



ATHLETICS & RECREATION YEARBOOK



2024
2025

MSVU Athletics

The 2024-25 season saw our Mystics teams and student-athletes continue to excel in the classroom and in their respective sports.

First-year Mystic Madesen Allen had an incredible season to lead the cross country team. She won gold at the ACAA championships and was named Runner of the Year, helping lead the women's team to a third-place finish. The men also finished in third place, with Mason Maxwell leading the way with a sixth-place finish at the conference championship. Both runners competed at the national championships, hosted by St. Clair University in Windsor, Ontario and had great runs.

Both the men's and women's soccer teams competed at the ACAA championships hosted by Crandall University in Moncton, N.B. The men lost to the STU Tommies in the semifinal, while the women topped the UNBSJ Seawolves in their semifinal to advance to the championship final.

They went on to defeat the UKC Blue Devils 3-0 to capture their 18th conference banner and earned a trip to the national championship in Squamish, B.C. The Mystics had a great showing, despite losing their first two matches 1-0, and went on to win their third and final game 1-0 to finish in seventh place.

Our women's volleyball team finished the regular season in third place and faced Dalhousie in quarterfinal action at the ACAA championships, hosted by Holland College. Unfortunately, their season came to an end after a 3-0 loss to the Rams.

The basketball teams headed to Saint John, N.B., for the conference championships. The men's team went in as the top-ranked team after a perfect 18-0 record, with a bye to the semifinal round. They defeated Crandall 91-74 to advance to the championship final where they faced the host, UNB Saint John. The Seawolves took the win, 77-64, bringing the Mystics season to an unexpected end.

The women also went in as the top-ranked team, defeating the St. Thomas Tommies in semifinal action to advance to the final, where they topped the Holland Hurricanes 72-62 to capture their third championship in four years.

A week later, the Mystics travelled to Fredericton for the national championship, where they lost all three games to St. Mary's University, VIU and the host Tommies.

In addition to their athletic success, our student-athletes excelled in the classroom, with 32 Mystics named CCAA National Scholars during the 2023-24 season (announced in September 2024). We are also celebrating a record 13 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!



and Recreation

In 2024-25, MSVU Recreation had students engaged and having fun all year long!

We kicked off September with orientation events like REC fest and the Mystics Soccer Home Opener, connecting with students while welcoming them to another exciting school year.

Intramural programs thrived with our widely popular volleyball and 3v3 basketball leagues. The gymnasium was the place to be on Monday and Thursday evenings for participants and fans alike.

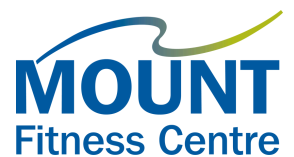
The Mount Fitness Centre continued to offer quality fitness and recreation programming for all members. The group fitness classes saw numbers climb with fan-favourite classes like Power and Stability, Line Dancing, and Zumba. While our classic recreation programs such as, DanceFit, Karate, and Aikido stayed strong.

MFC members actively participated in popular seasonal challenges, building new habits and focusing on heart health. We continued to help clients meet their specific goals through personal trainers, Stephanie Renton and Brandon Weverink.

Students also attended our regular social events at the Rook throughout the year, including fun activities like trivia, BINGO, and painting. We continued our tradition of celebrating the holiday season with the 15th Annual Grinch's Gala, attracting nearly 200 partygoers!

Everything we do wouldn't be possible without our amazing student staff. From our facility staff (ARFA), day camp and recreation leaders to our game day crew, we are incredibly fortunate that they have chosen to work with us and continue to go above and beyond to create quality programming and services.

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



RESULTS

CRANDALL MEET

September 14

Women's Team Result: 2nd

Men's Team Result: 6th

Women's (6km) Results

- 1. Madesen Allen 26:13
- 4. Eva Kozak 28:14
- 14. Abbey Keeping 32:06
- 19. Alex Frith 34:30
- 20. Laurie MacDougall 35:04
- 25. Amelia MacDougall 38:26

Men's (8km) Results

- 24. Erik Cabascango 40:59
- 25. Anthony Gallant 41:13
- 26. Koen Schlieff 41:57
- 30. Lamar Keigan-Diggs 45:51



Back row (L-R): Eric Palaco-Tobia, Anthony Gallant, Mason Maxwell, Logan Nickerson, Lamar Keigan-Diggs, Koen Schlieff, Abbey Keeping

Front row (L-R): Linda MacDonald (Asst. Coach), Erik Cabascango, Madesen Allen, Eva Kozak, Amelia MacDougall, Alex Frith, Laurie MacDougall, Elizabeth MacDonald (Head Coach)

ST. THOMAS MEET

September 28

Women's Team Result: 3rd

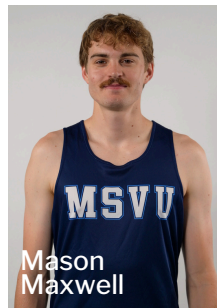
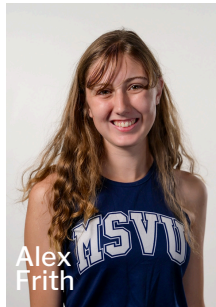
Men's Team Result: 3rd

Women's (6km) Results

- 1. Madesen Allen 25:29
- 14. Alex Frith 32:29
- 15. Abbey Keeping 32:49
- 16. Laurie MacDougall 32:53
- 24. Amelia MacDougall 36:32

Men's (8km) Results

- 6. Mason Maxwell 29:16
- 17. Anthony Gallant 33:56
- 19. Erik Cabascango 36:14
- 25. Eric Palaco-Tobia 37:41
- 34. Logan Nickerson 47:12



DAL RAMS MEET

October 5

Women's Team Result: 3rd

Men's Team Result: 3rd

Women's (6km) Results

- 2. Eva Kozak 29:26

Women's (8km) Results

- 10. Laurie MacDougall 45:53
- 12. Alex Frith 48:53
- 14. Amelia MacDougall 52:41

Men's (8km) Results

- 6. Mason Maxwell 31:05
- 17. Anthony Gallant 35:17
- 21. Erik Cabascango 37:10
- 32. Eric Palaco-Tobia 42:53
- 33. Lamar Keigan-Diggs 45:53
- 36. Logan Nickerson 48:40



Missing
Eric Palaco-Tobia
Logan Nickerson

CROSS COUNTRY



Championships October 28

Women's Team Result: 3rd

Men's Team Result: 3rd

Women's (6km) Results

1. Madesen Allen	23:56
12. Eva Kozak	27:12
20. Laurie MacDougall	29:52
21. Alex Frith	29:59
25. Abbey Keeping	32:37
27. Amelia MacDougall	33:07

Men's (8km) Results

6. Mason Maxwell	28:23
18. Anthony Gallant	32:41
21. Erik Cabascango	34:54
22. Eric Palaco-Tobia	35:05
36. Lamar Keigan-Diggs	42:26
38. Logan Nickerson	45:39
40. Koen Schlieff	47:07

Runner of the Year

Madesen Allen

All-Conference

Madesen Allen

Mason Maxwell

ACAA Championship hosted by
Holland College



Women's (6km) Results

55. Madesen Allen	27:03
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Men's (8km) Results

66. Mason Maxwell	28:55
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CCAA Nationals hosted by
St. Clair College

MSVU Award Winners

Most Improved Runners

Erik Cabascango
Laurie MacDougall

Mystics of the Year

Amelia MacDougall
Koen Schlieff

Most Valuable Runners

Madesen Allen
Mason Maxwell

RESULTS

- September 7**
MSVU @ UNBSJ T, 1-1
- September 8**
MSVU @ STU T, 1-1
- September 11**
MSVU vs UKC W, 2-0
- September 15**
MSVU vs Crandall W, 10-0
- September 21**
MSVU @ DAL Rams W, 8-1
- September 22**
MSVU vs Holland T, 2-2
- September 28**
MSVU vs STU W, 3-2
- September 29**
MSVU vs UNBSJ W, 1-0
- October 5**
MSVU @ Crandall W, 5-0
- October 10**
MSVU @ UKC T, 0-0
- October 19**
MSVU @ Holland W, 2-0
- October 20**
MSVU vs DAL Rams W, 5-0



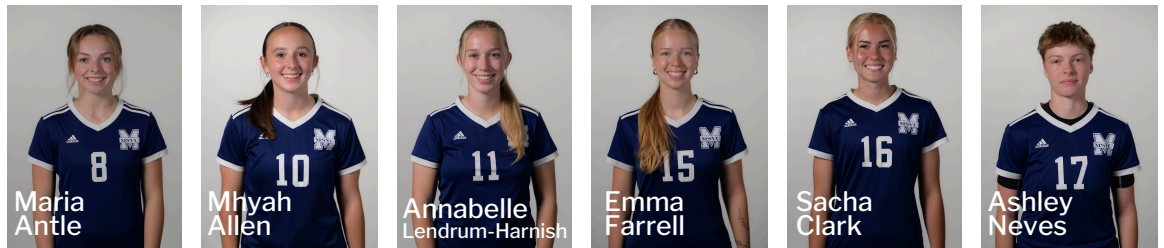
Thank you. Coach Cyr!

In February 2025, Coach Danielle Cyr announced they would be leaving the Mystics to take on the role of head coach of the Acadia Axewomen's soccer team.

A huge thank you goes out to Danielle for all their contributions to MSVU Athletics! We wish them all the best as they take this next step in their coaching career.



- Back row (L-R):** Sacha Clark, Ashley Neves, Megan Ellis, Emma Bowser, Kate Burton, Beth Padfield, Lauren Seamone
- Middle row (L-R):** Ashley Poirier (Asst. Coach), Lauren Windsor (Asst. Coach), Emma Farrell, Annabelle Lendrum-Harnish, Mhyah Allen, Maria Antle, Danielle Cyr (Head Coach), Jenna Blackburn (Asst. Coach)
- Front row (L-R):** Maya Clapperton (Manager), Paige Moores, Ana Lucas, Camden Purcell, Morgan Gillis, Kayley Clair, Leah Mombourquette, Abbey MacLeod (Asst. Coach)



WOMEN'S SOCCER



2024-25 Champions

October 26 (SF)
MSVU (1) vs UNBSJ (4) W, 2-0

October 27 (Final)
MSVU vs UKC W, 3-0

Player of the Year
Sacha Clark

Coach of the Year
Danielle Cyr

1st Team All-Conference
Sacha Clark
Lauren Seamone
Kate Burton

2nd Team All-Conference
Ana Lucas
Mhyah Allen
Leah Mombourquette
Morgan Gillis (GK)

ACAA Championship hosted by
Crandall University



7th Place

November 6 (QF)
MSVU vs CUE L, 0-1

October 27 (Bronze QF)
MSVU vs CapU L, 0-1

October 27 (Placement)
MSVU vs BU W, 1-0

All-Canadian
Sacha Clark

CCAA Nationals hosted by
Capilano University

MSVU Award Winners

Most Improved Player
Emma Bowser

Mystics of the Year
Ashley Neves
Maya Clapperton

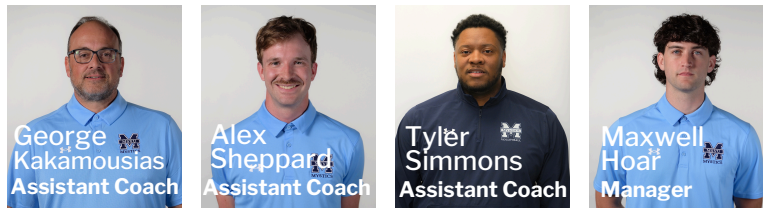
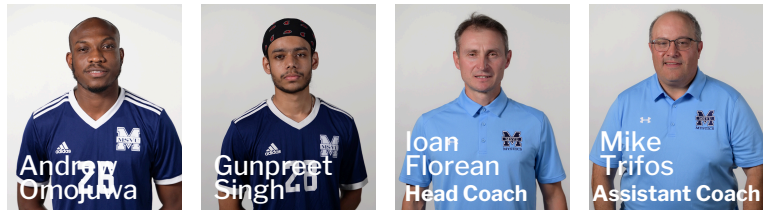
Most Valuable Player
Sacha Clark

RESULTS

- September 7**
MSVU @ UNBSJ L, 1-2
- September 8**
MSVU @ STU L, 1-4
- September 11**
MSVU vs UKC T, 1-1
- September 15**
MSVU vs Crandall W, 2-0
- September 21**
MSVU @ DAL Rams W, 1-0
- September 22**
MSVU vs Holland T, 0-0
- September 28**
MSVU vs STU L, 0-1
- September 29**
MSVU vs UNBSJ L, 0-2
- October 5**
MSVU @ Crandall W, 3-2
- October 10**
MSVU @ UKC L, 0-3
- October 19**
MSVU @ Holland L, 0-1
- October 20**
MSVU vs DAL Rams W, 4-0



- Back row (L-R):** Alex Sheppard (Asst. Coach), Nick Bryden, Michael Grechuk, Andrew Omojuwa, Niko Nicoletopoulos, Elvis Frimpong, Duncan Berdan
- Middle row (L-R):** George Kakamousias (Asst. Coach), Brett Maddox, Cooper McVicar-Smith, Alex Bellefontaine, Muhammed Hamo, Quinn Halsey, Noah Jordan, Adebowale Olowogbade, Ignacio Chung Michelsen, Maxwell Hoar (Manager)
- Front row (L-R):** Ioan Florean (Head Coach), Gurpreet Singh, Liam Chisholm, Logan Gervais, Tristan Brocklehurst, Dylan Snook, Jacob Heroux, Aidan Whelan, Nolan Lecco (Asst. Coach)



Missing Assistant Coaches:
Connor Grant
Nolan Lecco



MEN'S SOCCER



2024-25 Semi-finalists

October 26 (SF)

MSVU (4) vs STU (1) L, 3-0

1st Team All-Conference

Nick Bryden

2nd Team All-Conference

Aidan Whelan

Bob Coe Award

Michael Grechuk

ACAA Championship hosted by CU

MSVU Award Winners

Most Improved Players

Cooper McVicar-Smith

Liam Chisholm

Mystic of the Year

Brett Maddox

Most Valuable Player

Alex Bellefontaine

RESULTS

October 26

MSVU @ STU L, 2-3
(20-25, 25-22, 23-25, 25-21, 10-15)

October 27

MSVU @ UNBSJ L, 0-3
(23-25, 15-25, 12-25)

November 2

MSVU @ Crandall L, 0-3
(23-25, 22-25, 13-25)

November 3

MSVU @ Holland W, 3-2
(25-20, 25-21, 14-25, 25-27, 15-7)

November 15

MSVU @ UKC W, 3-2
(25-21, 22-25, 25-17, 19-25, 17-15)

November 16

MSVU @ UStA W, 3-1
(25-27, 25-17, 25-17, 25-21)

November 24

MSVU vs UStA W, 3-0
(25-23, 25-15, 25-20)

November 27

MSVU vs UKC W, 3-1
(15-25, 25-19, 25-18, 33-31)

November 30

MSVU vs Holland W, 3-0
(25-19, 25-22, 27-25)

December 1

MSVU vs UStA W, 3-0
(25-23, 25-21, 25-23)

January 11

MSVU @ UKC W, 3-2
(25-23, 25-15, 20-25, 25-27, 15-10)

January 17

MSVU vs Dal Rams W, 3-2
(25-18, 21-25, 25-16, 22-25, 15-13)

January 18

MSVU vs MTA L, 2-3
(25-22, 14-25, 25-19, 16-25, 9-15)

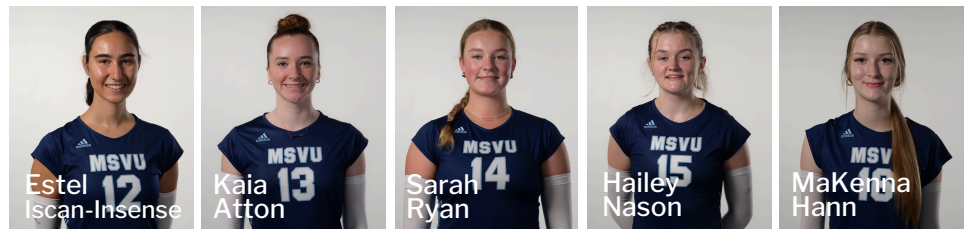
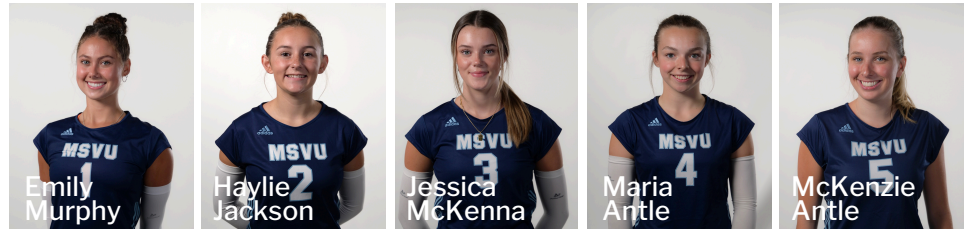
January 25

MSVU vs STU L, 1-3
(25-19, 23-25, 23-25, 24-26)



Back row (L-R): Emily Murphy, Mia Murphy, Sophie Surette, Emily Cahill, Cela MacLellan, Sarah Ryan, MaKenna Hann, Hailey Nason, Jessica McKenna, Estel Iscan-Insense, Kaia Atton, Madison Urquhart (Asst. Coach)

Front row (L-R): Catherine MacPhail, McKenzie Antle, Hannah Huntley, Derrick Brooks (Head Coach), Haylie Jackson, Seven McHatten, Maria Antle



Missing: Darren McCallum (Assistant Coach)



WOMEN'S VOLLEYBALL



January 26

MSVU vs UNBSJ L, 0-3
(24-26, 17-25, 16-25)

February 1

MSVU vs Crandall W, 3-1
(18-25, 25-22, 25-20, 25-19)

February 2

MSVU @ Dal Rams W, 3-1
(25-21, 14-25, 25-22, 25-23)

February 7

MSVU vs Dal Rams W, 3-0
(25-20, 26-24, 25-23)

February 15

MSVU @ MTA L, 0-3
(20-25, 11-25, 16-25)

February 16

MSVU @ STU L, 0-3
(9-25, 21-25, 21-25)



2024-25 Quarter-finalists

February 21 (QF)

MSVU (4) vs Dal Rams (5) L, 0-3
(18-25, 22-25, 13-25)

1st Team All-Conference

Catherine MacPhail

2nd Team All-Conference

Sarah Ryan

ACAA Championship hosted by
Holland College

MSVU Award Winners

Most Improved Players

Haylie Jackson
Sarah Ryan

Mystic of the Year

Hannah Huntley

Most Valuable Player

Catherine MacPhail

RESULTS

October 26
MSVU vs Crandall W, 85-48

October 27
MSVU vs MTA L, 60-66

November 1
MSVU @ Holland W, 79-68

November 16
MSVU vs STU W, 63-49
Coach Forward's 300th win!

November 17
MSVU vs UNBSJ W, 76-71

November 23
MSVU vs Holland W, 71-60

November 24
MSVU vs Holland L, 57-74

November 29
MSVU @ UKC W, 70-55

December 1
MSVU @ MTA L, 60-65

January 11
MSVU @ STU W, 72-37

January 12
MSVU @ STU W, 66-48

January 24
MSVU vs UKC W, 80-37

January 25
MSVU vs MTA W, 66-55

February 1
MSVU @ Crandall W, 81-43

February 2
MSVU @ Crandall W, 91-53

February 8
MSVU @ UNBSJ W, 83-65

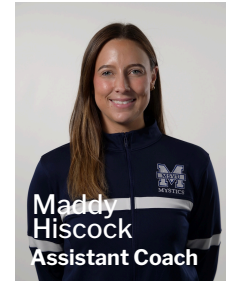
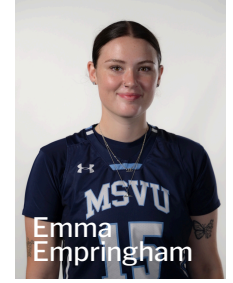
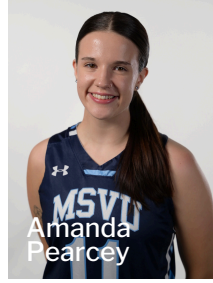
February 9
MSVU @ UNBSJ W, 84-55

February 15
MSVU vs UKC W, 81-56



Back row (L-R): Mark Forward (Head Coach), Keezaidra Smith, Taya Straker, Menna McCabe, Jenna Matheson, Céline Sterckel, Emma Empringham, Victoria Strickland, Maddy Hiscock (Asst. Coach), Maia Timmons (Asst. Coach)

Front row (L-R): Lily Newberry, Amanda Pearcey, Ashleigh Marshall, Emma Garagan, Marley Curwin, Kaleigh Coco-Edman



Missing: Izzy Boyce & Calla Newcomb (Managers)

WOMEN'S BASKETBALL



2024-25 Champions

March 1 (SF)

MSVU (1) vs STU (4) W, 56-53

March 2 (Final)

MSVU vs HC W, 72-62

1st Team All-Conference

Marley Curwin

Amanda Pearcey

2nd Team All-Conference

Céline Sterckel

ACAA Championship hosted by
UNB Saint John



8th Place

March 12 (QF)

MSVU vs St.MU L, 67-82

March 13 (Bronze QF)

MSVU vs VIU L, 52-67

March 14 (Placement)

MSVU vs STU L, 67-71

All-Canadian

Marley Curwin

CCAA Nationals hosted by
St. Thomas University

MSVU Award Winners

Most Improved Players

Emma Empringham

Jenna Matheson

Mystic of the Year

Lily Newberry

Most Valuable Players

Marley Curwin

Amanda Pearcey

RESULTS

October 26

MSVU vs Crandall W, 83-78

October 27

MSVU vs MTA W, 74-68

November 1

MSVU @ Holland W, 104-92

November 16

MSVU vs STU W, 90-83

November 17

MSVU vs UNBSJ W, 90-70

November 23

MSVU vs Holland W, 98-79

November 24

MSVU vs Holland W, 88-82

November 29

MSVU @ UKC W, 67-49

December 1

MSVU @ MTA W, 95-90

January 11

MSVU @ STU W, 90-71

January 12

MSVU @ STU W, 96-94

January 24

MSVU vs UKC W, 102-76

January 25

MSVU vs MTA W, 97-75

February 1

MSVU @ Crandall W, 85-76

February 2

MSVU @ Crandall W, 80-71

February 8

MSVU @ UNBSJ W, 90-73

February 9

MSVU @ UNBSJ W, 85-75

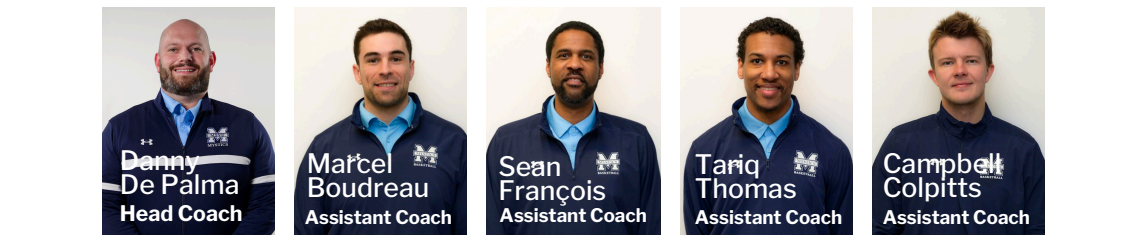
February 15

MSVU vs UKC W, 88-79



Back row (L-R): Sean François (Asst. Coach), Derek Boudreau (Manager), Campbell Colpitts (Asst. Coach), Ben Robson, Sam Gillett, Keigan Feron, Sam Gilmore, Isaiah Cromwell-Wright, Ryan Miller, Zach Keddy, Tariq Thomas (Asst. Coach), Marcel Boudreau (Asst. Coach), Danny De Palma (Head Coach)

Front row (L-R): Micah Anderson, Kyan Feron, Isaac Matheson, Adam Callaghan, Jaydan Smith, Jaxon Smith, Demeric Mercer, Nichale Brine, Aiden Nesca, Garrett Malloy, Mekhi Paris



MEN'S BASKETBALL



2024-25 Silver Medalists

March 1 (SF)
MSVU (1) vs Crandall (4) W, 91-74

March 2 (Final)
MSVU vs UNBSJ L, 64-77

Player of the Year
Jaydan Smith

Dyrick McDermott Defensive Player of the Year
Jaxon Smith

Coach of the Year
Danny De Palma

1st Team All-Conference
Jaydan Smith
Isaac Matheson

2nd Team All-Conference
Jaxon Smith

ACAA Championship hosted by
UNB Saint John



All-Canadian
Jaydan Smith

Coach of the Year
Danny De Palma

MSVU Award Winners

Most Improved Player
Adam Callaghan

Mystic of the Year
Jaxon Smith

Most Valuable Player
Jaydan Smith

2024-25 Athletics & Recreation Awards

Female Athlete of the Year:	Sacha Clark Marley Curwin	Women's Soccer Women's Basketball
Male Athlete of the Year:	Jaydan Smith	Men's Basketball
Windsor Flash Trophy:	Ana Lucas Estel Iscan-Insense	Women's Soccer Women's Volleyball
Sheila & Stephenie Allt Memorial Award:	Morgan Gillis Emily Murphy	Women's Soccer Women's Volleyball
Tracy Barton Endowed Memorial Award:	Beth Padfield	Women's Soccer
Raymond & Helen Plato Memorial Award:	Adam Callaghan Keigan Feron	Men's Basketball Men's Basketball
Rick & Andrea Plato Award:	Demeric Mercer	Men's Basketball
Dyrick McDermott Memorial Award:	Victoria Strickland	Women's Basketball
Alumni Varsity Prize:	Ashleigh Marshall Michael Grechuk	Women's Basketball Men's Soccer
Margaret Ellis Recreation Award:	Amelia MacDougall	
RISE Awards (Recreation Inspires Student Engagement)	Rising Star: Game Changer: Commitment to Excellence:	Jada Sawler Rachel Kamphuis Gabrielle Duguay



2024-25 Academic All-Canadians

Madesen Allen	Ana Lucas	Lauren Seamone
Kate Burton	Catherine MacPhail	Jaxon Smith
Sacha Clark	Leah Mombourquette	Jaydan Smith
Marley Curwin	Amanda Pearcey	Céline Sterckel
Morgan Gillis		

2023-24 National Scholars

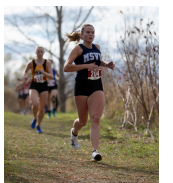
Mhyah Allen	Logan O'Connell	Estel Iscan-Insense	Ashleigh Marshall
Micah Anderson	Stephanie Fernandes	Eva Kozak	Cooper McVicar-Smith
Nicole Arsenault	Natalie Freeman	Sophie LeBlanc	Emily Murphy
Emma Bowser	Alexandra Frith	Ana Lucas	Calla Newcomb
Sacha Clark	Hannah Fuller	Amelia MacDougall	Gwenyth Ettinger-O'Leary
Victoria Strickland	Morgan Gillis	Cela MacLellan	Madyson Parlee
Zakira Dalloul	Michael Grechuk	Marcy MacNeil	Amanda Pearcey
Megan Ellis	Maxwell Hoar	Garrett Malloy	Florence Cormier-Lebrun

Announced September 13, 2024

ACAA CHAMPIONS



Mystics at CCAA Championships

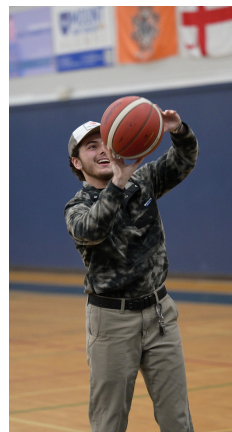
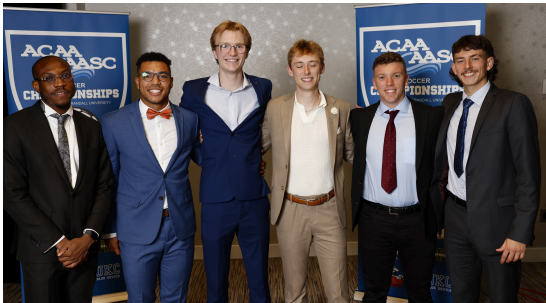




Thank you,
Britt Geurts & Erika Neufeld!
Volleyball Commentators



Thank you, Bryan Fader!
Mental Skills Coach





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



Celebrating Coach Forward's 300th win!



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



***ONE WAY,
TOGETHER***