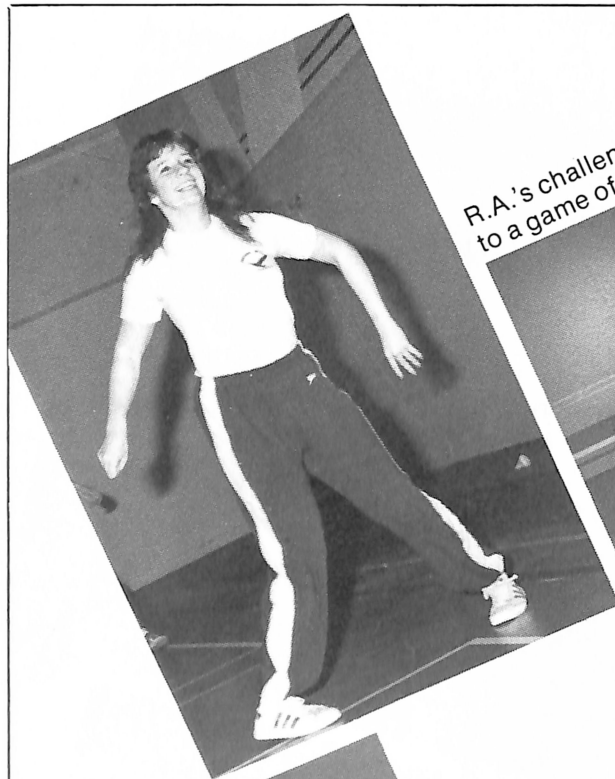
# Booster Night



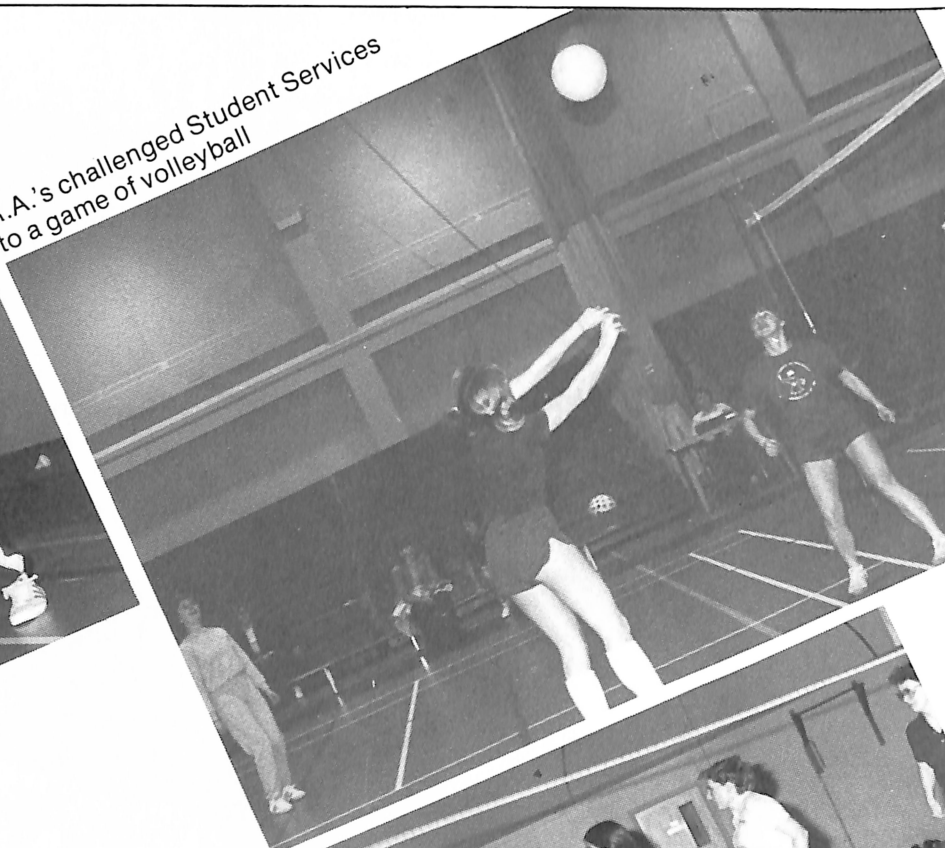


# Welcome Back Week

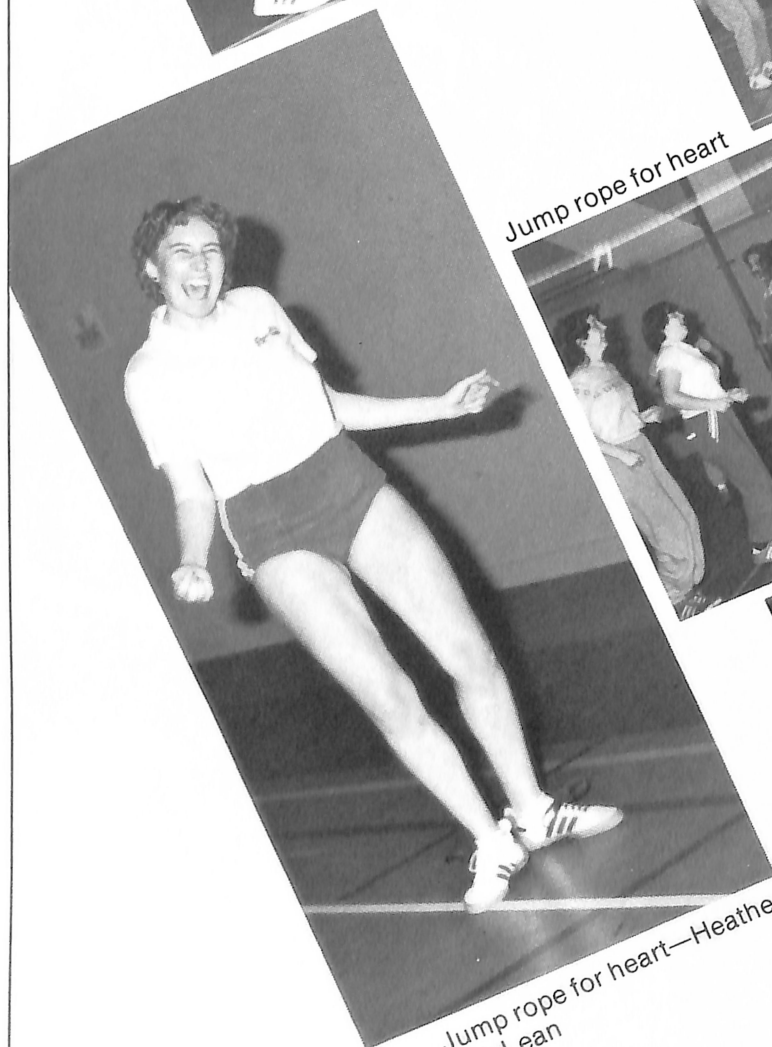
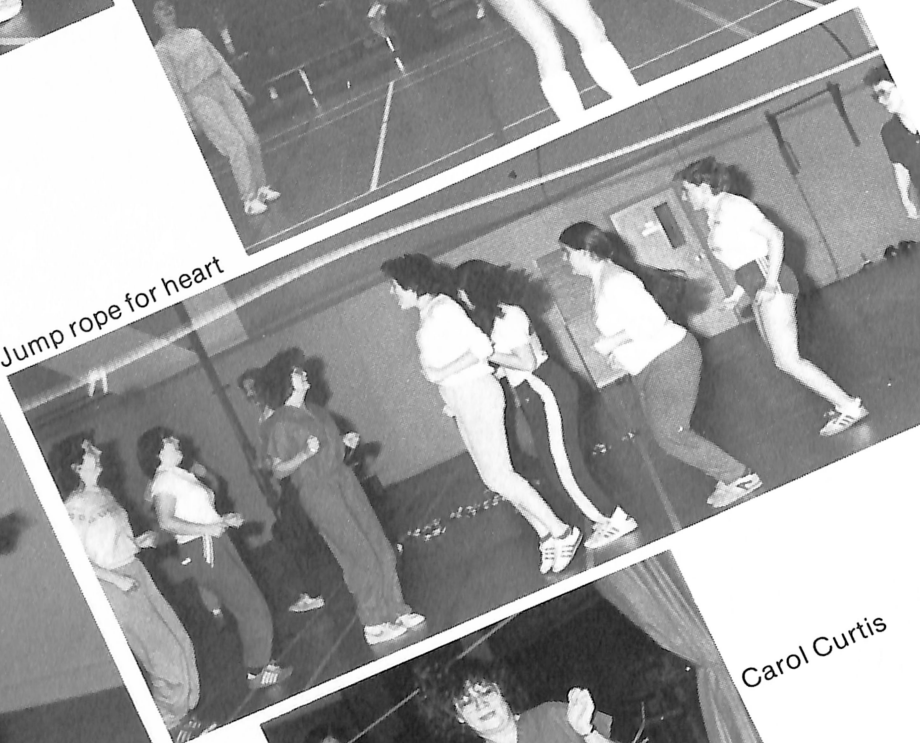
## January, 1983



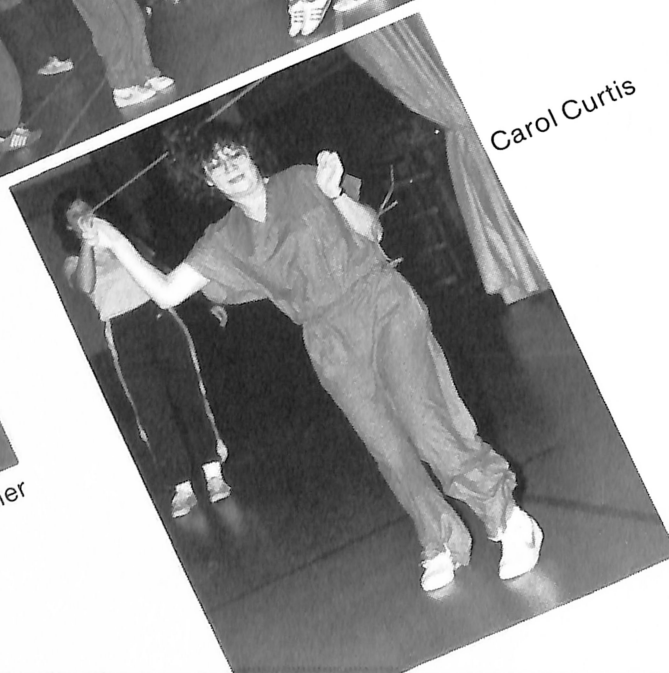
R.A.'s challenged Student Services  
to a game of volleyball



Jump rope for heart

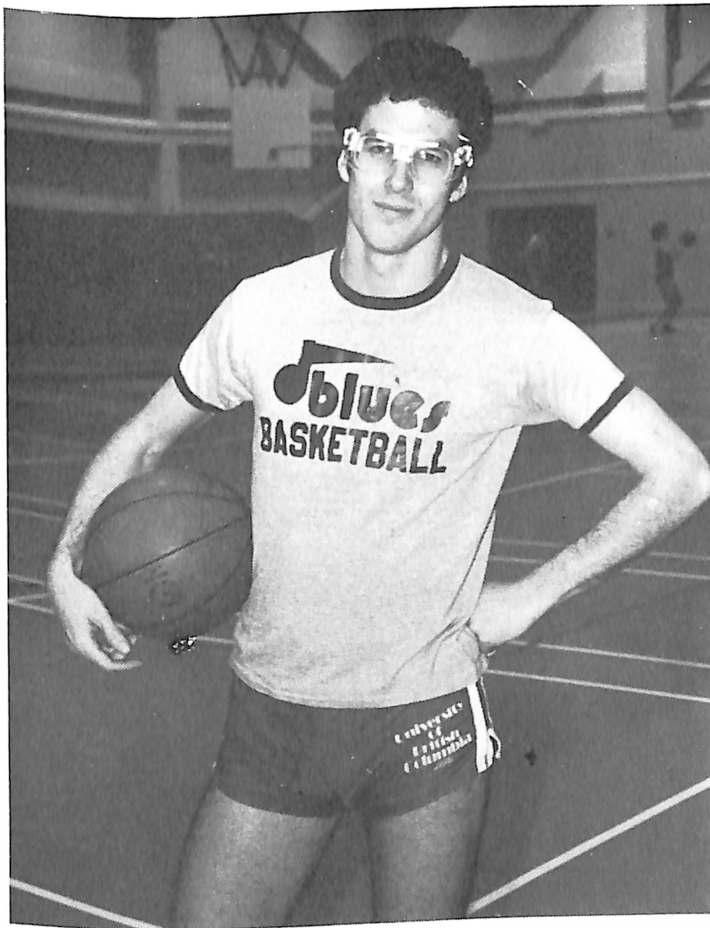


Jump rope for heart—Heather  
MacLean

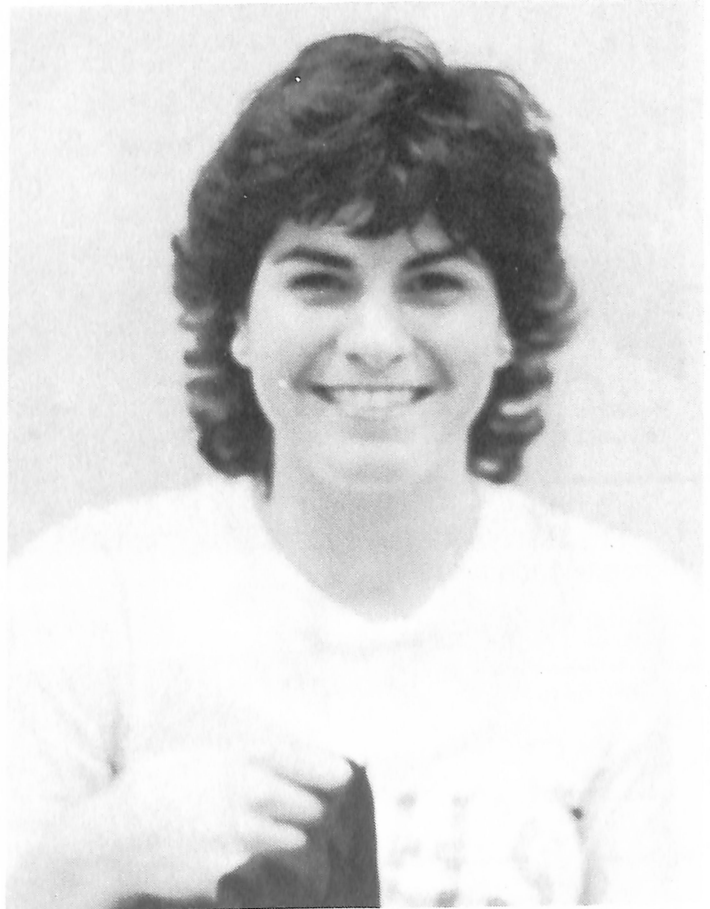


Carol Curtis

# Some Outstanding Athletes



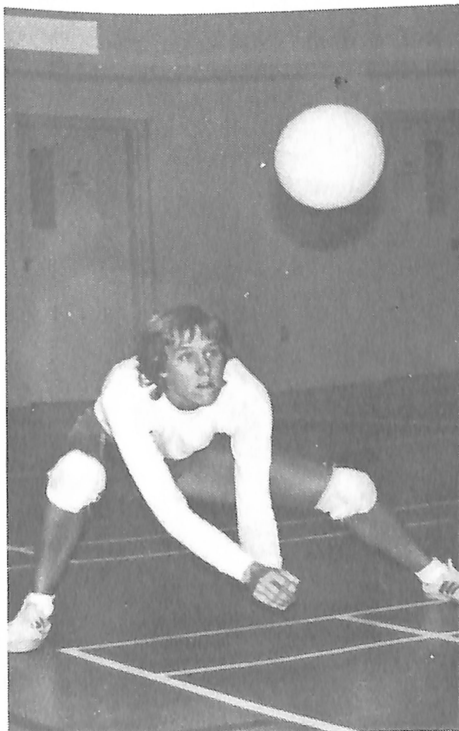
**Basketball**  
Dave Cushing



**Basketball**  
Suzanne Karis

SUZANNE KARIS, a second year student from New Glasgow has been selected the Athlete of the week. The Nova Scotia College Conference Women's Basketball statistics were released earlier this month and Suzanne was on the top of the list. The 5'4" guard had an average of 19.2 points per game. This is her second year on the team and first as the team captain. The intensity and dedication she plays with is typical of the entire team.

## EXERCISE!



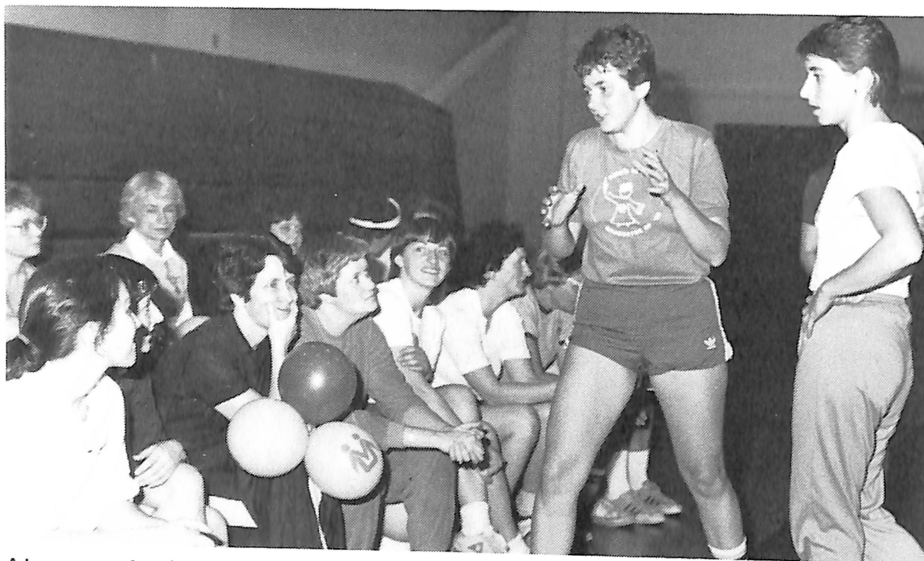
**Volleyball**  
Nanette Elsinga



## JOIN A CLASS NOW



# Alumnae Antiques v.s. MSVU



Alumnae Antiques 1983



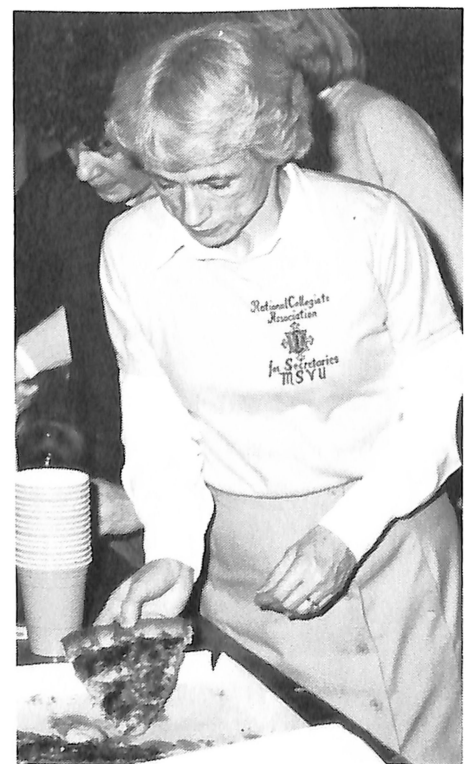
Fulton led the charge



Pizza party after the fun and games



Moore-Uhl  
Outstanding player



June O'Brien  
"Well she showed up didn't she"

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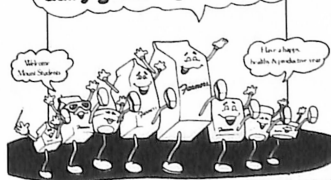
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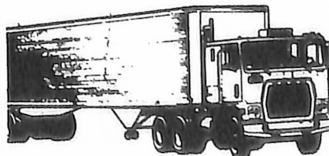


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