

# mystics

MOUNT  
Fitness Centre

## athletics & recreation newsletter

### Mount Mystics Athletes of the Month



**Kara Hayes**

**Women's Basketball**

Number: 22

Position: Post

Home Town: Halifax, NS



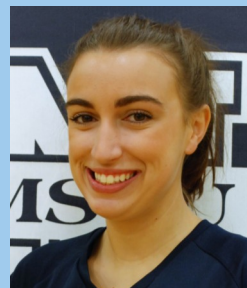
**Luke Reynolds**

**Men's Basketball**

Number: 23

Position: Forward

Home Town: Bedford, NS



**Women's Volleyball**

Number: 7

Position: Right Side

Home Town:

North Sydney, NS



## Office Antics

Wednesday, February 29

12:15pm-12:45pm

Let the office games begin...

Laughter and playfulness is important to our wellbeing - even at work!  
The Athletics and Recreation Office would like to invite staff & faculty to join us in a round of Office Antics on **Wednesday, February 29 from 12:15pm-12:45pm.**

Be prepared to team build, think, act and laugh your lunch away!  
Get four office mates together to compete as a team in three challenges.  
Don't have a team? Call the Fitness Centre at 457-6420 and we'll try to place you on a team.  
Wear comfortable clothing and walking shoes/sneakers and bring a water bottle.

Don't want to participate but want to join in on the fun?  
Volunteer to referee an "antic" by e-mailing [tara.nickerson@msvu.ca](mailto:tara.nickerson@msvu.ca)

### Mount Night at the Halifax Metro Centre - Friday, February 24



Tickets: \$10.00  
includes two Basketball games

4:30pm: Men's Basketball - MSVU vs UKC  
7:30pm: Halifax Rainmen vs St. John Mill Rats



Purchase your tickets at the Athletics & Recreation Office, Rosaria Centre, 457-6420.  
Sponsored by: Mount Alumnae Office and Mount Athletics



### St. John Ambulance Emergency First Aid with CPR Level C

February is Heart Month and to bring awareness the Athletics and Recreation Office is offering a Emergency First Aid with CPR Level C course.  
**Saturday, February 11 from 9am - 5:00pm.**  
Fee: \$55.00 per person.

Save a life...get First Aid Certified. Register today at the Mount Fitness Centre, 457-6420



**The Mount Fitness Centre will remain  
OPEN during Spring Break!**

For detailed information on facility availability,  
fitness and instructional programs please call 457-6420

# Fitness Classes & Events

## Blood Pressure Check



**February is Heart Smart Month!**

Have your blood pressure and/or resting heart rate taken for FREE by the Trainer on duty!

**Tuesday, February 14:**  
8:30am - 5:30pm

**Thursday, February 16:**  
6:00pm - 8:00pm

**Where:**  
The Mount Fitness Centre

This service is available on a drop-in basis.



**You can now Zumba at work!**

**Zumba Fit\* - Fitness Class**  
Tuesdays and Fridays  
1:00-2:00pm

\*This class is included in the Fitness Class Membership or as a drop in pass!

**Zumba - Instructional Class**  
Tuesdays 5:15 - 6:15pm

**Zumba Instructional Class Fee:**  
Community Fee: \$6.00 per class  
Student Fee: \$3.00 per class  
for MSVU students, faculty & staff with current Mount Fitness Centre memberships.

**Term 2 Package:**  
February 28-April 3  
Fee: \$36.00

For more information or to register please call the Mount Fitness Centre, 457-6420

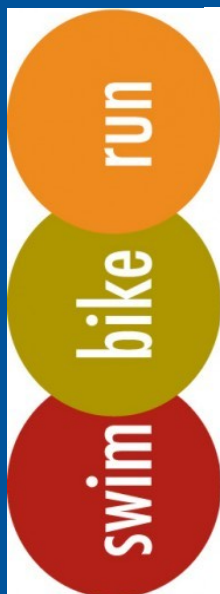


Fitness classes listed in the schedule below are **FREE** for Mount Students!

## Fitness Schedule: January - April 8, 2012

Time	Mon	Tues	Wed	Thurs	Fri	Sat
9:30 to 10:30	GROOVE IT MIX	PUMP IT	GROOVE IT MIX	PUMP & POSE IT	STEP 'N PUMP IT	STEP 'N PUMP IT
12:15 to 1:00	KNEES GLUTES & CORE	POSE IT WITH YOGA	KNEES GLUTES & CORE	POSE IT WITH YOGA		
1:00 to 2:00		ZUMBA FIT			ZUMBA FIT	
5:15 To 6:00	BOX 'N KICK IT		Get Fit With STEP			
6:00 to 7:00	MOVE 'N PUMP IT	PUMP IT EXPRESS (6:15-7:00)		PPUMP IT EXPRESS (6:15-7:00)		
7:00 to 7:45		STEP IT UP		STEP IT UP		

The Mount Fitness Centre reserves the right to cancel any class due to low attendance.



## Indoor Triathlon Training

Have you ever watched a triathlon and said to yourself "these people are nuts", but have secretly wished you could tri - it?

Indoor training for this multi-sport can be done at the Mount Fitness Centre Weight Room using pulleys or tubes (for swimming), a spin bike and a treadmill.

Patricia MacDonald, a certified Trainer and experienced Triathlete will help, support and provide you with a 16 week training plan and record sheets that can be completed during the work week. The program begins the week of January 16 to April 15 but you can join in any time before February 16.

**To receive your training package:**  
Register at the Mount Fitness Centre Front Desk or email pat.macdonald@msvu.ca

## Hip Hop & Contemporary Dance



with  
Sarah  
Corkum

Tuesday 8:10-9:10pm  
Feb. 8 - March 20  
No class during study break

Fee: \$60.00

**50% off**

for Mount Students,  
Staff & Faculty (with current  
Fitness Centre Membership)



## Totally REC Night

Monday Night's  
9:30pm - 11:00pm

Every Monday in February:  
Indoor Soccer

## JOB OPENINGS

The Athletics & Recreation  
Office is now accepting  
applications for the  
following positions:

### ARFA Staff (Fitness Centre Desk):

FT & PT Summer Staff  
PT Staff for September 2012  
Deadline to apply: March 7  
Submit resume to:  
joanne.burns-theriault@msvu.ca

### Day Camp Staff:

March Break Day Camp Leader  
(for work between March 12-16).  
Deadline to apply: February 10

Summer Day Camp Leaders:  
Deadline to apply: March 19

Submit resume to:  
tara.nickerson@msvu.ca

[www.msvu.ca/fitnesscentre](http://www.msvu.ca/fitnesscentre)

457-6420



## FREE MOVIE

Sunday, February 12  
6:00pm  
in Seton Auditorium D

## Skating on the Halifax Oval

Friday, February 10 from 12:15 - 1:00pm

Sign up at the Mount Fitness Centre 457-6420 to join us for a  
free skate on the Halifax Oval & some hot chocolate!  
Free skates and helmet rentals available on-site.

Travelling by bus? Meet us at the Fitness Centre by 11am  
Travelling by car? Meet us at 12pm at the Oval.



## 8th Annual



Hosted by  
Athletics & Recreation  
& Vinnie's Pub

Friday,  
March 2

10:00pm  
to  
1:00am

Vinnie's is moving to the Rosaria Lobby for the 8th Annual Mardi Gras Super Pub!  
We will transform the Lobby and Terrace to bring you a traditional  
New Orleans Mardi Gras Street Party!

Starting February 15, purchase your tickets at the Mount Fitness Center  
or the Students' Union Info Desk. Ticket prices:

**\$6 for Mount Students**

**\$8 for Non-Mount Students**

Vinnie's Pub Rules apply. Wet/Dry. Get your tickets early to avoid disappointment.

**Would you like to volunteer for this great event?**

Sign-up at the Athletics & Recreation Office. First meeting will be on:  
Monday, February 13 at 2:00pm Rosaria Room 105.

Be Monty's friend on **Facebook:**  
Search "Monty Mystic"



# Varsity



# Athletics



## Women's Volleyball

The women's volleyball team have had a busy January and are very focused on the upcoming ACAA Championships which will be held at St Thomas University Feb 25-26, 2012.

The team kicked off the New Year with a trip to Quebec where they had the opportunity to play some of the top teams in the country. The Mount Mystics made it all the way to the semi finals and had a fantastic weekend of play. The team is presently in first place with an 11-1 record with only one loss to MTA. They look forward to evening the score on Feb 19 when they will be hosting the Mounties here. The total team are contributing to their success and Coach Brooks is very pleased with their progress. Catch this very exciting team in action in the upcoming month

## Men's Basketball

The Dyrick McDermott Invitational Tournament was a great way to kick off the second half of the Men's Basketball season. The Mount lost in the championship game to the very talented Champlain team from Quebec but Coach Plato was very happy with the effort made by the whole team.

In spite of a month of numerous injuries that have decimated the Mystics starting line up, the team has stayed on top of the standings. Great efforts from Karl Fredericks, Mac Ellis, Derico Symonds, Alex LeBlanc, Luke Reynolds and Graham Carter have kept the team on course. With a 14-0 ACAA record the Mystics look forward to hosting some great games at home in February.

Don't miss out on the Men's Basketball team competing against King's College at the Halifax Metro Centre on Friday, February 24 at 4:30pm. The tickets are \$10.00 and it includes the Mystics game as well as the Halifax Rainmen vs St. John Mill Rats at 7:30pm. Tickets are available for purchase at the Athletics and Recreation Office.

## Women's Basketball

The Dyrick McDermott Invitational Basketball Tournament held at MSVU created some team adversity with an injury to league MVP Chelsea Mackay early in the first game of the round robin tournament. However the team maintained their composure and played solid defense to finish the tournament with a 2-1 record with solid wins over nationally ranked Champlain College and Trois Rivieres both from the Quebec conference.

Since then the team has continued to play without Mackay and have a 13-2 record in conference play. The team has focused on the defensive and led by 3<sup>rd</sup> year captain Christina Brien. Ann Conrod, Emma Reardon and Laura Himmelman have stepped up their games during a very tough stretch in their season where they play 5 games in 10 days including 3 road games. Coach Forward has been very proud of the team and the way they are battling through the adversity and committing to the game plans.

Follow the Mystics as they play their final league games in February in preparation for the ACAA Championship at Holland College, March 2-4, 2012.

## Mount Mystics Home Game Schedule

### Women's and Men's Basketball

Feb 4: HC vs MSVU - 4pm(w), 6pm (m)  
Feb 5: UNBSJ vs MSVU - 11am(w), 1pm(m)  
Feb 12: STU vs MSVU - 12pm(w), 2pm (m)  
Feb 18: CU vs MSVU - 5pm(w), 7pm (m)  
Feb 24: UKC vs MSVU - 4:30pm (m) at  
the Halifax Metro Centre  
Feb 26: UKC vs MSVU - 1pm(w)

### Women's Volleyball

Feb 5: HC vs MSVU - 3pm  
Feb 8: NSAC vs MSVU - 7pm  
Feb 18: STU vs MSVU - 2pm  
Feb 19: MTA vs MSVU - 2pm



## Championship Tournaments

### ACAA Women's Volleyball Championships



**February 25-26  
at St. Thomas University**

For complete tournament details  
visit: [www.aaa.ca](http://www.aaa.ca)

### ACAA Women's & Men's Basketball Championships



**March 2 - 4  
at Holland College**

For complete tournament details  
visit: [www.aaa.ca](http://www.aaa.ca)