

ACAC Athletes of the Week

October 25 - 31, 2010

Jamie Morck Mount Royal University Women's Basketball

Mount Royal University forward Jamie Morck had her best game of the season on Friday night against the Lethbridge Kodiaks, scoring 28 points on 11-of-16 shooting, also adding in 14 rebounds, 3 assists, 2 blocks and a steal, as her Cougars beat the Kodiaks 74-58.



On Saturday, Morck helped the Cougars to another victory, as they won 67-62 to improve to 4-0 on the season, registering 8 points and 6 rebounds.

In four starts this year, Morck is averaging 16.5 points, 9 rebounds to go along with one block and one steal per game.

Originally from Airdrie, Alberta, Morck is in her fifth-year of eligibility and has been massive for the Cougars from the post position so far this season.

Congratulations Jamie on being named Athlete of the Week!



Jodi Sanguin Red Deer College Cross-Country Running

Jodi was the individual Gold medalist in the ACAC Cross-Country Running Championships, with a time of 19:36. She led the RDC women's team to a first place finish by 21 points and to a CCAA ranking of 2nd. Jodi will be one of two RDC athletes competing with the ACAC Conference team at the CCAA Championships Nov. 13.



Jodi is in her fourth year Nursing program at Red Deer College.

Congratulations Jodi on a Gold Medal weekend!



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Willy Kimosop Lethbridge College Cross-Country Running

Willy Kimosop claimed his 3rd consecutive ACAC Men's 8k cross country title in Edmonton Saturday. Willy finished nearly 2 minutes ahead of the competition. He also earned the male individual ACAC trophy for the 2010 Grand Prix Series.



Willy will graduate this year with an Exercise Science diploma and pursue professional running after winning several road races including the Toronto Life 10K, Times Colonsit 10K and the Vancouver 10K Sun run in the past two years. The Kodiaks finished second in the men's team event behind Augustana while the women's team finished 4th.

Congratulations Willy on Gold Medal performance!



Derek Tymchyna Medicine Hat College Men's Basketball

Derek was a spark for the Rattler keeping them in the game on both nights. His ability to score against the Kings was impeccable. He netted 19 on the Friday and put up a huge 29 points on the Saturday night.



Derek is in his 3rd year of the Paramedics program and is one of two team captains for the rattlers this year. His leadership skills along with his ability to put the ball in the net put him at the tip spear for the Rattlers program.

Congratulations Derek on being named Athlete of the Week!

