



# Media Release

*For Immediate Release*

## RDC ATHLETICS UPDATE

Red Deer, November 1, 2010

### 1. Upcoming Athletics Events

#### HOME

- **Hockey Queens** vs. MRU Thursday, Nov.4<sup>th</sup> 7pm @ Red Deer Arena
- **Volleyball**
  - vs. AUG Friday, Nov.5<sup>th</sup> @ 6pm  
(Queens start time; Kings to follow)

#### AWAY

- **Hockey Queens** vs. MRU Saturday, Nov.6<sup>th</sup> 8:45pm @ Flames Community Arenas
- **Volleyball**
  - vs. AUG Saturday, Nov.6<sup>th</sup> @ 6pm in Augustana  
(Queens start time; Kings to follow)
- **Basketball**
  - vs. TKUC Friday, Nov.5<sup>th</sup> @ 6pm in The King's University College
  - vs. LVR Saturday, Nov.6<sup>th</sup> @ 6pm in Lakeland College  
(Queens start time; Kings to follow)

### 2. Boston Pizza RDC Athlete of the Week

**Men:** Adam Shaw

Hometown: Grande Prairie, AB  
Year/Program: 4<sup>th</sup> Yr/Education

Adam was instrumental in Kings Basketball's sweep of MHC, setting the tone and allowing the team to play its style of play. He had 24 points and 6 rebounds in Friday's game and was named Player of the Game. In Saturday's game he had 13 points, 3 rebounds and 4 assists. His ability to effectively defend MHC's point guard and disrupt their offence was important in allowing the team to get easy baskets.



**Women: Jodi Sanguin**

Hometown: Red Deer, AB  
 Year/Program: 4<sup>th</sup> Yr/BSN

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 2<sup>nd</sup>. Jodi will be one of two RDC athletes competing with the ACAC Conference team at the CCAA Championships Nov.13.

### 3. Last Week’s Results

<b>Kings Basketball</b>		
Oct. 29 vs. MHC		<b>RDC 89 – MHC 64</b>
Oct. 30 vs.MHC		<b>RDC 93 – MHC 77</b>
<b>Queens Basketball</b>		
Oct. 29 vs. MHC		RDC 33 – <b>MHC 63</b>
Oct. 30 vs. MHC		RDC 59 – <b>MHC 77</b>
<b>Queens Hockey</b>		
Oct. 28 vs. GMU		<b>RDC 3 – GMU 1</b>
Oct. 30 vs. GMU		RDC 0 – <b>GMU 4</b>
<b>Cross Country Running ACAC Championships Oct. 30</b>		
<u>Women: 5km top 4:</u>		<u>College Teams</u>
1. <b>Jodi Sanguin (RDC)</b>	<b>19:36</b>	1. <b>RDC (1, 4, 8, 14) = 27 points</b>
2. Fiona Benson (GPRC)	19:45	2. MAC (7, 12, 13, 16) = 48 points
3. Purity Kandie (LCK)	20:28	3. AUG (6, 9, 17, 21) = 53 points
4. <b>Jesslyn Begin (RDC)</b>	<b>20:32</b>	
<u>Men: 8 km top 3</u>		<u>College Teams</u>
1. Willy Kimosop (LCK)	26:37	1. AUG (2, 5, 8, 14) = 29 points
2. Andrew Pohl (AUG)	28:20	2. LCK (1, 3, 15, 18) = 37 points
3. Peter Kayla (LCK)	28:51	3. MAC (6, 7, 9, 17) = 39 points
Top RDC runner:		(RDC finished 8th)
20. Jonathan Fuller	31:51	

### 4. Coaches’ Comments

Robert Weddell, Queens Hockey

QH is coming off of a split weekend with GMU, both teams recording their first win of the league play. Queens will face the first place MRU this week and will be striving to pull off an upset to get some more points in the win column. The team will have their hands full with 4 players out of the line up with injuries but everyone is excited for the challenge of playing the first place MRU.

Dawn Smyth, Queens Basketball

This weekend we are travelling to the north to play TKUC and Lakeland

Talbot Walton, Queens Volleyball

The Queens face the Augustana Vikings coming off a bye weekend. Augustana is a new team in the current league, and the Queens were fortunate to see the Vikings in non-conference



play. The Queens have had a good bye week of training, and coach Walton expects to utilize some of his ever improving first year players against Augustana.

Aaron Schulha, Kings Volleyball

We play a home at home with Augustana this weekend. We are here at RDC on Friday and in Camrose on Saturday.

Brian Stackhouse, Cross Country Running

Jodi was the individual favorite to win the women's race and she faced a strong challenge from Fiona Benson of GPRC who ran a strong race. The RDC Women were also favorites to win the College Championships and they won handily. Being favored to win adds extra pressure and our women responded well to this challenge, most having personal best performances in their most important race. The top seven which include both Jodi and Jesslyn comprise the ACAC Conference team which will compete in the CCAA Championships Nov. 13 in Fredericton, N.B. Jesslyn (3<sup>rd</sup>) and Natasha (6<sup>th</sup>) also received medals for placing in the top ten in the ACAC Grand Prix series based on the results of 4 or more races. Alesha was 11<sup>th</sup>, just missing a top ten medal.

Individually, our Men also ran well. It's been a challenge this season to field a complete Men's team of 4 or more. Jon had an excellent race, his first 8 km race this season. Chance ran his first race of the season and it was 10 minutes faster than a time trial a week earlier. Steven was about 2 minutes faster today than he's been on the same course four weeks earlier.

The RDC Women's team has been ranked 2<sup>nd</sup> in CCAA, behind only defending champions, Fanshawe College from Ontario and those rankings are likely to remain the same.

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**About RDC:** Red Deer College has served the needs of students and the community for more than 45 years. With greater than 75 programs to choose from, we pride ourselves on providing a practical education, in a genuine and sustainable learning environment. Our 7,800 full-time and part-time credit students and more than 13,000 continuing education 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](http://www.rdc.ab.ca)

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