



Media Release

For Immediate Release

RDC ATHLETICS UPDATE

Red Deer, October 12, 2010

1. Upcoming Athletics Events

HOME

League:

- **Hockey Queens – regular season home opener** vs. SAIT Thursday, Oct. 14, 7pm @ Red Deer Arena
- **Soccer – Final regular season home games**
 - vs. SAIT Saturday, Oct. 16th @ 12pm
 - vs. MRU Sunday, Oct. 17th @ 12pm
(Queens start time; Kings to follow)

Non-Conference:

- **Basketball Sandman Hotel Fall Royalty Classic** Oct. 14-16 (draw attached)
- **Curling – Red Deer Junior Bonspiel,** Oct. 15-17

AWAY

- **Golf:** CCAA Championships @ TRU, Kamloops Oct. 11-15
- **Badminton** Interlock #1 @ CUCA Oct. 16-17
- **Cross Country Running** Grand Prix #5 @ AUC Oct.17
- **Volleyball Kings** @ MRU Pre-season Tournament Oct.15 & 16

2. Boston Pizza RDC Athlete of the Week

Men: Connor Kiddey

Hometown: Daysland, AB
Year/Program: 3rd Yr / Kinesiology

Connor (defender) had a fantastic game in the 4-1 win over Lethbridge College on Sunday showing great poise and composure on the ball. The win puts Kings Soccer in a tie for 3rd place in the South division



Women: Lauren Bowman

Hometown: Red Deer, AB
 Year/Program: 3rd Yr / Legal Assistant

Lauren played an amazing brace of matches this weekend and had to deal with two of the ACAC Southern Division’s most direct and quickest attacks. Lauren covered her colleagues unbelievably well and gave a master class in simple efficient high pressure defending. On numerous occasions when the opposition thought that they had breached the back-line Lauren read the play and snuffed out the danger. Lauren has shown a large degree of improvement in her appreciation of the sport and her role within the team this year and this weekend illustrated just what a key performer Lauren has become on the field of play.

3. Last Week’s Results

Queens Soccer – League	
Oct. 9 vs. MHC	RDC 0 – MHC 0
Oct.10 vs. Lethbridge	RDC 0 – LCK 0
Kings Soccer – League	
Oct. 9 vs. MHC	RDC 0 – MHC 1
Oct. 10 vs. Lethbridge	RDC 4 – LCK 1
Kings Volleyball - Challenge Cup @ RDC	
Oct.8-10	
Full results online at: www.acac.ab.ca	Gold: Alumni A Silver: RDC Kings (19-25,25-21, 26-28,25-20,21-19)
Queens Hockey – Non Conference	
Oct. 7/10 vs. CHIMOS	RDC 2 – EDGE 6

4. Coaches’ Comments

Dawn Smyth, QBB

This week the Queens host their Sandman Hotel Fall Royalty Classic Oct 14th - 16th at RDC and the new Penhold Multiplex facility. The Queens are preparing to play the undefeated preseason team MacEwan on Thursday Oct 14th at 4:30pm at RDC. The Queens played them two weeks ago at the SAIT tournament. On Friday Oct 15th RDC will face the University of Northern British Columbia Timberwolves at 6pm on the RDC floor. The Queens will wrap up the tournament with Olds on Saturday at 4pm. Tournament schedule is attached.

Rates for the tournament:

Adults: 7 dollars per day 5 dollars per game
 students/seniors: 5 dollars a day 3 dollars per game 10 years old and under: free.

David Colley

Saturday saw the Queens travel to Medicine Hat. This is always a tough endeavor but the side was eager to put right the loss earlier in the season at home. The Queens played the Rattlers at their own game in the first half and didn't dwell in possession rapidly transitioning from defense to attack. The first half saw a couple of opportunities go begging with Kaitlyn LaGrange shooting over the bar after a slick move up the right wing. In the second half gaps appeared in the Rattlers mid and the introduction of Moira Duley added a new offensive dimension to the attack. She played four great crosses into the box all of which failed to hit the



back of the net. In the end it remained 0-0 but the performance was one that gave great hope for the remaining games. Sunday and on a windy day in Lethbridge the Queens were held to a 0-0 score line in a game that they should have won comfortably. The Queens had at least 15 great chances to score, hitting the goal frame on four of them. It was a frustrating day with those watching, seeing the Queens hold 75-80% of the possession and the same ratio of goal scoring opportunities go unrewarded.

It shouldn't go unremarked that the defense played well in both games allowing the Queens to remain unbeaten this weekend.

The Queens failed to secure play-off status this weekend and will now look to achieve it on the last weekend of league play. On Saturday we face SAIT and on Sunday it is MRU. Three points on either day will do the job but with Lethbridge playing their one remaining game at the Hat it's going to be a tough week. Still the Queens will prep for this weekend's tie with optimism and vigor and will incorporate the lessons learned this weekend.

Steve Fullarton

The RDC Kings soccer team goes into their last two games of the season this weekend with all to play for. The Kings must win against the SAIT Trojans on Saturday to advance to the Provincial Championships to be played the following weekend. The Kings follow up with the final game on Sunday against table topping Mount Royal University.

Rob Weddell, QH

After a challenging preseason QH is looking forward to opening the start of league play this Thursday at home against SAIT and then traveling to SAIT on Saturday.

Attached: ACAC Standings, BB Sandman Hotel Fall Royalty Classic Draw

- 30 -

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

For additional information, contact:

Keith Hansen, Director of Athletics
Science, Health, Sport & Education
Kinesiology & Sport Studies
403.342.3267