



VOLLEYBALL 2006

Presidents' Athletic Conference
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CURRENT 2006 REGULAR SEASON STANDINGS (through September 24)

School	PAC Matches			All Matches		
	W	L	Pct.	W	L	Pct.
Thomas More College	3	0	1.00	9	8	.529
Grove City College	2	0	1.00	10	5	.667
Westminster College	1	1	.500	11	4	.733
Washington & Jefferson College	1	1	.500	7	7	.500
Waynesburg College	1	1	.500	2	15	.118
Bethany College	1	3	.250	4	9	.308
Thiel College	0	3	.000	6	7	.462
Saint Vincent College*	0	0	.000	13	4	.765

* - NCAA Division III provisional member - ineligible for PAC title and Player of the Week honors

LAST WEEK'S RESULTS

Tuesday, September 19

GROVE CITY 3, Bethany 0* (30-18, 30-13, 30-21)
Saint Vincent 3, WASH. & JEFF. 0 (30-26, 30-18, 30-25)
Waynesburg 3, THIEL 0 (30-23, 30-14, 30-24)*
HANOVER 3, Thomas More 1

Wednesday, September 20

BETHANY 3, Thiel 2* (23-30, 27-30, 31-29, 30-28, 15-13)

Thursday, September 21

Wash. & Jeff. 3, WESTMINSTER 1* (30-28, 26-30, 30-13, 30-21)

Friday-Saturday, September 22-23

Lebanon Valley 3, Grove City 1^
Grove City 3, Montclair State 1^
WAYNESBURG 3, Franciscan-Steubenville 0
West Virginia Wesleyan 3, WAYNESBURG 2

Saturday, September 23

THOMAS MORE 3, Bethany 0* (30-23, 30-22, 30-21)
Transylvania 3, Bethany 0 (at Thomas More)
Saint Vincent 3, Transylvania 0
Saint Vincent 3, THOMAS MORE 0 (30-28, 30-21, 30-26)
Susquehanna 3, Grove City 2^
Grove City 3, Albright 0^
Penn State-Altoona 3, Thiel 2 (at Lake Erie)
LAKE ERIE 3, Thiel 2
Case Western Reserve 3, WAYNESBURG 2
Mount Union 3, WAYNESBURG 0

Sunday, September 24

THOMAS MORE 3, Wash. & Jeff. 0 (30-17, 30-28, 30-18)

^ - at York College Spartan/Best Western Invitational - York, Pa.

THIS WEEK'S SCHEDULE

Monday, September 25

Saint Vincent at Thiel - 7 p.m.
Bethany at Franciscan-Steubenville - 7 p.m.

Tuesday, September 26

Grove City at Washington & Jefferson* - 7 p.m.
Waynesburg at Bethany* - 7 p.m.

Wednesday, September 27

Saint Vincent at Waynesburg - 7 p.m.

Thursday, September 28

Grove City at Westminster* - 7 p.m.
Thiel at Washington & Jefferson* - 7 p.m.
Bethany at Chatham - 7 p.m.

Friday, September 29

Thomas More at Georgetown - 7 p.m.

Saturday, September 30

Westminster at Saint Vincent - 11 a.m.
Westminster vs. Pitt-Johnstown (at Saint Vincent) - 1 p.m.
Pitt-Johnstown at Saint Vincent - 3 p.m.

PAC Volleyball Player of the Week

HEATHER FRAIZ Grove City College

5-7 junior outside hitter
Carmel, Ind.
Brebeuf Jesuit H.S.



Fraiz was named to the All-Tournament team at the York Spartan Invitational after accumulating 58 total kills in four matches, including 21 kills in a 3-2 loss to Susquehanna and a 14-kill, 24-dig effort in a 3-1 loss to Lebanon Valley. She led GCC to a 3-2 week, posting 14 kills on 30 attacks (.433%) and 17 digs in a PAC sweep of Bethany.

Also nominated was senior OH **Linzy Turner** of Bethany, freshman MH **Liz Sitko** of Thiel, junior S **Valeri Kuhn** of Thomas More, senior OH **Stacie Ley** of Washington & Jefferson, and sophomore MH **Amanda Jo Morgan** of Waynesburg.

PAC VOLLEYBALL CAPSULES



Bethany Bison

After rebounding from a loss at Grove City with a thrilling victory over Thiel, the Bison dropped a pair of matches at Thomas More over the weekend ... Junior **Lauren Spegal** totaled five kills in the Bison's 3-0 loss at Grove City ... It looked like BC would lose to Thiel by the same score, but the Bison rallied from two games down to defeat the Tomcats 3-2 ... Spegal led the team with 16 kills, while senior **Linzy Turner** registered 14 kills, including the game-winner of the 15-13 win in the fifth game ... Sophomore **Kim McKay** passed off 36 assists and senior **Angelina Allen** brought up 38 digs in the victory ... On Saturday, Bethany lost to Thomas More in a PAC tilt and Transylvania in a non-conference fray.



Grove City Wolverines

Grove City went 3-2 last week, including a sweep of PAC rival Bethany Tuesday ... **Heather Fraiz** (14), **Natalie Liberati** (12) and **Katie Skinner** (11) all posted double-digit kill efforts vs. Bethany ... Grove City then went 2-2 at the York College Invitational ... Friday, Grove City dropped a hard-fought 3-1 decision against Lebanon Valley ... Junior S **Kim Walsh** set a new Grove City four-game record with 62 assists ... Skinner had 16 kills in defeat ... Grove City rebounded for a 3-1 win over Montclair State ... Saturday, the Wolverines fell in five to Susquehanna but bounced back to sweep Albright ... Fraiz, who earned All-Tournament Team recognition, had 21 kills against Susquehanna ... Walsh also had 62 assists in the five-game loss ... Liberati posted 15 kills against Albright.



Thiel Tomcats

The Tomcats finished the week 0-4 overall and 0-2 against PAC opponents ... Thiel dropped a 3-0 decision at home to Waynesburg Tuesday before falling at Bethany in five Wednesday ... The Tomcats dropped a pair of five-game matches at the Lake Erie tri-match Saturday to Penn State-Altoona and host Lake Erie ... Freshman OH **Abbey Kiger**, along with freshmen MH **Brittany Miller** and **Liz Sitko**, each finished with 15 kills against Altoona ... Freshman S **Kristen Martin** totaled 63 assists while senior LIB **Erin Plaso** added 23 digs ... Against Lake Erie, Kiger finished with a career-high 18 kills, eight digs and three blocks ... Sitko added 12 kills, while Plaso and junior DS **Leah Snyder** totaled 18 and 17 digs, respectively.



Thomas More Saints

Thomas More went 2-2 last week ... Junior **Valeri Kuhn** became the school's all-time assist leader with 3,472 ... She set the new mark on the final point of the first match as TMC swept Washington & Jefferson in three sets ... For the week, Kuhn averaged 11.69 assists per game ... Freshman **Kristine Rust** averaged 4.77 kills per game with 62 kills, including her fifth career 20-kill match in the win over Bethany ... Freshman **Leslie Hoelscher** hit .323 this week with 53 kills on 127 attempts and a mere 12 errors ... She is also closing in on a single-season solo block mark, needing 11 more to set the mark.



Washington & Jefferson Presidents

Washington & Jefferson dropped two out of three matches for the second consecutive week ... The Presidents were handed 3-0 setbacks to Saint Vincent and Thomas More, but opened PAC play Thursday with a 3-1 win at Westminster ... Senior OH **Stacie Ley** notched 16 kills and 15 digs in the victory over the Lady Titans ... Senior OH **Taryn Terchanik** and junior MH **Beth Mihalik** added 15 and 14 kills, respectively, while senior S **Jamie Gullen** racked up 55 assists ... Ley had 14 kills and 11 digs in the loss to SVC, while freshman LIB **Nellica Davis** recorded a game-high 20 digs ... Junior OH **Gabby Zagari** led the Presidents in the three-game loss at Thomas More with nine kills.



Waynesburg Yellow Jackets

The Yellow Jackets snapped their 12-match losing streak on Tuesday night when they posted a 3-0 conference victory over Thiel ... Waynesburg followed that with a win in its first match of its host tournament against Franciscan-Steubenville, 3-0 ... However, WC then suffered three consecutive losses at the tournament, losing to West Virginia Wesleyan, Case Western and Mount Union ... Sophomore **Laurie Lindner** recorded a double-double against the Tomcats with 13 kills and 15 digs ... Freshman **Caitie Morgan** netted a team-best 23 digs in the win over Thiel ... Against Steubenville, senior **Kaci Hlad** posted a double-double with 12 kills and 13 digs ... Junior **Ashley Kreinbrook** and Lindner both registered double-doubles against WV Wesleyan ... Lindner posted a double-double against CWRU.



Westminster Titans

Westminster dropped its second straight match and its first in PAC action as the Titans lost to visiting Washington & Jefferson, 3-1 (30-28, 26-30, 30-13, 30-21), on Thursday night for their lone match of the week ... Senior OH **Rachael Cooper** was the only Titan to hit for double-digit kills with 11 to go with four blocks ... Sophomore S **Traci Hassell** also had solid numbers with 34 assists, 19 digs and four blocks, while junior **Jenna Hinks** collected 17 digs ... Senior MH **Katie McDermott** had a team-high five blocks to go with six kills and eight digs.



Saint Vincent Bearcats

Saint Vincent won all 9 games during the week en route to a trio of three-game sweeps, including a pair of PAC opponents in Washington & Jefferson and Thomas More ... Sophomore **Jaime Kelly** had 37 kills in 9 games, while junior S **Kristin Hozak** posted 108 assists ... Emily Ecoff posted 48 digs for the week.