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RDC Athletes of the Week

November 8 - 14, 2010

The BOSTON PIZZA Female Athlete of the Week

Jodi Sanguin - Cross Country Running

Hometown: Red Deer, AB

Year/Program: 4th Yr / BScN

Jodi Sanguin brought home the individual Silver medal at the CCAA Cross Country Running Championships and led the RDC Women's team to a Bronze!! She ran her best race of the season with a time of 18.01. She paced herself well and caught the leaders about 4km into the race. Jodi and the gold medal winner were both given the same finish time in a sprint finish where she was edged at the line.

Congratulations JODI!!!!



The BOSTON PIZZA Male Athlete of the Week

Darcee Froese - Kings Volleyball

Hometown: Red Deer, AB

Year/Program: 2nd Year / Open Studies

Darcee Froese was great for the Kings Volleyball team during a weekend sweet of the GPRC Wolves. On Friday night during a 3-0 victory, he had 10 kills on 18 attempts and a 40% kill efficiency. He also added 2 service aces, 2 stuff blocks and 6 digs to earn Player of the Match honors. He followed that up with another solid performance on Saturday in a 3-1 win. His Saturday totals include 14 kills on 24 attempts with a 45% kill efficiency. 1 ace, 3 blocks, and 5 digs. Darcee was also our most consistent passer on the weekend finishing with an impressive 2.4 passing average on a 3 point scale. Darcee is coming into his own as a premier attacker in the ACAC this year after playing predominantly as a setter last year.

Well Done DARCEE!!!!



RDC Athletics