

VOLLEYBALL PLAYERS-OF-THE-WEEK

2001

Aug. 20-26 Gwen Kreitzberg, WOU
 Aug. 27-Sept. 2 Leilani Kamahoahoa, SPU
 Carolyn Mires, CWU
 Sept. 3-9 Shannon Rowland, WWU
 Angel Fairbanks, UAF
 Sept. 10-16 Rachael Halverson, HSU
 Sept. 17-23 Shannon Rowland, WWU
 Sept. 24-30 Nicole Taylor, SU
 Cathleen Price, SPU
 Oct. 1-7 Angel Fairbanks, UAF
 Brienne Halling, UAA
 Oct. 8-14 Rachelle Cooper, WWU
 Oct. 15-21 Liz Bishop, WWU
 Janelle Veith, UAA
 Oct. 22-28 Leah Wiest, SPU
 Carolyn DeKay, UAA
 Oct. 29-Nov. 4 Gita Burke, CWU
 Nov. 5-11 Gwen Kreitzberg, WOU
 Angel Fairbanks, UAF

2002

Aug. 26-Sept. 1 Meghan Evoy, WWU
 Sept. 2-8 Kasey Kuelper, UAA
 Sept. 9-16 Sarah Sommerman, SU
 Julia Roberts, CWU
 Sept. 16-22 Kristy Carstensen, WWU
 Starr Burgan, UAA
 Sept. 23-29 Sarah Sommerman, SU
 Alicia Denny, SMC
 Sept. 30-Oct. 6 Monica Herrera, SPU
 Mallory Bergstrom, UAF
 Oct. 7-13 Lizzy Safranski, SU
 Oct. 14-20 Brienne McCabe, UAA
 Liz Bishop, WWU
 Oct. 21-27 Sarah Ahlers, NNU
 Oct. 28-Nov. 3 Shannon Rowland, WWU
 Rachael Halverson, HSU
 Nov. 4-10 Monica Herrera, SPU
 Tracey Anderson, CWU
 Nov. 11-17 Brienne McCabe, UAA
 Gwen Kreitzberg, WOU

2003

Aug. 25-31 Chelsey Myers, SPU
 Kristy Carstensen, WWU
 Sept. 1-7 O'Lita McWilliams, UAA
 Liz Bishop, WWU
 Sept. 8-14 Jessica Murray, HSU
 Crystal Ames, CWU
 Sept. 15-21 Carlin Smith, UAF
 Megan Kaysinger, SU
 Sept. 22-28 Meghan Evoy, WWU
 Sept. 29-Oct. 5 Kasey Kuelper, UAA
 Mallory Bergstrom, UAF
 Oct. 6-12 Emily Wofford, SMC
 Ka'ala Hanson, NNU
 Oct. 13-19 Mindy Swanson, NNU
 Oct. 20-26 Mallory Bergstrom, UAF

Oct. 27-Nov. 2
 Nov. 3-9

Meghan Evoy, WWU
 Mallory Bergstrom, UAF
 Gita Burke, CWU
 Megan Kaysinger, SU

Nov. 10-16

2004

Aug. 23-29
 Aug. 30-Sept. 5

Kate Reome, CWU
 Kate Reome, CWU
 Mandy Veley, WOU

Sept. 6-12
 Sept. 13-19
 Sept. 20-26
 Sept. 27-Oct. 3

Mallory Bergstrom, UAF
 LeAnne McGahuey, CWU
 Janeen Fitzgerald, SU
 Meghan Evoy, WWU

Oct. 4-10

Kate Reome, CWU
 Mandy Veley, WOU

Oct. 11-17

Danielle Hitzeman, UAF
 LeAnne McGahuey, CWU

Oct. 18-24

April Blandford, UAF
 Jessica Bauder, SPU

Oct. 25-31

Lindsay Miller, NNU
 Christy Hurley, SMC

Nov. 1-7

Katie Ralph, SPU

Nov. 8-14

Brianna Murray, WWU
 Jenny Mitchell, UAA

2005

Aug. 22-28
 Aug. 29-Sept. 4
 Sept. 5-11
 Sept. 12-18
 Sept. 19-25
 Sept. 26-Oct. 2

Marissa Hill, WWU
 LeAnne McGahuey, CWU
 Nikole Thompson, SU
 Alyssa Given, SPU
 Nikole Thompson, SU
 Katrina Johnson, WOU
 Courtney Schneider, WWU

Oct. 3-9

Chelsey Myers, SPU
 Maya Domoto, HSU

Oct. 10-16

Sarah Sommerman, SU
 Keana Morrissey, SMU

Oct. 17-23

Lindsey Fryer, NNU
 Jenna Von Moos, SPU

Oct. 24-30

Shawn Paulino, WOU
 Crystal Ames, CWU

Oct. 31-Nov. 6

Kristen Kinzer, HSU

Nov. 7-13

2006

Aug. 20-27
 Aug. 28-Sept. 3

Nikole Thompson, SU
 Alyssa Given, SPU
 Lindsey Dollente, CWU
 Melissa Mulick, SU

Sept. 4-10

Tiana Roma, WWU

Sept. 11-17

Stephanie Powell, CWU

Sept. 18-24

Shakira Jenkins, WOU

Sept. 25-Oct. 1

Jaime Anderson, WWU

Oct. 2-8

Rachel Biomstad, SPU

Oct. 9-15

Korlyn Bolster, UAF

Oct. 16-22

Jenna Von Moos, SPU

Oct. 23-29

Alyssa Given, SPU

Cammy Dranginis, NNU

Courtney Schneider, WWU

Oct. 30-Nov. 5	Nikole Thompson, SU Alyssa Given, SPU			Stacie Meisner, UAA Devon Crotteau, MSUB Jackie Matthisen, UAA Lindsay Grant, NNU Melissa Porter, MSUB Sarah Risser, SPU Emily Jepsen, WWU Cortney Lundberg, UAA Jody Lutz, MSUB Alexa Sherman, UAF Devon Crotteau, MSUB Jackie Matthisen, UAA
2007				
Aug. 20-26	Cammy Dranginis, NNU			
Aug. 27-Sept. 2	Alicia Cazemier, MSUB		Sept. 14-20	
Sept. 3-9	Kayla Mainer, WOU		Sept. 21-27	
Sept. 10-16	Rachael Schurman, CWU Devon Crotteau, MSUB		Sept. 28-Oct. 4	
Sept. 17-23	Nikole Thompson, SU Courtney Schneider, WWU		Oct. 5-11	
Sept. 24-30	Alyssa Given, SPU Tiana Roma, WWU		Oct. 12-18	
Oct. 1-7	Stacey Bennett, WOU Shealun Campisi, SMU		Oct. 19-25	
Oct. 8-14	Cammy Dranginis, NNU Erin Norris, CWU		Oct. 26-Nov. 1	
Oct. 15-21	Angie Wodrich, SPU		Nov. 2-8	
Oct. 22-28	Alyssa Given, SPU Jaime Anderson, WWU		Nov. 9-15	
Oct. 29-Nov. 4	Shealun Campisi, SMU		2010	
Nov. 5-11	Alyssa Given, SPU		Aug. 30-Sept. 5	Emily Jepsen, WWU Lindsey Wodrich, SPU Nikki Lowell, SPU Tereza Bendlova, UAF McKenzie Moss, UAF Shelby Swanson, SPU Marlayna Geary, WWU Lindsey Wodrich, SPU Allison Gotz, WWU Kady Try, CWU Jackie Matthisen, UAA Sarah Risser, SPU Marlayna Geary, WWU
2008			Sept. 6-12	
Aug. 25-31	Calli Scott, UAA		Sept. 13-19	
Sept. 1-7	Angie Alvord, WWU Erin Norris, CWU		Sept. 20-26	
Sept. 8-14	Megan Amundson, WWU Alexa Sherman, UAF		Sept. 27-Oct. 3	
Sept. 15-21	Rhea Cardwell, UAA		Oct. 4-10	
Sept. 22-28	Stacey Bennett, WOU		Oct. 11-17	
Sept. 29-Oct. 5	Angie Alvord, WWU Devon Crotteau, MSUB		Oct. 18-24	
Oct. 6-12	Korlyn Bolster, UAF		Oct. 25-31	
Oct. 13-19	Cammy Dranginis, NNU Kady Try, CWU		Nov. 1-7	
Oct. 20-26	Amanda Boschma, NNU Nikki Finley, SPU		Nov. 8-14	
Oct. 27-Nov. 2	Stacey Bennett, WOU		2011	
Nov. 3-9	Laura Sakala, WOU Robin DeJong, SPU		Aug. 29-Sept. 4	Brooke Tolman, MSUB Danielle Reese, WOU Marlayna Geary, WWU Shelby Swanson, SPU Robyn Burton, UAA Kimya Jafroudi, UAA Haley Abbott, NNU Anna Herold, SPU Michelle Terpstra, NNU Jackie Matthisen, UAA Becky Blee, WOU Lindsey Wodrich, SPU Marlayna Geary, WWU Robyn Burton, UAA Jordan Offutt, CWU Danielle Reese, WOU
Nov. 10-16	Rhea Cardwell, UAA		Sept. 5-11	
2009			Sept. 12-18	
Aug. 24-30	Calli Scott, UAA		Sept. 19-25	
Aug. 31-Sept. 6	Carlee Marble, CWU		Sept. 26-Oct. 2	
Sept. 7-13	Megan Thigpen, UAF		Oct. 3-9	
			Oct. 10-16	
			Oct. 17-23	
			Oct. 24-30	
			Oct. 31-Nov. 6	
			Nov. 7-13	

Most Career POW Winners: 7 – Alyssa Given, SPU. 5 – Mallory Bergstrom, UAF; Nikole Thompson, SU. 4 – Meghan Evoy, WWU; Cammy Dranginis, NNU; Devon Crotteau, MSUB; Marlayna Geary, WWU; Jackie Matthisen, UAA.

2001

Week of Aug. 20-26: Gwen Kreitzberg, Western Oregon (MB, 5-11, Jr., Portland, OR - LaSalle) led the Wolves to a 2-2 record, including a win over sixth-ranked Cal State - Los Angeles in the UC San Diego Invitational. Kreitzberg, who was named to the all-tournament team, was credited with 40 kills and 15 blocks and hit at a .258 clip.

Week of Aug. 27-Sept. 2: Leilani Kamahoahoa, Seattle Pacific (OH, 5-10, Sr., Oregon City, OR) and Carolyn Mires, Central Washington (OH, 5-10, Jr., Walla Walla, WA). . .Kamahoahoa led the Falcons to a four-match sweep in the SPU Invitational at Royal Brougham. Kamahoahoa had 56 kills, 13 aces, 55 digs and 12 blocks and hit at a .309 percentage as she moved into first-place on SPU's all-time kill list. Among SPU's four wins was a 3-1 victory over nationally-ranked Cal State Los Angeles. .Mires had 70 kills, accounting for 30 percent of CWU's team total, and hit at a .261 pace as the Wildcats won three of four matches, including a sweep of nationally-ranked Nebraska Omaha in the Southwest State, Minn. Invitational. She also had 39 digs. CWU was one of four teams to finish the tournament with a 3-1 record.

Week of Sept. 3-9: Shannon Rowland, Western Washington (OH, 5-11, Jr., Bellingham, WA - Meridian) and Angel Fairbanks, Alaska Fairbanks (OH, 5-10, Sr., Spokane, WA - Spokane Falls). . .Rowland led the Vikings to a pair of conference road victories. In two matches, she had 29 kills, nine aces, 12 digs and four blocks. On the season, she ranks third in the GNAC in kills (3.84 per game) and is the leader in aces (0.92). . .Fairbanks had 52 kills, 30 digs and five blocks as the Nanooks won two of three matches, all against NCAA Division I opponents, to finish second in the UAF Nanook Classic.

Week of Sept. 10-16: Rachael Halverson, Humboldt State (OH, 5-11, So., Dublin, CA) had 31 kills in two matches and hit at a .347 percentage as the Lumberjacks divided a pair of matches, losing a five-gamer to Western Oregon before defeating Oregon Tech 3-1. Against the Owls, Halverson had 16 kills and a .455 hitting percentage and also was credited with 13 digs and four blocks. She also had a match-high 15 digs against WOU.

Week of Sept. 17-23: Shannon Rowland, Western Washington (OH, 5-11, Jr., Bellingham, WA - Meridian) averaged 4.82 kills per game (53 in 11) and hit at a .296 pace as the Vikings ran their winning streak to 10 - their second longest in school history - with three victories. Rowland also had team highs in service aces (10) and digs (36).

Week of Sept. 24-30: Nicole Taylor, Seattle University (MB, 6-0, Fr., Seattle, WA - Franklin) and Cathleen Price, Seattle Pacific (OH - MB, 5-11, Fr., Gresham, OR - Barlow). . .Taylor had a career-high 21 kills as the Redhawks ended a 41-match conference losing streak defeating Alaska Anchorage Monday. She then matched her career-high with 21 more kills in a 3-2 win Thursday

over Northwest Nazarene. In two league matches, she hit at a .292 percentage, 96 points better than the team average. She added four kills and five blocks in a 3-0 non-conference sweep of Victoria. . . Price bounced back from an ankle sprain to lead the Falcons to a pair of wins in Alaska. In two matches, she averaged five kills per game (40 in eight) and hit at a .386 clip (40-8-83). She also had seven aces, 26 digs and a team-best eight blocks.

Week of Oct. 1-7: Angel Fairbanks, Alaska Fairbanks (OH-MH, 5-10, Sr., Spokane, WA - Spokane Falls) and Brianne Halling, Alaska Anchorage (MB, 6-1, Jr., Bakersfield, CA - Highland). . .Both Fairbanks and Halling had GNAC season-best marks in leading their teams to a pair of road victories. . .Fairbanks had a GNAC match-high 28 kills in Saturday's 3-2 win at Saint Martin's. In two matches, she had 48 kills (4.80 per game), 24 digs and five blocks as the Nanooks twice rallied from 2-0 deficits to win. . .Halling equaled a GNAC season-high with 11 blocks in a 3-2 win at Central Washington. In two matches, she had team-highs of 30 kills and 20 blocks.

Week of Oct. 8-14: Rachelle Cooper, Western Washington (MB, 5-9, Fr., Port Orchard - South Kitsap) had a team-high 32 kills and hit for a .362 average as the Vikings remained unbeaten in the GNAC extending their winning streak to 16 and their home winning streak to 18 with a pair of victories. Cooper also had three aces, 20 digs and six blocks.

Week of Oct. 15-21: Liz Bishop, Western Washington (S, 5-9, So., Seattle, WA - Mt. Rainier) and Janelle Veith, Alaska Anchorage (S, 5-10, Sr., Spokane, WA - Ferris). . .Bishop, who leads the GNAC in assists (12.85) and ranked 13th nationally in last week's report, led the Vikings to their 17th and 18th consecutive victories. In 3-1 wins over Saint Martin's and Central Washington, she averaged 13.75 assists and also had a .545 kill percentage (7-1-11). She was also credited with 15 digs and five blocks. "She's our quarterback, and she runs a great offense," Viking head coach Diane Flick said. . .Veith had 107 assists in nine games and also had 15 kills and a .452 attack percentage as the Seawolves extended their winning streak to seven with 3-0 wins over Alaska Fairbanks, Northwest Nazarene and Seattle. She broke a school record with her .909 hitting percentage (10-0-11) against Seattle. She needs just 160 more assists to break the career record of 3,791 set by Tracy Zink (1987-90). Earlier this season, she established a GNAC season best attack percentage (minimum 15 attempts) by hitting .733 against Seattle University.

Week of Oct. 22-28: Leah Wiest, Seattle Pacific (OH-MB, 5-11, Sr., Spokane, WA - Deer Park) and Carolyn DeKay, Alaska Anchorage (OH, 6-0, Fr., Eagle River, AK). . .Wiest had 34 kills and hit for a .420 percentage in SPU wins over Seattle and Northwest Nazarene. She also had a team-best 22 digs and contributed two blocks in the two matches. DeKay hit for a .444 percentage (24-4-45) and had five blocks as the Seawolves extended their winning streak to nine, the last five by 3-0 margins, with wins over Humboldt State and Western Oregon.

Week of Oct. 29-Nov. 4: Gita Burke, Central Washington (MB, 6-0, So., Olympia, WA - Black Hills) hit at a .360 clip, averaged 5.29 kills (37 in seven games) and also had six blocks to lead Central Washington to road wins at Western Oregon and Humboldt State.

Week of Nov. 5-11: Gwen Kreitzberg, Western Oregon (MB, 5-11, Jr., Portland, OR - LaSalle) and Angel Fairbanks, Alaska Fairbanks (OH, 5-10, Sr., Spokane, WA - Spokane Falls). . Kreitzberg had team-bests of 28 kills and nine blocks and also had 15 digs and three service aces as the Wolves won two matches to finish their season with a .500 record. . Fairbanks was credited with 32 kills, seven aces, seven blocks and 22 digs and hit for a .291 percentage as the Nanooks earned a share of second place with wins over Saint Martin's and Central Washington.

2002

Week of Aug. 26-Sept. 1: Meghan Evoy, Western Washington (MB, 6-0, So., Olympia, - Capital) had 55 kills and hit for a .278 percentage leading the Vikings to a 3-1 record in Coyote Volleyball Classic at San Bernardino. She also had a team-high 18 blocks as WWU beat Cal State LA, defending regional champion UC San Diego and Sonoma State before losing to the host school.

Week of Sept. 2-8: Kasey Kuelper, Alaska Anchorage (S, 5-8, Jr., Anchorage, AK) was named the Most Valuable Player in the UAA Invitational as she led the Seawolves to their first-ever title in the history of the nine-year tournament. In four matches, Kuelper averaged 11.4 assists per game. She also had 17 kills, four aces, 21 digs and seven blocks.

Week of Sept. 9-16: Sarah Sommerman, Seattle University (OH, 6-1, Fr., Kent, WA - Kentridge) and Julia Roberts, Central Washington (OH, 5-10, So., Lynden, WA). . Sommerman and Roberts led their respective teams to two wins each as the GNAC conference season got underway. Sommerman, who moved from the middle to the outside, had 15 kills in a 3-2 with over Alaska Fairbanks and 15 in a 3-1 victory over Alaska Anchorage. She also had three aces and nine digs. "Sarah played extremely well for us," SU coach Steve Nimocks said. "Before Thursday's match, she had two practices at a position she had never played before. I was reluctant to put her out there, but she rose to the occasion. That speaks immensely to her caliber as an athlete." . . Roberts, who missed CWU's previous three matches with back spasms, had 33 kills and hit at a .362 pace in 3-0 wins over Humboldt State and Western Oregon. She also had 14 digs and three service aces.

Week of Sept. 16-22: Kristy Carstensen, Western Washington (MB, 6-1, So., Puyallup, WA) and Starr Burgan, Alaska Anchorage (MB, 5-11, Jr., Anchorage, AK - Service). . Carstensen had 13 blocks, 26 kills and hit for a .316 percentage as the Vikings stayed unbeaten in conference with a pair of road wins. She had 16 kills and a team-best seven blocks in a 3-1 win at Central Washington and also combined with Shannon Rowland for a block on

the final point in a 35-33 win in the decisive fourth game. . Burgan had career-highs in digs (16) and aces (6) and matched a career-high in kills (13) in wins over Western Oregon and Humboldt State, respectively. In the two matches, she had 24 kills, 27 digs, six aces and eight blocks as the Seawolves evened their conference (2-2) and overall (6-6) records.

Week of Sept. 23-29: Sarah Sommerman, Seattle (MB, 6-1, Fr., Kent, WA - Kentridge) and Alicia Denny, Saint Martin's (MB, 5-10, Sr., Roy, WA - Bethel). . Sommerman had 48 kills as the Redhawks extended their school-record winning streak to nine matches with a pair of 3-2 victories. Sommerman, who set a school record and tied the GNAC single-match mark with 28 kills against Humboldt State, hit at a .340 clip and also had five blocks. . Denny had a triple-double as the Saints ended a 12-match losing streak dating back to the 2001 season with a 3-0 win at Central Washington. Denny had 11 kills, 10 digs and 10 blocks, including one solo, as the Saints held the Wildcats to a .145 hitting percentage.

Week of Sept. 30-Oct. 6: Monica Herrera, Seattle Pacific (MH, 6-1, Jr., Lima, Peru) and Mallory Bergstrom, Alaska Fairbanks (OH, 5-11, So., Bend, OR). . Herrera established a GNAC single-match record with 30 kills against Northwest Nazarene and also had 17 kills, 15 digs and five service aces in a 3-1 win over Seattle University. She also had four aces against the Crusaders. . Bergstrom led the Nanooks to a pair of conference wins. She had 19 kills and 20 digs in a three-game sweep of Saint Martin's and had 16 kills and 19 digs in a 3-2 win over Central Washington.

Week of Oct. 7-13: Lizzy Safranski, Seattle University (MB, 5-9, So., Portland, OR) had 26 kills, 29 digs and 11 blocks in wins at Central Washington and Saint Martin's. She had 15 kills, 15 digs and six blocks as the Redhawks snapped a 19-match losing streak to the Wildcats' with Friday's 3-2 victory.

Week of Oct. 14-20: Brianne McCabe, Alaska Anchorage (MB, 6-1, Sr., Bakersfield, CA) and Liz Bishop, Western Washington (S, 5-9, Jr., Seattle, WA - Mt. Rainier). . McCabe hit at a .362 clip and had 36 kills, three aces and nine blocks in leading the Seawolves to road wins at Humboldt State and Western Oregon. Bishop averaged 15.5 assists and also hit for a .667 percentage (10-0-15) and had four blocks as the Vikings posted their 10th and 11th 3-0 wins of the season against Central Washington and Saint Martin's. The Vikings, who have lost just three games in 11 conference matches, have won seven of their last eight matches by 3-0 scores.

Week of Oct. 21-27: Sarah Ahlers, Northwest Nazarene (OH, 6-0, Sr., Emmett, ID - Seton Hall) had 25 kills, seven service aces, 12 digs and three blocks to lead the Crusaders to 3-0 sweeps of Western Oregon and Humboldt State.

Week of Oct. 28-Nov. 3: Shannon Rowland, Western Washington (OH, 5-11, Sr., Bellingham, WA - Meridian) and Rachael Halverson, Humboldt State (OH, 5-11, Jr., Dublin, CA). . Rowland had 36 kills, six service aces, 31

digs and four blocks as the Vikings, the No. 1 ranked team in last week's NCAA Pacific Regional volleyball poll, extended their winning streak to 15 and clinched no worse than a tie for their second consecutive GNAC title with 3-1 wins over Northwest Nazarene and second-place Seattle University. .Halverson had 18 kills and 11 digs and hit for a team-best .333 percentage as the Lumberjacks snapped a six-match losing streak with a 3-0 road win at Western Oregon.

Week of Nov. 4-10: Monica Herrera, Seattle Pacific (MH, 6-1, Jr., Lima, Peru) and Tracey Anderson, Central Washington (OH, 5-9, Sr., Mt. Vernon, WA - Skagit Valley). .Herrera had 43 kills and 24 digs to lead Seattle Pacific to road wins at Western Oregon and Humboldt State. Anderson had 27 kills and hit for a .339 percentage and also contributed a team-high 33 digs and five blocks as Central Washington won a pair of road matches at Northwest Nazarene and Seattle.

Week of Nov. 11-17: Brianne McCabe, Alaska Anchorage (MB, 6-1, Sr., Bakersfield, CA) and Gwen Kreitzberg, Western Oregon (MB, 6-0, Sr., Portland, OR). .McCabe hit for a .485 percentage and had 38 kills (to increase her career total to 1,028) and 10 blocks as the Seawolves wrapped up their season with home wins over Seattle and Northwest Nazarene. She became the fourth player in school history to reach 1,000 career kills and moved into third-place on the career chart in Friday's match. .Kreitzberg had 24 kills and 11 blocks and hit for a .315 percentage leading Western Oregon to a pair of road wins at Central Washington and Saint Martin's

2003

Week of Aug. 25-31: Chelsey Myers, Seattle Pacific (OH, 5-10, So., Minden, NV) and Kristy Carstensen, Western Washington (MB, 6-1, Jr., Puyallup, WA). .Myers led the Falcons, who won just nine matches last season, to a perfect 4-0 record (their best start in the program's 18-year history) in the Canyon Court Classic at Phoenix. She had 55 kills and hit for a .293 percentage and also contributed 56 digs in earning all-tournament honors. .Carstensen had 58 kills, four service aces and 21 blocks as the Vikings won three of four matches, including a 3-0 shutout of host Cal State San Bernardino in the CSUSB Invitational. Carstensen posted a .272 percentage, including a .621 mark (19-1-29) in a 3-1 win over Cal State Bakersfield.

Week of Sept. 1-7: O'Lita McWilliams, Alaska Anchorage (OH, 5-9, Sr., Alpine, TX) and Liz Bishop, Western Washington (S, 5-9, Sr., Seattle, WA - Mt. Rainier). .McWilliams earned Most Valuable Player honors in the UAA Invitational volleyball tournament. She led the tournament in kills (72), kills per game (4.80) and service aces (10) and ranked second in attack percentage (.365) in leading the Seawolves to four victories and the tournament title. McWilliams tied a career-high with 22 kills in a 3-0 championship match win over Western New Mexico. .Bishop averaged 14.1 assists per game in leading the Vikings to a .268 attack percentage and wins over Cal State Dominguez Hills, Cal State Stanislaus and UC Davis in the

Seattle Pacific Invitational. Bishop also had four aces and 20 digs in the tournament.

Week of Sept. 8-14: Jessica Murray, Humboldt State (OH, 5-9, Jr., Crescent City, CA - Del Norte) and Crystal Ames, Central Washington (OH, 5-11, Jr., Shoreline, WA - Shorecrest). .Murray had 52 kills, including a career-high 30 in a 3-2 win over Saint Martin's, as the Lumberjacks opened their conference season by dividing a pair of home matches. Murray, who hit at a .303 clip, also had 19 digs and three aces. Her 30 kills against the Saints equaled a GNAC single-match record. Ames was credited with team-high totals of 33 kills and 29 digs and hit for a .397 average as the Wildcats extended their winning streak to three matches with wins over Western Oregon and Humboldt State.

Week of Sept. 15-21: Carlin Smith, Alaska Fairbanks (MB, 6-1, Jr., Brea, CA - Brea Olinda) and Megan Kaysinger, Seattle (OH, 5-11, Jr., Brush Prairie, WA - Central Catholic). .Smith came off the bench to lead a dramatic turnaround as the Nanooks defeated Alaska Anchorage, winning the decisive fifth game 15-12. In four games, she had 15 kills and hit for a .609 percentage (15-1-23). She also had a match-high seven blocks, including three solos. Smith, who is a diabetic, sat out the first game, which UAF lost 30-19, because her blood sugar level was too low, according to Nanook coach Phil Shoemaker. "By the second game, it was back in the normal range and she went to work," Shoemaker said. "It was a very exciting match and an amazing performance by Carlin." .Kaysinger, who had missed four of SU's previous five matches with an injury, led the Redhawks to their third and fourth wins in a row. She had 45 kills and 14 digs in 3-2 and 3-0 road wins at Central Washington and Saint Martin's. Her 29 kills on Friday at CWU is the third best single-match total in the three-year history of the conference. She also had four blocks against the Wildcats.

Week of Sept. 22-28: Meghan Evoy, Western Washington (MB, 6-0, Jr., Olympia, WA - Capital) swung for a .438 average as the Vikings extended their winning streak to 12 with two more 3-0 victories. Evoy had 23 kills and just two errors in 48 attempts and also was credited with seven blocks.

Week of Sept. 29-Oct. 5: Kasey Kuelper, Alaska Anchorage (S, 5-8, Sr., Anchorage, AK - Service) and Mallory Bergstrom, Alaska Fairbanks (OH, 5-11, Jr., Bend, OR). .Kuelper and Bergstrom led their respective teams to wins over Northwest Nazarene and Seattle. Kuelper had 128 assists (14.22 per game), including a GNAC season single-match best 64 in each contest, helping the Seawolves hit for a solid .252 percentage. She also had 21 digs. Five different hitters reached double-figure kills in Saturday's 3-1 win over Seattle as Kuelper, who has the four best single-match assist totals this fall in the GNAC, increased her career assist total to 2,052. She is the fourth player in UAA school history to surpass the 2,000 assist mark. .Bergstrom had 46 kills, including 28 in a 3-1 win over Northwest Nazarene. She broke the GNAC record for most kills in a four-game match of 26 set by Alicia Denny of

Saint Martin's two years ago against Humboldt State. Bergstrom also hit for a .361 percentage (46-7-108) and also had a team-best 34 digs, four aces and four blocks as the Nanooks took over sole possession of second-place in the conference with two wins.

Week of Oct. 6-12: Emily Wofford, Saint Martin's (MB, 6-0, Jr., Olympia, WA - Capital) and Ka'ala Hanson, Northwest Nazarene (MB, 5-8, Sr., Hilo, HI - Kamehameha). . Wofford had 32 kills, eight service aces and 11 blocks in a pair of matches including 17 kills, four aces and seven blocks in a 3-0 win over Alaska Anchorage as the Saints earned their first conference win and snapped a seven-match losing streak. Hanson led the Crusaders to 3-0 sweeps of Humboldt State and Western Oregon. In the two matches, she had 21 kills and led the Crusaders in hitting percentage (.419 on 21-3-43), digs (21) and blocks (8).

Week of Oct. 13-19: Mindy Swanson, Northwest Nazarene (Setter, 5-11, Sr., San Diego, CA) led the Crusaders to their third and fourth consecutive victories, contributing 21 kills, 109 assists, 27 digs and six blocks to a pair of 3-2 wins over Central Washington and Saint Martin's. Swanson, who hit at a .378 pace in the two matches, had her fourth triple-double (14 kills, 12 digs, 58 assists) of the season in Thursday's victory against the Wildcats.

Week of Oct. 20-26: Mallory Bergstrom, Alaska Fairbanks (OH, 5-11, Jr., Bend, OR) had 43 kills and hit for a .323 percentage in a pair of 3-1 wins over Humboldt State and Western Oregon. Bergstrom was also credited with a team-high 32 digs in the two matches. Her 26 kills against Humboldt equaled the second-highest total in GNAC history for a four-game match. She set the record of 28 earlier this season against Northwest Nazarene.

Week of Oct. 27-Nov. 2: Meghan Evoy, Western Washington (MB, 6-0, Jr., Olympia, WA - Capital) hit for a .479 percentage (25-2-48) as the Vikings swept Central Washington and Saint Martin's extending their winning streak to a school and GNAC record 21 matches and clinching their third straight conference title. Evoy, who also had four aces and three blocks, swung for a .652 percentage (15-0-23) against CWU, the third best single-match percentage this fall.

Week of Nov. 3-9: Mallory Bergstrom, Alaska Fairbanks (OH, 5-11, Jr., Bend, OR) and Gita Burke, Central Washington (MB, 5-11, Sr., Olympia, WA - Black Hills). . Bergstrom smashed the GNAC record for most kills in a three-game match with 27 (the old record was 22) and had a total of 50 kills (6.25 per game) and 33 digs as the Nanooks divided a pair of matches. She has had four of the Top 10 single-match kill totals in the GNAC this fall. All four have come in three or four-game matches, while the other six in the Top 10 have all been five-game matches. . Burke had kills on match-point in a pair of 3-2 victories and finished with 35 kills and 11 blocks as the Wildcats earned a road sweep in Alaska. She also hit for a .348 percentage had had three aces and 10 digs.

Week of Nov. 10-16: Megan Kaysinger, Seattle (OH, 5-11, Jr., Brush Prairie, WA - Central Catholic) had 26 kills and hit for a .327 percentage as the Redhawks beat Northwest Nazarene 3-1, a win that earned them sole possession of second place in the GNAC and as it turned out a berth in the NCAA Pacific Regional tournament.

2004

Week of Aug. 23-29: Kate Reome, Central Washington (Setter, 5-8, Sr., Nine Mile Falls, WA - Lakeside) had 195 assists, including a career-high 70 in a 3-2 win over nationally 19th ranked Minnesota State - Mankato, to win MVP honors and lead the Wildcats to a perfect 4-0 record in the AmericInn Back to School Bash at Mankato, Minn. Reome also had eight kills, four service aces, 43 digs and seven blocks as the Wildcats, who hit at a .269 clip in the tournament, extended their two-season win streak to nine matches.

Week of Aug. 30-Sept. 5: Kate Reome, Central Washington (S, 5-8, Sr., Nine Mile Falls, WA - Lakeside) and Mandy Veley, Western Oregon (OH, 6-0, So., Yakima, WA - Eisenhower & YVC). . Reome was selected the MVP - her second MVP award in two weeks - as she led the Wildcats to a perfect 4-0 record in the Rodeo City Invitational at Ellensburg. In four matches, Reome had 191 assists (14.69 per game) and 45 digs as the Wildcats beat Hawaii Hilo twice and Chico State twice. . Veley had 57 kills, including a GNAC season-best 29 against Hawaii Hilo, as the Wolves won three matches in the tournament. Veley hit at a .341 pace and also had six service aces.

Week of Sept. 6-12: Mallory Bergstrom, Alaska Fairbanks (OH, 5-11, Sr., Bend, OR) had 50 kills, including a GNAC record-tying 31 in a 3-2 win over Western Oregon. Bergstrom equaled the old single-match record set last season by UAA's Olita McWilliams in a four-game match against Seattle Pacific. Bergstrom, who ranks eighth in GNAC history in career kills, increased her total to 1,057 to break UAF's career kill record of 1,023 previously held by Stephanie Grindel. Bergstrom accounted for 35 percent of the Nanooks' 142 kills and hit at a .272 pace in wins over the Wolves and Humboldt State.

Week of Sept. 13-19: LeAnne McGahuey, Central Washington (MB, 5-10, Jr., Wenatchee, WA) had 28 kills and hit for a .510 percentage (28-3-49) as the Wildcats stayed unbeaten in 11 matches with 3-0 sweeps of Seattle Pacific and nationally 16th ranked Western Washington. McGahuey hit for a .577 percentage (15-0-26) Saturday night as the Central snapped the Vikings' 57-match conference winning streak, the fourth longest in NCAA Division II history before a crowd of 1,130 at Ellensburg.

Week of Sept. 20-26: Janeen Fitzgerald, Seattle University (MB, 6-0, Jr., Gresham, OR) had 18 kills and hit for a .412 percentage as the Redhawks extended their win streak to four with road sweeps at Monmouth and Arcata. Fitzgerald also had a team-best seven blocks in the two matches.

Week of Sept. 27-Oct. 3: Meghan Evoy, Western Washington (MB, 6-0, Sr., Olympia, WA - Capital) and Kate Reome, Central Washington (S, 5-8, Sr., Nine Mile Falls, WA - Lakeside). . Evoy had 40 kills and hit for a .425 percentage as the Vikings extended their home win streak to 23, just one away from the school record, with victories over Alaska Fairbanks and Alaska Anchorage. Evoy, who had seven blocks in the two matches, also moved into second place among WWU career leaders in kills, running her four-year total to 1,205. She is just 23 behind the school record of 1,228 held by Gretchen Haakenson (1990-93). . Reome averaged 14.38 assists per game (115 in eight contests) to increase her career total to 4,210 as she broke the old conference career assist mark of 4,176 set by Western Washington's Liz Bishop between 2000 and 2003. Her 65 assists in Friday's 3-2 win over Western Oregon is the fourth highest single-match total this fall in the GNAC and her 50 assists in Saturday's 3-0 win against Humboldt State is the second highest total in a three-game match.

Week of Oct. 4-10: Mandy Velej, Western Oregon (OH, 6-0, So., Yakima, WA – Eisenhower & YVC) and Danielle Hitzeman, Alaska Fairbanks (OH, 5-10, So., Vacaville, CA) . . Velej had 34 kills and six service aces, including 19 kills and five aces in a 3-1 win over nationally 20th - ranked Western Washington. The loss was only the second for the Vikings in 63 GNAC matches over the past four seasons. Hitzeman had 28 kills, 22 digs and three service aces as the Nanooks rallied from a 17-11 deficit in the fourth game to beat Alaska Anchorage in five contests.

Week of Oct. 11-17: LeAnne McGahuey, Central Washington (MB, 5-10, Jr., Wenatchee, WA) and April Blandford, Alaska Fairbanks (MB, 6-0, Jr., Valdez, AK). . McGahuey had 51 kills, including a season-best 27 at Seattle Pacific and 24 as the Wildcats ended Western Washington's 23-match home win streak, in a pair of 3-1 wins. She also extended her string of matches in which she has hit .400 or better to 10 and hit at a .448 pace as Central extended its win streak to a GNAC-record tying 24 matches. . . Blandford was dominant at the net with 11 blocks and also hit at a .457 pace (17-1-35) as the Nanooks extended their win streak to four with 3-0 sweeps over Northwest Nazarene and Seattle University.

Week of Oct. 18-24: Jessica Bauder, Seattle Pacific (OH, 5-8, Sr., Richland, WA – CBC) and Lindsay Miller, Northwest Nazarene (OH, 5-11, Sr., Creswell, OR). . Bauder led the Falcons, who have won four of their last five matches, with 24 kills, 29 digs and three blocks in a 3-1 upset win over nationally 23 rd ranked Western Washington. The win snapped a seven-match losing streak to the Vikings dating back to the 2000 season. Miller had 37 kills, 21 digs and six blocks as the Crusaders won a pair of matches over Western Oregon and Humboldt State.

Week of Oct. 25-31: Christy Hurley, Saint Martin's (MB, 6-3, Sr., Lacey, WA) had 27 kills and 10 blocks and hit for a .324 percentage as the Saints snapped a 21-match conference road losing streaking with a pair of wins at Monmouth and Arcata. The Saints' last conference road

win came on Sept. 28, 2002 at Central Washington. Their only other two conference road wins in the four-year history of the GNAC came at Humboldt State and at Seattle University in the 2001 season.

Week of Nov. 1-7: Katie Ralph, Seattle Pacific (MH, 6-0, Jr., Port Orchard, WA – South Kitsap) had 24 kills and 10 blocks and hit for a .500 percentage (24-1-46) as the Falcons continued their late season surge winning their sixth and seventh matches in their last nine. Six of the wins, including this weekend's victories over Humboldt State and Western Oregon, have been 3-0 sweeps.

Week of Nov. 8-14: Brianna Murray, Western Washington (L, 5-10, Sr., Everett, WA – Cascade & Bellevue CC) and Jenny Mitchell, Alaska Anchorage (OH, 6-0, Sr., Everson, WA – Nooksack Valley). . Murray had 37 kills and 45 digs as the Vikings rallied from a 2-0 deficit to beat Seattle University and then swept Northwest Nazarene. Murray, who also had four blocks, hit for a .367 percentage, committing just eight errors in 79 attempts. . Mitchell had 29 kills, 31 digs, seven blocks and four aces as the Seawolves posted their first road sweep in two years defeating Western Oregon and Humboldt State to finish the season at the .500 level (13-13). Mitchell had career highs in digs (21), aces (3) and blocking assists (6) in UAA's 3-1 win over Humboldt State.

2005

Week of Aug. 22-28: Marissa Hill, Western Washington (MB, 5-9, Fr., North Bend, WA – Mount Si) had 62 kills and hit for a .277 percentage as the Vikings won three of four matches, including a victory over defending national champion Barry, Fla., in the Buccaneer Invitational at Fort Lauderdale, Fla. Hill also had 17 digs 11 blocks and five service aces.

Week of Aug. 29-Sept. 4: LeAnne McGahuey, Central Washington (MB, 5-9, Sr., Wenatchee, WA) hit for .432 percentage and had a team-high 12 blocks in leading the Wildcats to a perfect 4-0 record, including two wins over nationally Top 20 ranked teams, in the AmeriHost Inn Laker at Allendale, Mich. McGahuey had 68 kills (4.86 per game) and also tied for the team lead in aces with five. She also had 80 ½ points accounting for 29 percent of CWU's total in the four matches.

Week of Sept. 5-11: Nikole Thompson, Seattle University (OH, 5-10, So., Marysville, WA – Marysville-Pilchuck) had 32 kills, 13 service aces (with just one error) and 18 digs to lead the Redhawks to 3-0 sweeps of Chaminade, Humboldt State and Western Oregon. Thompson, who hit for a .306 percentage during the week, was particularly effective against 18th-ranked Chaminade producing 13 kills and finishing with a .448 percentage.

Week of Sept. 12-18: Alyssa Given, Seattle Pacific (OH, 5-10, So., Salinas, CA – Notre Dame) had 42 kills and hit for a .384 percentage leading the Falcons to road wins at Western Oregon and Humboldt State. Given also was credited with 21 digs, two blocks and a team-best five

service aces as SPU extended its win streak to four matches.

Week of Sept. 19-25: Nikole Thompson, Seattle (OH, 5-10, So., Marysville, WA - Pilchuck) had 40 kills, including 26 against Central Washington, as the Redhawks extended their winning streak to seven with victories over Western Washington and CWU. With the Redhawks trailing 14-13 in the fifth game, Thompson had three straight kills to end the match.

Week of Sept. 26-Oct. 2: Katrina Johnson, Western Oregon (OH, 5-10, Fr., Spokane, WA – Mt. Spokane) and Courtney Schneider, Western Washington (L, 5-9, So., Snohomish, WA). . Johnson had 36 kills and six blocks, including the game-winning stuff, in a 3-2 come-from-behind win at Alaska Anchorage as the Wolves ran their winning streak to four matches, three of them on the road coming back from 2-0 deficits. Johnson, who also had two aces and five assists, accounted for nearly a quarter (41 ½ of 174) of WOU's points in wins over UAA and UAF. . Schneider was credited with 63 digs, an average of nine per game, in wins over Northwest Nazarene and Seattle Pacific. Her 42 digs against the Falcons was a school record and also a GNAC mark for four-game matches. It also ranks as the second highest total in GNAC history for all matches, regardless of length. The GNAC record of 43 is held by Tiffany Mapston of Western Oregon.

Week of Oct. 3-9: Chelsey Myers, Seattle Pacific (OH, 5-10, Sr., Minden, NV – Douglas) and Maya Domoto, Humboldt State (L, 5-4, Sr., Charlotte, NC – West Charlotte Providence). . Myers had 20 kills Saturday as the Falcons snapped Seattle University's nine-match win streak with a 3-0 victory, pulling to within one match of the first-place Redhawks. In two matches, she had 23 kills and recorded a .455 attack percentage. She played in just one game in Thursday's three-game sweep of Saint Martin's recording three kills in four swings. . Domoto set a GNAC single-match record with 47 digs in the Lumberjacks 3-1 loss to Western Washington. In two matches, she averaged 8.86 digs (62 total). She currently ranks second in GNAC history in career digs per contest, averaging 5.45.

Week of Oct. 10-16: Sarah Sommerman, Seattle University (OH, 6-1, Sr., Kent, WA – Kentrige) and Keana Morrissey, Saint Martin's (OH, 6-0, Jr., University Place, WA – Curtis). . Sommerman had 27 kills and hit for a .316 percentage as the Redhawks stayed on top in the GNAC with a pair of victories. Sommerman, who also had four blocks, currently ranks fourth in GNAC history in career kills with 1,337. . Morrissey had 35 kills – the most for any player during the week in the conference – as the Saints split a pair of matches, ending a two-season 19-match losing streak, Morrissey also had nine digs, two blocks and one service ace accounting for 37 ½ points.

Week of Oct. 17-23: Lindsey Fryer, Northwest Nazarene (MB, 6-0, Fr., Bremerton, WA – Central Kitsap) had 43 kills and six blocks to lead the Crusaders to a pair of 3-1 road wins over Alaska Anchorage and Alaska Fairbanks.

Fryer, who accounted for 47 ½ points, hit at a .348 clip in the two matches.

Week of Oct. 24-30: Jenna Von Moos, Seattle Pacific (S, 5-10, Jr., Stanwood, WA) and Shawn Paulino, Western Oregon (S, 5-6, Sr., Amity, OR). . Von Moos had 140 assists, including a GNAC single-match record 76 in a 3-2 win over Western Washington, as the Falcons took over first-place in the conference with a pair of five-game victories over the Vikings and Central Washington. Von Moos also was credited with 10 kills, 29 digs and three blocks. . Paulino recorded the second triple-double in the GNAC this fall and had back-to-back double-digit kill matches in wins over Alaska Anchorage and Alaska Fairbanks. She had 12 kills, 45 assists and 10 digs in Thursday's 3-1 win over UAA, then added 12 more kills against Alaska Fairbanks in a 3-0 victory. In the two matches, she had 24 kills, 81 assists, four aces, 16 digs and four blocks and hit for a .429 percentage (24-6-42).

Week of Oct. 31-Nov. 6: Crystal Ames, Central Washington (OH, 5-10, Sr., Shoreline, WA – Shorecrest) had 25 kills and 16 digs to lead the Wildcats to a pair of 3-0 victories. In the process, she became the first CWU player in school history and the sixth in GNAC history to record 1,000 career kills and 1,000 career digs. She has 1,002 and 1,012, respectively.

Week of Nov. 7-13: Kristen Kinzer, Humboldt State (MB, 5-9, Jr., Arcata, CA) had 23 kills and 10 blocks and hit for a .419 percentage as the Lumberjacks wrapped up their season with a pair of 3-0 victories over Saint Martin's and Seattle University. Kinzer finished the season with 106 blocks, breaking HSU's old school record of 101 set by Tina Radish in 1989. "Kinz has been so good for us all year, and she didn't leave anything in the tank tonight (Saturday)," HSU coach Sue Woodstra said. "She was everywhere on the block, and always ready to take a swing. Her aggressiveness was contagious."

2006

Week of Aug. 20-27: Nikole Thompson, Seattle University (OH, 5-10, Jr., Marysville, WA – Pilchuck) and Alyssa Given, Seattle Pacific (OH, 5-10, Jr., Salinas, CA – Notre Dame). . Thompson led the Redhawks to a 3-2 record at the UC San Diego Invitational, including wins over nationally sixth-ranked Cal State L.A., the defending Pacific Regional champion, and No. 14 Cal Poly Pomona. In five matches, she had 60 kills, 46 digs and seven service aces. She had 18 kills against both Pomona and CSLA on the way to earning all-tournament honors. . Given had 70 kills, an impressive 5.38 per game average, in leading the Falcons to wins over three of the four Hawaii schools, including a three-game sweep of nationally 13 th -ranked Hawaii Pacific. Given was also credited with 30 digs and five blocks. SPU's lone loss was to BYU-Hawaii in a match in which the games were decided by margins of five, three and six points.

Week of Aug. 28-Sept. 3: Lindsey Dollente, Central Washington (S, 5-7, Sr., Yakima, WA – West Valley) and Melissa Mulick, Seattle University (L, 5-7, Sr., Gaston, OR – Forest Grove). . Dollente had 127 assists and was selected the Most Valuable Player as Central Washington hit for a .314 percentage in sweeping four matches in the New Haven Baden Classic. Among the wins was a 30-17, 30-24, 30-17 conquest of Bentley, last year's Northeast Regional runner-up. In six matches during the week including wins over Hawaii Hilo and Hawaii Pacific, Dollente had 207 assists (12.94 per game) and 49 digs. . . Mulick had 115 digs (6.76 per game) and earned all-tournament honors as Seattle finished unbeaten in four matches in the Colorado Mines Invitational. She set a school single-match record with 41 digs against Colorado Mines, which is also the sixth highest total in GNAC history and the second highest for a four-game match. For the week, in six matches Mulick, who leads the conference averaging 6.87 digs, had 164 (7.13 per game).

Week of Sept. 4-10: Tiana Roma, Western Washington (MB, 6-0, So., Edmonds, WA – Edmonds-Woodway) had 21 kills and hit for a .375 percentage to lead the Vikings to a pair of victories, including sweeps against Western Oregon Thursday and Saturday at Northwest Nazarene. Roma currently ranks second on the team in kills per game (2.80) and hitting percentage (.259). She ranks seventh in the conference in the latter category.

Week of Sept. 11-17: Stephanie Powell, Central Washington (OH, 6-2, Jr., Tacoma, WA – Bellarmine Prep) had 37 kills, including a GNAC season-best 23 in a 3-1 win over Western Oregon. Powell hit .283 in wins over Saint Martin's and Western Oregon as the Wildcats extended their win streak to 11 matches. She also had a team-best five aces, three blocks and 28 digs. CWU has won 28 consecutive home matches dating back to a 3-0 loss to Western Washington on Oct. 31, 2003.

Week of Sept. 18-24: Shakira Jenkins, Western Oregon (OH, 5-10, Jr., Vancouver, WA – Mt. View & Chemeketa CC) and Jaime Anderson, Western Washington (OH, 6-0, Jr., SeaTac, WA – Mount Rainier). . Jenkins had 32 kills and six blocks and hit for a .300 percentage in leading the Wolves to as pair of 3-1 wins over Alaska Anchorage and the Alaska Nanooks. Anderson had 16 kills and 15 digs and also had three blocks in Western Washington's 3-0 sweep of nationally 12 th -ranked Central Washington, snapping the Wildcats' 12-match winning streak.

Week of Sept. 25-Oct. 1: Rachel Biornstad, Seattle Pacific (MH, 6-0, Jr., Kent, WA - Kentlake) had 26 kills and 14 blocks and hit for a .340 percentage in road sweeps at Saint Martin's and Central Washington. She had a match-high 22 kills and seven blocking assists to lead the Falcons to a 3-1 win at Central Washington, snapping the Wildcats' 29-match home win streak and extending two streaks of their own (overall win streak to 10 and conference win streak to 20).

Week of Oct. 2-8: Korlyn Bolster, Alaska Nanooks (MH, 6-2, So., Guerneville, CA – El Molino) had 23 kills, a .386 hitting percentage and nine blocks to lead the Nanooks to a pair of home wins against Saint Martin's and Western Oregon. Her hitting percentage and block totals were team-bests. The two wins gave the Nanooks their first conference weekend sweep since 2004.

Week of Oct. 9-15: Jenna Von Moos, Seattle Pacific (S, 5-10, Sr., Stanwood, WA) and Alyssa Given, Seattle Pacific (OH, 5-10, Jr., Salinas, CA – Notre Dame). . Von Moos averaged 16.25 assists per game, finishing with 130 in 3-1 wins over Central Washington and Western Oregon. She had 73 assists against CWU, equaling the third-highest total in GNAC history and the most-ever in a GNAC four-game match. She also had five kills and five blocks. She currently ranks fourth in conference history in career assists (3,757) and third in assists per game (11.35) and needs just 243 more to become the third player in GNAC history to record 4,000 career assists. . Given had 49 kills, including a school-record and GNAC season-high 30 in a 3-1 win over Western Oregon. It was only the seventh 30-kill match in the six-year history of the conference and equaled the fourth highest total. Given now has 916 career kills and needs 84 more to become the 16 th player in GNAC history to record 1,000 career kills.

Week of Oct. 16-22: Cammy Dranginis, Northwest Nazarene (MB, 6-0, Fr., Nampa, ID - Skyview) hit for a .500 percentage (20-2-36) and also had 10 blocks to lead the Crusaders to home sweeps of Saint Martin's and Western Oregon. NNU has won its last three conference matches to improve to 7-5 in the GNAC, just one match in back of third-place Central Washington.

Week of Oct. 23-29: Courtney Schneider, Western Washington (L, 5-9, Jr., Snohomish, WA) averaged 9.57 digs per game (67 in seven contests) in leading the Vikings to wins over Northwest Nazarene and Western Oregon. She had 37 digs against NNU, the third highest single-match total this fall in the GNAC. She also had 30 digs against WOU, recording her third 30-dig three-game match this season. There have been only six 30-dig three-game matches in GNAC history and Schneider has accounted for five of them.

Week of Oct. 30-Nov. 5: Nikole Thompson, Seattle (OH, 5-10, Jr., Marysville, WA – Pilchuck) and Alyssa Given, Seattle Pacific (OH, 5-10, Jr., Salinas, CA). . Thompson had 30 kills, six aces and 33 digs leading the Redhawks to wins over Central Washington and Western Oregon as the Redhawks finished their season with four consecutive victories. Given set school records for kills (32) and attempts (86) as the Falcons extended their win streak to 18 matches, snapping Western Washington's streak at 10. Given's kill and kill attempt totals were also GNAC records for a four-game match. Her kill total equaled the second highest total in GNAC history for any match and the attempt total tied the conference record.

2007

Week of Aug. 20-26: Cammy Dranginis, Northwest Nazarene (MB, 6-0, So., Nampa, ID - Skyview) was selected the Most Valuable Player as she led the Crusaders to a 4-0 record in the Seawolf Classic at Rohnert Park. Dranginis had 62 kills and hit for a .418 percentage (62-11-122). She also had a team-best 21 blocks and also contributed 18 digs.

Week of Aug. 27-Sept. 2: Alicia Cazemier, Montana State Billings (MB, 6-0, Sr., Vauxhall, Alberta) had 73 kills, 35 digs, 16 blocks and six service aces to lead the Yellowjackets to four wins in the Days Inn-Denver West Oredigger Classic. Cazemier averaged 4.29 kills per game and hit .275 (73-24-178) in wins over Colorado School of the Mines, Mesa State, Western State and Western New Mexico. She had 22 kills, two short of her career high, had hit .439 in Saturday's win over WNMU.

Week of Sept. 3-9: Kayla Mainer, Western Oregon (OH, 5-10, Jr., Spokane, WA – West Valley & North Idaho) had 36 kills, including 20 in a 3-2 win over Western Washington as the Wolves opened the conference season with two victories. Mainer hit .237 in the two contests and also led the Wolves defensively with 39 digs, 29 against the Vikings.

Week of Sept. 10-16: Rachael Schurman, Central Washington (MB, 6-0, Jr., Spokane, WA - Mead) and Devon Crotteau, Montana State Billings (OH, 6-0, So., Casper, Wyo. – Northern Colorado). .Schurman, who leads the GNAC in hitting percentage (.379), hit at a .407 clip as the Wildcats ran their win streak to three with home victories over the two Alaska schools. Schurman had 37 kills (and just four errors) and 14 blocks in the two matches. In conference matches, she leads the GNAC in kills (4.69), blocks (1.85), points (5.88) and hitting percentage (.400). .Crotteau had 38 kills, 30 digs and five aces in a pair of 3-1 wins, including a defeat of Western Oregon Saturday as MSUB handed the Wolves their first conference loss. Crotteau currently ranks fourth in the GNAC in kills, averaging 4.22 per game.

Week of Sept. 17-23: Nikole Thompson, Seattle University (OH, 5-10, Sr., Marysville, WA – Marysville-Pilchuck) and Courtney Schneider, Western Washington (L, 5-9, Sr., Snohomish, WA). .Thompson, who became the 17 th member of the GNAC 1000 Kill Club the previous week, had 38 kills, 29 digs and eight blocks to lead the Redhawks to a road sweep of Alaska Anchorage and Alaska Fairbanks. Thompson, who is the active GNAC leader in kills, now ranks 15 th all-time with 1,046. .Schneider broke her own GNAC single-match record for digs with 50 in the Vikings' 3-1 win over Central Washington, helping hold CWU to a .061 percentage. The Schneider-led WWU defense limited CWU's Rachael Schurman, who came into the match leading the GNAC with a .379 percentage, to 10 kills and a .104 percentage in 48 attempts. Schneider, who has had 62 consecutive double-digit dig matches, now ranks 11th in NCAA history with 2,177 digs.

Week of Sept. 24-30: Alyssa Given, Seattle Pacific (OH, 5-10, Sr., Salinas, CA) and Tiana Roma, Western Washington (MB, 6-0, Jr., Edmonds, WA – Edmonds-Woodway). .Given had 49 kills and hit for a .312 percentage in establishing a SPU career-record for kills as the Falcons split a pair of 3-2 matches. Given also had a team-best eight blocks, 19 digs and three aces. She currently leads the GNAC in kills (4.47), aces (53) and points (5.67). She ranks sixth in GNAC history in career kills (1,261) and needs to average 18.2 kills in SPU's final 11 regular-season matches to move into first-place on the conference's all-time career chart. She is also just 10 aces away from the GNAC career record of 182 by Erika Brunson of Seattle, who set the record between 2001 and 2004. .Roma had 20 kills, a team-best six blocks and a .320 hitting percentage. Many of her kills and blocks were in key situations as Western Washington swept road contests at Billings and Seattle.

Week of Oct. 1-7: Stacey Bennett, Western Oregon (OH-MB, 6-3, Jr., Portland, OR – Westview) and Shealun Campisi, Saint Martin's (OH, 5-11, So., Buckley, WA – White River). .Bennett hit for a .564 percentage (24-2-39) averaging four kills per game in road sweeps at Alaska Anchorage and Alaska Fairbanks as the Wolves ran their win streak to five matches. She also had three blocks. .Campisi led the Saints to a 3-0 win at Anchorage, ending a 29-match losing streak, with 15 kills. In two matches, she had 25 kills, 13 digs and a .232 hitting percentage. It was SMU's first victory since Sept. 21, 2006 during which it had won only seven games.

Week of Oct. 8-14: Cammy Dranginis, Northwest Nazarene (MB, 6-0, So., Nampa, ID - Skyview) and Erin Norris, Central Washington (OP-MB, 5-10, So., Spokane, WA - Mead). .Dranginis had 17 kills, 10 blocks and two aces in NNU's 3-1 home win over Seattle Pacific, its first win over the Falcons in more than four years. Her six solo blocks was just one off the GNAC single-match record of seven. .Norris had 21 kills, 11 aces and nine blocks in two road wins in Alaska. Norris has had 20 aces in her last four matches to increase her season total to 51. She now ranks third in the conference in aces and is the leader in conference games with 40 in 41 contests. She also ranks fifth in the GNAC in blocks, averaging 1.17 per game.

Week of Oct. 15-21: Angie Wodrich, Seattle Pacific (OH, 5-10, Sr., Richland, WA) had 28 kills and a team-best seven blocks to leads the Falcons to a pair of 3-0 sweeps of Saint Martin's and Western Oregon as SPU leveled its GNAC record at 6-6. Wodrich also had 19 digs and hit for a .294 percentage in the two victories.

Week of Oct. 22-28: Alyssa Given, Seattle Pacific (OH, 5-10, Sr., Salinas, CA - Notre Dame) and Jaime Anderson, Western Washington (OH, 6-0, Sr., SeaTac, WA – Mount Rainier). .Given had 39 kills, including 28 in a 3-1 win Saturday at Anchorage. Her 28 kills equaled the fourth highest four-game match total in GNAC history. Her .558 attack percentage (28-4-43) against the Seawolves ranks 10th in GNAC history for four-game matches. The 28 kills

is also the second highest total this fall for any match. Overall, she hit .367 for the weekend (39-10-79) and also had 21 digs and six aces, moving into first-place on the GNAC all-time career list in aces with 186. She also moved into a tie for third-place in GNAC history in career kills with Meghan Evoy of Western Washington(2001-04) with 1,379 and is 82 short of the all-time mark. .Anderson had 34 kills and hit for a .372 percentage as the Vikings extended their win streak to 12 with a pair of 3-0 sweeps, their ninth and 10th during the streak. Anderson also had 21 digs, three blocks and three aces.

Week of Oct. 29-Nov. 4: Shealun Campisi, Saint Martin's (OH, 5-11, So., Buckley, WA – White River) had 31 kills and hit for a .475 percentage (31-3-59) in sweeps of Alaska Anchorage and Alaska Fairbanks. Campisi also had five aces and 24 digs as she led SMU to their third and fourth wins in their last nine matches after ending a 29-match losing streak.

Week of Nov. 5-11: Alyssa Given, Seattle Pacific (OH, 5-10, Sr., Salinas, CA) had 43 kills, 13 digs and six blocks in a pair of matches and finished her career as the No. 2 kill and point producer in GNAC history. She ended up second in points (1,718) to Louise Free of Northwest Nazarene (1,723 between 1999 and 2002) and second in kills (1,454) to Seattle University's Sarah Sommerman (1,461 between 2002 and 2005). Given also ended up first in kill attempts (4,041) and aces (188) and third in kills per game (3.96).

2008

Week of Aug. 25-31: Calli Scott, Alaska Anchorage (S, 5-9, Jr., Scottsdale, AZ – Pinnacle & Glendale CC) had 168 assists, 51 digs and nine blocks in leading the Seawolves to four wins in five matches and to the tournament title in the UAA Extended Stay Deluxe Invitational at Anchorage with a 4-0 record. Scott, who was selected the tournament MVP, had a GNAC opening week-high 53 assists in Friday's 3-2 win over Harding and produced the No. 1 (34) and No. 2 (33) top weekend assist totals for three-game matches in Saturday's two wins over Texas Woman's.

Week of Sept. 1-7: Angie Alvord, Western Washington (MB, 6-0, Sr., Laurel, WA – Meridian) and Erin Norris, Central Washington (OH, 5-10, Jr., Spokane, WA – Mead). . Both Alvord and Norris had impressive hitting percentages and ace totals in leading their teams to 4-0 records in tournaments at Seaside, Calif., and Ellensburg, respectively. . Alvord had 41 kills and hit for a .461 percentage as the Vikings won 12 of 13 sets in a four-match sweep at the Cal State Monterey Invitational. Alvord also had 20 aces and six blocks. . Norris, who hit for a .400 percentage, had 44 kills, nine aces and six blocks and was named the MVP in the CWU Invitational. She led Central to a 3-1 win over previously unbeaten Sonoma State and to three 3-0 wins – their third, fourth and fifth of the season.

Week of Sept. 8-14: Megan Amundson, Western Washington (OH, 5-11, So., Stanwood, WA) and Alexa Sherman, Alaska Fairbanks (S, 5-9, Jr., Calabasas, CA) . . Amundson earned all-tournament honors in the Minnesota

Duluth Invitational recording 86 kills and hitting at a .277 pace (86-24-224). She also had 40 digs and seven blocks in leading the unbeaten Vikings to four wins including a 3-1 victory over nationally 12th -ranked Minnesota Duluth. The Vikings, at 8-0, are off to the best start in their school history. . Sherman had 200 assists (10.53 per set) leading the Nanooks to four wins in five matches, including a conference victory, at Billings. Sherman also had 16 kills in 28 attempts without an error for a .571 average, 37 digs and eight blocks

Week of Sept. 15-21: Rhea Cardwell, Alaska Anchorage (OH, 5-10, Sr., Prineville, OR – Crook County) had 35 kills to lead the Seawolves to wins over Northwest Nazarene and Seattle Pacific earning UAA its first 2-0 conference start since 2004. Cardwell, who also had 19 digs and two aces, has led the Seawolves in kills in 11 straight matches. She holds GNAC ranks of second in kills per set (3.91) and 16th in attack percentage (.218). UAA's 2-0 conference start is just its second during the eight-year history of the GNAC.

Week of Sept. 22-28: Stacey Bennett, Western Oregon (OH/MB, 6-3, Sr., Portland, OR - Westview) had 34 kills (30 percent of her team's total of 113) and 23 digs to lead the Wolves to their seventh and eighth consecutive victories. Bennett had 23 kills, the fifth highest total this fall in the GNAC, and a GNAC season-best 75 attacks in Thursday's 3-2 win at Northwest Nazarene. WOU remained unbeaten in seven matches against Division II opponents.

Week of Sept. 29-Oct. 5: Angie Alvord, Western Washington (MB, 6-0, Sr., Laurel, WA - Meridian) and Devon Crotteau, Montana State Billings (OH, 6-0, Jr., Casper, WY – Northern Colorado). . Alvord had 22 kills and seven blocks (accounting for 26 ½ points) and hit for a .340 percentage (22-5-50) in a 3-1 home win against Seattle Pacific. The 12-0 Vikings extended their GNAC conference match win streak to 20 with the victory and finished the weekend as the only remaining unbeaten team in the nation among Division II schools. Crotteau averaged five kills (30 in six sets) and hit for a .319 average (30-8-69) as the Yellowjackets split two matches, earning their first conference victory of the season. Crotteau also had a team-best 22 digs.

Week of Oct. 6-12: Korlyn Bolster, Alaska Fairbanks (MB, 6-1, Sr., Guerneville, CA – El Molino) had 28 kills and hit for a .393 percentage leading the Nanooks to a home sweep of Central Washington and nationally third-ranked Western Washington. She had 18 kills, a .412 hitting percentage and five blocks in the Nanooks 3-2 win over Western Washington, snapping the Vikings' 21-match win streak. Bolster had just six errors in 56 swings in the two victories. The win over CWU was UAF's first since 2002 and the win over the Vikings was its first in the eight-year history of the conference.

Week of Oct. 13-19: Cammy Dranginis, Northwest Nazarene (MB, 6-0, Jr., Nampa, ID - Skyview) and Kady Try, Central Washington (OH, 6-0, So., Brentwood, CA – Mead HS, Spokane). . Dranginis had 30 kills and eight blocks as the Crusaders earned a road sweep at Western Washington and Seattle Pacific, handing the Vikings just their seventh home loss in 84 matches in the last nine seasons. Dranginis had 17 kills and two blocks against WWU and 13 kills and six blocks against Seattle Pacific. She also hit for a team-best .264 percentage (min. 10 kills). . Try had 38 kills and 33 digs and hit for a .286 percentage, more than twice the team's percentage of .136 as the Wildcats beat Seattle Pacific and forced Western Oregon to a fifth set for only the first time this season at Monmouth and the second time overall. Try tied a career-high with 21 kills and had a career-high 23 digs as CWU built a 10-8 lead in the fifth set against the Wolves before surrendering the final seven points.

Week of Oct. 20-26: Amanda Boschma, Northwest Nazarene (RS, 5-8, Sr., Kuna, ID) and Nikki Finley, Seattle Pacific (OH, 5-9, Jr., Highlands Ranch, CO – Mountain View). . Boschma was credited with 18 kills, 20 digs and four blocks in leading the Crusaders to a pair of 3-0 sweeps of Alaska Fairbanks and Alaska Anchorage as they extended their win streak to five matches. She had 11 kills against UAF, including one to stave off set point in the first set and seven in the second set. She added seven more kills, 12 digs and three blocks against UAA. "Amanda was the spark that we needed to separate us from UAF," NNU head coach Jared Sliger said. "In both matches, she hit some of the hardest balls I've seen hit in our gym." . Finley averaged five kills per set (35 in seven sets) and hit .322 as the Falcons earned a split, sweeping Alaska Anchorage and barely losing to Alaska Fairbanks. In all three losses to UAF, the Falcons let a set point get away after leading 24-23, 24-23 and 25-24, respectively.

Week of Oct. 27-Nov. 2: Stacey Bennett, Western Oregon (OH, 6-3, Sr., Portland, OR – Westview) had a pair of outstanding all-around performances as the Wolves won two matches in Alaska to protect their one-match lead in the GNAC. Bennett finished the trip with 31 kills, 28 digs, six blocks and two aces and hit at a .275 clip. She led WOU with 11 kills in their 3-0 sweep against the University of Alaska Fairbanks, then had 20 kills, 25 digs, five blocks and an ace in a 3-2 come-from-behind win at Anchorage.

Week of Nov. 3-9: Laura Sakala, Western Oregon (MB, 5-10, Jr., Beaverton, OR) and Robin De Jong, Seattle Pacific (MB, 5-10, Jr., Goleta, CA – Dos Pueblos). . Sakala had 19 kills and a team-best eight blocks as the Wolves beat Western Washington and Central Washington to clinch a NCAA West Region playoff berth. Sakala also hit for a .286 average (19-5-49) and her 2.71 kills per set led the team. In WOU's win over Central Washington, she had a block and a match-ending kill as the Wolves scored the final four points to win the decisive fifth set 15-13. . De Jong had 23 kills, seven blocks and a team-best .409 percentage as the Falcons won road matches at Lacey and Nampa, snapping Northwest Nazarene's seven-match win streak in the latter contest.

Week of Nov. 10-16: Rhea Cardwell, Alaska Anchorage (OH, 5-10, Sr., Prineville, OR – Crook County) had 62 kills and hit for a .333 percentage (62-14-144) as the Seawolves split two road matches to earn their first winning season since 2003. Cardwell had 32 kills in a 3-2 win at Central Washington and 30 in a 3-2 loss to Western Washington to become just the ninth player in GNAC history to record 30 or more kills in a single match and the first to do it in back-to-back contests.

2009

Week of Aug. 24-30: Calli Scott, Alaska Anchorage (S, 5-8, Sr., Scottsdale, AZ – Pinnacle & Glendale CC) had a GNAC opening weekend best 162 assists (10.12 per set) to lead the Seawolves to a 3-1 record and the team title in the UAA Extended Stay Invitational at the Wells Fargo Sports Complex. Scott, who won the tournament Most Outstanding Player award for the second year in a row, also had 31 digs, nine blocks and four aces. "Calli was incredible tonight," UAA head coach Chris Green said following the Seawolves' 3-1 win over the Academy of the Art in the championship match. "She does so many things right, along with providing the leadership for a very young team." With Scott leading the way, UAA finished the tournament with a .277 hitting percentage, 58 points higher than any other GNAC team in the opening week of the season.

Week of Aug. 31-Sept. 6: Carlee Marble, Central Washington (S, 5-8, So., La Conner, WA) was selected the tournament Co-Most Valuable Player as she led the Wildcats to a 4-0 record in the CWU Invitational Thursday and Friday at Ellensburg. Marble, who redshirted last year after playing in 2007, had 118 assists in 11 sets as the Wildcats outthit their four opponents .235 to .097. She also had 35 digs, five blocks and six kills. Central is off to a 7-1 start with its lone loss to unbeaten Sonoma State in a tournament at Rohnert Park.

Week of Sept. 7-13: Megan Thigpen, Alaska Fairbanks (OH, 5-10, Sr., Spokane, WA – Mead) and Stacie Meisner, Alaska Anchorage (L, 5-8, Sr., Gering, NE) led their respective teams to 3-1 records in Hawaii. . Thigpen, who currently ranks second in the GNAC in points (4.51), kills (3.82) and service aces (0.51), had 58 kills, 49 digs and seven aces as UAF earned road wins against Chaminade, Hawaii Pacific and BYU-Hawaii. . Meisner, who earned all-tournament honors at the UC San Diego Triton Invitational (Sept. 4-5), had 86 digs in UAA's four matches in Hawaii. "Stacie had a great two days in Hawaii making some amazing digs and also doing a great job in serve receive," UAA coach Chris Green said. "Her digs were often good enough for us to convert offensively."

Week of Sept. 14-20 and Nov. 2-8: Devon Crotteau, Montana State Billings (OH, 6-0, Sr., Casper, Wyo. – Northern Colorado) had 48 kills and 23 digs and hit for a .349 percentage as the Yellowjackets, who were picked to finish eighth in the GNAC in the pre-season coaches poll, nearly pulled off a sweep in Alaska, losing in five sets at Fairbanks after leading 2-0, then sweeping Alaska

Anchorage 3-0. Crotteau's 31 kills at UAF were a GNAC season-best. . For the week of Nov. 2-8, she had 32 kills and hit for a .391 percentage (32-7-64) leading the Yellowjackets to sweeps of Western Oregon and Alaska Fairbanks. MSUB has won five straight since sustaining back-to-back home losses to Central Washington and Western Washington in mid-October. Crotteau, who currently ranks sixth in GNAC history with 1,318 kills, also had 25 digs and three blocks in the two wins.

Week of Sept. 21-27: Jackie Matthisen, Alaska Anchorage (MB, 5-11, So., Anchorage, AK – East Anchorage) had 67 kills, including 50 in 3-2 road wins at Western Washington and Central Washington. She also contributed 40 digs and 11 blocks. Matthisen had a career-high 28 kills, the second most in the GNAC this fall, as the Seawolves ended a 17-match losing streak to Western Washington Thursday. On Saturday, she had 22 kills including four during a 6-0 run as UAA overcame a 13-9 deficit in the fifth set as the Seawolves completed a sweep of the two Washington schools with another 3-2 victory.

Week of Sept. 28-Oct. 4: Lindsay Grant, Northwest Nazarene (OH, 6-1, Sr., Nampa, ID – Nampa Christian) and Melissa Porter, Montana State Billings (MB, 6-3, Redmond, UT – North Sevier). . Grant had 29 kills, the second highest total by any player in the conference this fall, and 21 digs as the Crusaders edged Montana State Billings in five sets. In two matches including a non-conference contest with College of Idaho, she had 46 kills and 44 digs to increase her career totals to 1,012 and 1,170, respectively. She is the 24 th player in GNAC history to record 1,000 kills and currently ranks 18 th in career digs. . Porter led the Yellowjackets, who have been perhaps the most surprising team in the GNAC this fall, to wins over second-place Alaska Anchorage and GNAC front-runner Seattle Pacific. In three matches, she had 29 kills and a team-best 16 blocks, making several momentum changing plays especially in Monday's win against the Seawolves. Her third-set block ignited a comeback from a 17-11 deficit and she then she later had a kill to break a 24-24 tie in a 26-24 set victory. She finished with 10 kills and four blocks against UAA, then had 13 kills and seven blocks against NNU before contributing six kills and five blocks against SPU.

Week of Oct. 5-11: Sarah Risser, Seattle Pacific (OH, 5-9, Jr., Santa Barbara, CA – Dos Pueblos) had a pair of 22-kill performances in wins against Central Washington and Northwest Nazarene. Her only previous 20+ kill career performance came against Cal State Stanislaus in SPU's 2008 season opener. Her 22 kills in Thursday's 3-1 win at Central Washington is the second highest total this fall in the GNAC in a four-set match. Risser also had 41 digs in the two matches and currently ranks fourth in the GNAC in points (4.20), fifth in kills (3.13) and 11 th in digs (3.13). She is one of the main reasons the Falcons already have four more wins this season than a year ago when they finished with an 8-18 record.

Week of Oct. 12-18: Emily Jepsen, Western Washington (MB, 5-11, So., Kennewick, WA - Kamiakin) and Cortney

Lundberg, Alaska Anchorage (MB, 6-1, Jr., Hardin, MT – Miles CC). . Both Jepsen and Lundberg had impressive hitting percentages in leading their teams to a pair of victories. Jepsen had 30 kills and hit for a .509 percentage as the Vikings beat Western Oregon 3-1 and swept Montana State Billings to move to within one-half match of the conference lead. Jepsen also led the Vikings in their two victories with three aces and eight blocks. . Lundberg had 22 kills and hit for a .556 percentage in sweeps of Seattle Pacific and Northwest Nazarene as UAA earned a share of first-place in the conference with the Falcons. She also contributed to 12 of UAA's 17 blocks, earning five solos and seven assists. UAA has now won 15 consecutive sets during which Lundberg has hit for a .576 percentage (56-7-85) and had 20 blocks including seven solos. On the season she ranks fourth in the GNAC in hitting percentage (.337) and second in blocks (1.06).

Week of Oct. 19-25: Jody Lutz, Montana State Billings (MB, 6-1, Fr., Dugald, Manitoba) had 13 kills and 10 blocks, nearly doubling her season set average in both categories, in leading Montana State Billings to a pair of 3-0 road sweeps of Saint Martin's and Western Oregon. She had five blocks in each contest as the Yellowjackets controlled the net outblocking its two opponents 21-11. The two wins gives MSUB, under first-year coach Steve Smith, 13 victories on the season, nearly doubling last season's victory total of seven when they won just four conference games.

Week of Oct. 26-Nov. 1: Alexa Sherman, Alaska Fairbanks (S, 5-9, Sr., Calabasas , CA) had 91 assists, 14 digs and five blocks and hit for a .684 percentage (14-1-19) to lead the Nanooks to a pair of 3-1 road victories at Lacey and Monmouth, respectively. Sherman had 10 kills in 11 attempts and also contributed 50 assists in Saturday's win at Western Oregon as UAF set a GNAC single-match record for four set contests with a .407 percentage (66-16-123). The Nanooks smashed the old record of .385 they set against Humboldt State in 2003.

Week of Nov. 2-8: Jackie Matthisen, Alaska Anchorage (OH, 5-11, So., Anchorage, AK – East Anchorage) had 34 kills, 22 digs and four blocks to lead the Seawolves to wins over Northwest Nazarene and Seattle Pacific. Matthisen hit for a .297 percentage in the two matches as UAA extended its win streak to a school-record 12 and clinched their first ever GNAC volleyball title. Matthisen had 21 kills in Saturday's 3-1 win over Seattle Pacific, scoring two of the final four points of the match.

2010

Week of Aug. 30-Sept. 5: Emily Jepsen, Western Washington (MB, 5-11, Jr., Kennewick, WA - Kamiakin) and Lindsey Wodrich, Seattle Pacific (OH, 5-9, Jr., Richland, WA) led their respective teams to impressive starts to begin the 2010 season. . Jepsen had 40 kills, 17 blocks and seven aces and hit for a .274 percentage (40-14-95) as the Vikings won three of four matches in the Phoenix Inn Conference Challenge hosted by Western Oregon University. WWU's wins included upsets of

nationally eighth-ranked UC San Diego and 10th ranked Metro State. Jepsen accounted for a team-best 57 ½ points and was selected to the all-tournament team. . .Wodrich had 56 kills, 51 digs and six service as the Falcons posted a 4-0 record in the Seawolf Spike at Rohnert Park. SPU swept host and nationally 21st ranked Sonoma State in its final match and Wodrich, who hit for a .214 percentage (56-23-154) was selected the Most Valuable Player.

Week of Sept. 6-12: Nikki Lowell, Seattle Pacific (MB, 5-10, Fr., Claremont, CA) had 41 kills and 17 blocks and hit for a .415 percentage (41-7-82) as the Falcons lost just one set in sweeping four matches in Hawaii, including a 25-23, 26-24, 25-18 win over previously unbeaten Hawaii Pacific. Lowell, who previously redshirted at Gonzaga, leads the GNAC with a .381 hitting percentage, 101 points more than second-place Bailey Jones of Western Washington.

Week of Sept. 13-19: Tereza Bendlova, Alaska Fairbanks (OH, 5-9, Sr., Prague, Czech Republic) had 19 kills, 13 digs and three blocks to lead the Nanooks to a 3-1 win over defending GNAC champion Alaska Anchorage at the Wells Fargo Sports Complex in Anchorage. Bendlova had five kills during a 10-2 run to close out the third set and then had a kill and combined with Marybeth Wikander on a block on match point as UAF scored the final five points to win the decisive fourth set 25-23. Bendlova, a transfer from South Alabama, currently ranks third in the GNAC in kills, averaging 3.89 per set.

Week of Sept. 20-26: McKenzie Moss, Alaska Anchorage (OH, 5-11, Jr., Anchorage, AK – Bartlett) had 24 kills including the match point in a 3-1 win over nationally 15th-ranked Western Washington. Moss averaged 3.43 kills in seven sets as UAA recorded a pair of victories. She also had 11 digs and three blocks.

Week of Sept. 27-Oct. 3: Shelby Swanson, Seattle Pacific (S, 5-8, So., Kennewick, WA - Kamiakin) averaged 12.11 assists and led the Falcons to a .292 hitting percentage in home sweeps of Montana State Billings, Alaska Anchorage and Alaska Fairbanks. Swanson, who also had 16 digs, two blocks and two aces, was not charged with a ball-handling error in the three matches. Swanson currently leads the GNAC in assists averaging 11.43 per game. SPU's hitting percentage in the three matches was 62 points higher than its GNAC season team-leading mark of .230. "Shelby is doing a great job every day of making good choices and putting up hittable sets," SPU coach Chris Johnson, who recorded his 100th career coaching win with Thursday's victory against UAA, said. "She is a smart and accurate setter and is doing an excellent job of leading our offense. She has also work

Week of Oct. 4-10: Marlayna Geary, Western Washington (OH, 5-10, So., Tacoma, WA – Bellarmine Prep) had a team-high 14 kills and hit for a .387 percentage in leading the Vikings to a three-set sweep of previously unbeaten Seattle Pacific Saturday at Carver Gym. For the week she had a total of 21 kills and two blocks as WWU earned its third and fourth 3-0 home victories of the season. On the season she ranks fifth in the conference averaging 3.16 kills

per game. Last year she was voted the GNAC Freshman-of-the-Year, averaging finishing fourth in kills with a 3.87 average.

Week of Oct. 11-17: Lindsey Wodrich, Seattle Pacific (OH, 5-9, Jr., Richland, WA) and Allison Gotz, Western Washington (L, 5-3, Sr., Bothell, WA Archbishop Murphy). . .Wodrich had 31 kills, including a career-high 26 in a 3-0 win over Central Washington as SPU swept a pair of matches. Wodrich, who hit for a .282 percentage, also had 18 digs. The 26 kills against Central Washington was the second-highest total in GNAC history in a three-set match, topped only by the 27 kills of Mallory Bergstrom of Alaska Fairbanks against Saint Martin's on Nov. 7, 2003. . .Gotz had 47 digs in wins over Western Oregon and Saint Martin's, averaging 7.83 per set as she took over the conference leading upping her season average to 5.49. She also became just the second Western Washington player in school history to record 1,500 career digs. Currently, she ranks seventh in GNAC history in career digs with 1,535.

Week of Oct. 18-24: Kady Try, Central Washington (OH, 6-0, Sr., Brentwood, CA – Mead HS-Spokane, WA) had 19 kills and hit for a .366 percentage as the Wildcats earned a 3-1 road victory at Northwest Nazarene. Try currently leads the GNAC in kills and points for both all matches (4.26/4.81) and conference matches (4.37/4.97) and ranks 10th nationally in both categories. She is also tied for 18th all-time in GNAC history for most career kills with Lindsey Grant of Northwest Nazarene (2006-09) with 1,109 and ranks 21st in career points with 1,276.

Week of Oct. 25-31: Jackie Matthisen, Alaska Anchorage (OH, 5-11, Jr., Anchorage, AK – East Anchorage) had 31 kills and hit for a .369 percentage (31-7-65) in home wins over Montana State Billings and nationally 13th-ranked Seattle Pacific. She averaged 4.43 kills in seven sets, compared to her season average of 2.78 and her attack percentage was 170 points higher than her .199 season mark. She also had three aces, 15 digs and two blocks. In Saturday's 3-1 win against the Falcons, she had a team season-high 20 kills and hit at a .409 clip (20-2-44).

Week of Nov. 1-7: Sarah Risser, Seattle Pacific (OH, 5-9, Sr., Santa Barbara, CA – Dos Pueblos) had 25 kills and 19 digs, including a double-double (12 kills, 15 digs) in a 3-1 win over Western Washington as the Falcons reclaimed the lead in the GNAC race with victories over WWU and Simon Fraser. Risser also had four aces and three blocks in scoring 30 ½ points and increasing her career point total of 1,007. She is the 42nd player in the 10-year history of the GNAC to record 1,000 career points.

Week of Nov. 8-14: Marlayna Geary, Western Washington (OH, 5-10, So., Tacoma, WA – Bellarmine Prep) had 22 kills and hit for a .391 percentage as the Vikings closed out their regular-season with a pair of 3-0 home wins against Central Washington and Northwest Nazarene remaining unbeaten at home in nine matches and 27 sets this season. Geary, who also had four blocks, is the GNAC career active leader in kills per set and ranks 15th all-time with a 3.53 average.

2011

Week of Aug. 29-Sept. 4: Brooke Tolman, Montana State Billings (S, 5-7, Sr., Honeyville, UT) was named the Most Valuable Player as she led the Yellowjackets, who won just five matches all of last season, to a 4-0 record in the Oredigger Volleyball Class hosted by Colorado Mines. Tolman averaged 10.2 assists during MSUB's four victories, which included sweeps of Northwood (Mich.) and King (Tenn.). The 'Jackets also beat RMAC pre-season favorite Colorado Mesa in five sets and host Colorado Mines 3-1. Tolman had a total of 152 assists, 18 digs, four aces and four blocks in the four contests.

Week of Sept. 5-11: Danielle Reese, Western Oregon (OH, 5-9, Jr., Gig Harbor, WA) had 39 kills, including a career-high 23 against Alaska Anchorage, to lead the Wolves to a pair of 3-2 victories in Alaska. Reese also had 29 digs in the two matches in which WOU overcame 2-1 and 2-0 set deficits. "Dani Reese was amazing tonight," WOU coach Brad Saindon said after Thursday's win at UAA when the Wolves overcame four match points by the Seawolves to pull out the five-set victory. "That was an All-American performance from her."

Week of Sept. 12-18: Marlayna Geary, Western Washington (OH, 5-10, Jr., Tacoma, WA – Bellarmine Prep) and Shelby Swanson, Seattle Pacific (S, 5-8, Jr., Kennewick, WA – Kamiakin). . Both players had superb numbers in leading their respective teams to a pair of victories. Geary had 37 kills (4.62 per set) and a .313 hitting percentage (37-6-99) as the Vikings swept Saint Martin's and rallied from a 2-0 deficit to defeat Western Oregon. In the latter match, Geary had 24 kills to equal a GNAC season high and also had a career-best 30 digs. "When we were sputtering, she was the light that we all followed to pull ourselves out of it," said WWU coach Diane Flick. . . Swanson had a career-high 58 assists in Thursday's 3-1 win at Central Washington and then added 52 more Saturday in a 3-1 win at Northwest Nazarene. Altogether she factored into 119 ½ of SPU's 194 points – setting up 110 with assists and adding 9 ½ (5 kills, 1 ace, a solo block and five blocking assists) of her own. In eight sets, she averaged 13.75 assists, 2 ½ more than her league-leading average of 11.33.

Week of Sept. 19-25: Robyn Burton, Alaska Anchorage (MB, 5-11, So., Eagle River, AK – Chugiak) hit for a .500 average in road wins at Simon Fraser and nationally 25th -ranked Western Washington, snapping the Vikings' 13-match home win streak. Burton had 28 kills and just six errors in 44 swings. She also had 14 blocks and averaged 5.29 points per set in the two matches. In the Seawolves' 3-1 defeat of the Vikings, she had a double-double with 12 kills and 10 blocks becoming the first player in the GNAC this season to reach double figures in blocks. On the season she leads the conference in hitting percentage (.405) and ranks third in blocks (44 in 47 sets). She is attempting to become just the second player in conference history to hit .400 in a single season, joining LeAnne McGahuey of Central Washington who hit .418 during the 2004 season.

Week of Sept. 26-Oct. 2: Kimya Jafroudi, Alaska Anchorage (S, 5-7, Jr., Huntington Beach, CA – Orange Coast) averaged 11.29 assists in seven sets leading the Seawolves to wins over 15th ranked Seattle Pacific and Montana State Billings. Jafroudi also had 22 digs and four aces setting career highs of 15 and three against SPU (assists) and MSUB (aces), respectively. Jafroudi's sets helped UAA hit .199 against the Falcons who lead the GNAC with a .161 opponent hitting percentage.

Week of Oct. 3-9: Haley Abbott, Northwest Nazarene (MB, 6-0, Sr., Kenmore, WA – Cedar Park Christian) and Anna Herold, Seattle Pacific (L, 5-8, Sr., Bothell, WA – Shorecrest). . Abbott had 35 kills and 14 blocks as the Crusaders who have won five of their last six matches, defeated Alaska Fairbanks and Alaska Anchorage. Abbott had an impressive .384 hitting percentage (35-7-73) in the two contests. The win over UAA snapped the Seawolves' seven-match win streak during which they had lost just two sets. . Herold had 30 digs as she helped hold Western Washington to a .103 attack percentage in a 3-2 win Saturday. She also had a match-high three service aces in the contest. For the week she had 46 digs moving her into second place on the GNAC all-time career list with 2,016. She'll finish her career in the No. 2 slot as the all-time leader is Courtney Schneider of Western Washington who had 2,695 between 2004 and 2007.

Week of Oct. 10-16: Michelle Terpstra, Northwest Nazarene (S, 5-9, Fr., Ripon, CA – Ripon Christian) recorded a pair of triple-doubles, her second and third of the season, to lead the Crusaders to road wins at Seattle Pacific and Montana State Billings. Terpstra had 21 kills, 45 assists, 30 digs and seven blocks and hit for a .310 average in the two wins "Both (our) setters (Terpstra and Kaitlyn Tuholski) played well, however, we don't win either match without Michelle's aggressiveness at the net. She had multiple game-saving plays in each match."

Week of Oct. 17-23: Jackie Matthisen, Alaska Anchorage (OH, 5-11, Sr., Anchorage, AK – East Anchorage) had 30 kills in home wins against Western Washington and Simon Fraser increasing her career total to 1,021. Matthisen now ranks 27th in GNAC history in kills. This year she is second in the conference in both kills (4.07) and points (4.46). Matthisen hit .299 (30-7-77) and had 20 digs in the two contests.

Week of Oct. 24-30: Becky Blee, Western Oregon (MB, 5-10, So., Portland, OR – Madison) and Lindsey Wodrich, Seattle Pacific (OH, 5-9, Sr., Richland, Wash.) . Blee had 18 kills and 19 blocks and helped the Wolves hold Northwest Nazarene and Central Washington to a combined .047 hitting percentage in a pair of road wins. Blee had seven blocks in WOU's 3-0 sweep of Northwest Nazarene and added 12 more, equaling the fourth highest single-match total in GNAC history, against Central Washington. . Wodrich had 22 kills in Seattle Pacific's 3-1 home win Saturday against Alaska Anchorage. She also had 12 digs, four block assists and two service aces against the Seawolves, recording her 13th double-double of the year and the 32nd of her career. She hit a season-high .440

(12-1-25) in a sweep of Alaska Fairbanks on Thursday, and had 12 kills and tied a career high with five service aces in a four-set victory against Montana State Billings last Monday. For the week, she had 46 kills, 27 digs, six block assists and seven service aces as the Falcons opened up a 1 ½ match lead in the conference race.

Week of Oct. 31-Nov. 6: Marlayna Geary, Western Washington (OH, 5-10, Jr., Tacoma, WA – Bellarmine Prep) and Robyn Burton, Alaska Anchorage (MB, 5-11, So., Eagle River, AK – Chugiak). .Geary, who increased her career kill total to 918, had 29 kills and 39 digs to lead the Vikings to wins over Seattle Pacific and Montana State Billings. Eighteen of her kills and 24 of her digs came in Thursday's 3-2 win against nationally 24th ranked Seattle Pacific. "Marlayna was strong for us in all areas, the front row and the back row especially in the fifth set Thursday against Seattle Pacific," Viking coach Diane Flick said. .Burton had 31 kills and seven blocks as the Seawolves gained control of the tie-breaker for the GNAC's automatic berth in the NCAA playoffs with wins over Northwest Nazarene and Central Washington. Burton posted a .482 percentage (31-4-56) in the two contests to raise her season average to a GNAC-leading .410. She was particularly impressive in UAA's sweep of NNU, swinging at a .619 rate (14-1-21). UAA's team percentage of .419 (46-7-93) in that match was the best in a conference contest this fall.

Week of Nov. 7-13: Jordan Offutt, Central Washington (OH, 5-11, Jr., Leavenworth, WA – Cascade) and Danielle Reese, Western Oregon (OH, 5-9, Jr., Gig Harbor, WA) led their teams to two victories including one which cost their opponents a share of the GNAC title. .Offutt had 30 kills and hit for a .296 percentage as the Wildcats beat Western Washington and Simon Fraser to finish at 9-9 in the GNAC, earning their 13 th consecutive .500 plus conference campaign. Offutt had 19 kills in CWU's win against the Vikings. .Reese had 34 kills and 21 digs powering Western Oregon to wins over Alaska Fairbanks and Alaska Anchorage. Reese hit for a .321 percentage in the two contests. .The losses by WWU and UAA enabled Seattle Pacific to win the GNAC title outright. Its the fourth GNAC title for the Falcons, who also finished first in 2005, 2006 and 2010.