



alberta colleges
athletic conference

RDC Athletes of the Week

The **BOOSTER JUICE** Female Athlete of the Week
Top 4 ACAC Cross Country Running Champions

Debby Querengesser

2nd Yr/Pre-Med

Rachel Lauzon

3rd Yr/BScN

Jodi Sanguin

1st Yr/KNSS

Jessica Friesen

2nd yr Nursing

The RDC Women's Team won the ACAC Women's Championships! If anyone if these four runners had a mediocre race, they would not have been the Champions. Debby, Rachel and Jodi came in 2nd, 3rd, & 4th with Jessica placing 16th.



Debby Querengesser



Rachel Lauzon



Jodi Sanguin



Jessica Friesen

The **BOOSTER JUICE** Male Athlete of the Week

Charles McLean Kings Basketball

Hometown: Red Deer, AB

Year/Program: 4th Yr/Education

Charles put up Huge numbers this past weekend in Medicine Hat. Friday night he had 14 pts and 12 rebounds. He averaged a double double 13 pts and 11 rbs. Per game, all-star caliber numbers. He was a major factor opening the season in a difficult environment at MHC winning both games 69-65 and 58-56



Oct 15– Oct 22, 2007

