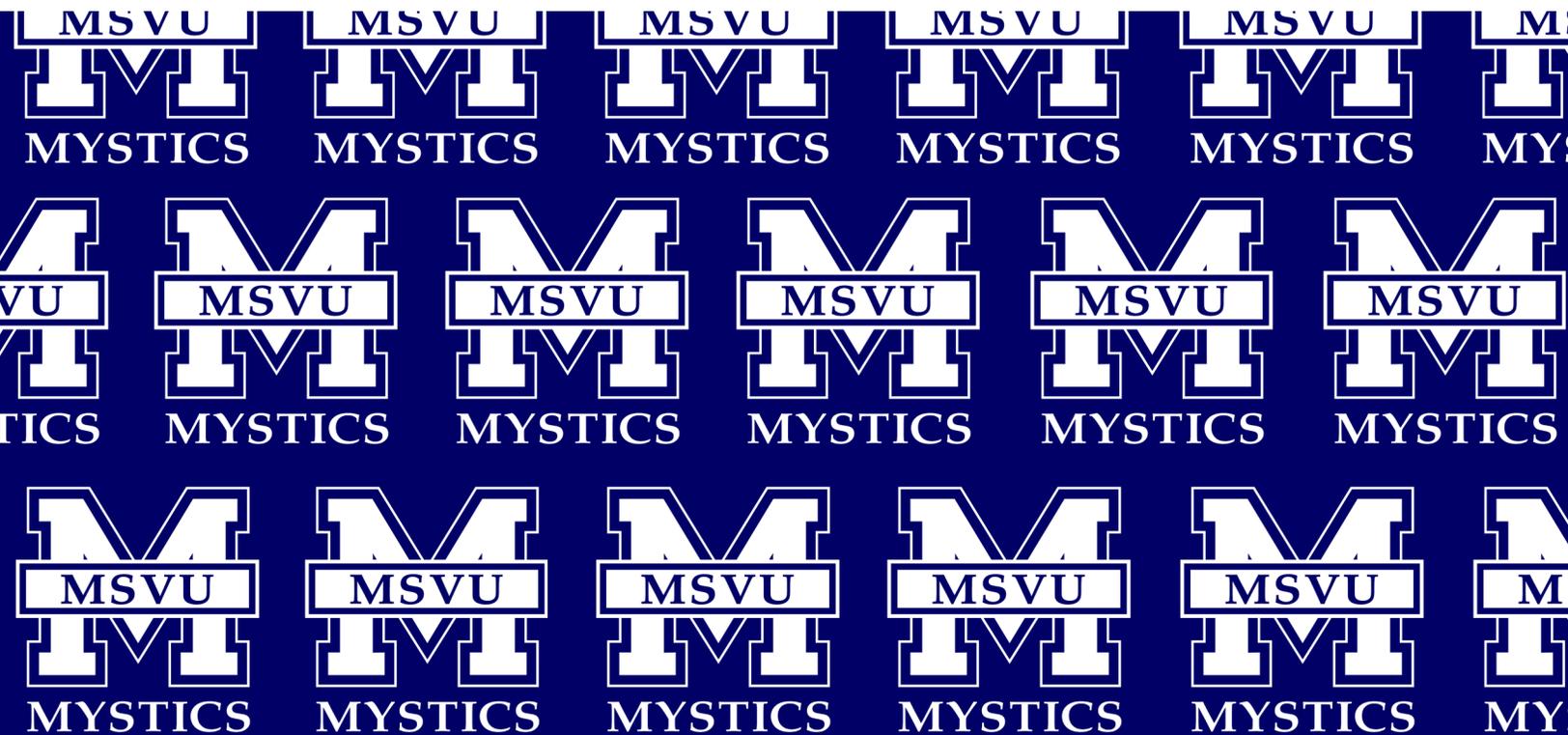


MSVU ATHLETICS & RECREATION

2019-2020 REVIEW





The Mount Mystics welcomed our biggest recruitment class to date with 39 new student athletes joining our Mount Mystics teams. Every team enjoyed an influx of new student athletes and with the mix of new and experienced, our teams thrived throughout their seasons.

We celebrated winning two Atlantic Collegiate Athletic Association Championships in Women's Cross Country and Women's Basketball. In their short season Cross Country Team was driven to succeed and the Women's Cross Country team won their first ACAA banner under the guidance of Head Coach Mathias Mueller, who was named for the 2nd consecutive year, ACAA Coach of the Year. Our Women's Basketball team secured their second consecutive ACAA Women's Basketball Championship title with Head Coach Mark Forward at the helm. MSVU hosted this year's ACAA championship, so the win was even sweeter as it came on home court in front of a packed house of cheering Mystics fans. Due to COVID-19, the CCAA National Championship was understandably cancelled and the team took this disappointing news with grace and has now set their sights on next year. Congratulations to both teams - well done!

Our soccer teams showed great promise as they improved each time they hit the pitch. They both qualified for ACAA Championships but lost out in semifinal play. There were many highlights for both teams and Head Coaches Danielle Cyr and Mark Harnish are already looking forward to next year with their young squads. The Mount's Volleyball team also qualified for ACAA Championships but lost in playdowns. Their eight-year run holding the ACAA Championship title came to a close but there is no doubt their sights, with Coach Derrick Brooks guidance, will be looking to secure it again! Our men's basketball team were one of the most exciting teams to watch in a very competitive league. Winning a quarter final and semi final in OT at the ACAA Championships, our young team lost in the ACAA Men's Basketball Final in a great contest that really celebrated quality basketball. Coach Ian MacRae has developed this talented team and the future looks bright.

Our 2019-2020 Athletics program felt special. EVERY team truly reflected throughout their seasons, their value of respect, hard work, empathy for others and team work. Excellence in the sport they love and their academics are what our teams strive for, and the mutual feeling of family and working together was the path these teams chose to reach those goals. Well done!

Thank you to our Mount Mystics Coaches who give so much of themselves to our student athletes and our Athletic programs. Thank you to all those who have helped us along the way – especially our amazing parents, families, friends, Mount staff, alumnae, sponsors and special volunteers Dave Gallant and Dr. Robert Berard. Thank you to all our student athletes and congratulations on a wonderful year!

We send a special acknowledgement to our graduating seniors who are leaving our program: Marilyn Burke, Rowan MacArthur, Chris Garagan, Poku Ofori-Atta, Maddie Bernard, Liam Mitchell, Brody Blakney, Julia Kokonis and Kelsey McGrath. We wish you all the best and thank you for your contribution to your team and the Mount. Keep in touch with your Mystics family. We wish you well!



As we say, **ONE WAY – TOGETHER**





Although there were some unexpected bumps in the road this year starting with Hurricane Dorian and ending with COVID-19, that didn't stop students from being involved and having fun with Mount Campus Rec!

We kicked off the year in the gym with fan favourites like Intramural Basketball and Dodgeball. Students continued to enjoy Pick-up Basketball every Monday throughout the school year, and partnering with the Mount Residence Cup Challenge and Mount 101 for Dodgeball made for the best of times. Students kept engaged throughout the Fall whether it be volunteering their time at events like the ACAA Cross Country Race hosted by MSVU, making s'mores at Fall Fest or taking haunted walks around campus. The 12th Annual Grinch's Gala rang in the Holiday Season, once again selling out in just one day and continued its legacy with epic Photobooth pics! Students continued the Mount's tradition of giving back this year with events like the Christmas Card Campaign and the 3rd Annual Backpack Giveback, where the Rec Society was able to package 68 lbs of winter gear to donate to local shelters. When weather cooperated students embraced the cold, whether it was skating at the Emera Oval—for their very first time or hitting the slopes at Ski Martock, these students showed us just how fun Winter can be! Although New Orleans was transported to a smaller venue this year for the 16th Annual Mardi Gras party, students came out and had a blast dancing the night away! The student led MSVU Dance Society worked hard throughout their entire initial year, they volunteered their time to put on awesome half-time performances at the Varsity Basketball games and organized their entire first annual showcase. Although their showcase was unfortunately cancelled due to the COVID-19 pandemic, we are very excited to see what the future holds for this dedicated group.

We are so thankful for all of the students—who volunteer their time, get involved and continue to have REC in their lives!



The Mount Fitness Centre has had another busy and exciting year. Throughout the year we acquired some new equipment including the hugely popular floor-based boxing bag and gloves which can be used by individuals and class participants. We replaced an old treadmill with a brand-new Matrix Treadmill with USB ports and the old Seated Leg Curl machine with a new model that counts your reps for you! Due to the high demand we purchased more kettlebells, medicine balls, resistance loops & bands, and replaced all the old yoga mats with new thicker ones. We also added a whiteboard to the wall next to the door of the Conditioning Centre where you can find quotes, inspiration and simple tips to get you through your workout (and sometimes your day)! New to Group Fitness this year were four professional level, high quality speakers to create surround sound in our studio, plus a new mixer to optimize the sound in our fitness classes. Talented new instructors; Lyla, Denver and Sam joined our team, and new midday class times on Monday, Thursday and Friday garnered lots of interest! We also began offering the occasional Yoga classes in the Mount Garden during mild weather. Our Recreation Programs (formerly known as Active Living) were strong this year, particularly Zumba Toning and DanceFit, but a new program called Balance & Stretch Training also grew in popularity. Something exciting we started in 2019 was our Activity Challenges for all fitness centre members that take place every two months (October to April). For one week each month participants attempt to complete tasks related to health, wellness and exercise to qualify for a final prize. Participation was excellent, and people said it was a great way to push themselves to try different things and have a little competitive fun with friends. The department also launched 'Legend', a new registration software system that will help us better serve our users and provide an online registration option. We have already seen a dramatic shift in our day camp registration process with most parents heading online to secure their spot.

In March 2020, the worldwide COVID-19 pandemic reached Nova Scotia and the university moved to virtual operations. For the Mount Fitness Centre, this was certainly a switch, as we needed to temporarily close our doors to maintain social distancing and help 'flatten the curve'. We took this as an opportunity to do our work in new ways so that members could stay safe, active and engaged through our Facebook and Instagram platforms.





CROSS COUNTRY



Back Row (L to R): Natalie Freeman, Jillian Smith, Hannah Baillie, Jessie Ecker, Joshua Deal, Donald Dewolfe, Eric Palaco-Tobia, Matthias Mueller (Head Coach)

Front Row (L to R): Grace Anderson, Melissa Arsenault, Jade Farquharson, Ainsley Buffet Missing: Lily Stratton



Melissa Arsenault
Hannah Baillie
Jade Farquharson
Joshua Deal
Lily Stratton



Natalie Freeman
Jillian Smith
Donald Dewolfe
Ainsley Buffet
Jessie Ecker



Eric Palaco-Tobia
Grace Anderson
Matthias Mueller (Head Coach)

MSVU Cross Country 2019-20 Season

2019-20 ACAA Championship Results

ACAA Women's Team Champions

Women's Division:

Grace Anderson - ACAA Champion

Hannah Baillie - Silver Medalist

Men's Division:

Donald Dewolfe - Silver Medalist

ACAA Runner of the Year

Grace Anderson

ACAA Coach of the Year

Matthias Mueller

ACAA All-Conference Team

Grace Anderson

Hannah Baillie

Donald Dewolfe



MSVU Athletics Awards: Cross Country



Most Improved Player
Eric Palaco-Tobia



Coach's Award
Donald Dewolfe & Hannah Baillie



Most Valuable Player
Grace Anderson



WOMEN'S SOCCER



Back Row (L to R): Ashley Poirier (Assistant Coach), Jenna Blackburn (Assistant Coach), Danielle Cyr (Head Coach), Sarah Taylor (Assistant Coach)

3rd Row (L to R): Esja Marr, Nicole Fergusson, Marilyn Burke, Chelsea Foote (Manager), Sarah Keeler, Alicia Thomsen

2nd Row (L to R): Julia Short, Carly Johnston, Kari Waller, Emily MacKinnon, Abigail Binns, Brianna Murphy

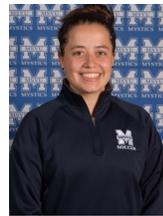
Front Row (L to R): Allana Khoury, Ally Seamone, Breagh Laing, Mariah Wright, Chloe Lauther, Kayla Pike



Kari Waller
Emily MacKinnon
Alicia Thomsen
Breagh Laing
Carly Johnston
Julia Short



Ally Seamone
Abigail Binns
Chloe Lauther
Esja Marr
Brianna Murphy
Mariah Wright



Allana Khoury
Marilyn Burke
Kayla Pike
Nicole Fergusson
Sarah Keeler
Danielle Cyr (Head Coach)



Sarah Taylor (Assistant Coach)
Ashley Poirier (Assistant Coach)
Jenna Blackburn (Assistant Coach)
Chelsea Foote (Manager)



MSVU Women's Soccer 2019-20 Season

2019-20 ACAA Semi-Finalists

Regular season record: W: 5 T: 4 L: 3



CCAA All-Canadian

Mariah Wright

CCAA Academic All-Canadians:

Julia Short

Allana Khoury

1st Team ACAA All-Conference

Mariah Wright

Allana Khoury

2nd Team ACAA All-Conference

Julia Short

Marilyn Burke

ACAA Gerry LeBlanc Award

Julia Short

MSVU Athletics Awards: Women's Soccer



Most Improved Player
Ally Seamone



Coach's Award
Kayla Pike



Most Valuable Player
Mariah Wright



MEN'S SOCCER



Back Row (L to R): James Foley (Asst. Coach), Mark Harnish (Head Coach) Missing: Jesse Thomson and Nick MacDonald (Asst. Coaches)
 4th Row (L to R): Dominic Stutz, Maxwell Hoar, Bradlee Merrick
 3rd Row (L to R): Logan Blinn, Michael Grechuk, Waris Atiquillo, Graham Welch
 2nd Row (L to R): Connor Grant, Luc Andriopoulos, Bret Baxter, Nick Bryden, Poku Ofori-Atta, Fawaz Alka
 Front Row: (L to R): Tyler Graves, Chris Garagan, Yehia Eldefrawy, Kevin Abraham, Rowan MacArthur, Jesse Beaton



Kevin Abraham
 Dominic Stutz
 Nick Bryden
 Bret Baxter
 Chris Garagan
 Luc Andriopoulos



Waris Atiquillo
 Graham Welch
 Jesse Beaton
 Logan Blinn
 Tyler Graves
 Fawaz Alka



Rowan MacArthur
 Poku Ofori-Atta
 Connor Grant
 Maxwell Hoar
 Bradlee Merrick
 Michael Grechuk



Yehia Eldefrawy
 Mark Harnish (Head Coach)
 Jesse Thomson (Assistant Coach)
 Nick MacDonald (Assistant Coach)
 James Foley (Assistant Coach)
 Missing: Annabelle Harnish (Statistician)

MSVU Men's Soccer 2019-20 Season

2019-20 ACAA Semi-Finalists

Regular season record: W:6 T:4 L:2

ACAA 1st Team All-Conference Luc Andriopoulos

ACAA 2nd Team All-Conference Tyler Graves Kevin Abraham (GK)



MSVU Athletics Awards: Men's Soccer



Most Improved Player
Luc Andriopoulos



Coach's Award
Rowan MacArthur



Most Valuable Player
Kevin Abraham



WOMEN'S VOLLEYBALL



Back Row (L to R): Jamie Brown (Assistant Coach), Allison Saunders (Assistant Coach), Brooke Wallace, Maddie Bernard, Renee Timmons, Madison Prudencio, Nicole Rector, Lis Heroux-Rhymes, Tyler Simmons (Assistant Coach), Meaghan MacDougall (Assistant Coach)

Front Row (L to R): Emily Repchull, Kristen Binns, Kenzie Brimicombe, Onye Njoku, Derrick Brooks (Head Coach), Becca MacDonnell, Maia Green, Makayla Addington, Marcy MacNeil Missing: Darren McCallom (Assistant Coach)



Nicole Rector
Becca MacDonnell
Lis Heroux-Rhymes
Kenzie Brimicombe
Onye Njoku



Madison Prudencio
Marcy MacNeil
Emily Repchull
Kristen Binns
Maddie Bernard



Maia Green
Renee Timmons
Makayla Addington
Brooke Wallace
Derrick Brooks (Head Coach)



Jamie Brown (Assistant Coach)
Tyler Simmons (Assistant Coach)
Allison Saunders (Assistant Coach)
Meaghan MacDougall (Assistant Coach)
Missing:
Darren McCallom (Assistant Coach)



WOMEN'S BASKETBALL



Back Row (L to R): Kenny Reardon (Assistant Coach), Mark Forward (Head Coach), MacKenzie States, Kelsey McGrath, Maria Rodrigues, Julia Kokonis, Kelsey Crocker, Katherine Khorovets, Piper Tracy-Stewart, MacKenzie LeChance (Manager), Maria Carroll (Assistant Coach), Kate Gallant (Assistant Coach)

Front Row (L to R): Katie Cousins, Tyler Malloy, Gwen Ettinger-O'Leary, Tahlia Jones, Randi Hudson, Nikki Arsenault, Alisha McNeil, Courtney Smith, Calla Newcomb Missing: Lexi Zegray



Kelsey Crocker
 Alisha McNeil
 Piper Tracy-Stewart
 Randi Hudson
 Katherine Khorovets
 Calla Newcomb
 Nikki Arsenault
 Julia Kokonis
 Courtney Smith
 Gwen Ettinger-O'Leary
 Maria Rodrigues
 Tyler Malloy

Lexi Zegray
 Tahlia Jones
 Katie Cousins
 Kelsey McGrath
 Mackenzie States

Mark Forward (Head Coach)
 Kenny Reardon (Assistant Coach)
 Kate Gallant (Assistant Coach)
 Maria Carroll (Assistant Coach)
 MacKenzie LeChance (Manager)



MSVU Women's Basketball 2019-20 Season

2019-20 ACAA Champions

Regular Season Record: W:14 L:4

2nd consecutive ACAA Title

Regular season CCAA ranking: 11th place

The 2019 - 2020 CCAA National Basketball Championship was cancelled due to the COVID-19 pandemic

CCAA Academic All-Canadian

Julia Kokonis

ACAA 1st Team All Conference

Nikki Arsenault

ACAA 2nd Team All Conference

Randi Hudson

Julia Kokonis

Kelsey McGrath



MSVU Athletics Awards: Women's Basketball

Most Improved Player



Alisha McNeil & Gwen Ettinger-O'Leary

Coach's Award



Julia Kokonis

Most Valuable Player



Randi Hudson & Nikki Arsenault



MEN'S BASKETBALL

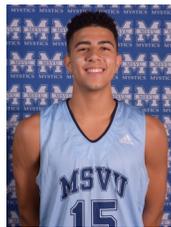


Back Row (L to R): Simon Marr (Assistant Coach), Jack Forward, Mo Abukar, Drew Jacklin, Daniel Slack, Patrick Liebmann, Joel McCrossin, Dawson Berze-Butts, Ken Daley, Isaac Clark, Jacob Sheffar (Manager), Derek Norris (Assistant Coach), Ian MacRae (Head Coach)

Front Row (L to R): Zach Ryan, Tario Sands, Tyrese Paul, Tariq Thomas, Liam Mitchell, Antonio Kostakos, Redford Ingram, Brody Blakney, Garret Malloy, Nick Jennex Missing: Campbell Colpitts



Campbell Colpitts
Tyrese Paul
Liam Mitchell
Nick Jennex
Mo Abukar



Redford Ingram
Brody Blakney
Tariq Thomas
Zach Ryan
Ken Daley



Isaac Clark
Tario Sands
Dawson Berze-Butts
Garret Malloy
Jack Forward



Joel McCrossin
Ian MacRae (Head Coach)
Simon Marr (Assistant Coach)
Derek Norris (Assistant Coach)
Jacob Sheffar (Manager)



MSVU Men's Basketball
2019-20 Season

2019-20 ACAA Silver Medalists

Regular Season Record: W: 12 L: 6

CCAA Academic All-Canadian
Brody Blakney

ACAA 1st Team All Conference
Brody Blakney

ACAA 2nd Team All Conference
Liam Mitchell



MSVU Athletics Awards: Men's Basketball



Most Improved Player
Tario Sands



Coach's Award
Tariq Thomas



Most Valuable Player
Liam Mitchell & Brody Blakney



ATHLETICS & RECREATION AWARDS

2019-2020 Athletics Awards

Female Player of the Year:	Mariah Wright	Sport: Women's Soccer
Male Player of the Year:	Liam Mitchell	Sport: Men's Basketball
	Brody Blakney	Sport: Men's Basketball
Windsor Flash Trophy:	Donald DeWolfe	Sport: Cross Country
	Jillian Smith	Sport: Cross Country
	Julia Short	Sport: Women's Soccer
Sheila & Stephenie Allt Memorial Award:	Connor Grant	Sport: Men's Soccer
	Ally Seamone	Sport: Women's Soccer
Tracy Barton Endowed Memorial Award:	Hannah Baillie	Sport: Cross Country
Raymond & Helen Plato Memorial Award:	Brody Blakney	Sport: Men's Basketball
Rick & Andrea Plato Award:	Zach Ryan	Sport: Men's Basketball
Dyrick McDermott Memorial Award:	Tahlia Jones	Sport: Women's Basketball
Alumni Varsity Award	Chris Garagan	Sport: Men's Soccer
	Marilyn Burke	Sport: Women's Soccer

2019-2020 Recreation Awards

The R.I.S.E Awards - Recreation Inspires Student Engagement

Rising Star	Katherine Khorovets & Courtney Smith
Game Changer	Sierra Vigliarolo & Abby Blanchard
Commitment to Excellence	Nicolas Affleck
Margaret Ellis Award	Daynisha Paynter

2018-2019 CCAA National Scholars



Allana Khoury	Julia Short	Joshua Deal	Lis Heroux-Rhymes	Brandi Mills
Anneliese Somerville	Ally Seamone	Amanda Fancy	Jenn Leckey	Connor Grant
Meagan Watts	Teaghan Wallace	Donald Dewolfe	Kirsten Binns	Maxwell Hoar
Madeline Parlee	Jasmine Tang	Gillian Gamble	Nicole Rector	Brody Blakney
Alyson Greeno	Melissa Arsenault	Hannah Baillie	Tahlia Jones	Brayden White
	Yvonne Wohlfhart	Madison Urquhart	Alisha McNeil	



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



Thank you Dave Gallant
for capturing all the amazing Mystics
moments throughout the year!



ACAA CHAMPIONS





