

Subway® restaurants ACAC Athletes of the Week

March 9 - 15, 2009

Whitney Matheson MacEwan College Women's Volleyball

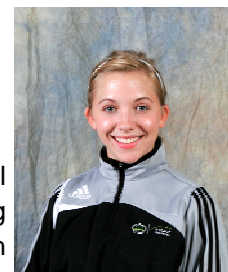


Losing a National final in the fifth set never sits well, but the Griffins Volleyball team held their heads high. Second year veteran **Whitney Matheson** was a huge contributing factor to the Griffins success. Leading the team with 33 kills for the weekend Matheson played fearless and relentless. Matheson has been a force throughout the whole season but once again proved herself as one of the top outside hitters in Alberta. A well rounded player, Matheson played her best ball of the season at the CCAA National Volleyball Championship and helped MacEwan take home a silver medal..



A second year student from Edmonton, Alberta, Whitney is enrolled in Physical Education at MacEwan College.

Quinn Schulzke Red Deer College Women's Volleyball



When a team goes to a National Championship, the coaches are hoping that their best players play at a high level and help their team mates raise their level of play as well. The Queens got that this past weekend with **Quinn Schulzke**. She was an outstanding leader, consistently showing that she is a top setter in the CCAA. Quinn lead the team by distributing the ball well to her hitters and being a defensive machine. She finished the weekend with close to 40 digs! Coach Walton said "Quinn played some of her best volleyball this weekend, and needs to be recognized for making her team one of the best in Canada."



RDC Athletics

A second year student from Red Deer, Alberta, Quinn is enrolled in Science.

Luke Scheuer Mount Royal College Men's Hockey



Luke Scheuer, a second year center, has been a solid force on the team all season. The highlight of the weekend was game two of the final series against the SAIT Trojans where Luke stole the show. He scored two goals and had an assist for the Cougars. Luke's name doesn't appear on the top scorers list yet, but his hard work and patience is paying off and results of this will become evident as the series continues. There is no doubt that he has peaked at the ideal time. His success is expected to continue into next season.



Luke is in his second year of Business at Mount Royal College and is from Calgary.

Chris Womack MacEwan College Men's Volleyball



Chris Womack, third year Captain, led his team to a Conference Championship and followed up his stellar performance with not only a CCAA National Gold Medal but tournament MVP. Womack's semi-final performance left him with 5 digs, 1 block, 2 aces and 18 kills with zero hitting errors. His National Finals stats had him on paper with 6 digs, 2 block 11 kills and 1 ace. Winning the first ever National Gold in Griffins Men's Volleyball history Womack was instrumental to the Griffins' success.



A third year student from Drayton Valley, Alberta, Chris is enrolled in Arts at MacEwan College.



For more information and the results from this past weekend, please visit:

www.acac.ab.ca

