

GREAT NORTHWEST ATHLETIC CONFERENCE

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Bishop, Nichols Selected GNAC Athletes-of-the-Year

SPOKANE, Wash. – Western Washington University volleyball standout Liz Bishop (Sr., Seattle, WA – Mount Rainier) and Humboldt State University basketball player Austin Nichols (Sr., Berkeley, CA) have been selected the *Great Northwest Athletic Conference Female and Male Athletes of the Year* for the 2003-04 season. The awards are voted on by the athletic directors at the 10 Great Northwest Athletic Conference schools.

Bishop, who earlier was also named the *GNAC Scholar-Athlete of the Year*, led the Vikings to a perfect 54-0 conference record over the past three years.

She led the GNAC in assists all three seasons, finishing her career with a GNAC record 4,176. Her total ranks second in Western Washington school history. She also ranks ninth on the school career chart in digs with 850.

Bishop, who edged Seattle Pacific basketball player Valerie Gustafson by one point in the balloting, was a two-time All-American selection earning AVCA first-team honors two years ago and second team honors this past season and Daktronics second team honors as a junior. She was also a two-time selection as *GNAC Player-of-the-Year* in her sport.

“While Liz will be known for her individual honors and the contribution to our program’s success, what is more important to note about her is what an incredible teammate she is,” WWU volleyball head coach Diane Flick said.

“She makes the plays, runs the offense and does her job exceptionally well, but the fact that she elevates the play of those around her makes her more valuable than any stat can show.”

Nichols, who outpointed Alaska Fairbanks basketball player Brad Oleson in the balloting, capped off a brilliant career leading the Lumberjacks into a semifinal contest at the NCAA Division II Elite Eight in Bakersfield. In four seasons, he scored a GNAC record 2,501 points as Humboldt won 96 of 120 games and won or shared three conference titles.

Nichols, a three-time GNAC first-team all-star, also completed his career ranked among the Top 10 in GNAC history in rebounding (5th with 705), three-pointers made (4th with 193) and steals (7th with 125).

“(Austin) has been a tremendous young man to coach,” HSU head coach Tom Wood said. “It’s the total package with him. He’s obviously a terrific basketball player, but he’s also a terrific young man and a true student-athlete. I can’t think of anyone who would represent such an award better than Austin Nichols.”

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add GNAC Athlete-of-the-Year 2-2-2

LIZ BISHOP, WESTERN WASHINGTON (Volleyball, Sr., Setter, Seattle, WA – Mount Rainier)

Second team American Volleyball Coaches Association All-American. . .First team AVCA and Daktronics Pacific Region all-star. . .Great Northwest Athletic Conference Player-of-the-Year for second straight season. . .Ranked ninth nationally in assists (13.54), helping Vikings to a 24-2 record, their best in school history. Reached semifinals of NCAA Division II Pacific Regionals. . .Led team to third straight 18-0 conference record, running league winning streak to 54, fourth longest in NCAA Division II history. . .Finished second among school leaders in assists (4,176) and ninth in digs (850). . .Four-year letter winner.

AUSTIN NICHOLS, HUMBOLDT STATE (Basketball, Sr., Forward, Berkeley, CA)

HSU and GNAC career scoring leader with 2,501 points. Has also achieved the top three single-season scoring marks in HSU basketball history and ranks second in career field goals with 800. . .West Region tournament MVP. . .Hit eight of 10 three-pointers in win over Cal Poly Pomona in opening game of regional tournament. . .First team GNAC each of past three seasons. . .2003-04 Basketball Times third team All-American. . .First team all-region. Led Lumberjacks to third place national finish in Elite Eight. . .Has had draft evaluation workouts with Sacramento Kings and Portland Trail Blazers.

GNAC Athletes-of-the-Year

Male

2001-02	Mike Hinshaw, Western Oregon (Football and Track & Field)
2002-03	Fred Hooks, Humboldt State (Basketball)
2003-04	Austin Nichols, Humboldt State (Basketball)

Female

2001-02	Stephanie Huffman, Seattle Pacific (Track & Field)
2002-03	Kerie Hughes, Seattle Pacific (Basketball)
2003-04	Liz Bishop, Western Washington (Volleyball)