



Media Release

For Immediate Release

RDC ATHLETICS UPDATE

Red Deer, November 3rd, 2008

1. Upcoming Athletic Events:

Home

Queens Hockey

Thursday, November 6th vs. Mount Royal College

Queens host at the Red Deer Arena. Puck drops at 7:00 pm.

Kings and Queens Basketball

Friday, November 7th RDC vs. Medicine Hat College.

Queens tip off at 6:00pm, Kings to follow at 8:00pm

Saturday, November 8th RDC vs. Medicine Hat College.

Queens tip off at 1:00pm, Kings to follow at 3:00pm

Away

- The ACAC All Conference Men's & Women's Cross Country Running Teams will be competing at the 2008 CCAA Cross Country Running Open Championships hosted by St. Lawrence College, in Kingston, Ontario from November 7-8, 2008. For more information on the CCAA Cross Country Running Open Championships visit www.ccaa.ca
- RDC Athletes running in this event include:
 - Jodi Sanguin
 - Dulcie Timmons
 - Jon Werkema



2. Booster Juice RDC Athlete of the Week:

Men: Jeremy Stubler, Volleyball

Hometown: Winnipeg, MB
Year/Program: 3rd Yr/Kinesiology

Jeremy Stubler was a force in the middle all weekend for the Kings Volleyball Team as they swept the defending CCAA Champions, the MRC Cougars. Stubler's weekend totals were impressive as he accumulated 15 kills with only 2 errors for a hitting efficiency of 60%. He also had 9 blocks and 2 service aces.

Women: Quinn Schulzke, Volleyball

Hometown: Red Deer, AB
Year/Program: 2nd yr/ Bachelor of Science

Despite the split weekend, Quinn Schulzke, QVB setter, turned in a solid performance. Her play on Friday night versus MRC Cougars was impressive. Although the team struggled on Saturday, Quinn continued to make good decision and give her hitters a chance to score points. She finished the weekend with 3 kills, 28 defensive digs, and 2 stuff blocks. As Quinn continues to improve, look for the rest of the team to follow.

3. Last Week's Results

Queens Hockey – League Play	
Oct. 30/08	SAIT 4 – RDC 3
Nov 1/08	Game cancelled
Kings Basketball	
Oct 31/08	MRC 57 – RDC 55
Nov 1/08	RDC 73 – MRC 64
Queens Basketball	
Oct 31/08	MRC 84 – RDC 49
Nov 1/08	MRC 89 – RDC 46
Kings Volleyball	
Oct 31/08	RDC 3 – MRC 1 25-19, 20-25, 25-14, 25-12
Nov 1/08	RDC 3 – MRC 2 25-22,21-25,21-25, 25-21,15-9
Queens Volleyball	



Oct 31/08	RDC 3 – MRC 1 20-25, 30-28, 25-16, 25-13
Nov 1/08	MRC 3 – RDC 1 23-25, 25-9, 25-8, 25-21

4. Coaches' Comments

Talbot Walton, Queens Volleyball:

After the split weekend versus MRC, the Queens will be looking forward to having a bye weekend. It will be a good time to implement a few minor changes that will allow the Queens to continue to improve.

Robert Weddell, Queens Hockey:

QH will be playing MRC at home Thursday night at 7pm. MRC is currently 2 points ahead of RDC so a will put us in a tie. RDC also has a make-up game to play against SAIT due to last Saturday's postponed game and a win in that game will put us back into good standings. The game against SAIT has not been rescheduled yet.

ACAC Standings attached

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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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