



DINOS WOMEN'S VOLLEYBALL

University of Calgary

2008-09 Media Guide



Canadian Interuniversity Sport
Sport interuniversitaire canadien





UNIVERSITY OF CALGARY
2008-09
WOMEN'S VOLLEYBALL
MEDIA GUIDE

Ben Matchett, Sports Information Director
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UNIVERSITY OF
CALGARY
KINESIOLOGY



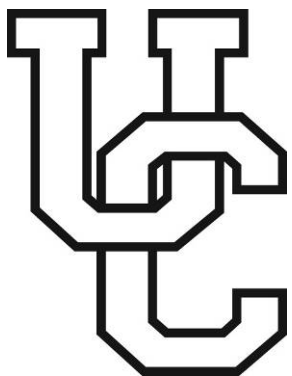
canadawest
UNIVERSITIES ATHLETIC ASSOCIATION



2008-09 UNIVERSITY OF CALGARY DINOS WOMEN'S VOLLEYBALL

Back Row: Jesse Knight (Head Coach), Stephanie Wiest, Melanie Miazga, Laura Spence, Julie Young, Laura Littlejohn, Lindsey Russell, Ali Sandholm, Natalie Schwartz (Asst. Coach), Chad Leier (Asst. Coach)

Front Row: Raynell Lavertu, Lauren Perry, Holly Harper, Kathryn Moncks, Sarah Lacny, Laura Wilson, Kelly Frittenburg, Lindsey Doland, Sarah Moncks



CIS CHAMPIONS

1970, 1989, 1994, 2004

CANADA WEST CHAMPIONS

1970, 1972, 1982, 1983, 1985, 1994, 2001,
2002, 2005



UNIVERSITY OF
CALGARY

UNIVERSITY OF CALGARY DINOS

FINGERTIP FACTS: 2008-09

WOMEN'S VOLLEYBALL



INSTITUTION

Location	Calgary, Alberta, Canada
Website	www.ucalgary.ca
Founded	1966
Enrollment	28,000
President	Dr. Harvey P. Weingarten
Dean, Faculty of Kinesiology	Dr. Wayne Giles
Director of Athletics	Kevin Boyles

UC WOMEN'S VOLLEYBALL

Nickname	Dinos
Mascot	REX
School Colours	Scarlet, Gold, Black
Athletic Website	www.goDINOS.com
Affiliation	Canadian Interuniversity Sport (CIS)
Conference	Canada West (CW)
2008-09 Record	27-12
Conference	16-4
Home Court	Jack Simpson Gymnasium
Capacity	3,454
CIS Championships (4)	1970, 1989, 1994, 2004
CW Championships (9)	1970, 1972, 1982, 1983, 1985, 1994, 2001, 2002, 2005

KEY PERSONNEL

Head Coach	Jesse Knight BSM '00 (Brock) Years as Head Coach 1 Phone (403) 220-3427 Email jrknight@ucalgary.ca
Assistant Coaches	Natalie Schwartz, Chad Leier
Director of Athletics	Kevin Boyles Phone (403) 220-3409 Email boyles@ucalgary.ca
Head Athletic Therapist	Schad Richea Phone (403) 220-7975 Email richea@ucalgary.ca
Sports Information Director	Ben Matchett Phone (403) 220-8143 Mobile (403) 863-8143 Email ben.matchett@ucalgary.ca

2008-09 COMPOSITE SCHEDULE

Home matches in **BOLD**; playoff matches in *italics*; *indicates conference match

Date	Opponent	Result	Record (conf.)	Top 10
Non-conference match @ Red Deer, Alta.				
Sept. 17	vs. Alberta	L 2-3	0-1	No Top 10
Regina Invitational Tournament				
Sept. 26	Alberta	L 1-3	0-2	
Sept. 26	Winnipeg	W 3-0	1-2	
Sept. 27	Brandon	W 3-2	2-2	
Sept. 27	Manitoba	W 3-2	3-2	
Sept. 28	Regina	W 3-2	4-2	No Top 10
West Coast Classic @ UBC, Vancouver				
Oct. 3	UBC	L 2-3	4-3	
Oct. 4	Thompson Rivers	W 3-0	5-3	
Oct. 4	Simon Fraser	W 3-0	6-3	
Oct. 5	Trinity Western	L 1-3	6-4	No Top 10
Husky Dino Cup @ Calgary				
Oct. 16	Trinity Western	W 3-0	7-4	
Oct. 18	Trinity Western	L 1-3	7-5	4
Canada West				
Oct. 24	*Saskatchewan	W 3-1	8-5 (1-0)	
Oct. 25	*Saskatchewan	W 3-2	9-5 (2-0)	3
Oct. 31	*Trinity Western	W 3-2	10-5 (3-0)	
Nov. 1	*Trinity Western	L 1-3	10-6 (3-1)	4
Nov. 15	*Manitoba	W 3-2	11-6 (4-1)	
Nov. 16	*Manitoba	W 3-2	12-6 (5-1)	3
Nov. 21	*Alberta	L 0-3	12-7 (5-2)	
Nov. 22	*Alberta	W 3-2	13-7 (6-2)	3
Nov. 28	*Regina	W 3-2	14-7 (7-2)	
Nov. 29	*Regina	L 2-3	14-8 (7-3)	3
Innisbrook Resort Invitational @ Tampa, Fla.				
Dec. 28	UBC-Okanagan	W 3-2	15-8	
Dec. 29	Brandon	L 2-3	15-9	
Dec. 30	Western Ontario	L 2-3	15-10	7
Canada West				
Jan. 10	*UBC	W 3-2	16-10 (8-3)	
Jan. 11	*UBC	W 3-1	17-10 (9-3)	4
Jan. 16	*Winnipeg	W 3-0	18-10 (10-3)	
Jan. 17	*Winnipeg	W 3-0	19-10 (11-3)	2
Jan. 23	*Brandon	W 3-1	20-10 (12-3)	
Jan. 24	*Brandon	L 0-3	20-11 (12-4)	4
Jan. 30	*Thompson Rivers	W 3-2	21-11 (13-4)	
Jan. 31	*Thompson Rivers	W 3-1	22-11 (14-4)	3
Feb. 6	*Simon Fraser	W 3-0	23-11 (15-4)	
Feb. 7	*Simon Fraser	W 3-0	24-11 (16-4)	3
Canada West Quarterfinal				
Feb. 13	Regina	W 3-1	25-11	
Feb. 14	Regina	W 3-1	26-11	
Canada West Final Four @ Alberta, Edmonton				
Feb. 19	UBC	L 0-3	26-12	
Feb. 21	Alberta	W 3-2	27-12	
CIS Championship @ UNB, Fredericton				
Feb. 26	York			
Feb. 27	TBD			
Feb. 28	TBD			



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2009 CIS CHAMPIONSHIP PREVIEW



CALGARY – Nine straight years, nine straight appearances for the University of Calgary Dinos at the CIS Women's Volleyball Championship – but this one just about didn't happen.

But for a five-set victory over the No. 2 team in the country, the host of the Canada West Final Four, and the Dinos' archrivals, the Alberta Pandas, in a one-match winner-take-all showdown, the Dinos would be in unfamiliar territory, watching it all unfold from afar. But a clutch win on the road it was, and the Dinos head to Fredericton in search of national glory.

The odds might be stacked in their favour – just a short year ago, the UBC Thunderbirds were in the same position, having to defeat the conference Final Four host to advance to nationals. The 'Birds bested Manitoba to win conference bronze, then promptly upgraded it to national gold with the school's first national title in three decades. And the similarities don't end there – Jesse Knight was an assistant coach with the T-Birds in 2008, and he's the head man with the Dinos in 2009.

After a 3-0 loss to the Thunderbirds in the conference semi-final, however, the Dinos were in tough against the Pandas on their home court in Saturday's bronze tilt.

"It was a pretty trying week," Knight admitted Monday as his team prepared for the cross-continental journey to New Brunswick. "We had some injury troubles early, and we obviously didn't play our best against UBC.

"We could have easily folded our tents in a tough game against Alberta, but we showed we really wanted to be there, and that's what got us in."

With fourth-year transfer Laura Littlejohn out for the year with a sprained right ankle, the Dinos turned to freshman middle Ali Sandholm to take on a starter's role. After struggling in the semi-final, Sandholm stepped up in the bronze medal match with 12 big kills, sending the Dinos all the way back to Fredericton.

None of that matters anymore, of course, as the brand new season kicks off at the Aitken University Centre on the campus of the University of New Brunswick. Seeded fourth in the eight-team tournament, the Dinos have drawn the Ontario champion in the quarterfinal for the second straight season and will take on the York Lions for a chance to advance to the medal round.

"I know that they have two big power hitters, but that's really about it," said Knight of his first-round competition. "They're a conference champion, they've put together a nearly undefeated season, so it's going to be a challenge for sure. They've been good and steady all year, so it'll definitely be a tough match. And I think that's good for us – if it was just a walk-over we might not bring it, but because it's a good team I think we will bring it.

"The thing I learned with UBC last year was that it has really become about who wants it more, and we are a very motivated group of athletes," he went on. "When you lose a player it sometimes stalls momentum a little, but I think now we're starting to gain momentum with a new group of starters and the potential of this new group is exciting."

All-time at CIS championships, the Dinos are 2-2 against York, but the teams have not met since the Yeowomen were reincarnated as the Lions. Their last meeting came at the 1995 championship in Edmonton, where the Torontonians took a 3-0 victory in the consolation semi-final

A victory over York would put the Dinos in a likely semi-final match-up with the Montreal Carabins, who have been ranked No. 1 in CIS wire-to-wire this season. It was Montreal that knocked the Dinos out of the championship in 2008 with a 3-1 semi-final win, forcing Calgary into yet another bronze medal match – which they won over their provincial archrivals. It was the Dinos' fourth straight CIS bronze medal, and breaking the semi-final funk is high on the priority list for the 2009 tournament should Calgary be fortunate enough to advance on the championship side of the bracket.

"Putting my Calgary hat on now, there's definitely an

element of payback there," said Knight. "Montreal knocked the Dinos out of the semi-final so if we get through York there will be a nice little semi-final match-up for sure."

The other semi-finals pit top-seeded Montreal against host UNB while UBC plays Moncton and Trinity Western takes on Laval.

The trophy cases of three Calgary fifth-year seniors are lined with bronze medals – four of them. The trio of Holly Harper, Lauren Perry, and Julie Young began their careers with the Dinos in the 2004-05 season, when Calgary was the defending national champion and went a perfect 25-0 heading into the CIS semi-final against UBC. The upset loss set the stage for the four straight third place performances and, while they have all had stellar careers, the national final has eluded them all four seasons.

Harper was named the Canada West player of the year in 2009 after pacing the Dinos' new high-speed offence, more than doubling her previous career high with 295 kills as the Dinos went 16-4 in Canada West play to finish in a first-place tie with Alberta. Perry was a second team all-star in Canada West for the second time in her career, while Young is a returning second team All-Canadian and plays the libero spot for the Canadian senior national team. There's all kinds of experience in that troika, and all are poised to make a run in their last chance to raise the trophy.

The remainder of the Calgary starting line-up is also potent. Setter Sarah Lacny is a former junior national team member who landed on the CIS all-rookie team last season and has distributed the ball to Calgary's offensive weapons well this season in recording 762 assists. With Harper on the right side and the Perry/Young combination at power, newcomer Sandholm joins fourth-year senior Laura Spence at the middle spot. It was a breakout season for Spence, whose

.309 attack percentage led the team and was seventh in the conference.

Raynell Lavertu has gone wire-to-wire at the libero spot for the Dinos.

First off the bench is generally sophomore left side Laura Wilson, who was the youngest player selected to the senior national team last summer and looks to be the future star power hitter for Calgary after the departure of Perry and

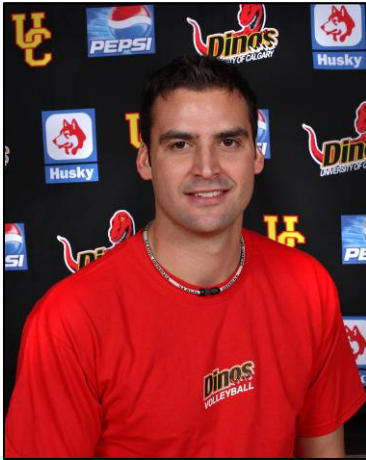
Young. Kathryn Moncks (setter), Lindsey Doland (left side) and Melanie Miazga (right side/middle) are also options off the bench for Knight, who completes his first season on the bench this weekend after taking over from Kevin Boyles, who moved on to become the University of Calgary's Director of Athletics.

The 2009 CIS Women's Volleyball Championship opens Thursday, Feb. 26 with four quarterfinal matches, the third of which will feature the Dinos taking on York. Semi-finals go Friday night, with the championship final slated for Saturday evening.

-UC-



HEAD COACH



JESSE KNIGHT

Jesse was appointed head coach of the University of Calgary Dinos women's volleyball program on Monday, April 7, 2008.

Knight is the seventh head coach in the program's history and takes over on a one-year interim basis replacing Kevin Boyles, who moved on to become the Dinos' Director of Athletics.

A native of Hamilton, Ont., Knight joins the Dinos after five years as an assistant coach with the UBC Thunderbirds in Vancouver, where he was the first full-time assistant in

program history and helped lead the 'Birds to the 2008 CIS title. He was also head coach of UBC's U21 club team, where he compiled an impressive 21-7 record.

Prior to his stint at UBC he spent two years as head coach of the men's program at Langara College in Vancouver and the better part of two seasons as an assistant with St. Mary's College, an NCAA Division I school in Moraga, Calif. He also served as head coach of the NAIA's Holy Names College in Oakland, Calif. in the 2001 and 2002 seasons.

Knight is well-known throughout the Canadian volleyball community, having spent two years as a guest coach with the women's national team program in Winnipeg and several seasons coaching various B.C. provincial teams. A graduate of Brock University in St. Catharines, Ont. with a Bachelor of Sport Management degree, he is a fully certified NCCP Level III coach.



ASSISTANT COACHES



NATALIE SCHWARTZ

Natalie joined the Dinos as an assistant coach for the 2007-08 season after a standout five-year career as a setter with the team. She started all five seasons in her career, winning the CIS championship in 2004 and Canada West titles in 2002 and 2005. Schwartz was a first-team All-Canadian in 2005 and a second-team All-Canadian in 2006 and finished her career with four CIS medals: one gold, one silver, and two bronze.

After her playing career, she concentrated on coaching with the Dinos women's volleyball club in Calgary, which she now serves as Executive Director. Certified Level II with the NCCP, she has coached several Alberta provincial teams and led her Dinos 18U team to the provincial championship and the Tier II national championship in 2008.

She is a native of St. Albert, Alta.



CHAD LEIER

Chad joined the Dinos' coaching staff prior to the 2001-02 season after two years as an assistant at the University of Saskatchewan.

In each of his first seven years, the Dinos reached the national semi-final, winning six CIS medals, the 2004 national championship, and the Canada West title in 2002 and 2005.

Leier is an engineer with CalFrac, an oilfield services company in Calgary, and has volunteered his time as an assistant coach with the Dinos for eight years. He has become one of the leading contributors to the Dinos program, establishing the Brodie/Leier scholarship endowment along with his wife, former Dino Reid Brodie.

The 2008-09 season is his final year on the bench, as he will be pursuing his MBA from Harvard University starting next year.

Chad is a native of Unity, Sask.



2007-08 CANADA WEST LEAGUE STANDINGS & RESULTS



Team	MP	MW	ML	SW	SL	PTS
*†Alberta	20	16	4	52	20	32
*CALGARY	20	16	4	51	31	32
*UBC	20	15	5	53	20	30
*Trinity Western	20	14	6	50	29	28
*Manitoba	20	13	7	49	25	26
*Brandon	20	12	8	41	34	24
*Regina	20	10	10	41	36	20
Thompson Rivers	20	6	14	29	50	12
Simon Fraser	20	4	16	15	53	8
Saskatchewan	20	3	17	19	51	6
Winnipeg	20	1	19	8	59	2

**Clinched playoff spot*

Top seven teams qualify for playoffs; top three qualify for Nationals

†Alberta awarded first place over Calgary with superior head-to-head sets won-lost

CANADA WEST QUARTERFINALS (Best 2 of 3)

#2 Calgary def. #7 Regina 2-0

3-1 (25-15, 17-25, 25-14, 28-26); 3-1 (25-20, 22-25, 25-20, 25-20)

#3 UBC def. #6 Brandon 2-0

3-0 (25-19, 25-19, 25-19); 3-1 (20-25, 25-21, 25-16, 25-18)

#4 Trinity Western def. #5 Manitoba 2-0

3-0 (25-17, 25-17, 25-21); 3-2 (25-14, 21-25, 19-25, 25-21, 15-13)

CANADA WEST SEMI-FINALS @ ALBERTA

#4 Trinity Western def. #1 Alberta 3-2 (19-25, 25-20, 25-19, 25-27, 15-13)

#3 UBC def. #2 Calgary 3-0 (25-22, 25-20, 25-15)

CANADA WEST BRONZE MEDAL MATCH @ ALBERTA

#2 Calgary def. #1 Alberta 3-2 (20-25, 25-19, 25-18, 17-25, 15-12)

CANADA WEST CONFERENCE FINAL @ ALBERTA

#3 UBC def. #4 Trinity Western 3-2 (25-14, 22-25, 19-25, 25-23, 15-11)

2008-09 UC DINOS GAME-BY-GAME RESULTS*(home games **BOLD**)**Non-conference @ Red Deer*

September 17 Calgary 2 Alberta 3 23-25, 22-25, 25-17, 25-17, 6-15 L 0-1

Regina Women's Invitational (Tournament Champions)

September 26 Calgary 1 Alberta 3 22-25, 20-25, 26-24, 21-25 L 0-2

September 26 Calgary 3 Winnipeg 0 26-24, 25-21, 25-15 W 1-2

September 27 Calgary 3 Brandon 2 25-17, 25-19, 12-25, 20-25, 16-14 W 2-2

September 27 Calgary 3 Manitoba 2 18-25, 23-25, 25-21, 25-23, 15-12 W 3-2

September 28 Calgary 3 Regina 2 25-21, 16-25, 22-25, 25-17, 15-7 W 4-2

West Coast Classic @ UBC

October 3 Calgary 2 UBC 3 25-18, 19-25, 36-38, 26-24, 9-15 L 4-3

October 4 Calgary 3 Thompson Rivers 0 25-15, 25-23, 25-18 W 5-3

October 4 Calgary 3 Simon Fraser 0 25-23, 25-23, 25-21 W 6-3

October 5 Calgary 1 Trinity Western 3 20-25, 25-23, 21-25, 19-25 L 6-4

*Husky Dino Cup***October 16 Calgary 3 Trinity Western 0 25-11, 25-21, 28-26 W 7-4****October 18 Calgary 1 Trinity Western 3 25-20, 19-25, 21-25, 20-25 L 7-5***Conference***W 1-0 *October 24 Calgary 3 Saskatchewan 1 25-18, 25-16, 21-25, 25-11 W 8-5****W 2-0 *October 25 Calgary 3 Saskatchewan 0 25-16, 25-10, 25-18 W 9-5**

W 3-0 *October 31 Calgary 3 Trinity Western 2 23-25, 20-25, 25-22, 25-23, 15-11 W 10-5

L 3-1 *November 1 Calgary 1 Trinity Western 3 21-25, 19-25, 25-23, 21-25 L 10-6

W 4-1 *November 15 Calgary 3 Manitoba 2 25-16, 25-15, 23-25, 27-29, 15-11 W 11-6**W 5-1 *November 16 Calgary 3 Manitoba 2 25-17, 22-25, 29-27, 24-26, 15-13 W 12-6**

L 5-2 *November 21 Calgary 0 Alberta 3 23-25, 23-25, 22-25 L 12-7

W 6-2 *November 22 Calgary 3 Alberta 2 14-25, 25-17, 18-25, 25-20, 15-13 W 13-7

W 7-2 *November 28 Calgary 3 Regina 2 25-19, 19-25, 18-25, 25-15, 15-8 W 14-7

L 7-3 *November 29 Calgary 2 Regina 3 18-25, 25-15, 25-15, 17-25, 11-15 L 14-8

Innisbrook Resort Invitational @ Tampa, Fla.

December 28 Calgary 3 UBC-Okanagan 2 25-22, 29-31, 25-17, 19-25, 15-8 W 15-8

December 29 Calgary 2 Brandon 3 25-23, 25-22, 20-25, 23-25, 12-15 L 15-9

December 30 Calgary 2 Western Ontario 3 25-21, 25-16, 21-25, 16-25, 12-15 L 15-10

*Conference***W 8-3 *January 10 Calgary 3 UBC 2 27-25, 20-25, 25-20, 22-25, 15-10 W 16-10****W 9-3 *January 11 Calgary 3 UBC 1 25-18, 23-25, 25-22, 26-24 W 17-10**

W 10-3 *January 16 Calgary 3 Winnipeg 0 25-18, 25-14, 25-17 W 18-10

W 11-3 *January 17 Calgary 3 Winnipeg 1 25-13, 23-25, 25-16, 25-16 W 19-10

W 12-3 *January 23 Calgary 3 Brandon 1 25-16, 25-21, 20-25, 25-18 W 20-10

L 12-4 *January 24 Calgary 0 Brandon 3 25-27, 15-25, 28-30 L 20-11

W 13-4 *January 30 Calgary 3 Thompson Rivers 2 25-14, 23-25, 21-25, 25-17, 15-9 W 21-11**W 14-4 *January 31 Calgary 3 Thompson Rivers 1 25-23, 21-25, 25-14, 25-23 W 22-11****W 15-4 *February 6 Calgary 3 Simon Fraser 0 25-12, 25-12, 25-21 W 23-11****W 16-4 *February 7 Calgary 3 Simon Fraser 0 25-9, 25-18, 25-13 W 24-11**

Canada West Quarterfinal

February 13	Calgary 3	Regina 1	25-15, 17-25, 25-14, 28-26	W 25-11
February 14	Calgary 3	Regina 1	25-20, 22-25, 25-20, 25-20	W 26-11

Canada West Final Four @ Alberta

February 19	Calgary 0	UBC 3	22-25, 20-25, 15-25	L 26-12
February 21	Calgary 3	Alberta 2	20-25, 25-19, 25-18, 19-25, 15-12	W 27-12

CIS Championship @ UNB, Fredericton

February 26	Calgary	York		
February 27	Calgary	TBD		
February 28	Calgary	TBD		

Overall record to date: 27-12

Final Conference record: 16-4 (T-1st)



CALGARY RESULTS AT CIS CHAMPIONSHIPS (since 1982)

YEAR	HOST	CALGARY GAMES/RESULTS	PLACING	CHAMPION
1982	Dalhousie	Def. Memorial 3-2 Def. Laval 3-0 Def. Winnipeg 3-1 Lost to Dalhousie 3-2 in final	Silver medal	Dalhousie
1983	UBC	Lost to Winnipeg 3-0 in final (15-1, 15-12, 15-0)	Silver medal	Winnipeg
1985	York	Def. Laval 3-2 in quarterfinal Def. York 3-0 in semi-final Lost to Winnipeg 3-1 in final (15-13, 15-13, 12-15, 15-11)	Silver medal	Winnipeg
1988	Sherbrooke	Def. Victoria 3-2 in quarterfinal (15-10, 6-15, 3-15, 17-15, 16-14) Lost to Sherbrooke 3-0 in semi-final (15-10, 15-7, 15-2) Lost to Laval 3-1 in bronze medal match (5-15, 15-3, 15-12, 15-11)	4 th place	Winnipeg
1989	Saskatchewan	Def. Manitoba 3-0 in quarterfinal (15-8, 15-7, 15-5) Def. Winnipeg 3-2 in semi-final (15-11, 5-15, 5-15, 15-13, 15-9) Def. Victoria 3-0 in final (15-10, 15-5, 16-14)	Gold medal	Calgary
1991	Calgary	Lost to York 3-2 in quarterfinal Def. Dalhousie 3-0 in consolation semi-final Lost to UBC 3-1 in consolation final	6 th place	Manitoba
1992	York	Def. Saskatchewan 3-1 in quarterfinal Lost to Manitoba 3-0 in semi-final Def. York 3-1 in bronze medal match	Bronze medal	Manitoba
1993	Laval	Def. Montreal 3-1 in quarterfinal Lost to Winnipeg 3-0 in semi-final Lost to Manitoba 3-0 in bronze medal match	4 th place	Winnipeg
1994	Winnipeg	Def. Alberta 3-0 in quarterfinal (15-5, 15-5, 15-6) Def. Montreal 3-0 in semi-final (15-5, 15-5, 15-6) Def. Winnipeg 3-0 in final (15-2, 15-10, 15-12)	Gold medal	Calgary
1995	Alberta	Lost to Manitoba 3-0 in quarterfinal (15-4, 15-7, 15-7) Lost to York 3-0 in consolation semi-final (15-2, 16-14, 15-8) Def. UNB 3-0 in 7 th place match (15-11, 15-8, 15-3)	7 th place	Alberta
2001	Manitoba	Lost to Toronto 3-2 in quarterfinal (25-27, 25-23, 25-22, 14-25, 15-9) Def. Saskatchewan 3-1 in consolation semi-final (23-25, 27-25, 25-15, 25-18) Lost to UBC 3-0 in consolation final (25-13, 25-23, 25-13)	6 th place	Manitoba

2002	Laval	Def. Moncton 3-0 in quarterfinal (25-15, 25-15, 25-18) Def. Sherbrooke 3-2 in semi-final (20-25, 25-16, 20-25, 25-17, 15-8) Lost to Manitoba 3-1 in final (27-25, 25-19, 22-25, 25-22)	Silver medal	Manitoba
2003	Laval	Def. Toronto 3-2 in quarterfinal (25-21, 25-19, 21-25, 28-30, 15-8) Lost to Winnipeg 3-1 in semi-final (26-24, 25-23, 27-29, 25-17) Lost to Alberta 3-1 in bronze medal match (21-25, 25-15, 25-21, 25-14)	4 th place	Sherbrooke
2004	Saskatchewan	Def. Montreal 3-1 in quarterfinal (25-15, 25-16, 18-25, 25-11) Def. Laval 3-2 in semi-final (21-25, 25-27, 25-15, 25-17, 15-7) Def. Alberta 3-1 in final (25-18, 25-17, 19-25, 25-22)	Gold medal	Calgary
2005	Saskatchewan	Def. Saskatchewan 3-0 in quarterfinal (25-14, 25-19, 25-16) Lost to UBC 3-1 in semi-final (25-21, 20-25, 25-16, 25-23) Def. Alberta 3-1 in bronze medal match (20-25, 25-23, 25-18, 25-22)	Bronze medal	Sherbrooke
2006	Calgary	Def. Trinity Western 3-0 in quarterfinal (25-17, 26-24, 26-16) Lost to UBC 3-1 in semi-final (25-23, 25-18, 18-25, 25-21) Def. Montreal 3-2 in bronze medal match (19-25, 25-16, 25-13, 23-25, 18-16)	Bronze medal	Laval
2007	Calgary	Def. Montreal 3-1 in quarterfinal (18-25, 25-16, 25-16, 25-18) Lost to Alberta 3-2 in semi-final (25-20, 25-22, 23-25, 21-25, 15-10) Def. Trinity Western 3-0 in bronze medal match (25-19, 25-23, 25-22)	Bronze medal	Alberta
2008	UNB	Def. McMaster 3-0 in quarterfinal (25-20, 25-13, 25-19) Lost to Montreal 3-1 in semi-final (14-25, 25-22, 20-25, 22-25) Def. Alberta 3-2 in bronze medal match (24-26, 25-19, 22-25, 25-19, 17-15)	Bronze medal	UBC

OVERALL RESULTS (since 1982)

Appearances	19
Consecutive	9 (2001-09)
Record	32-21

FINAL STANDINGS (since 1982)

Gold	3 (1989, 1994, 2004)
Silver	4 (1982, 1983, 1985, 2002)
Bronze	5 (1992, 2005, 2006, 2007, 2008)
4 th place	3 (1988, 1993, 2003)
5 th place	0
6 th place	2 (1991, 2001)
7 th place	1 (1995)

RESULTS BY OPPONENT (since 1982)

	MP	W	L
Winnipeg	7	3	4
Alberta	6	4	2
Montreal	6	5	1
Manitoba	5	1	4
UBC	4	0	4
Laval	4	3	1
York	4	2	2
Saskatchewan	3	3	0
Dalhousie	2	1	1
Sherbrooke	2	1	1
Toronto	2	1	1
Trinity Western	2	2	0
Victoria	2	2	0
McMaster	1	1	0
Memorial	1	1	0
Moncton	1	1	0
UNB	1	1	0
TOTAL	53	32	21

2008-09 UC DINOS TEAM STATISTICS (conference games)**OVERALL TEAM STATS**

Record: 16-4 Home: 10-0 Away: 6-4

TEAM STATISTICS	CALG	OPP
ATTACK		
Kills	1068	876
Errors	443	467
Total Attacks	2707	2600
Attack Pct	.231	.157
Kills/Game	13.0	10.7
SET		
Assists	978	807
Assists/Game	11.9	9.8
SERVE		
Aces	114	75
Errors	172	156
Aces/Game	1.4	0.9
SERVE RECEPTIONS		
Errors	75	114
Errors/Game	0.9	1.4
DEFENSE		
Digs	1098	990
Digs/Game	13.4	12.1
BLOCKING		
Block Solo	31	33
Block Assist	243	294
Total Blocks	152.5	180.0
Blocks Per Game	1.9	2.2
Block Errors	16	16
BALL HANDLING ERRORS		
	20	28
ATTENDANCE		
Total	3327	3348
Dates/Avg Per Date	10/333	10/335
Neutral site #/Avg	0/0	
Current win streak	4	-
Home win streak	10	-

MATCH WINS BY # SETS	1	2	3	4	5	Total
Calgary	0	0	4	5	7	16
Opponents	0	0	2	1	1	4

GAMES WON BY GAME	1	2	3	4	5	Total
Calgary	14	9	12	9	7	51
Opponents	6	11	8	5	1	31

POINTS BY GAME	1	2	3	4	5	Total
Calgary	476	453	475	337	116	1857
Opponents	386	413	433	297	90	1619



INDIVIDUAL STATS

##	Name	GP	MP	ATTACK					SET		SERVE		SE
				K	K/Game	E	TA	Pct	A	A/Game	SA	SA/Gm	
5	Raynell Lavertu	82	20-	2	0.02	0	6	.333	19	0.23	0	0.00	0
2	Ali Sandholm	30	13-	32	1.07	8	75	.320	6	0.20	3	0.10	3
11	Melanie Miazga	12	8-	8	0.67	3	16	.312	1	0.08	0	0.00	2
6	Laura Spence	82	20-	146	1.78	48	317	.309	14	0.17	16	0.20	18
1	Holly Harper	82	20-	295	3.60	114	703	.257	14	0.17	21	0.26	49
13	Laura Littlejohn	70	20-	94	1.34	31	247	.255	18	0.26	8	0.11	14
12	Lauren Perry	77	20-	225	2.92	101	574	.216	15	0.19	22	0.29	15
9	Laura Wilson	64	20-	121	1.89	63	323	.180	7	0.11	8	0.12	21
15	Lindsey Doland	24	13-	13	0.54	8	28	.179	0	0.00	1	0.04	5
4	Julie Young	69	18-	101	1.46	48	308	.172	5	0.07	5	0.07	5
3	Sarah Lacny	76	20-	20	0.26	9	68	.162	762	10.03	26	0.34	32
14	Kelly Frittenburg	11	6-	8	0.73	6	23	.087	6	0.55	2	0.18	4
7	Kathryn Moncks	27	12-	3	0.11	3	18	.000	111	4.11	2	0.07	4
10	Sarah Moncks	1	1-	0	0.00	0	0	.000	0	0.00	0	0.00	0
	CALGARY.....	82	20-	1068	13.02	443	2707	.231	978	11.93	114	1.39	172
	Opponents.....	82	20-	876	10.68	467	2600	.157	807	9.84	75	0.91	156

##	Name	GP	RE	DEFENCE		BLOCKING			B/Game	BE	BHE	Pts	Pts/G
				DIG	Dig/G	BS	BA	Total					
5	Raynell Lavertu	82	28	244	2.98	0	0	0	0.00	0	0	2.0	0.02
2	Ali Sandholm	30	0	14	0.47	5	16	21	0.70	0	0	48.0	1.60
11	Melanie Miazga	12	0	4	0.33	0	0	0	0.00	0	0	8.0	0.67
6	Laura Spence	82	1	45	0.55	3	52	55	0.67	4	1	191.0	2.33
1	Holly Harper	82	5	169	2.06	4	41	45	0.55	1	0	340.5	4.15
13	Laura Littlejohn	70	0	35	0.50	7	51	58	0.83	3	0	134.5	1.92
12	Lauren Perry	77	12	190	2.47	5	28	33	0.43	3	2	266.0	3.45
9	Laura Wilson	64	18	118	1.84	1	10	11	0.17	0	2	135.0	2.11
15	Lindsey Doland	24	0	2	0.08	0	1	1	0.04	0	0	14.5	0.60
4	Julie Young	69	7	148	2.14	4	18	22	0.32	1	0	119.0	1.72
3	Sarah Lacny	76	0	106	1.39	2	20	22	0.29	3	12	58.0	0.76
14	Kelly Frittenburg	11	0	2	0.18	0	2	2	0.18	0	0	11.0	1.00
10	Sarah Moncks	1	0	0	0.00	0	0	0	0.00	0	0	0.0	0.00
7	Kathryn Moncks	27	0	21	0.78	0	4	4	0.15	1	3	7.0	0.26
	TEAM		4										
	CALGARY.....	82	75	1098	13.39	31	243	152.5	1.86	16	20	1334.5	16.27
	Opponents.....	82	114	990	12.07	33	294	180.0	2.20	16	28	1131.0	13.79

CATEGORY LEADERS

##	ATTACK (by K)	G	K	K/G	E	TA	Pct	##	SET (by A)	G	A	A/Game
1	Holly Harper	82	295	3.60	114	703	.257	3	Sarah Lacny	76	762	10.03
12	Lauren Perry	77	225	2.92	101	574	.216	7	Kathryn Moncks	27	111	4.11
6	Laura Spence	82	146	1.78	48	317	.309	5	Raynell Lavertu	82	19	0.23
9	Laura Wilson	64	121	1.89	63	323	.180	13	Laura Littlejohn	70	18	0.26
4	Julie Young	69	101	1.46	48	308	.172	12	Lauren Perry	77	15	0.19
13	Laura Littlejohn	70	94	1.34	31	247	.255	6	Laura Spence	82	14	0.17
2	Ali Sandholm	30	32	1.07	8	75	.320	1	Holly Harper	82	14	0.17
3	Sarah Lacny	76	20	0.26	9	68	.162	9	Laura Wilson	64	7	0.11
15	Lindsey Doland	24	13	0.54	8	28	.179	14	Kelly Frittenburg	11	6	0.55
11	Melanie Miazga	12	8	0.67	3	16	.312	2	Ali Sandholm	30	6	0.20
14	Kelly Frittenburg	11	8	0.73	6	23	.087	4	Julie Young	69	5	0.07
7	Kathryn Moncks	27	3	0.11	3	18	.000	11	Melanie Miazga	12	1	0.08
5	Raynell Lavertu	82	2	0.02	0	6	.333	15	Lindsey Doland	24	0	0.00
TM	TEAM	82	0	0.00	1	1-1.000			CALGARY.....	82	978	11.93
	CALGARY.....	82	1068	13.02	443	2707	.231		Opponents.....	82	807	9.84
	Opponents.....	82	876	10.68	467	2600	.157					

##	BLOCK (by Total)	G	BS	BA	Total	B/Game
13	Laura Littlejohn	70	7	51	58.0	0.83
6	Laura Spence	82	3	52	55.0	0.67
1	Holly Harper	82	4	41	45.0	0.55
12	Lauren Perry	77	5	28	33.0	0.43
4	Julie Young	69	4	18	22.0	0.32
3	Sarah Lacny	76	2	20	22.0	0.29
2	Ali Sandholm	30	5	16	21.0	0.70
9	Laura Wilson	64	1	10	11.0	0.17
7	Kathryn Moncks	27	0	4	4.0	0.15
14	Kelly Frittenburg	11	0	2	2.0	0.18
15	Lindsey Doland	24	0	1	1.0	0.04
5	Raynell Lavertu	82	0	0	0.0	0.00
	CALGARY.....	82	31	243	152.5	1.86
	Opponents.....	82	33	294	180.0	2.20

BE##	SERVE (by SA)	G	SA	SE	SA/G
3 3	Sarah Lacny	76	26	32	0.34
4 12	Lauren Perry	77	22	15	0.29
1 1	Holly Harper	82	21	49	0.26
3 6	Laura Spence	82	16	18	0.20
1 13	Laura Littlejohn	70	8	14	0.11
3 9	Laura Wilson	64	8	21	0.12
0 4	Julie Young	69	5	5	0.07
0 2	Ali Sandholm	30	3	3	0.10
1 7	Kathryn Moncks	27	2	4	0.07
0 14	Kelly Frittenburg	11	2	4	0.18
0 15	Lindsey Doland	24	1	5	0.04
0 11	Melanie Miazga	12	0	2	0.00
16	CALGARY.....	82	114	172	1.39
16	Opponents.....	82	75	156	0.91

##	POINTS	G	Points	Pts/G
1	Holly Harper	82	340.5	4.15
12	Lauren Perry	77	266.0	3.45
6	Laura Spence	82	191.0	2.33
9	Laura Wilson	64	135.0	2.11
13	Laura Littlejohn	70	134.5	1.91
4	Julie Young	69	119.0	1.72
3	Sarah Lacny	76	58.0	0.76
2	Ali Sandholm	30	48.0	1.60
15	Lindsey Doland	24	14.5	0.58
14	Kelly Frittenburg	11	11.0	1.00
11	Melanie Miazga	12	8.0	0.67
7	Kathryn Moncks	27	7.0	0.26
5	Raynell Lavertu	82	2.0	0.02
TM	TEAM	82	0.0	0.00
	CALGARY.....	82	1334.5	16.27
	Opponents.....	82	1131.0	13.79

##	DEFENSE (by Dig)	G	DIG	Dig/G	BHE
5	Raynell Lavertu	82	244	2.98	0
12	Lauren Perry	77	190	2.47	2
1	Holly Harper	82	169	2.06	0
4	Julie Young	69	148	2.14	0
9	Laura Wilson	64	118	1.84	2
3	Sarah Lacny	76	106	1.39	12
6	Laura Spence	82	45	0.55	1
13	Laura Littlejohn	70	35	0.50	0
7	Kathryn Moncks	27	21	0.78	3
2	Ali Sandholm	30	14	0.47	0
11	Melanie Miazga	12	4	0.33	0
14	Kelly Frittenburg	11	2	0.18	0
15	Lindsey Doland	24	2	0.08	0
10	Sarah Moncks	1	0	0.00	0
	CALGARY.....	82	1098	13.39	20
	Opponents.....	82	990	12.07	28

##	KILL (by K)	G	K	K/Game
1	Holly Harper	82	295	3.60
12	Lauren Perry	77	225	2.92
6	Laura Spence	82	146	1.78
9	Laura Wilson	64	121	1.89
4	Julie Young	69	101	1.46
13	Laura Littlejohn	70	94	1.34
2	Ali Sandholm	30	32	1.07
3	Sarah Lacny	76	20	0.26
15	Lindsey Doland	24	13	0.54
11	Melanie Miazga	12	8	0.67
14	Kelly Frittenburg	11	8	0.73
7	Kathryn Moncks	27	3	0.11
5	Raynell Lavertu	82	2	0.02
TM	TEAM	82	0	0.00
	CALGARY.....	82	1068	13.02
	Opponents.....	82	876	10.68

##	RECEPT (by TA)	G	RE	RE/Gm
TM	TEAM	82	4	0.05
5	Raynell Lavertu	82	28	0.34
12	Lauren Perry	77	12	0.16
9	Laura Wilson	64	18	0.28
4	Julie Young	69	7	0.10
1	Holly Harper	82	5	0.06
11	Melanie Miazga	12	0	0.00
15	Lindsey Doland	24	0	0.00
13	Laura Littlejohn	70	0	0.00
6	Laura Spence	82	1	0.01
	CALGARY.....	82	75	0.91
	Opponents.....	82	114	1.39



2008-09 GAME-BY-GAME RECAPS

Playoffs and games against possible opponents at CIS championships

Canada West Bronze Medal Match

Calgary @ Alberta (Feb 21, 2009 at Edmonton, AB)



NEXT STOP: FREDERICTON

EDMONTON – They certainly didn't do it the easy way, but the University of Calgary Dinos qualified for their ninth straight CIS Women's Volleyball Championship Saturday with a clutch 3-2 win over the host Alberta Pandas in the bronze medal match at the Canada West Final Four (20-25, 25-19, 25-18, 17-25, 15-12).

The result means that the Alberta Pandas are eliminated from contention and will miss the national tournament. Calgary joins UBC and Trinity Western as the Canada West representatives in Fredericton, N.B., with the championship set to kick off Thursday, Feb. 26 with four quarterfinals.

The matchup was a typical Battle of Alberta with high intensity and courageous digs, indicative of two stellar teams who both had 16-4 regular season records. It comes as no surprise that, in head-to-head playoff games since the 2002-03 varsity season, the Alberta-based squads are deadlocked at 6-6.

"It was a team effort and everybody really played well today," said Calgary head coach Jesse Knight. "Our defence was stellar, especially on second contact, and we just wouldn't let the ball hit the floor. I'm really proud of how the girls performed."

It was a bounce-back victory of sorts for the Dinos, who fell 3-0 in their semi-final match Thursday night to the defending champion UBC Thunderbirds in a deflating loss.

"We decided to deal with us and not worry too much about what was going on with the other side of the net," said Knight. "We were able to get back into our rhythm, we executed, and we did what we wanted to do."

The parity showed up at the start of the first set, with neither team getting far ahead of the opposition until a number of Calgary attack errors, combined with a couple of kills from first-year Panda Kelci French (2008-09 Canada West Rookie of the Year), pushed Alberta to a 9-2 run from which the Dinos never recovered.

The Pandas carried the momentum into the second set, getting a pair of three-point leads in the early going, but a hungry Calgary offense equalized the score each time with kills from fifth-years Holly Harper, the Canada West Player of the Year, and Lauren Perry as well as fourth-year Laura Spence leading the way. A 36.4 per cent attack efficiency, and a late 5-0 run, vaulted the Dinos past the Pandas to tie the set score at one.

With momentum now in Calgary's favour and a game-high attack percentage of .412, the third set was considerably one-sided until a late Alberta surge closed the gap to six points before Harper banked her sixth kill of the set and 15th on the afternoon.

A focused Pandas squad came out in the fourth set to deter her numbers, however, forcing a number of attack errors for her (four in total) and for the rest of her team (six). Harper and fellow veteran Perry returned to form in the final set, finishing with 19 and 17 kills, respectively, in their bronze medal win.

Veteran Panda Jocelyn Blair led all players with 21 kills to go with her eight digs while teammates Tiffany Proudfoot and Allison Ritter led the team with 12 apiece.

Lavertu, the Calgary libero, had 14 digs on the night, just three shy of Perry's team-leading 17.

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	5	19	7	42	.286	1	2	2	0	14	0	3	0	0
2	Ali Sandholm	5	12	3	23	.391	2	0	1	0	6	0	1	0	0
3	Sarah Lacny	5	1	1	3	.000	56	0	2	0	11	0	1	1	0
4	Julie Young	5	9	2	27	.259	0	1	2	1	8	0	0	0	0
5	Raynell Lavertu	5	0	1	1	-1.000	1	0	0	0	14	0	0	0	0
6	Laura Spence	5	10	5	25	.200	0	0	5	0	4	1	3	0	0
7	Kathryn Moncks	3	0	0	0	.000	0	1	1	0	1	0	0	0	0
9	Laura Wilson	2	0	0	0	.000	0	0	2	0	1	0	0	0	0
11	Melanie Miazga	2	0	0	0	.000	0	0	0	0	1	0	0	0	0
12	Lauren Perry	5	17	7	41	.244	1	0	3	1	17	0	0	0	0
Totals.....		5	68	26	162	.259	61	4	18	2	77	1	8	1	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	14	8	36	.167
2	17	5	33	.364
3	16	2	34	.412
4	11	10	36	.028
5	10	1	23	.391

GAME SCORES

	1	2	3	4	5
Calgary	20	25	25	17	15
Alberta	25	19	18	25	12

##	Alberta	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Darryl Roper	5	2	0	3	.667	46	0	1	0	8	0	1	1	0
2	Jocelyn Blair	5	21	3	45	.400	1	0	2	2	8	0	2	0	0
3	Jennifer Restall	3	0	0	0	.000	0	0	0	0	0	0	0	0	0
4	Meggie Moir	1	0	0	2	.000	0	0	0	0	0	0	0	0	0
5	Samantha Wojtkiw	5	4	2	18	.111	0	1	3	0	3	2	3	0	0
8	Alexa Berton	5	9	1	28	.286	0	0	2	0	4	2	3	0	0
10	Tiffany Proudfoot	5	5	6	34	-.029	0	1	0	0	12	0	2	0	0
12	Kelci French	5	11	4	28	.250	0	0	3	0	11	0	1	0	0
14	Allison Ritter	5	0	0	0	.000	0	0	0	2	12	0	0	0	0
Totals.....		5	52	17	159	.220	47	2	11	4	58	4	12	1	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	14	2	30	.400
2	8	5	27	.111
3	11	5	39	.154
4	11	3	42	.190
5	8	2	21	.286

Canada West Semi-final

UBC vs. Calgary (Feb 19, 2009 at Edmonton, AB)



T-BIRDS SHOCK DINOS IN STRAIGHT SETS

EDMONTON – On the heels of the first Canada West Women's volleyball Final Four upset, the No. 3-ranked University of Calgary Dinos became the second higher seeded to team to fall in Edmonton, as the No. 5-ranked University of British Columbia Thunderbirds celebrated victory over the Dinos in straight sets (25-22, 25-20, 25-15).

With the win, UBC will face off against the evening's other victors in Canada West Final Four play, the Trinity Western Spartans, in the Canada West Gold Medal Game that takes place on Saturday. Although the intensity between the two B.C. rivals will be high, there is perhaps more potential for the Bronze Medal Game. Not only does a Battle of Alberta taking place in Edmonton mean that the crowd will be fervent in their support for the home team, but both Alberta and Calgary suffered upsets. More importantly, the winner of the bronze medallions claims the final Canada West entry into the CIS national championship in New Brunswick.

The Thunderbirds will be flying there after a great performance on the court tonight, taking full advantage of a Calgary team that, when combining all three sets, committed 22 attack errors and 11 service errors.

Unfortunately, a couple of them came early on in the first set to help set up a 5-0 run for UBC to double up the Dinos 12-6 on the board. An intelligent Calgary squad used a couple of tips over the net to help balance the score at 16-16. The errors regrettably continued for the Dinos, though, and fifth-year T-bird Marisa Field added a couple of kills late to take the set.

Field led the team with 10 kills on the night, with teammates Danielle Petersen and Kyla Richey close behind with nine apiece. Calgary native Claire Hanna, though not registering a single attack, led UBC with 11 digs. Canada West player of the year Holly Harper led the Dinos with six digs but had an otherwise off night by recording a 4.8% attack percentage.

She may have started the game with six kills and two errors in the first set, but her second set brought about a single kill and four errors. The rest of her team fared no better while the points on the scoreboard went back and forth before UBC forged ahead at the end.

Still, the 16-4 Dinos did not give up yet, tying the final set to 10-10 and momentarily taking a single-point lead before a combination of UBC blocking and more Calgary errors put UBC on a 12-1 run to salt the game away.

Fourth-year middle Laura Spence led the Dinos with a dozen kills in the loss.

The Bronze Medal Game takes place Saturday at 1 p.m. MT in the University of Alberta's Main Gym. The Gold Medal Game takes place at 2:30 p.m. MT.

##	UBC	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
2	Liz Cordonier	3	2	3	13	-.077	1	1	2	2	5	0	1	0	0
3	Marisa Field	3	10	0	11	.909	1	0	1	0	4	0	7	0	0
4	Claire Hanna	3	0	0	0	.000	0	0	0	1	11	0	0	0	0
6	Danielle Petersen	3	9	2	21	.333	0	0	0	0	6	0	3	0	0
8	Shanice Marcelle	1	1	1	4	.000	0	0	0	0	2	0	0	0	0
10	Katie Tyzuk	3	0	0	1	.000	28	4	1	0	6	0	1	0	0
12	Kyle Richey	3	9	5	20	.200	1	1	1	1	3	0	5	0	0
16	Jen Hinze	3	3	2	7	.143	1	0	1	0	3	1	3	0	0
Totals.....		3	34	13	77	.273	32	6	6	4	40	1	20	0	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	12	5	31	.226
2	14	5	28	.321
3	8	3	18	.278

GAME SCORES

	1	2	3
UBC	25	25	25
Calgary	22	20	15

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	3	8	7	30	.033	0	3	4	1	6	0	1	0	0
2	Ali Sandholm	3	3	1	10	.200	2	1	1	0	2	0	0	0	0
3	Sarah Lacny	3	1	1	4	.000	27	0	1	0	1	0	0	0	0
4	Julie Young	3	1	2	9	-.111	0	0	0	1	4	0	0	0	0
5	Raynell Lavertu	3	0	0	0	.000	0	0	0	2	5	0	0	0	0
6	Laura Spence	3	12	3	25	.360	0	0	0	0	1	0	2	0	0
7	Kathryn Moncks	1	0	0	0	.000	1	0	1	0	0	0	0	0	0
9	Laura Wilson	3	1	4	12	-.250	0	0	1	1	1	0	0	0	0
11	Melanie Miazga	1	0	0	1	.000	0	0	0	0	0	0	0	1	0
12	Lauren Perry	3	6	4	16	.125	0	0	3	1	5	0	2	0	0
15	Lindsey Doland	1	0	0	1	.000	0	0	0	0	0	0	0	0	0
Totals.....		3	32	22	108	.093	30	4	11	6	25	0	6	0	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	15	6	41	.220
2	9	6	34	.088
3	8	10	33	-.06

Canada West Quarterfinal, Game 2

Regina @ Calgary (Feb 14, 2009 at Calgary, AB)



FINAL FOUR ALL SET AS DINOS SWEEP COUGARS

CALGARY – The No. 3 Calgary Dinos women's volleyball squad punched its ticket to the Canada West Final Four Saturday, defeating the Regina Cougars 3-1 to knock the Cougars out of the playoffs for the second straight season (25-20, 22-25, 25-20, 25-20).

Calgary wins the best-of-three conference quarterfinal series 2-0 and will face the UBC Thunderbirds in a single-elimination semi-final next Thursday in Edmonton. The top three teams from the Final Four advance to the CIS Championship in Fredericton, N.B., and the Dinos will look to advance to their ninth consecutive national tournament.

The Dinos were forced once again to wear down a Cougars squad that just wouldn't quit and held the statistical advantage throughout the first two and a half sets. The teams traded wins in the first two, and Regina carried the momentum from its second-set win into a 13-8 lead in the fourth.

An attack error by Regina gave the Dinos a side out, and fourth-year middle Laura Littlejohn stepped back to put the ball in play. A full 10 serves later the Dinos had concluded an 11-0 run, turning a five-point deficit into a six-point lead, and they didn't look back from there with Kathryn Moncks having replaced Sarah Lacny at the setter's spot.

"Kat came in and really performed tonight, and that's why she was our player of the game," said Dinos head coach Jesse Knight. "One thing we've been stressing in the playoffs is that it takes a team to win, and I think the girls really rallied around Kat and played for her tonight.

"The great thing about these two wins is that Regina did a really good job and got us a little bit out of character, but we still found ways to win," he went on. "Last night it was blocking, and tonight it was offence and winning those long rallies. I really want to tip my hat to Tammy (Jule) and Kelly (Cowan) for phenomenal careers. They played great both nights and they have nothing to be ashamed of leaving here."

Jule (left side) and Cowan (libero), the two graduating fifth year players for Regina, indeed performed well in the final match of their CIS careers. Jule had 12 big kills from the left side, while Cowan led her team with 12 digs, many of the acrobatic variety to keep rallies alive. Lisa Abrahamowicz paced Regina with 14 kills, while Beth Clark had a very good night offensively with 10 kills and zero errors on 18 swings.

Where Calgary's power hitters struggled in Friday night's series opener, fifth-year captain Julie Young shone on this night. She led all players with 15 kills, matching that total with 15 digs. Holly Harper added 13 kills for Calgary, while Lauren Perry added nine as the Dinos' three fifth-year players led the charge offensively.

"It was really a phenomenal performance for Julie tonight," said Knight. "What she did tonight was to be herself and balance her offence, and that's the key to her success. Perry started out really poorly but found a way to score, and I can't say enough how proud I am of these girls."

The Dinos will face UBC in the conference semi-final Thursday in a match-up rife with storylines. The Thunderbirds are defending national champions, a title they won after falling to Calgary in the very same semi-final match a year ago. It will also be Knight's first playoff appearance against his former team, who the Dinos swept at home in conference play back in January.

First serve is slated for 8 p.m. Thursday night in the Main Gym at the University of Alberta. The other semi-final pits the host Alberta Pandas against the Trinity Western Spartans.

##	Regina	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
4	Solveig Nilson	4	7	1	15	.400	0	1	2	0	1	0	1	0	0
6	Tiffany Herman	4	0	0	1	.000	46	0	2	0	7	0	1	0	1
9	Beth Clark	4	10	0	18	.556	0	1	3	0	3	3	3	0	0
10	Tammy Jule	4	12	8	40	.100	0	0	2	1	7	0	2	2	0
11	Lisa Abrahamowicz	4	14	6	35	.229	0	2	3	1	9	0	0	0	0
13	Meagan Smith	2	3	2	8	.125	1	0	2	1	2	0	0	0	0
1	Kelly Cowan	4	0	0	0	.000	1	0	0	0	12	0	0	0	0
3	Meagan Onstad	3	0	0	0	.000	1	0	0	0	1	0	0	0	0
5	Kaitlyn Hughes	2	0	0	0	.000	0	0	0	1	1	0	0	0	0
12	Roxanne Olynyk	3	4	4	17	.000	0	0	3	0	3	0	1	0	0
15	Rebecca Rink	4	0	0	0	.000	0	0	0	0	3	0	0	0	0
	Totals.....	4	50	21	134	.216	49	4	17	4	49	3	8	2	1

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	18	3	35	.429
2	14	5	30	.300
3	9	8	32	.031
4	9	5	37	.108

GAME SCORES

	1	2	3	4
Regina	20	25	20	20
Calgary	25	22	25	25

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	4	13	5	32	.250	2	0	0	0	10	0	3	1	1
3	Sarah Lacny	3	1	1	5	.000	22	0	1	0	5	0	1	0	0
4	Julie Young	4	15	4	33	.333	1	0	0	0	15	1	1	0	0
6	Laura Spence	4	7	4	26	.115	2	1	2	0	2	0	5	0	0
12	Lauren Perry	4	9	5	23	.174	1	1	1	3	3	0	1	1	0
13	Laura Littlejohn	4	7	0	12	.583	1	2	1	0	4	0	1	0	0
5	Raynell Lavertu	4	0	0	0	.000	1	0	0	0	14	0	0	0	0
7	Kathryn Moncks	2	1	1	2	.000	18	0	0	0	2	0	0	1	0
9	Laura Wilson	1	1	3	7	-.286	0	0	1	0	1	0	0	0	0
	TEAM										1				
	Totals.....	4	54	23	140	.221	48	4	6	4	56	1	12	3	1

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	12	1	30	.367
2	13	9	36	.111
3	14	5	34	.265
4	15	8	40	.175

Canada West Quarterfinal, Game 1

Regina @ Calgary (Feb 13, 2009 at Calgary, AB)



CALGARY DRAWS FIRST BLOOD

CALGARY – The No. 3 Calgary Dinos overcame a tough serving attack and a second-set meltdown to open their best-of-three Canada West quarterfinal series with a 3-1 win over the visiting Regina Cougars Friday night (25-15, 17-25, 25-14, 28-26).

The Dinos lead the series 1-0 and will look to close out the Cougars for the second straight season Saturday night in Game 2.

"We defended great. We blocked and touched a lot of balls," said Dinos coach Jesse Knight, who earned the first playoff win of his young CIS coaching career. "They really did a number on our power hitters tonight. They blocked line and really kept us from getting anything going on the left side, and that's an adjustment we'll have to make for tomorrow night.

"The cool thing about that is that all three of our power hitters kept fighting and none of them finished negative, even though they (Regina) did probably the best job possible on them."

Both teams struggled to find any flow in the match, and it wasn't until the fourth set that the score tightened up after the first three ended with comfortable margins. Calgary came out firing to open the first set, jumping out to a quick 8-5 lead. Consecutive service aces from Laura Spence vaulted the Dinos into the second technical time out leading 16-9, and from there they continued to cruise to the 25-15 win.

A 52 per cent attack efficiency for the Dinos was turned on its head in the second set, however, as aggressive Regina serving wreaked havoc with the Calgary passing game and forced the Dinos into 12 errors in the set. Regina managed just six kills in the second and led by as many as 11 before Calgary mounted a late comeback, with the bulk of their points coming from Dinos miscues.

"They served us right off the court in that set," said Knight. "I don't care how good your passers are, when you have Lisa (Abrahamowicz) back hammering jump floats like that along with their spin servers, it becomes very erratic and hard to get comfortable passing."

The Dinos returned to their virtually error-free ways in the third and never trailed en route to a lopsided 25-14 win.

The fourth set was more like the expected outcome in this series: tight. It was without question Regina's best set of the night, doubling their offensive output to 16 kills from the eight they had posted in each of the previous three frames. Calgary did manage to lead most of the way but could not shake the Cougars, who kept it within three points. At match point the score was 24-21 and the Dinos looked poised to end it quickly, but the scrappy Cougars fought their way back to tie at 24-24. It took a sixth match point for the Dinos to finally end the match, and both of Calgary's final two points came courtesy Regina errors.

Holly Harper was once again the dominant offensive force for Calgary. She opened with five kills on just seven swings in the opening set, extending her total to 18 kills by the end of the night. As Knight mentioned, Calgary left sides Lauren Perry (8 kills), Julie Young (4), and Laura Wilson (4) struggled all night against the Regina block, but all three managed to stay at least even in the kills-errors department. Both Calgary middles were strong on the night, with Laura Littlejohn pounding seven kills while Spence added five. Spence in particular was strong defensively at the net, recording nine kills while Spence added five. Spence in particular was strong defensively at the net, recording nine kills while Spence added five. Spence in particular was strong defensively at the net, recording nine kills while Spence added five. Spence in particular was strong defensively at the net, recording nine kills while Spence added five.

Tammy Jule paced the Cougars with an even dozen kills, while Beth Clark added nine and Abrahamowicz tallied eight. Regina libero Kelly Cowan led all players with 18 digs, followed closely by her Calgary counterpart Raynell Lavertu with 17.

##	Regina	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
4	Solveig Nilson	4	4	4	13	.000	1	0	2	0	2	0	5	0	0
6	Tiffany Herman	4	2	1	3	.333	31	0	0	0	6	0	2	1	0
9	Beth Clark	4	9	6	21	.143	2	1	1	0	5	0	4	0	1
10	Tammy Jule	4	12	5	41	.171	0	0	2	1	7	0	4	0	0
11	L. Abrahamowicz	4	8	7	30	.033	1	1	0	1	12	0	1	0	0
13	Meagan Smith	3	1	7	13	-.462	0	1	0	1	4	0	2	0	0
1	Kelly Cowan	4	0	0	0	.000	0	0	0	2	18	0	0	0	0
5	Kaitlyn Hughes	1	0	0	0	.000	0	0	0	0	0	0	0	0	0
12	Roxanne Olynyk	1	4	3	13	.077	0	1	2	0	3	0	0	0	0
15	Rebecca Rink	3	0	0	0	.000	0	0	0	0	0	0	0	0	0
	Totals.....	4	40	33	134	.052	35	4	7	5	57	0	18	1	1

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	8	8	23	.000
2	8	6	27	.074
3	8	11	39	-.077
4	16	8	45	.178

GAME SCORES

	1	2	3	4
Regina	15	25	13	26
Calgary	25	17	25	28

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	4	18	5	40	.325	0	1	1	0	9	2	4	0	1
3	Sarah Lacny	4	1	0	3	.333	41	1	2	0	6	0	3	0	1
4	Julie Young	4	4	4	15	.000	0	0	0	0	3	0	0	0	0
6	Laura Spence	4	5	0	12	.417	0	3	1	0	4	0	9	0	1
12	Lauren Perry	4	8	7	34	.029	1	0	2	2	11	0	4	0	0
13	Laura Littlejohn	4	7	3	20	.200	0	0	1	0	3	0	3	0	0
2	Ali Sandholm	1	0	2	2	-.000	0	0	0	0	0	0	0	0	0
5	Raynell Lavertu	4	0	0	0	.000	1	0	0	1	17	0	0	0	0
7	Kathryn Moncks	1	1	0	1	1.000	0	0	0	0	0	0	0	0	0
9	Laura Wilson	3	4	2	11	.182	0	0	3	0	3	0	1	0	0
	TEAM										1				
	Totals.....	4	48	23	138	.181	43	5	10	4	56	2	24	0	3

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	14	2	23	.522
2	9	12	37	-.081
3	12	3	33	.273
4	13	6	45	.156

Canada West

UBC @ Calgary (Jan 11, 2009 at Calgary, AB)



HARPER POWERS DINOS TO UPSET SWEEP

CALGARY – Senior Holly Harper pounded 21 kills while posting a sparking 56 per cent attack efficiency as the seventh-ranked Calgary Dinos completed a weekend sweep of the No. 3 UBC Thunderbirds with a 3-1 Sunday afternoon win in the Jack Simpson Gym (25-18, 23-25, 25-22, 26-24).

The sweep moves the Dinos to 9-3 on the season, making the likelihood of a home playoff weekend much stronger, and setting them up well for the stretch drive, while UBC falls to 7-5 on the year.

While Harper's stats stood out as the key to the Dinos' victory, head coach Jesse Knight pointed to solid play from every player on the floor as the reason for Calgary's success

"Harper led the way for sure, but we had contributions from everybody and a really balanced offence today," said Knight, just after earning a sweep over the team he helped lead to the national championship last season. "The big key for me doesn't really show up in the stats. UBC's strength is their block and, not only did we match them in blocks, but block touches were huge for us. That might have been the difference in the match, as we were able to convert at key moments."

Stuff blocks were down for both sides after Saturday's epic series opener, a 3-2 Calgary win. After posting 18 team blocks in the first match, UBC managed just six Sunday – a total that was matched by the Dinos, who posted 12 in their first win of the weekend. Once again, very little separated the two teams statistically, with both notching 51 kills and the Birds out-attacking the Dinos by a slim margin.

UBC jumped out to an early 8-5 lead in the opening set, but the Dinos quickly tied it up and took the lead with a 4-0 run. As the set progressed Calgary slowly began to increase its lead, taking a 16-11 edge into the second technical break. The Dinos eventually set up set point at 24-14 and, after a brief scare in the form of a 4-0 UBC run, took the first 25-18 on a Lauren Perry kill.

The T-Birds took an early lead in the second as well, and again Calgary bounced back to tie. This time, however, it was UBC that responded to take the lead, and the T-Birds never trailed again en route to a tight 25-23 win.

The two evenly-matched teams continued their point-for-point play through the final two sets, with Calgary taking 25-22 and 26-24 wins, extending their home undefeated streak to six matches.

Kyla Richey was once again the top offensive player for UBC with 18 kills, but she also committed 10 errors along the way. Shanice Marcelle and Marisa Field contributed eight kills apiece, while Claire Hanna posted 13 digs.

Perry and Julie Young also had eight kills each, with Perry leading all players with 15 digs. The Dinos' middle tandem of Laura Littlejohn and Laura Spence also contributed to the victory with six and five, respectively, while getting hands on several UBC attacks to keep the ball in play.

UBC and Calgary both make road trips east next weekend as Canada West play continues, and both will take on weaker teams in the conference standings. The Thunderbirds head to Saskatoon to take on the Saskatchewan Huskies (2-10), while the Dinos make the trip to Winnipeg to face the 1-11 Wesmen.

##	UBC	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
3	Marisa Field	4	8	2	16	.375	2	1	2	0	4	0	5	1	2
6	Danielle Petersen	4	3	3	17	.000	0	0	0	0	5	0	0	0	1
7	Rayel Quiring	4	5	1	14	.286	2	0	3	3	2	0	2	1	0
10	Katie Tyzuk	4	1	0	1	1,000	32	1	3	1	4	0	1	0	4
12	Kyle Richey	4	18	10	41	.195	0	0	2	0	3	0	2	0	0
16	Jen Hinze	4	6	1	13	.385	2	2	2	0	2	0	1	1	0
1	Lauren Whitehead	2	0	0	2	.000	0	0	0	0	0	0	0	0	0
4	Claire Hanna	4	1	0	1	1,000	1	0	0	1	13	0	0	0	0
5	Danielle Richards	2	0	0	0	.000	0	0	1	0	2	0	0	0	0
8	Shanice Marcelle	4	8	1	17	.412	0	0	1	1	6	0	1	0	0
11	Natalie Eades	1	1	0	1	1,000	0	0	1	0	0	0	0	0	0
14	Brina Derksen-Bergen	4	0	0	2	.000	8	1	0	0	2	0	0	0	1
	Totals.....	4	51	18	125	.264	47	5	15	6	43	0	12	3	8

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	12	5	32	.219
2	15	4	33	.333
3	12	5	29	.241
4	12	4	31	.258

GAME SCORES

	1	2	3	4
UBC	18	25	22	24
Calgary	25	23	25	26

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	4	21	3	32	.562	1	1	5	0	3	0	2	0	0
3	Sarah Lacny	4	1	0	4	.250	41	2	1	0	5	0	0	0	2
4	Julie Young	4	8	2	18	.333	0	0	1	1	8	0	1	0	0
6	Laura Spence	4	5	3	12	.167	0	1	2	0	3	1	1	0	0
12	Lauren Perry	4	8	5	25	.120	0	1	1	2	15	0	2	0	0
13	Laura Littlejohn	4	6	2	21	.190	0	0	0	0	4	0	4	0	0
5	Raynell Lavertu	4	0	0	0	.000	1	0	0	2	5	0	0	0	0
7	Kathryn Moncks	1	0	0	0	.000	4	1	0	0	1	0	0	0	0
9	Laura Wilson	2	2	3	11	-.091	1	0	0	0	2	0	0	0	0
15	Lindsey Doland	1	0	2	3	-.667	0	0	0	0	0	0	0	0	0
	Totals.....	4	51	20	126	.246	48	6	10	5	46	1	10	0	2

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	12	5	29	.241
2	13	6	34	.206
3	14	5	35	.257
4	12	4	28	.286

Canada West

UBC @ Calgary (Jan 10, 2009 at Calgary, AB)



KNIGHT, DINOS TAKE FIVE TO UPEND UBC

CALGARY – Jesse Knight got his first win over his former team and the University of Calgary Dinos got a badly-needed win as they took a five-set decision from the third-ranked UBC Thunderbirds 3-2 (27-25, 20-25, 25-20, 22-25, 15-10) Saturday afternoon.

In a match that featured a little bit of everything, the No. 7 Dinos survived a scare in the fifth and deciding set before rallying for the win. Up 12-4 and with the match seemingly in hand, the Dinos reeled off five straight attack errors which were followed by a UBC kill, and an eight-point lead suddenly became a two-point lead. Two kills from Julie Young set up match point for the Dinos, however, and Melanie Miazga scored the match-winning kill in the only point she played all afternoon.

"Our girls stepped up at key times, and that was pretty obvious there at the end of the fifth set," said Knight, who spent five years at UBC as an assistant coach before taking the head job in Calgary this season. "It was a battle of two great teams, and both played well at different times. We were fortunate to come out on top at the end, and I'm looking forward to how we can get better tomorrow."

As is befitting two of the top teams in the nation – and two teams that have enjoyed several epic battles in the recent past, neither team was able to score a decisive blow on the other. Very little separated the teams statistically – Calgary had the edge in total kills and digs, but UBC enjoyed a higher attack percentage and more team blocks – and the total points difference at the end was just four in favour of the Dinos.

The first set was indicative of how the match would unfold. Calgary jumped out to an 8-5 lead, only to see the Birds claw back into it and take a 15-14 lead. UBC maintained a one- or two-point lead as the score continued to climb, eventually setting up set point at 24-22. Clutch kills by Holly Harper and Laura Spence kept the Dinos alive, and Lauren Perry combined with Spence to block Jen Hinze as the Dinos scored the come-from-behind 27-25 win.

The second and fourth sets were virtual mirror images of each other, with UBC taking an early lead, fighting off a late charge by the Dinos, and winning the set. Calgary, meanwhile, won the third in much similar fashion, and for the seventh time in 11 conference matches the Dinos found themselves going the distance.

Harper and Spence were strong early in the fourth set, and several unforced errors by the Thunderbirds allowed Calgary to jump out to the 12-4 lead. The Dinos posted nine kills in the final frame compared to just two for UBC, both courtesy Rayel Quiring.

Kyla Richey was the offensive story for the T-Birds, but UBC was unable to get her going in the fifth set as she posted three of her 10 attacking errors. Richey finished with 18 kills to lead all players, while Marisa Field added nine. Quiring and Danielle Peterson posted eight kills each, while libero Claire Hanna finished tied for the match lead with 15 digs.

Harper's 17-kill afternoon was tops for the Dinos, who improve to 8-3 on the season, with Perry adding 14. Spence and Laura Wilson had 10 kills each, with Wilson adding 15 digs to her statistical total.

The Dinos and T-Birds square off in the series finale Sunday afternoon in the Jack Simpson Gym, with first serve slated for 12 p.m. MT.

##	UBC	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
3	Marisa Field	5	9	2	23	.304	1	0	1	1	4	1	7	0	0
6	Danielle Petersen	5	8	5	28	.107	1	0	1	2	13	1	3	0	0
8	Shanice Marcelle	5	2	2	13	.000	0	0	1	1	3	0	0	0	1
10	Katie Tyzuk	5	4	0	5	.800	47	1	0	0	5	0	1	1	6
12	Kyle Richey	5	18	10	44	.182	0	0	3	0	13	0	6	0	0
16	Jen Hinze	5	5	2	13	.231	0	1	0	0	0	1	6	0	0
4	Claire Hanna	5	0	0	0	.000	0	0	0	1	15	0	0	0	0
5	Danielle Richards	2	0	0	0	.000	0	0	0	0	2	0	0	0	0
7	Rayel Quiring	4	8	2	24	.250	0	0	1	0	6	0	5	0	0
14	B. Derksen-Bergen	1	0	0	0	.000	1	0	0	0	0	0	2	0	0
	Totals.....	5	54	23	150	.207	50	2	7	5	61	3	30	1	7

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	14	4	33	.303
2	13	5	35	.229
3	12	4	29	.276
4	13	7	35	.171
5	2	3	18	-.056

GAME SCORES

	1	2	3	4	5
UBC	25	25	20	25	10
Calgary	27	20	25	22	15

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	5	17	8	29	.310	1	0	4	1	10	1	5	0	0
3	Sarah Lacny	5	1	0	6	.167	51	2	0	0	5	0	0	0	3
4	Julie Young	5	6	4	18	.111	0	0	0	0	9	0	0	0	0
6	Laura Spence	5	10	2	21	.381	0	1	0	0	4	1	4	0	0
12	Lauren Perry	5	14	12	41	.049	0	0	3	0	10	0	2	1	0
13	Laura Littlejohn	5	7	3	24	.167	0	1	0	0	3	1	2	1	0
2	Ali Sandholm	1	1	1	4	.000	0	1	0	0	0	0	3	0	0
5	Raynell Lavertu	5	0	0	0	.000	2	0	0	0	11	0	0	0	0
7	Kathryn Moncks	1	0	0	0	.000	3	0	0	0	0	0	0	0	0
9	Laura Wilson	5	10	6	29	.138	0	0	2	1	15	0	2	0	1
11	Melanie Miazga	1	1	0	2	.500	0	0	0	0	0	0	0	0	0
	Totals.....	5	67	36	174	.178	57	5	9	2	67	3	18	2	4

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	18	5	40	.325
2	12	9	40	.075
3	16	6	36	.278
4	12	10	36	.056
5	9	6	22	.136

Canada West

Calgary @ Trinity Western (Nov 1, 2008 at Langley, BC)



SPARTANS EARN WEEKEND SPLIT

LANGLEY, B.C. – The No. 8 ranked Trinity Western University women's volleyball team got their first win of the season and earned a weekend split with the No. 3 ranked University of Calgary Dinos with an impressive 3-1 (25-21, 25-19, 23-25, 25-21) victory Saturday night at TWU's Langley, B.C. campus.

The Spartans used a balanced attack and dominated the net play as they out blocked the Dinos 13 to five to improve to 1-3, while handing Calgary (3-1) their first loss of the season.

The Spartans Danielle Foth (4th year, Abbotsford, B.C.) and Kim Klassen (4th year, Abbotsford, B.C.) split the TWU attack with five kills each in the first set as the Spartans opened the match with a 25-21 win. TWU led from start to finish. They jumped out to a 5-1 lead to start, led 8-5 and 16-10 at the breaks. The Dinos closed to two points, trailing 22-20, but were unable to catch Spartans. TWU finished with a 32% efficiency, while Calgary had 9%.

The second set was a carbon copy of the first. The Spartans used a balanced attack, with five players hitting for three kills each, to take a 2-0 lead with a 25-19 win. TWU once again led wire-to-wire. The Spartans led 8-4 and 16-9 at the breaks. The Dinos increased their attack percentage to 34% in the second set, but the Spartans went even higher to 43%.

The Dinos finally got things going in the third set. Calgary got their first lead of the match at 6-5 after a kill by Laura Wilson (Calgary). Calgary continued to play well as they took 8-5 and 16-9 leads at the breaks. The Dinos Sarah Lacny (Saskatoon) served back to back aces to put the visitors up 18-9. It looked like the set was done, but unlike last night the Spartans came storming back with a 14-5 run to tie the set at 23-23. However, the Dinos prevailed with a Julie Young (Red Deer, Alta.) kill and at TWU attack error to give Calgary the set 25-23.

The fourth set had the Spartans come storming out of the gate. They quickly took control of the set with a 6-1 run to open the game. TWU carried the momentum to the first break, up 8-3, and second break, up 16-10. The Spartans continued to be fired up as the set progressed. A step around kill and stuff block by Julie Koepke (Richmond, B.C.) gave TWU a 19-12 lead. The two teams exchanged points for the next four rallies. Calgary called a timeout after a Kim Klassen kill put TWU up 21-14. The Dinos Lindsey Doland (Calgary) and Lauren Perry (Taber, Alta.) combined to take the next three points and cut the TWU lead to 21-17. It was as close as the Dinos would get as TWU took the set and the match 25-21.

Kim Klassen with 14 kills, eight digs and five blocks and Dayna Jansen Van Doorn (5th year, Langley, B.C.) with 11 kills, five blocks and two aces led the Spartans, while Holly Harper (Lumsden, Sask.) with 13 kills and six digs and Laura Spence (Calgary) with 12 kills led the Dinos.

Next up for the Spartans is the University of Winnipeg Wesmen on Nov. 14-15 at TWU. The Dinos will now return home to take on the University of Manitoba on Nov. 15-16.

Match Notes: TWU middle's Julie Koepke and Dayna Jansen Van Doorn hit an impressive 64% and 52% respectively...Andrea Ball (3rd year, Abbotsford, B.C.) led all players with 13 digs...

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	4	13	7	39	.154	0	0	1	1	6	0	1	0	0
3	Sarah Lacny	4	2	1	3	.333	42	2	4	0	8	0	2	0	0
4	Julie Young	4	5	4	12	.083	0	0	0	1	6	0	0	0	0
6	Laura Spence	4	12	5	23	.304	2	0	1	0	1	0	1	0	0
12	Lauren Perry	4	6	8	30	-.067	0	1	0	0	11	0	1	0	0
13	Laura Littlejohn	4	7	1	18	.333	1	0	1	0	0	0	4	0	0
5	Raynell Lavertu	4	0	0	0	.000	2	0	0	2	11	0	0	0	0
9	Laura Wilson	4	7	2	16	.312	0	0	2	2	4	0	1	0	0
11	Melanie Miazga	1	0	0	0	.000	0	0	0	0	0	0	0	0	0
15	Lindsey Doland	1	1	0	1	1.000	0	1	0	0	0	0	0	0	0
Totals.....		4	53	28	142	.176	47	4	9	6	47	0	10	0	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	11	8	32	.094
2	13	4	26	.346
3	16	9	46	.152
4	13	7	38	.158

GAME SCORES

	1	2	3	4
Calgary	21	19	25	21
Trinity Western	25	25	23	25

##	Trinity Western	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
4	Carmen Dyck	4	5	8	26	-.115	1	0	5	0	3	0	2	0	0
5	Danielle Foth	4	10	1	27	.333	0	1	0	1	11	0	2	0	0
6	Keanne Tome	4	1	2	4	-.250	48	1	0	0	7	0	2	0	0
10	D. JansenVanDoorn	4	11	1	19	.526	1	2	1	0	0	0	5	0	0
11	Kim Klassen	4	14	2	26	.462	1	1	1	0	8	0	5	0	0
15	Julie Koepke	4	10	1	14	.643	0	1	1	0	2	2	5	0	0
1	Amber Brown	2	4	1	7	.429	0	0	1	1	1	0	1	0	0
3	Jodi Neufeld	2	0	0	0	.000	0	0	0	0	0	0	0	0	0
8	Andrea Ball	2	0	0	0	.000	0	0	0	2	13	0	0	0	0
Totals.....		4	55	16	123	.317	51	6	9	4	45	2	22	0	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	14	4	31	.323
2	15	3	28	.429
3	12	5	37	.189
4	14	4	27	.370

Canada West

Calgary @ Trinity Western (Oct. 31, 2008 at Langley, BC)



BIG COMEBACK KEEPS DINOS UNDEFEATED

LANGLEY, B.C. – The third-ranked Calgary Dinos rebounded from a 2-0 deficit to defeat the No. 8 Trinity Western Spartans 3-2 (23-25, 20-25, 25-22, 25-23, 15-11) Friday night at the David E. Enarson Gym.

The loss was the Spartans' third straight to open the season and spoiled their home opener, while the win vaults the still-undefeated Dinos to 3-0 on the young campaign.

"There are all kinds of ways to win, and tonight we found a new one," said Calgary head coach Jesse Knight. "The story of this game was just our composure and our ability to keep fighting."

Despite posting 10 errors to go with 10 kills in the opening set, the Dinos still managed to tie it at 23-23 before conceding the final two points to the home side. And in the second set, Trinity Western never trailed en route to the 25-20 victory.

Cue the comeback.

The Dinos jumped out to a seven-point lead in the third after a 10-3 run to open the set and looked to be in control. However, Calgary let the Spartans go on a 10-3 run of their own, and Trinity Western seemed poised to take the match with a 19-16 lead. From there, the tandem of Holly Harper and Laura Spence paced the Dinos to a 5-0 run and a lead they would not relinquish, eventually taking it 25-22.

The teams were neck-and-neck throughout the fourth set, with no more than three points separating them. Another 5-0 run for the Dinos turned a 13-10 deficit into a 15-13 lead, and this time it was Calgary that was able to convert a 23-23 tie into a 25-23 victory, setting up the fifth and deciding set.

Helped along by solid blocking by the Dinos, the Spartans committed nine attack errors in the fifth set and, despite just a nine per cent hitting efficiency on their part, Calgary needed just five kills in the fifth set to complete the comeback with a 15-11 win.

Knight praised his entire team for their determination after falling into a 2-0 hole.

"It was a big night for us because different people stepped up at different times," he said. "We really bore down defensively and got some big digs. Holly (Harper) and Laura (Spence) really pushed through offensively close to the end of the match."

Four Dinos had at least 13 digs on the night, led by Raynell Lavertu's 21,

Harper led all players with 19 kills on the night, while fellow senior Lauren Perry chipped in with 17 for Calgary. Spence added six kills and just a single error for the Dinos, along with a team-high four blocks, while freshman middle Ali Sandholm also had a solid six kills on the night.

The Spartans, who lost just one match in the pre-season – that to Calgary at the Husky Dino Cup – fall to 0-3 in Canada West play following an upset sweep by the Regina Cougars last weekend in the Saskatchewan capital. Carmen Dyck, a transfer from Calgary's Mount Royal College, led the way for the Spartans with 18 kills, while Kim Klassen added 11 and Dayna Jansen Van Doorn posted nine.

##	Calgary	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
1	Holly Harper	5	19	8	58	.190	0	3	5	1	13	0	2	0	0
3	Sarah Lacny	5	0	0	2	.000	47	1	3	0	9	0	1	0	0
4	Julie Young	5	3	6	25	-.120	0	2	1	1	18	0	2	0	0
6	Laura Spence	5	6	1	17	.294	1	2	2	0	1	1	3	0	0
12	Lauren Perry	5	17	7	41	.244	0	1	3	2	17	1	1	0	0
13	Laura Littlejohn	3	3	2	13	.077	1	0	1	0	1	0	2	0	0
2	Ali Sandholm	4	6	2	17	.235	1	0	0	0	2	1	1	0	0
5	Raynell Lavertu	5	0	0	0	.000	1	0	0	4	21	0	0	0	0
9	Laura Wilson	3	1	2	10	-.100	0	0	1	0	2	0	0	0	0
Totals.....		5	55	28	183	.148	51	9	16	8	84	3	12	0	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	10	10	47	.000
2	9	5	33	.121
3	14	7	41	.171
4	17	3	39	.359
5	5	3	23	.087

GAME SCORES

	1	2	3	4	5
Calgary	23	20	25	25	15
Trinity Western	25	25	22	23	11

##	Trinity Western	GP	K	E	TA	PCT	A	SA	SE	RE	DIG	BS	BA	BE	BHE
4	Carmen Dyck	5	18	10	51	.157	0	4	1	1	13	0	5	0	0
5	Danielle Foth	5	8	4	28	.143	1	0	2	3	12	0	0	0	0
6	Keanne Tome	5	0	1	5	-.200	38	0	2	0	9	0	1	0	0
10	JansenVanDoorn	5	9	3	20	.300	4	1	3	0	3	1	7	0	0
11	Kim Klassen	5	11	8	51	.059	1	1	1	2	12	0	4	0	0
15	Julie Koepke	5	4	2	10	.200	0	1	0	0	2	0	3	0	0
1	Amber Brown	3	0	0	0	.000	0	0	1	0	0	0	0	0	0
2	JansenVanDoorn	2	1	3	10	-.200	0	0	0	0	4	0	0	0	0
3	Jodi Neufeld	2	0	0	0	.000	0	0	0	0	0	0	0	0	0
8	Andrea Ball	5	0	0	0	.000	1	0	0	3	29	0	0	0	0
12	Chelsea Hudson	1	1	0	1	1.000	5	1	0	0	6	0	0	0	0
Totals.....		5	52	31	176	.119	50	8	10	9	90	1	20	0	0

TEAM ATTACK PER GAME

Game	K	E	TA	Pct
1	11	4	43	.163
2	11	7	35	.114
3	11	5	36	.167
4	13	6	33	.212
5	6	9	29	-.103





PLAYER PROFILES



LINDSEY DOLAND

#13

DOB May 17, 1990 **Height** 6'0" **Position** Left Side
Hometown Calgary, Alta. **High School** Sir Winston Churchill
Faculty Communication & Culture
Last Team Dinos Volleyball Club **Year** 1



2008-09: Saw limited action off the bench...appeared in 13 matches, recording 13 kills...

Before UC: Product of the Dinos Volleyball Club...won national club championship with U18 team in 2008...won the Myrna Emphey Award as top high school volleyball player in Calgary in 2007-08...named Sir Winston Churchill athlete of the year, playing both basketball and volleyball...

Personal: Parents Kim and Diane...received Alexander Rutherford Scholarship...honour roll throughout high school...studying Development Studies in the Faculty of Communication and Culture...both parents played volleyball for the Dinos – father Kim for one year, mother Diane for five years...once raised \$115,000 to build a house through Habitat for Humanity...would like to make a difference in the world through working for an NGO and various humanitarian aid organizations...

CAREER STATS

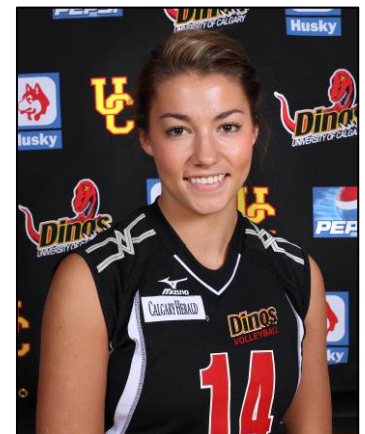
Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2008-09	24	13	13	0.54	8	28	.179	0	0.00	1	0.04	5
TOTAL	24	13	13	0.54	8	28	.179	0	0.00	1	0.04	5

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2008-09	2	0.08	0	0	1	1	0.04	0	0	14.5	0.58
TOTAL	2	0.08	0	0	1	1	0.04	0	0	14.5	0.58

KELLY FRITTENBURG

#14

DOB April 12, 1990 **Height** 6'0" **Position** Middle
Hometown Caledon, Ont. **High School** Mayfield Secondary
Faculty Haskayne School of Business
Last Team Kitchener-Waterloo Predators Volleyball Club **Year** 1



2008-09: Dressed for just six matches...recorded eight kills...

Before UC: Veteran of the junior national team in 2007...sidelined for much of senior year with torn ACL and damaged meniscus, requiring surgery...won the National Team Challenge Cup with Team Ontario in 2008...team all-star in 16U, 18U, and 21U provincial championships...spent 2005 and 2006 with the youth national team...named Toronto Star athlete of the week...

Personal: Parents Alan and Ellen...full name Kelly Anne Frittenburg...studying marketing in the Haskayne School of Business...also competed in rowing, equestrian, and soccer...born in Orangeville, Ont...enjoys travelling, reading, and shopping...honour roll student 2005-08...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2008-09	11	6	8	0.73	6	23	.087	6	0.55	2	0.18	4
TOTAL	11	6	8	0.73	6	23	.087	6	0.55	2	0.18	4

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2008-09	2	0.18	0	0	2	2	0.18	0	0	11.0	1.00
TOTAL	2	0.18	0	0	2	2	0.18	0	0	11.0	1.00

HOLLY HARPER

#1

DOB May 12, 1986 **Height** 5'9" **Position** Right Side
Hometown Lumsden, Sask. **High School** Lumsden
Faculty Social Sciences
Last Team Regina Radz **Year** 5



2008-09: More than doubled her career highs in kills (295) and points (340.5)...named Canada West Player of the Year...first team Canada West all-star...finished second in Canada West in kills per set (3.6)...

2007-08: Racked up 118 kills in 48 sets played...led team with 20 service aces...named Canada West athlete of the week after 24-kill performance in a tight match against Alberta in December...selected to the CIS championship all-star team...

2006-07: Continued recovery from knee surgery...posted 77 kills in 30 sets played...

2005-06: Began the season well, posting outstanding statistics with 112 kills in just 30 sets...injured her knee in December 2005 during a match, tearing ACL, MCL, and meniscus...missed the entire second half of the season following surgery...

2004-05: One of four pure rookies to join the team...appeared in 30 sets, posting 47 kills...part of the Dinos team that went 20-0 and spent the entire season ranked No. 1 in CIS...

Before UC: Named Saskatchewan juvenile player of the year in 2004...captained Regina Radz to silver medal at the U18 national championships...member of the youth national team in 2003...played with Team Saskatchewan at 2005 Canada Games in Regina...provincial high school champion in high jump, triple jump, long jump, and hurdles...

Personal: Parents David and Deb...full name Holly Marie Harper...born in Regina...studying anthropology in the Faculty of Social Sciences...spent part of the summer of 2007 travelling to Belize for a field school in primatology...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2004-05	30	15	47	1.57	25	129	.171	5	0.17	6	0.20	16
2005-06	30	10	112	3.73	52	276	.217	2	0.07	10	0.33	19
2006-07	34	14	77	2.26	37	184	.217	2	0.06	4	0.12	20
2007-08	48	16	118	2.46	66	298	.174	13	0.27	20	0.42	26
2008-09	82	20	295	3.60	114	703	.257	14	0.17	21	0.26	49
TOTAL	224	75	649	2.89	294	1590	.223	36	0.16	61	0.27	130

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2004-05	37	1.23	5	1	11	12	0.40	0	0	59.5	1.97
2005-06	75	2.50	0	0	16	16	0.53	3	1	130.0	4.33
2006-07	40	1.18	0	0	12	12	0.35	0	0	87.0	2.56
2007-08	70	1.46	2	5	8	13	0.27	0	1	147.0	3.06
2008-09	169	2.06	5	4	41	45	0.55	1	0	340.5	4.15
TOTAL	391	1.74	23	10	88	98	0.44	4	2	764.0	3.41

SARAH LACNY

#3

DOB February 2, 1989 **Height** 5'9" **Position** Setter
Hometown Saskatoon, Sask. **High School** St. Joseph
Faculty Science
Last Team Team Canada (Jr.) **Year** 2



2008-09: Started all 20 conference matches for the Dinos...racked up 762 assists, the fourth-best total in team history...finished fourth in Canada West in assists per set (10.03)...

2007-08: Appeared in 53 sets, earning starting setter honours midway through the season...posted 473 assists and 52 digs...named to CIS all-rookie team...Academic All-Canadian in the Faculty of Science...UC nominee for CIS Top 8 Academic All-Canadian awards...

Before UC: Played for the youth national team in 2004...spend two season with the junior national team, placing fourth at the NORCECA championship in 2006...three-year veteran of the Saskatchewan provincial team...won two provincial club championships (2002, 2003)...took the JCVC Extreme to a provincial silver medal in 2007...along with teammate Melanie Miazga, led Saskatoon's St. Joseph HS to an undefeated season and the city and provincial championships in 2007...Saskatchewan provincial beach champion with Miazga in 2003 and 2004...SVA bantam athlete of the year in 2002...SVA juvenile athlete of the year in 2007...

Personal: Parents Andrew and Shelley...full name Sarah Lynn Lacny...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2007-08	53	19	10	0.19	1	31	.290	473	8.92	7	0.13	15
2008-09	76	20	20	0.26	9	68	.162	762	10.03	26	0.34	32
TOTAL	129	39	30	0.23	10	99	.202	1235	9.57	33	0.26	47

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2007-08	52	0.98	0	0	9	9	0.17	1	3	21.5	0.40
2008-09	106	1.39	0	2	20	22	0.29	3	12	58.0	0.76
TOTAL	158	1.22	0	2	29	31	0.24	4	15	79.5	0.61



RAYNELL LAVERTU

#5

DOB January 11, 1988 **Height** 5'10" **Position** Libero
Hometown Calgary, Alta. **High School** Central Memorial
Faculty Communication & Culture
Last Team Team Canada (Jr.) (Dinos Volleyball Club) **Year** 4



2008-09: Played in all 82 sets on the season...recorded career high 244 digs to lead the team...

2007-08: Transitioned to playing libero full-time...appeared in 59 sets...had 153 digs...

2006-07: Racked up 118 kills and 165 digs as a starting left side...appeared in 65 sets...also added 17 blocks...played libero for the Dinos 21U club team that won the national championship...

2005-06: Played 46 sets, especially down the stretch after the Dinos suffered several key injuries...

Before UC: Product of the Dinos volleyball club...spent 2005 and 2006 with the junior national team...starting member of the 2005 Canada Games team for Alberta, winning bronze...team MVP all three years at Central Memorial High School...

Personal: Parents Rick and Allyne...full name Raynell Lavertu...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2005-06	46	12	37	0.80	17	95	.183	2	0.04	2	0.04	16
2006-07	65	20	118	1.82	70	327	.147	11	0.17	17	0.26	41
2007-08	59	19	0	0.00	0	0	.000	11	0.19	0	0.00	0
2008-09	82	20	2	0.02	0	6	.333	19	0.23	0	0.00	0
TOTAL	252	71	157	0.62	87	428	.164	43	0.17	19	0.08	57

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2005-06	74	1.61	4	2	4	6	0.13	0	1	43.0	0.93
2006-07	165	2.54	14	2	15	17	0.26	0	1	144.5	2.22
2007-08	153	2.59	23	0	0	0	0.00	0	0	0.0	0.00
2008-09	244	2.98	28	0	0	0	0.00	0	0	2.0	0.02
TOTAL	636	2.52	69	4	19	23	0.09	0	2	189.5	0.75



LAURA LITTLEJOHN

#13

DOB March 9, 1987 **Height** 6'2" **Position** Middle
Hometown Nanaimo, B.C. **High School** Nanaimo District Secondary
Faculty Social Sciences
Last Team Vancouver Island Univ. **Year** 4

2008-09: Appeared in all 20 conference matches...put up 94 kills in 70 sets...led the team in blocks with 0.83 per set...sustained a sprained ankle in practice the week before the Canada West Final Four, ending her season...



Before UC:

Played three years at Malaspina Univ. College in Nanaimo...led Mariners to perfect season and the 2008 CCAA national championship...Nanaimo athlete of the year in 2007-08...two-time CCAA Academic All-Canadian (2007, 2008)...two-time B.C. college all-star...BCCAA and Malaspina rookie of the year in 2006...two-time athlete of the year at NDSS (2004, 2005)...

Personal:

Full name Laura Ann Littlejohn...studying anthropology in the Faculty of Social Sciences...avid hiker, enjoys the outdoors...hiked the West Coast Trail in May 2007...has travelled extensively, throughout Southeast Asia and Europe...interested in the culinary arts...would like to work in the tourism industry back on Vancouver Island after her university career...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2008-09	70	20	94	1.34	31	247	.255	18	0.26	8	0.11	14
TOTAL	70	20	94	1.34	31	247	.255	18	0.26	8	0.11	14

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2008	35	0.50	0	7	51	58	0.83	3	0	134.5	1.91
TOTAL	35	0.50	0	7	51	58	0.83	3	0	134.5	1.91



MELANIE MIAZGA

#11

DOB January 25, 1989 **Height** 6' **Position** Left Side
Hometown Saskatoon, Sask. **High School** St. Joseph
Faculty Haskayne School of Business
Last Team Team Canada (Jr.) **Year** 2



2008-09: Saw action in a reserve capacity off the bench...eight kills in eight matches...

2007-08: Appeared in 23 sets for the Dinos in her rookie season...scored 43 kills and 32 digs...

Before UC: Played alongside Sarah Lacny throughout high school and club career...Saskatchewan provincial beach champion with Lacny in 2003 and 2004...spent time on both the youth and junior national teams...named SVA beach athlete of the year in 2005...travelled to Japan in 2005 with Canada Games team...St. Joseph HS volleyball MVP in 2006...

Personal: Parents Greg and Susan...full name Melanie Lisa Miazga...studying marketing in the Haskayne School of Business...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2007-08	23	15	43	1.87	19	111	.216	0	0.00	3	0.13	7
2008-09	12	8	8	0.67	3	16	.312	1	0.08	0	0.00	2
TOTAL	35	23	51	1.46	22	127	.228	1	0.03	3	0.09	9

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2007-08	32	1.39	1	1	5	6	0.26	0	0	49.5	2.13
2008-09	4	0.33	0	0	0	0	0.00	0	0	8.0	0.67
TOTAL	36	1.03	1	1	5	6	0.17	0	0	57.5	1.63



KATHRYN MONCKS

#7

DOB March 26, 1988 **Height** 5'9" **Position** Setter
Hometown Standard, Alta. **High School** Standard
Faculty Kinesiology
Last Team Dinos Volleyball Club **Year** 3



2008-09: Backed up Sarah Lacny off the bench at the setter's spot...appeared in 27 sets, averaging 5.25 assists...

2007-08: Split setter's duties with Sarah Lacny...appeared in 38 sets...scored 23 kills and 48 digs to go with 278 set assists...

2006-07: Academic All-Canadian in Kinesiology...spent the season as the backup setter...appeared in 31 sets...racked up 115 assists and 29 digs...

Before UC: Product of the Dinos Volleyball Club...led Dinos 18 to provincial club championship, earning a provincial all-star nod...

Personal: Parents Randy and Susan...full name Kathryn Ellen Moncks...studying kinesiology...hopes to eventually obtain a master's degree in physiotherapy...both parents played volleyball for the Dinos from 1978-83...both Randy and Susan (Sanden) were conference all-stars...both played for conference championship teams...Kat was the first UC volleyball player in history to be the child of two former Dinos volleyball players...now joined by sister Sarah and Lindsay Doland as the three to hold that distinction...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2006-07	31	17	2	0.06	5	14	-.214	115	3.71	1	0.03	6
2007-08	38	17	23	0.61	9	44	.318	278	7.32	4	0.11	5
2008-09	27	12	3	0.11	3	18	.000	111	4.11	2	0.07	4
TOTAL	96	46	28	0.29	17	76	.145	504	5.25	7	0.07	15

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2006-07	29	0.94	0	1	4	5	0.16	0	5	6.0	0.19
2007-08	48	1.26	0	2	8	10	0.26	1	4	33.0	0.87
2008-09	21	0.78	0	0	4	4	0.15	1	3	7.0	0.26
TOTAL	98	1.02	0	3	16	19	0.20	2	12	46.0	0.48



SARAH MONCKS

#10

DOB February 22, 1990 **Height** 5'8" **Position** Libero
Hometown Standard, Alta. **High School** Standard
Faculty Schulich School of Engineering
Last Team Dinos Volleyball Club **Year** 1



Before UC: Product of the Dinos Volleyball Club...four year veteran of Alberta provincial teams (2005-08)...named provincial tournament MVP in 2008...Standard HS athlete of the year in 2007...also competed in basketball, badminton, and track and field (javelin)...

Personal: Parents Randy and Susan...full name Sarah Marie Joy Moncks...studying in the Schulich School of Engineering, the only player on the team in that faculty...earned first class honours with distinction in high school (90+ average)...both parents played volleyball for the Dinos from 1978-83...both Randy and Susan (Sanden) were conference all-stars...both played for conference championship teams...joins sister Kat and Lindsay Doland as the UC volleyball players in history to be the child of two former Dinos volleyball players...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2008-09	1	1	0	0.00	0	0	.000	0	0.00	0	0.00	0
TOTAL	1	1	0	0.00	0	0	.000	0	0.00	0	0.00	0

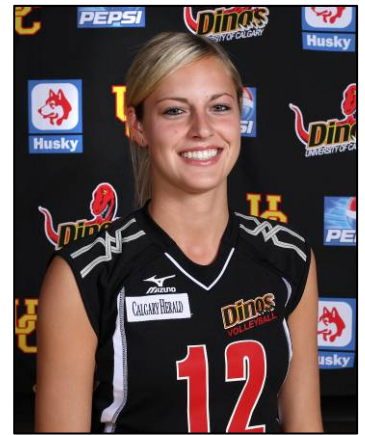
Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2008-09	0	0.00	0	0	0	0	0.00	0	0	0.0	0.00
TOTAL	0	0.00	0	0	0	0	0.00	0	0	0.0	0.00



LAUREN PERRY

#12

DOB October 24, 1986 **Height** 6' **Position** Left Side
Hometown Taber, Alta. **High School** St. Mary's
Faculty Social Sciences
Last Team Lethbridge Volleyball Club **Year** 5



2008-09: Posted a career-high 225 kills, good enough for 8th in the conference...190 digs was second-highest total on the team...named a second team Canada West all-star for the second time in her career...named Canada West female athlete of the week Nov. 17, 2008 after leading the Dinos to a two-match sweep of Manitoba...

2007-08: Appeared in 58 sets, recording 160 kills...career-best .200 hitting percentage...added 142 digs and 29 blocks...

2006-07: Averaged nearly three kills per set with 184 on the season...added 204 digs and 34 blocks...

2005-06: Passed 200-kill plateau with 201 in 72 sets...added 198 digs...named a second team Canada West all-star...

2004-05: Named Canada West rookie of the year...named to CIS all-rookie team...won Bill Popplewell Award as UC's female rookie of the year...gained a starting spot midway through the season...played in 57 sets, scoring 126 kills and 121 digs... part of the Dinos team that went 20-0 and spent the entire season ranked No. 1 in CIS...

Before UC: Attended St. Mary's HS in Taber, Alta...school's MVP and female athlete of the year...along with teammate Julie Young, competed at the Western Canada Summer Games in 2003, winning silver for Alberta...was also an outstanding high school basketball player...AVA juvenile player of the year in 2004...

Personal: Parents Randy and JoAnn...full name Lauren Jenna Perry...received an Alexander Rutherford Scholarship...studying sociology in the Faculty of Social Sciences...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2004-05	57	19	126	2.21	83	337	.128	5	0.09	13	0.23	13
2005-06	72	20	201	2.79	125	550	.138	19	0.26	16	0.22	13
2006-07	73	20	184	2.52	103	474	.171	13	0.18	9	0.12	18
2007-08	58	18	160	2.76	82	390	.200	8	0.14	11	0.19	6
2008-09	77	20	225	2.92	101	574	.216	15	0.19	22	0.29	15
TOTAL	337	97	896	2.66	494	2325	.173	60	0.19	71	0.21	65

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2004-05	121	2.12	6	4	33	37	0.65	0	0	159.5	2.79
2005-06	198	2.75	16	7	28	35	0.49	2	0	238.0	3.30
2006-07	204	2.79	23	6	28	34	0.47	1	3	213.0	2.92
2007-08	142	2.45	16	4	25	29	0.50	1	0	187.5	3.22
2008-09	190	2.47	12	5	28	33	0.43	3	2	266.0	3.45
TOTAL	855	2.54	73	26	142	168	0.50	7	5	1064.0	3.16

ALI SANDHOLM

#2

DOB February 14, 1990 **Height** 6' **Position** Middle
Hometown Campbell River, B.C. **High School** Timberline Senior Secondary
Faculty Social Sciences
Last Team Team Canada (Jr.) **Year** 1



2008-09: Had a solid rookie season, registering 32 kills in 30 sets...started in place of the injured Laura Littlejohn at the Canada West Final Four...had 12 big kills in the Dinos' 3-2 win over host Alberta in the conference bronze medal match, helping the Dinos advance to the CIS Championship for the ninth straight time...

Before UC: Captured B.C. provincial high school title with Timberline in 2007...named championship MVP...earned invite to the junior national team tryouts in summer 2008...four-time provincial club all-star...spent 2005 and 2006 with the youth national team and was named to the B.C. provincial team in 2007...won gold with Team BC at the Western Canada Summer Games...also competed in soccer and softball...

Personal: Parents Steve and Jan...brother played hockey in the NCAA with the Univ. of Massachusetts-Lowell...hopes to become an athletic therapist and stay involved with the sport...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2008-09	30	13	32	1.07	8	75	.320	6	0.20	3	0.10	3
TOTAL	30	13	32	1.07	8	75	.320	6	0.20	3	0.10	3

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2008	14	0.47	0	5	16	21	0.70	0	0	48.0	1.60
TOTAL	14	0.47	0	5	16	21	0.70	0	0	48.0	1.60



LAURA SPENCE

#6

DOB April 24, 1987 **Height** 6'1" **Position** Middle
Hometown Calgary, Alta. **High School** Western Canada
Faculty Science
Last Team Dinos Volleyball Club **Year** 4



2008-09: Had a breakout season, starting all 20 matches and appearing in all 82 sets played...led the team in hitting percentage at .309, 7th in Canada West...career high 146 kills...

2007-08: Played in just 23 sets on the season...recorded 30 kills and added 15 blocks...

2006-07: Split second middle position with Deanna Delisle...saw action in 51 sets...recorded 71 kills and 44 blocks...part of the Dinos club team that won the U21 national championship in Winnipeg...

2005-06: Saw significant playing time late in the season after the Dinos suffered several key injuries...appeared in 60 sets, recording 117 kills...career-best .322 hitting percentage...named UC rookie of the month in October 2005...

Before UC: Product of the Dinos Volleyball Club...also played basketball and field hockey at Western Canada...school volleyball MVP in 2005...

Personal: Parents Greg and Elizabeth...full name Laura Dawn

Spence...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2005-06	60	17	117	1.95	39	242	.322	22	0.37	8	0.13	27
2006-07	51	17	71	1.39	25	170	.271	20	0.39	7	0.14	11
2007-08	23	11	30	1.30	10	70	.286	7	0.30	4	0.17	6
2008-09	82	20	146	1.78	48	317	.309	14	0.17	16	0.20	18
TOTAL	216	65	364	1.69	122	799	.303	63	0.29	35	0.16	62

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2005-06	49	0.82	1	11	37	48	0.80	4	0	154.5	2.58
2006-07	39	0.76	2	5	39	44	0.86	2	1	102.5	2.00
2007-08	16	0.70	0	4	11	15	0.65	2	0	43.5	1.87
2008-09	45	0.55	1	3	52	55	0.67	4	1	191.0	2.33
TOTAL	149	0.69	4	23	139	162	0.75	12	2	491.5	2.28



LAURA WILSON

#9

DOB November 27, 1989 **Height** 6' **Position** Left Side
Hometown Calgary, Alta. **High School** Lord Beaverbrook
Faculty Communication & Culture
Last Team Team Canada (Dinos Volleyball Club) **Year** 2



2008-09: Played in all 20 conference matches...put up 121 kills...

2007-08: Appeared in 53 sets...scored 154 kills – nearly three kills per set...added 102 digs...was the youngest player selected to the senior national team, spending the summer training in Winnipeg...

Before UC: Product of the Dinos Volleyball Club...two-year veteran of the provincial team program...led the Dinos 18U club team to the provincial championship in 2007...called up to play on the 21U team in 2007, winning the national championship in Winnipeg...in 2005-06, led Lord Beaverbrook to the city title...took Dinos 17 to a provincial title and fourth place at nationals in 2006, earning all-star honours at both events...

Personal: Parents David and Joanne...full name Laura Ashley Wilson...born in Mississauga, Ont...studying communication and culture...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2007-08	53	18	154	2.91	71	380	.218	12	0.23	15	0.28	25
2008-09	64	20	121	1.89	63	323	.180	7	0.11	8	0.12	21
TOTAL	117	38	275	2.35	134	703	.201	19	0.16	23	0.20	46

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2007	102	1.92	10	4	15	19	0.36	0	1	180.5	3.40
2008	118	1.84	18	1	10	11	0.17	0	2	135.0	2.11
TOTAL	220	1.88	28	5	25	30	0.26	0	3	315.5	2.69



JULIE YOUNG

#4

DOB March 7, 1986 **Height** 6'1" **Position** Left Side
Hometown Red Deer, Alta. **High School** Lindsay Thurber
Faculty Communication & Culture
Last Team Team Canada **Year** 5



2008-09: Captained the team in her fifth and final season...missed two matches in the middle of the season with a hand injury...recorded 101 kills and 148 digs...

2007-08: Named team captain...moved back to left side virtually full-time...career-high 156 kills in 62 sets...hitting percentage of .287, also a career best...added 160 digs...named a second team conference all-star...named a second team All-Canadian...won the Dr. Dennis Kadatz UC athlete of the year award...spent her second straight summer training with the national team in Winnipeg as a libero...

2006-07: Split time between libero and left side with Raynell Lavertu...71 kills in 73 sets played...career-high 191 digs...selected to CIS championship all-star team...named to the senior national team, spent the summer training in Winnipeg...

2005-06: Had 102 kills in 53 sets...also tough defensively with 150 digs...team's top player at the CIS championship, leading the Dinos to a bronze medal...selected to the CIS championship all-star team...

2004-05: Had a solid rookie season, appearing in 63 sets with 102 kills...also added 134 digs...part of the Dinos team that went 20-0 and spent the entire season ranked No. 1 in CIS...

Before UC: Starter on three provincial 4A championship teams at Lindsay Thurber HS...school MVP each year...member of the youth national team, competing at the 2002 NORCECA championship in Salt Lake City...starting libero for the junior national team in 2004, placing fourth and upsetting Cuba...also played basketball, badminton, and soccer...named Red Deer's female athlete of the year...

Personal: Parents Ken and Barb...full name Julie Anne Young...studying in communication and culture...hopes to become an elementary school teacher...

CAREER STATS

Season	GP	MP	K	K/G	E	TA	Pct	A	A/G	SA	SA/G	SE
2004-05	63	20	102	1.62	55	310	.152	9	0.14	8	0.13	13
2005-06	53	18	102	1.92	49	290	.183	2	0.04	5	0.09	6
2006-07	73	20	71	0.97	33	210	.181	19	0.26	3	0.04	2
2007-08	62	20	156	2.52	52	362	.287	11	0.18	4	0.06	6
2008-09	69	18	101	1.46	48	308	.172	5	0.07	5	0.07	5
TOTAL	320	96	532	1.66	237	1480	.199	46	0.14	25	0.08	32

Season	DIG	D/G	RE	BS	BA	TB	B/G	BE	BHE	PTS	PTS/G
2004-05	134	2.13	7	2	11	13	0.21	1	0	117.5	1.86
2005-06	150	2.83	9	2	11	13	0.25	0	0	114.5	2.16
2006-07	191	2.62	13	1	15	16	0.22	0	0	82.5	1.12
2007-08	160	2.58	10	2	14	16	0.26	2	0	169.0	2.73
2008-09	148	2.14	7	4	18	22	0.32	1	0	119.0	1.72
TOTAL	783	2.45	46	11	69	80	0.25	4	0	602.5	1.88

RECORD BOOK(since rally point scoring introduced in 1999; 20 matches per season unless noted; active players in **BOLD**)**Kills – Career**

1135	Joanna Niemczewska	2001-07
1108	Amanda Moppett	1999-04
896	Lauren Perry	2004-09
649	Holly Harper	2004-09
544	Alisa Marriott	1999-02
532	Julie Young	2004-09
427	Janelle Findlay	2002-07

Kills – Season

322	Joanna Niemczewska	2006-07
295	Holly Harper	2008-09
283	Joanna Niemczewska	2003-04
276	Joanna Niemczewska	2004-05
255	Alisa Marriott	2000-01
253	Krista Kinsman	2001-02
252	Amanda Moppett	2002-03

Kills – Average per set

4.18	Joanna Niemczewska	2006-07
3.68	Joanna Niemczewska	2003-04
3.54	Joanna Niemczewska	2004-05
3.49	Krista Kinsman	2000-01
3.47	Krista Kinsman	2001-02

Kills – Single match

27	Joanna Niemczewska	Nov 24/06 vs. MAN
26	Joanna Niemczewska	Jan 5/07 @ REG
25	Joanna Niemczewska	Nov 28/03 @ WPG
25	Joanna Niemczewska	Dec 2/06 @ ALTA
24	Lauren Perry	Feb 11/06 @ WPG
24	Joanna Niemczewska	Jan 13/07 vs. SASK
24	Holly Harper	Dec. 2/07 vs. ALTA

Assists – Career (recorded since 2002-03)

2551	Natalie Schwartz	2001-06
1235	Sarah Lacny	2007-
825	Brittany Hutton	2003-

Assists – Season

842	Natalie Schwartz	2004-05
822	Natalie Schwartz	2005-06
788	Natalie Schwartz	2003-04
762	Sarah Lacny	2008-09
759	Brittany Hutton	2006-07

Assists – Average per set

10.96	Natalie Schwartz	2005-06
10.66	Natalie Schwartz	2004-05
10.23	Natalie Schwartz	2003-04
9.73	Brittany Hutton	2006-07
9.65	Heather Wearmouth	2002-03
9.57	Sarah Lacny	2008-09

Assists – Single match

64	Natalie Schwartz	Feb 11/06 @ WPG
62	Sarah Lacny	Dec 2/07 vs. ALTA
59	Natalie Schwartz	Feb 12/06 @ WPG
59	Sarah Lacny	Jan 23/09 @ BRAN
58	Natalie Schwartz	Nov 28/03 @ WPG
58	Natalie Schwartz	Oct 21/05 vs. MAN
58	Sarah Lacny	Nov 15/08 vs. MAN
57	Natalie Schwartz	Mar 5/05 vs. LAVAL
57	Brittany Hutton	Jan 5/07 @ REG

Aces – Season

33	Amanda Moppett	2000-01
31	Alisa Marriott	1999-00* (22 matches)
29	Amanda Moppett	2002-03
29	Amanda Moppett	2003-04

Aces – Average per set

0.42	Holly Harper	2007-08
0.41	Alisa Marriott	1999-00
0.39	Amanda Moppett	2002-03
0.37	Amanda Moppett	2003-04

Aces – Single match

6	Holly Harper	Feb 17/07 vs. UBC
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Blocks – Career

242	Jill Friend	2000-04
214	Tracy Keats	1999-03
209	Sarah Onofrychuk	1999-05
204	Joanna Niemczewska	2001-07
179	Reid Brodie	2002-05
168	Lauren Perry	2004-09
164	Willemina Stikker-Breemhaar	2005-08
162	Laura Spence	2005-

Blocks – Season

89	Jill Friend	2001-02
87	Willemina Stikker-Breemhaar	2006-07
80	Tracy Keats	2002-03
77	Jill Friend	2002-03

Blocks – Single Match

11	Tracy Keats	Nov 16/02 vs. ALTA
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Digs – Career

1085	Amanda Moppett	1999-04
935	Neda Boroumand	2003-06
855	Lauren Perry	2004-09
783	Julie Young	2004-09
777	Joanna Niemczewska	2001-07
707	Janelle Findlay	2002-07
636	Raynell Lavertu	2005-
588	Natalie Schwartz	2001-06

Digs – Season

325	Neda Boroumand	2004-05
308	Neda Boroumand	2003-04
302	Neda Boroumand	2005-06
273	Tara Deeks	2002-03
260	Amanda Moppett	2002-03
259	Amanda Moppett	2003-04

Digs – Average per set

4.11	Neda Boroumand	2004-05
4.03	Neda Boroumand	2005-06
4.01	Tara Deeks	2002-03
4.00	Neda Boroumand	2003-04

Digs – Single match

35	Neda Boroumand	Nov 12/04 vs ALTA
31	Neda Boroumand	Mar 5/04 vs. LAVAL
28	Neda Boroumand	Mar 4/06 vs. MON
28	Janelle Findlay	Jan 6/07 @ REG
27	Tara Deeks	Oct 17/02 vs. SASK
26	Neda Boroumand	Jan 30/04 vs. MAN
26	Neda Boroumand	Jan 8/05 vs. UBC



PRONUNCIATION GUIDE

- | | | |
|----|-----------------|---------------------|
| 3 | Lacny | LACK-nee |
| 5 | Raynell Lavertu | ray-NELL la-VER-tue |
| 7 | Moncks | MUNKS |
| 8 | Wiest | WEEST |
| 10 | Moncks | MUNKS |
| 11 | Miazga | me-AZ-ga |

PHOTO ROSTER



1 RS 5th
Holly
HARPER



2 M 1st
Ali
SANDHOLM



3 S 2nd
Sarah
LACNY



4 LS 5th
Julie
YOUNG



5 L 4th
Raynell
LAVERTU



6 M 4th
Laura
SPENCE



7 S 3rd
Kathryn
MONCKS



8 RS 3rd (RS)
Stephanie
WIEST



9 LS 2nd
Laura
WILSON



10 L 1st
Sarah
MONCKS



11 LS 2nd
Melanie
MIAZGA



12 LS 5th
Lauren
PERRY



13 M 4th
Laura
LITTLEJOHN



14 M 1st
Kelly
FRITTENBURG



15 LS 1st
Lindsey
DOLAND



Head Coach
Jesse
KNIGHT



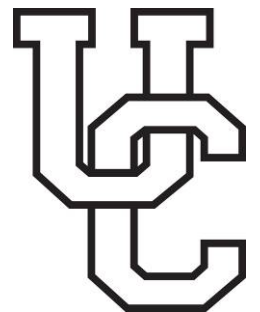
Assistant Coach
Natalie
SCHWARTZ



Assistant Coach
Chad
LEIER



Redshirt
Lindsay
RUSSELL



2008-09 DINOS WOMEN'S VOLLEYBALL ROSTER (numerical)

#	Name	Pos	Ht	Yr	Birthdate	Faculty	Hometown	Previous Team
1	Holly Harper	RS	5-9	5	05/12/86	Social Sciences	Lumsden, SK	Regina Radz
2	Ali Sandholm	M	6-0	1	02/14/90	Social Sciences	Campbell River, BC	Team Canada (Jr.)
3	Sarah Lacny	S	5-9	2	02/02/89	Science	Saskatoon, SK	Team Canada (Jr.)
4	Julie Young	LS	6-1	5	03/07/86	Coms & Culture	Red Deer, AB	Team Canada
5	Raynell Lavertu	L	5-10	4	01/11/88	Coms & Culture	Calgary, AB	Dinos Volleyball Club
6	Laura Spence	M	6-1	4	04/24/87	Science	Calgary, AB	Dinos Volleyball Club
7	Kathryn Moncks	S	5-8	3	03/26/88	Kinesiology	Standard, AB	Dinos Volleyball Club
9	Laura Wilson	LS	6-0	2	11/27/89	Coms & Culture	Calgary, AB	Team Canada
10	Sarah Moncks	L	5-10	1	02/22/90	Schulich Engineering	Standard, AB	Dinos Volleyball Club
11	Melanie Miazga	LS	6-0	2	01/25/89	Haskayne Business	Saskatoon, SK	Team Canada (Jr.)
12	Lauren Perry	LS	6-0	5	10/24/86	Social Sciences	Taber, AB	Lethbridge Volleyball Club
13	Laura Littlejohn	M	6-2	4	03/09/87	Social Sciences	Nanaimo, BC	Vancouver Island Univ.
14	Kelly Frittenburg	M	6-0	1	04/12/90	Haskayne Business	Caldeon, ON	Kitchener Waterloo Predators
15	Lindsey Doland	LS	6-0	1	05/17/90	Coms & Culture	Calgary, AB	Dinos Volleyball Club
Head Coach Jesse Knight (1 st season) Assistant Coaches Natalie Schwartz, Chad Leier Athletic Therapist Julia Field Athletic Director Kevin Boyles SID Ben Matchett								

2008-09 DINOS WOMEN'S VOLLEYBALL ROSTER (alphabetical)

#	Name	Pos	Ht	Yr	Birthdate	Faculty	Hometown	Previous Team
15	Lindsey Doland	LS	6-0	1	05/17/90	Coms & Culture	Calgary, AB	Dinos Volleyball Club
14	Kelly Frittenburg	M	6-0	1	04/12/90	Haskayne Business	Caldeon, ON	Kitchener Waterloo Predators
1	Holly Harper	RS	5-9	5	05/12/86	Social Sciences	Lumsden, SK	Regina Radz
3	Sarah Lacny	S	5-9	2	02/02/89	Science	Saskatoon, SK	Team Canada (Jr.)
5	Raynell Lavertu	L	5-10	4	01/11/88	Coms & Culture	Calgary, AB	Dinos Volleyball Club
13	Laura Littlejohn	M	6-2	4	03/09/87	Social Sciences	Nanaimo, BC	Vancouver Island Univ.
11	Melanie Miazga	LS	6-0	2	01/25/89	Haskayne Business	Saskatoon, SK	Team Canada (Jr.)
7	Kathryn Moncks	S	5-8	3	03/26/88	Kinesiology	Standard, AB	Dinos Volleyball Club
10	Sarah Moncks	L	5-10	1	02/22/90	Schulich Engineering	Standard, AB	Dinos Volleyball Club
12	Lauren Perry	LS	6-0	5	10/24/86	Social Sciences	Taber, AB	Lethbridge Volleyball Club
2	Ali Sandholm	M	6-0	1	02/14/90	Social Sciences	Campbell River, BC	Team Canada (Jr.)
6	Laura Spence	M	6-1	4	04/24/87	Science	Calgary, AB	Dinos Volleyball Club
9	Laura Wilson	LS	6-0	2	11/27/89	Coms & Culture	Calgary, AB	Team Canada
4	Julie Young	LS	6-1	5	03/07/86	Coms & Culture	Red Deer, AB	Team Canada
Head Coach Jesse Knight (1 st season) Assistant Coaches Natalie Schwartz, Chad Leier Athletic Therapist Julia Field Athletic Director Kevin Boyles SID Ben Matchett								