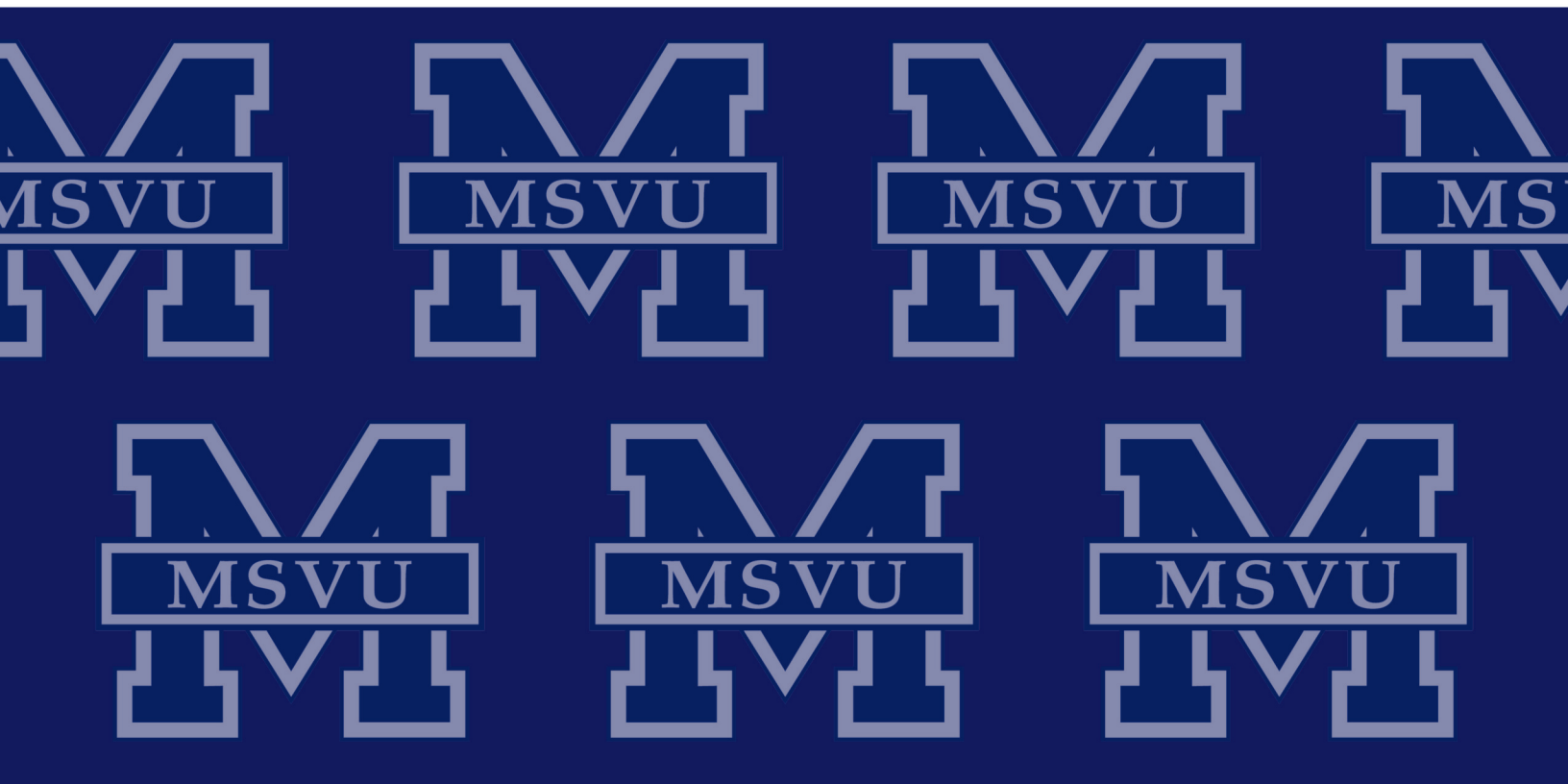


MSVU ATHLETICS & RECREATION 2023-2024 REVIEW





The 2023-24 season saw our Mystics teams and student-athletes reach new heights on the court, on the pitch, on the trails and in the classroom.

Both cross country teams competed at the ACAA and CCAA championships that were both hosted by the DAL AC Rams in Truro, and saw many runners achieve personal best times.

The men's and women's soccer teams hosted the 2023 ACAA Soccer Championships at the Mainland Commons. The men's team defeated the number one seeded St. Thomas Tommies in quarter-final action before falling 1-0 in penalty kicks to the University of King's College Blue Devils in the final. The women's team earned a bye to the semifinal round after finishing the regular season in second place but lost 1-0 in penalty kicks to King's.

Our women's volleyball team finished the regular season in second place to earn a bye at the ACAA championships hosted by UNB Saint John. They faced a very tough Mount Allison Mounties team in the semifinal and were unable to secure the win to advance.

The basketball teams headed to Prince Edward Island for the conference championships. The women's team went in as the top-ranked team and defeated the host Holland Hurricanes in semifinal action to advance to the final, but ultimately their quest for the championship banner ended with a silver medal in a 81-67 loss to UKC.

On the men's side, the Mystics finished the regular season in second behind St. Thomas to earn a bye to the semifinal round. They topped the Hurricanes 83-63 to advance to the final where they battled the Tommies into overtime to take the win and the championship title 91-90. With the win, the Mystics headed to the national championship, hosted by Mount Allison in Sackville, New Brunswick. They battled hard against the Humber Hawks, Camosun Chargers, and the VIU Mariners, but ultimately finished the tournament in eighth place.

In addition to the athletic success, our student-athletes excelled in the classroom as well with 38 Mystics named CCAA National Scholars during the 2022-23 season (announced in September 2023). We are also celebrating seven CCAA Academic All-Canadians and a terrific academic record by all our student-athletes.

A huge thank you goes out to all of our coaches, managers, support staff and trainers. We are so fortunate to have such an accomplished group of coaches and mentors. Thank you!



In 2023-2024 MSVU Recreation had students engaged and having fun all year long!

We kicked off the new school year with exciting events including a fun-filled RECfest and MSVU Dances, which had the whole MSVU community dancing to Bollywood, Latin, Disco, and much more.

Intramural programs were revitalized this year with widely popular volleyball and basketball leagues. The gymnasium was the place to be on Monday and Thursday evenings for participants and fans alike.

The Mount Fitness Centre continued to offer quality fitness and recreation programming for all members. The group fitness classes saw numbers climb with enthusiastic new instructors, Annie Zornicki and Tina Rowe. While our classic recreation programs such as, DanceFit, Karate, and Aikido stayed strong. We also hired two great new personal trainers Stephanie Renton and Wisdom Gbeve to help meet every clients specific needs.

Students attended our regular social events at the Rook throughout the year, including fun activities like trivia, BINGO, and Speed Friending. Fan-favourites were anything with a Taylor Swift theme!

When the cold winter months arrived the fun did not stop! We hosted outdoor activities like hiking and skating, and in a partnership with MSVU Residence Life, we were able to take 96 students skiing at Martock. There were also lots of indoor options offered as well including Nap or Stretch, badminton, pickleball and open gym. Participants were also engaged for the entire month of February with the Heart Health Activity Challenge.

The student-led MSVU Dance Society was able to finally host their first annual showcase, after their original event was cancelled due to the COVID-19 pandemic.

We are so thankful for all our students, members and staff, who give their time to be involved and have REC in their lives!



CROSS COUNTRY



Back row (L to R): Christian Bernard, Nick Sadek, Natalie Freeman, Julian Aurora, Thomas Dale, Lamar Keigan-Diggs, Matthias Mueller (Head Coach).

Front row (L to R): Catherine Thompson (Asst. Coach), Elizabeth MacDonald (Asst. Coach), Amelia MacDougall, Stephanie Fernandes, Alexandra Frith, Florence Cormier-Lebrun.

Missing: Sophie Leblanc, Eva Kozak, Logan Nickerson, Laurie MacDougall



Florence Cormier-Lebrun
Stephanie Fernandes
Natalie Freeman
Sophie Leblanc
Thomas Dale



Amelia MacDougall
Lamar Keigan-Diggs
Eva Kozak
Julian Aurora
Logan Nickerson



Laurie MacDougall
Christian Bernard
Alexandra Frith
Nick Sadek

Head Coach:
Matthias Mueller

Missing Assistant Coaches:
Catherine Thompson
Elizabeth MacDonald



MSVU Cross Country

2023-2024

ACAA Championship Results
Women's Cross Country Team
3rd Place

CCA Championship Results
Women's XC Team: 14th Place



CCA Academic All-Canadian
Sophie Leblanc



ACAA Championship hosted by Dal AC
CCA National Championship hosted by Dal AC

Thank you, Coach Mueller!

After the 2023-2024 season Coach Matthias Mueller stepped down from the Head Coach role of the Mystics Cross Country team. An enormous thank you goes out to Matthias for all his contributions to MSVU Athletics. We wish Coach Mueller all the best with his future endeavors.

Award Winners



Most Improved Runner
Amelia MacDougall



Mystic of the Year
Julian Aurora



Most Valuable Runner
Florence Cormier-Lebrun & Eva Kozak

WOMEN'S SOCCER



Back row (L to R): Emma Farrell, Sacha Clark, Ashley Neves, Laura St. John, Megan Ellis, Emma Bowser, Kate Burton, Beth Padfield.

Middle row (L to R): Abbey MacLeod (Asst. Coach), Lauren Windsor (Asst. Coach), Ariana Myatt, Hannah Wheaton, Esja Marr, Annabelle Lendrum-Harnish, Mhyah Allen, Danielle Cyr (Head Coach), Ashley Poirier (Asst. Coach).

Front Row (L to R): Kaitlyn Oakley, Ana Lucas, Kayley Clair, Morgan Gillis, Catie Chiasson, Abigail Binns, Amanda Volcko.

Missing: Paige Moores, Jenna Blackburn (Asst. Coach)



Kaitlyn Oakley
Paige Moores
Ana Lucas
Kayley Clair
Catie Chiasson
Abigail Binns
Amanda Volcko

Mhyah Allen
Annabelle Lendrum-Harnish
Esja Marr
Hannah Wheaton
Ariana Myatt
Emma Farrell
Sacha Clark

Ashley Neves
Laura St. Jean
Megan Ellis
Emma Bowser
Kate Burton
Beth Padfield
Morgan Gillis



Head Coach:
Danielle Cyr
Assistant Coaches:
Lauren Windsor
Jenna Blackburn
Ashley Poirier
Abbey MacLeod



MSVU Women's Soccer

2023-2024 ACAA Semifinalists

Regular season record: W: 9 T: 1 L: 2



CCAA All-Canadian
Amanda Volcko

CCAA Academic All-Canadians
Morgan Gillis
Mhyah Allen

ACAA 1st Team All-Conference
Amanda Volcko
Kaitlyn Oakey
Morgan Gillis (Goal Keeper)

ACAA 2nd Team All-Conference
Mhyah Allen
Ana Lucas

ACAA Rookie of the Year
Mhyah Allen

ACAA Championship hosted by MSVU

Award Winners



Most Improved Player
Annabelle Lendrum-Harnish



Mystic of the Year
Ashley Neves



Most Valuable Player
Morgan Gillis & Amanda Volcko

MEN'S SOCCER



Back row (L to R): Alex Sheppard (Asst. Coach), Roger Dill (RS), Michael Cyr, Francisco Jaldo, Fynn Masching Warsnop, Zach Gould, Brett Maddox, Nick Bryden, Logan O'Connell, Edzai Nema, Nolan Leeco (Asst. Coach).
 Middle row (L to R): Ioan Florean (Head Coach), Jacob Heroux, Liam Chisholm, Aiden Whelan, Amath Bojang, Maxwell Hoar, Michael Grechuk, Adebowale Olowogbade, Connor Grant (Asst. Coach), George Kakamousias (Asst. Coach).
 Front Row (L to R): Cooper Smith, Quinn Halsey, Zac Dalloul, Noah Jordan, Tristan Brocklehurst, Logan Gervais, Duncan Berdan.
 Missing: Mike Trifos (Asst. Coach) and Tyler Simmons (Asst. Coach)



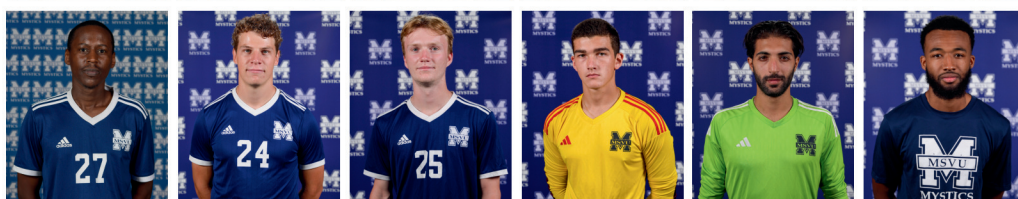
Liam Chisholm
 Muhammed Hamo
 Fynn Masching Warsnop
 Brett Maddox
 Noah Jordan
 Jacob Heroux



Amath Bojang
 Quinn Halsey
 Michael Cyr
 Logan O'Connell
 Duncan Berdan
 Cooper Smith



Nick Bryden
 Logan Gervais
 Francisco Jaldo
 Aiden Whelan
 Adebowale Olowogbade
 Maxwell Hoar



Edzai Nema
 Zach Gould
 Michael Grechuk
 Tristan Brocklehurst
 Zac Dalloul
 Roger Dill (RS)



Head Coach:
 Ioan Florean
 Assistant Coaches:
 Connor Grant
 Alex Sheppard
 Mike Trifos
 Nolan Leeco
 George Kakamousias
 Tyler Simmons

MSVU Men's Soccer

2023-24 ACAA Silver Medallists

Regular season record: W: 5 L: 7

ACAA 1st Team All-Conference
Nick Bryden

ACAA 2nd Team All-Conference
Noah Jordan

ACAA Bob Coe Award
Nick Bryden



ACAA Championship hosted by MSVU

Award Winners



Most Improved Player
Maxwell Hoar



Mystic of the Year
Noah Jordan



Most Valuable Player
Nick Bryden

WOMEN'S VOLLEYBALL



Back row (L to R): Britt Geurts (Manager), Nessa Quigley, Cela MacLellan, Taylor Kukurski, Sarah Ryan, Jaden Jamieson, Jenna Allison, Estel Iscan-Insense, Seven McHatten, Emily Murphy.

Front Row (L to R): Catherine MacPhail, McKenzie Antle, Hannah Huntley, Derrick Brooks (Head Coach), Haylie Jackson, Madyson Parlee, Marcy MacNeil.

Missing: Jamie Brown (Asst. Coach), Tyler Simmons (Asst. Coach), Madison Urquhart (Asst. Coach), Justin Brooks (Asst. Coach), Darren MacCullum (Asst. Coach).



Emily Murphy
Haylie Jackson
Madyson Parlee
McKenzie Antle
Jenna Allison



Marcy MacNeil
Catherine MacPhail
Cela MacLellan
Hannah Huntley
Estel Iscan-Insense



Sarah Ryan
Taylor Kukurski
Seven McHatten
Nessa Quigley
Britt Geurts (Manager)



Head Coach: Derrick Brooks
Assistant Coaches:
Jamie Brown
Tyler Simmons
Madison Urquhart
Justin Brooks

Missing:
Darren MacCullum (Asst, Coach)

WOMEN'S BASKETBALL



Back row (L to R): Mark Forward (Head Coach), Kenny Reardon (Asst. Coach), Taya Straker, Menna McCabe, Calla Newcomb, Jenna Matheson, Victoria Strickland, Emma Empringham, Samia Amadou, Christina Brien (Asst. Coach), Chloe Oxner (Asst. Coach), Maia Timmons (Asst. Coach).

Front Row (L to R): Lily Newberry, Emma Renouf, Amanda Pearcey, Gwen Ettinger-O'Leary, Ashleigh Marshall, Keezaidra Smith, Nalini Maharaj, Hannah Fuller, Nikki Arsenault.



Emma Renouf
Keezaidra Smith
Hannah Fuller
Lily Newberry
Calla Newcomb
Nalini Maharaj



Amanda Pearcey
Ashleigh Marshall
Taya Straker
Gwen Ettinger-O'Leary
Emma Empringham



Menna McCabe
Jenna Matheson
Samia Amadou
Victoria Strickland
Nikki Arsenault



Head Coach:
Mark Forward
Assistant Coaches:
Kenny Reardon
Chloe Oxner
Maia Timmons
Christina Brien



MSVU Women's Basketball

2023-24 ACAA Silver Medallists

Regular season record: W:14 L: 4



CCAA All-Canadian
Amanda Pearcey

CCAA Academic All-Canadians
Amanda Pearcey
Nikki Arsenault

ACAA 1st Team All-Conference
Amanda Pearcey
Nikki Arsenault
Nalini Maharaj



ACAA Championship hosted by Holland College

Award Winners



Most Improved Player
Samia Amadou



Mystic of the Year
Victoria Strickland



Most Valuable Player
Amanda Pearcey

MEN'S BASKETBALL



Back row (L to R): Campbell Colpitts (Asst. Coach), Sean François (Asst. Coach), Jaron Gallant, Sam Gillett, Makyle Raaki, Luke Turnbull-Milne, Keigan Feron, Sam Gilmore, Zach Keddy, Marcel Boudreau (Asst. Coach), Danny De Palma (Head Coach).

Front Row (L to R): Jaydan Smith, Micah Anderson, Adam Callaghan, Chase Tynes, Jaxon Smith, Isaac Matheson, Garrett Malloy, Cole Power. *Missing: Tariq Thomas (Asst. Coach).*



Adam Callaghan
Isaac Matheson
Chase Tynes
Jaydan Smith
Makyle Raaki



Zach Keddy
Garrett Malloy
Sam Gillett
Sam Gilmore
Keigan Feron



Jaron Gallant
Micah Anderson
Jaxon Smith
Luke Turnbull-Milne



Head Coach:
Danny De Palma

Assistant Coaches:
Marcel Boudreau
Sean François
Tariq Thomas
Campbell Colpitts

2023-2024 ATHLETICS & RECREATION AWARDS

Female Athlete of the Year:	Amanda Pearcey Amanda Volcko	Women's Basketball Women's Soccer
Male Athlete of the Year:	Chase Tynes	Men's Basketball
Windsor Flash Trophy:	Nikki Arsenault Estel Iscan-Insense Stephanie Fernandes	Women's Basketball Women's Volleyball Cross Country
Sheila & Stephenie Allt Memorial Award:	Ana Lucas Hannah Huntley	Women's Soccer Women's Volleyball
Tracy Barton Endowed Memorial Award:	Emily Murphy Morgan Gillis	Women's Volleyball Women's Soccer
Raymond & Helen Plato Memorial Award:	Isaac Matheson Jaxon Smith	Men's Basketball Men's Basketball
Rick & Andrea Plato Award:	Adam Callaghan	Men's Basketball
Dyrick McDermott Memorial Award:	Ashleigh Marshall	Women's Basketball
Alumni Varsity Prize:	Maxwell Hoar Gwen Ettinger-O'Leary	Men's Soccer Women's Basketball
Margaret Ellis Recreation Award:	Ana Julia Gomes Nobre	
RISE Awards (Recreation Inspires Student Engagement)		
RISE - Commitment to Excellence:	Ashley Nairn Stephanie Beauvais	
RISE - Game Changer:	Jason Toole	

2022-2023 CCAA National Scholars

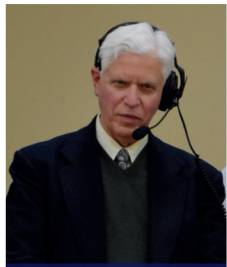


Victoria Strickland	Madison Prudencio	Ashleigh Marshall	Logan O'Connell
Catherine MacPhail	Morgan Gillis	Emily Holt	Sophie LeBlanc
Amelia MacDougall	Marcy MacNeil	Madyson Parlee	Emily Murphy
Ana Lucas	Emma Renouf	Amanda Pearcey	Kathrine McEwen
Eugenio Del Valle Marquez	Natalie Freeman	Bret Baxter	Chloe Oxner
Hannah Huntley	Sacha Clark	Connor Grant	Stephanie Fernandes
Sage Apostolofski	Florence Cormier-Lebrun	Maxwell Hoar	Jillian Smith
Kate Burton	Erika Neufield	Ashley Neves	Campbell Colpitts
Sam Gilmore	Alisha McNeil	Nicole Theriault	
Annika Monroe	Madeline Laurence	Gwen Ettinger-O'Leary	<i>Announced in Sept. 2023</i>





Thank you, Dave Gallant!
for capturing all our
Mystics moments!



Thank you
Dr. Berard!
The voice of the
Mount Mystics.



