



SPORTS NEWS

Presidents' Athletic Conference

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Last Year's PAC Title Holders Picked To Repeat In Volleyball and Cross Country

WEXFORD, Pa. - All three 2010 PAC champions in the sports of volleyball and men's and women's cross country have been picked to repeat, according to the preseason coaches polls.

Thomas More College has been picked to capture its third volleyball championship in 2011. Saint Vincent College has been picked to repeat and capture the 2011 men's cross country championship for a second year, while Grove City College has been picked to capture its 23rd women's cross country championship in the PAC.

Volleyball: Fourth-year head volleyball coach **John Spinney** looks to guide the Saints to their third straight PAC title and the program's 10th NCAA Division III Tournament appearance. Spinney led his team to a 28-8 overall record and an undefeated 16-0 record against PAC opponents in 2010. He will have eight returners (two seniors, two juniors and four sophomores) to help him bring along 10 newcomers to the team.

Thomas More earned three first-place votes and 88 points in the conference poll to top second place Thiel who had four first place votes (83), followed by Geneva (77), Westminster (75), Bethany (65), Saint Vincent (60), Grove City (36), Washington & Jefferson (29), Waynesburg (23) and Chatham (14).

Presidents' Athletic Conference (PAC) 2011 Preseason Volleyball Poll

	Points	2010 Record
1. Thomas More (3)	88	28-8 (16-0)
2. Thiel (4)	83	22-12 (13-3)
3. Geneva (1)	77	26-5 (n/a)
4. Westminster (2)	75	18-14 (12-4)
5. Bethany	65	24-13 (9-7)
6. Saint Vincent	60	24-12 (10-6)
7. Grove City	36	7-21 (4-12)
8. Wash. & Jeff.	29	8-18 (6-10)
9. Waynesburg	23	8-21 (2-14)
10. Chatham	14	4-27 (0-16)

(x)- first place votes

Presidents' Athletic Conference (PAC) 2011 Preseason Cross Country Poll

Men	Points	Women	Points
1. Saint Vincent (7)	63	1. Grove City (8)	80
2. Grove City	56	2. Saint Vincent	72
3. Geneva	43	3. Geneva	59
4. Thiel	40	4. Waynesburg	58
5. Wash. & Jeff.	39	5. Westminster	49
6. Waynesburg	27	6. Chatham	35
7. Westminster	26	7. Wash. & Jeff.	33
8. Thomas More	13	8. Thiel	25
9. Bethany	8	9. Bethany	15
		10. Thomas More	14

(x)- first place votes

Cross Country: Coached by 2010 PAC Coach of the Year **Dr. Andy Herr**, the Saint Vincent men's cross country team looks to capture their second PAC title. In 2010, the Bearcats knocked off 23-time defending champion Grove City College to capture Saint Vincent's first ever PAC title in school history. Herr will have all but four runners return in 2011, including six of the team's top seven.

The Grove City College women's cross country team enters the 2011 season looking to build upon an historic 2010 season in which the Wolverines won their 22nd straight PAC title and advanced to the NCAA Division III Championships for the first time in school history. Under the guidance of **Sean Severson** who is in his seventh season, Grove City will look to capture its 23rd straight title. Severson returns four of his seven runners who competed in the NCAA Championships last fall.