



Danielle Doucet, Veronique McGrath and Alison Stymiest get set at the net while facing off against the Holland College Hurricanes.

# UNB SAINT JOHN SEAWOLVES

DECEMBER NEWSLETTER

DECEMBER 16<sup>TH</sup>, 2014

## Women's Volleyball Tops National Rankings

### Women's Volleyball Ranked 15<sup>th</sup> in the country

When Tuesday afternoon came it was that time of the week; National Ranking Day. Each Tuesday, the Canadian Collegiate Athletic Association (CCAA) ranks the top 15 teams in Canada. Being on this list is no easy feat; it takes dedication, perseverance, and teamwork. This is especially true for teams in the Atlantic Collegiate Athletic Association (ACAA), as Atlantic sports are not given much recognition. On a typical Tuesday, teams from UNBSJ check out the national rankings just out of curiosity to see how the other teams in Canada are making out, but this week.... well, this week was different. When Alison Stymiest opened up the CCAA website this Tuesday, to her amazement the number 15 ranking in Canada said "UNB Saint John Seawolves".

Alison came to the university four years ago to a winning Seawolves team, one that was used to being ranked nationally. However, things quickly changed in her second year with the Seawolves. Many girls on the team graduated, decided not to play, or transferred to other schools leaving Stymiest, a sophomore at the time, feeling very alone as she started a new journey with a team



### 2015 Upcoming Games

#### Volleyball

- Sun, Jan. 11<sup>th</sup> vs USA 12:00pm (M)
- Sun, Jan. 11<sup>th</sup> vs STU 2:00pm (W)
- Tues, Jan. 13<sup>th</sup> @ STU 6:00pm (W) & 8:00pm (M)
- Sat, Jan. 17<sup>th</sup> @ HC 4:30pm (W)
- Fri, Jan. 23<sup>rd</sup> @ STU 6:00pm (W) & 8:00pm (M)

#### Basketball

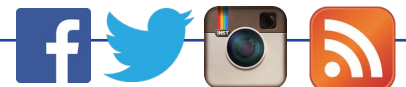
- Jan 3<sup>rd</sup> & 4<sup>th</sup> CANAM Basketball Classic
- Sat, Jan. 10<sup>th</sup> @ CU 1:00pm (W) & 3:00pm (M)
- Sun, Jan. 11<sup>th</sup> @ MTA 2:00pm (W) & 4:00pm (M)
- Sat, Jan. 17<sup>th</sup> @ MSVU 2:00pm (W) & 4:00pm (M)



More inside!



CELEBRATING  
**50**  
YEARS  
SAINT JOHN CAMPUS





team that was not very strong. “I was pretty devastated at the time, but I knew I had a great first year and with a long road ahead of rebuilding I knew we would get back to where we were. I never gave up on the program,” said Stymiest. Being recruited to the

Atlantic University Sport (AUS) that is a member of the Canadian Interuniversity Sport (CIS) out of high school, Alison easily could have transferred to an AUS school and had a very successful volleyball career. However, this young woman was now a Seawolf and she was not giving that up. Kevin Manuel took over the head coaching position in Alison’s second year with the Seawolves and he has been building the program ever since. “When I first came to the program we had a core group of girls, Alison was here, it was Katherine Houser’s first year (a 3<sup>rd</sup> year middle), Veronique Bastarache (graduated player) still had three years to go, and Megan Fitzpatrick (graduated player) had just returned to the program from Université de Moncton. From then on it was about building around that core group of girls and I think that this year we have reached what we were striving for,” explained Manuel. Last year, the team had glimpses of hope of returning to their former glory winning the silver medal in the ACAA. Although this year may finally be the year that the UNB Saint John women’s volleyball team takes it all. Manuel said, “the national ranking is a great thing, it shows how hard the girls have worked. However, it is only December and we still have a lot of season to go, the ranking we want to be on is the one that comes out the first week of March to show what teams are seeded as, for the National Championship.”

Stymiest, now a fifth year senior that swings out of the right side position, is beyond excited about their recent national ranking. Alison added, “I was super happy and excited when I found out! We haven’t been nationally ranked since my first year and it shows the effort we have put in as a team over the past three years. I think over the course of the season we will progress even more as a team.” Being

the only fifth year varsity volleyball player at the university means Alison feels differently than some players about certain things. Everything the senior player does this year is for the last time. There is no turning back, there is no we’ll get them next season, there is no, I can come back and play in the future. This is it, this is her year to lay it all on the line. Come February, Alison may have an ACAA gold medal to add to her collection or she may walk away empty handed, but one thing is for certain, Stymiest is making sure at the end of this season she is walking away with no regrets. After suffering two injuries to her ACL in the past two seasons, this is her first full season back since her sophomore year. She is fitter than ever, on top of her game, and is an all-around threat to every team in the conference.

Whether a first year or a fifth year player on the women’s volleyball team, this season the team has one common goal, leave everything on the court, have no regrets at the end of the season, and hopefully bring home the ACAA Championship and be able to go compete on the national stage. Their national ranking this week is just the beginning.



## Moosehead Athletes of the Month - November

The October Moosehead Athletes of the Month are Nick Fraser from the men’s volleyball team and Rachel Jefferson from the women’s basketball team. Both Fraser and Jefferson are former MVP’s of their team and have been named to ACAA All-Conference teams. Fraser is currently sitting 5<sup>th</sup> in Canada in kills/set and is having a strong year all around. Jefferson has topped the ACAA rankings at 19.3 points per game and is currently ranked 4<sup>th</sup> in the country. These two players have been leading their teams all season and we cannot wait to see what they do in second semester!





**NICK FRASER,**  
5TH IN CANADA  
KILL/SET.

**RACHEL JEFFERSON,**  
4TH IN CANADA  
POINTS/GAME.

**KATHERINE HOUSER,**  
3RD IN CANADA  
BLOCKS/SET.

## Fraser, Jefferson, Houser Top National Rankings; UNBSJ amongst Canada's Best

Nick Fraser, a third year left side on the men's volleyball team from Rothesay, New Brunswick, has proven over the past two years he is a top player in the ACAA. He was named ACAA Rookie of the Year, was awarded an ACAA All-Conference Team award, and was UNB Saint John Men's Volleyball Most Valuable Player. He is a dominant player in the conference in all categories, kills, blocks, service aces, and digs. In fact, Nick currently is leading the ACAA in hitting percentage with a 0.316 and in kills per set averaging 3.9 kills per set, and sits second in service aces per set with 11 total for the season and an average of 0.7 aces per set. His stats this season are unheard of. He recorded 38 kills in 2 games against Holland College. On top of his impressive stats within the ACAA conference, Nick is currently ranked 5<sup>th</sup> in the country for kills/set. Nick explained why he is so happy to be nationally ranked, "I am extremely happy to be ranked 5<sup>th</sup> in the country for kills per set for one reason; this stat brings attention to the ACAA conference and to the UNB Saint John Seawolves. Our conference is usually overlooked, and this year we are here to prove that the rest of Canada should not take the ACAA lightly. We have numerous teams in the conference that have the ability to place nationally. This stat is a team effort and it would not have happened without our great passes and sets to allow me to swing."

Rachel Jefferson, a native of Quispamsis, New Brunswick, has a wealth of basketball experience under her belt. While playing at Kennebecasis Valley High School, Rachel won a provincial Championship, she played on the U15 developmental team, and U15, U16, and U17 New Brunswick Provincial teams, and she is now in her fifth year of university action. Scoring a total of 81 points in their first four games, Rachel has the hot hand in the ACAA so far this

season and is proving why she was awarded UNB Saint John MVP and Athlete of the Year, and why she has been named to the ACAA All-Conference First Team. She netted a season high 34 points against the University of Kings College and then continued her streak scoring 24 against the St. Thomas Tommies. Averaging 19.3 points per game, Rachel is leading the ACAA and is ranked 4<sup>th</sup> in the country for points per game. "I am excited about being ranked 1st in the ACAA for scoring, and I think our team is getting better with every game we play. I'm excited to see how we do after Christmas against teams we haven't played and also teams we've already played this semester. Not playing next year will be a big change, but it has been an amazing run with the Seawolves."

Katherine Houser, a third year middle from Moncton, New Brunswick has been a dominant force for the Seawolves so far this season. As an ACAA all-conference player and UNB Saint John MVP, Katherine is proving why she is still a top player in the ACAA. As an offensive and defensive threat, Katherine is a middle that can shut down anyone in the ACAA. This is a proven fact since the third year player is currently ranked 3<sup>rd</sup> in Canada for blocks per set with an average of 1.1 blocks per set. She has a total of 37 blocks in only eight games. Katherine is a threat at the net, behind the service line, and in the back row. Katherine is a former Team New Brunswick Canada Games member and she continues to prove why she is such a decorated athlete by continuing to excel at the university level. "I think our team has a great shot at winning the ACAA banner this year. I am excited to see what happens next semester now that we are working so well as a team. It's pretty cool to be ranked top five in a national stat category. I never usually pay attention to stats, but this motivates me to try even harder to move up."



# Heading into the second half of the season

Heading into second semester the Seawolves are doing well. The men's volleyball team is ranked 2<sup>nd</sup> in the ACAA with a record of 4-1 and will battle in second semester to steal the top spot from the St. Thomas Tommies. The women's volleyball team had a huge leap from 5<sup>th</sup> place to 2<sup>nd</sup> place in the ACAA in their last weekend of play in first semester beating the number two ranked seed back to back. The men's basketball team is currently sitting in 7<sup>th</sup> with a record of 0-4, but after losing to the 2<sup>nd</sup> ranked Tommies by only 5 points in their last game of the semester the men's team is looking strong heading into second semester. The women's team is currently ranked 6<sup>th</sup> with a record of 1-3 and like the men's team is looking strong heading into second semester after a great performance against STU. Both basketball teams will be adding players to the roster next semester, which will only add to their talent.

## Student Athletic Advisory Council spreads good will to the city of Saint John this Holiday season

Since the SAAC was founded last year, it has flourished into one of the most engaged councils at UNB Saint John. The SAAC has already hosted its first three events this year and all have been great successes. First, the Think Pink soccer games raised nearly \$500.00 that will be added to the final pot after the basketball and volleyball teams host their Think Pink games in January. This money will go to the Canadian Breast Cancer Foundation in support of their research.

The second event was the 1<sup>st</sup> Annual Athlete Christmas Social. Thandi's and the Canterbury Lounge were excellent hosts for the dinner and dance, and the SAAC would like to thank them for their hospitality. Dana Dodsworth (community outreach coordinator) and Rebecca Van Snick (treasurer) took the lead on this project and the varsity athletes would like to extend a big thank you to these ladies as well!

The third, and most recent event held by the SAAC was the Holiday Season Food and Clothing Drive. The six varsity teams faced off in a challenge to see who could raise the most items. The men's volleyball team came out on top raising a significant amount to contribute to the cause. The UNB Saint John athletes ended up raising 1,294 articles of clothing and 220 items of food for those in need during the holidays. We hope that the clothing and food will help out various families in the community. We invite the greater Saint John community to be a part of the SAAC's efforts to help others by attending their Blood Drive in support of the Canadian Blood Services and the basketball and volleyball Think Pink games that will be hosted in January!



# Fitness and Recreation

## Sign up for YOGA now!

Every Wednesday from 12:00 –12:50 pm  
(Starting January 21st, 2015)

Every Friday From 12:00–12:50 pm  
(Starting January 23rd, 2015)

Each are separate classes and cost \$30.00 each to register. You can either sign up for one or both as the classes will be different from each other each week.

Please register and pay at the Athletics Office #101

Instructor: Judy Murphy  
Location: Table Tennis Room

### Description:

Increase balance, stability and inner strength through this 50-minute noon time yoga class. This class blends a variety of yoga traditions, and combines breathing techniques with postures to foster a focused, alert, yet calm mind. Come back into your day feeling more energized and refreshed. You are welcome whether new to, or continuing in yoga. Come in comfortable clothing. Yoga mats are provided.

**WEEKLY ACTIVITIES**

- Pick Up Basketball**  
MONDAY  
4:00PM-5:30PM  
&  
FRIDAY  
3:00PM-5:30PM  
G FORBES ELLIOTT ATHLETIC CENTRE  
MAIN COURT
- Drop-in Badminton**  
MONDAY THROUGH THURSDAY  
11:30AM-3:00 PM  
&  
FRIDAY 11:30AM-2:00PM  
G FORBES ELLIOTT ATHLETIC CENTRE  
SIDE COURT LEFT  
(UNLESS SPECIAL EVENTS ARE SCHEDULED)
- Women's Recreation Soccer**  
MONDAY NIGHTS  
7:45PM – 8:45PM  
G FORBES ELLIOTT ATHLETIC CENTRE  
SIDE COURT LEFT
- Ultimate Frisbee**  
TUESDAY  
12:00PM-1:30PM  
G FORBES ELLIOTT ATHLETIC CENTRE  
MAIN COURT
- Badminton Club**  
TUESDAY  
7:30PM-9:30PM  
&  
THURSDAY 3:00PM-5:30PM  
G FORBES ELLIOTT ATHLETIC CENTRE  
SIDE COURT RIGHT AND LEFT
- Recreation Soccer Night**  
WEDNESDAY  
9:00PM-11:00PM  
G FORBES ATHLETIC CENTRE  
SIDE COURT RIGHT AND MAIN COURT
- Residence Night**  
WEDNESDAY NIGHT  
8:00PM-10:00PM  
G FORBES ATHLETIC CENTRE  
SIDE COURT RIGHT
- Co-ed Student Soccer League**  
THURSDAY NIGHT  
7:45PM-10:45 PM  
G FORBES ELLIOTT ATHLETIC CENTRE  
SIDE COURT RIGHT
- Saint John College Club Day**  
FRIDAY  
2:00PM-4:00 PM  
G FORBES ATHLETIC CENTRE  
SIDE COURT LEFT
- Drop-in Ball Hockey**  
FRIDAY  
3:00PM-5:00PM  
G FORBES ELLIOTT ATHLETIC CENTRE  
SIDE COURT RIGHT

Icons: Badminton shuttlecock, Basketball, Hockey stick, Soccer ball, Soccer player silhouette.

