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# RDC Athletes of the Week

## Oct 25 - October 31, 2010

**The BOSTON PIZZA Female Athlete of the Week**

**Jodi Sanguin - Cross Country Running**

**Hometown: Red Deer, AB**

**Year/Program: 4th Yr / Nursing**

Jodi was the individual Gold Medalist in the ACAC Cross Country 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 the two RDC Athletes competing with the ACAC Conference team at the CCAA Championships November 13th.



**The BOSTON PIZZA Male Athlete of the Week**

**Adam Shaw - RDC Kings Basketball**

**Hometown: Grande Prairie, AB**

**Year/Program: 4th Year / Education**

Adam was instrumental in Kings Basketball sweet 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.



**RDC Athletics**