



Media Release

For Immediate Release

RDC ATHLETICS UPDATE

1. Upcoming Athletic Events:

- **Queens Volleyball is heading to CCAA Nationals March 12 -14!**
 - Hosted by Nipissing University, North Bay, ON
 - First Game vs. Nipissing, Thursday March 12th @ 8:00 PM
 - Tournament Draw attached

For ongoing updates, visit:

<http://www.nipissingathletics.ca/wvbstats/index.html>

2. Chad Cargill, RDC Badminton Coach, named 2009 CCAA Badminton Coach of the Year! See attached for details.

3. Booster Juice RDC Athlete of the Week:

Men: Adam Shaw, Basketball

Hometown: Grande Prairie, AB
Year/Program: 3rd Year/Bachelor of Commerce

Adam played great all weekend at ACAC Basketball Final four hosted by CUCA. The Kings did not achieve what they had intended going into the finals; however, even when things weren't going his way or the team's he stepped up, demonstrating superior leadership in time outs and game play. Adam is currently is in his third year as a King and serves as one of the captains. He has always been a solid cornerstone and has developed into a total team guy. Adam is arguably one of the best RDC Kings basketball players to ever play at Red Deer College. Over the past weekend at the ACAC Final 4 championships he scored 14 and 21 points respectively. Adam is an all-star in this league and is among the best shooters around.



4. Last Week's Results

| Kings Basketball – ACAC Final 4 hosted by CUCA | |
|--|------------------|
| March 6/09 | RDC 80 – CUCA 81 |
| March 7/09 | RDC 62 – LC 91 |

5. Coaches' Comments

Talbot Walton, Queens Volleyball:

Trust your stuff! is the game plan for the upcoming National Championship. The team has done the necessary work to prove that they belong at the top, now they just have to go and 'play' and trust that they are ready to be their best. It won't be an easy weekend, as the Queens start off against the host Nipissing University. But the Queens are ready; they learned a lot from last year's 5th place finish at Nationals, and are ready to improve on that final placing.

Attachments:

- *CCAA Women's VB Championship Tournament Draw*
- *Chad Cargill CCAA Badminton Coach of the Year Info*

-30-

About RDC: RDC has served the needs of students and the community for close to half a century. With more than 75 programs to choose from, we pride ourselves on providing a practical education, in a genuine and sustainable learning environment. Our 20,000 students are at the core of everything we do. RDC – when you get here you understand.

For more information on RDC, please visit our website: www.rdc.ab.ca

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