



Great Northwest Athletic Conference

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2013 Volleyball Report No. 14 (Dec. 4, 2013)

	Conf.		All		H	A	N
	W	L	W	L			
Western Washington	16	2	23	3	7-2	9-1	7-0
Alaska Anchorage	15	3	21	9	10-4	10-3	1-2
Northwest Nazarene	14	4	18	6	7-2	8-3	3-1
Central Washington	11	7	15	11	7-2	5-6	3-3
Seattle Pacific	11	7	15	11	5-4	7-4	3-3
Western Oregon	7	11	10	18	7-8	3-6	0-4
Simon Fraser	6	12	11	13	9-6	2-7	0-0
MSU Billings	4	14	7	20	4-6	1-10	2-4
Saint Martin's	3	15	7	23	3-8	3-10	1-5
Alaska Fairbanks	3	15	4	25	2-10	2-13	0-2

LAST WEEK (Nov. 18-24): Thursday – Alaska Anchorage 3 at MSU Billings 0 (25-18, 25-23, 25-18); Alaska Fairbanks 0 at Seattle Pacific 3 (25-14, 25-18, 25-14); Saint Martin's 0 at Central Washington 3 (25-10, 28-26, 25-21); Western Oregon 1 at Northwest Nazarene 3 (29-27, 17-25, 25-12, 25-18); Western Washington 3 at Simon Fraser 0 (25-23, 25-18, 25-16). **Saturday** – Alaska Anchorage 3 at Seattle Pacific 0 (25-20, 25-23, 25-14); Alaska Fairbanks 1 at MSU Billings 3 (17-25, 25-18, 25-17, 25-15); Western Oregon 0 at Central Washington 3 (25-15, 25-21, 25-19); Saint Martin's at Northwest Nazarene 3 (25-19, 25-23, 25-16); Simon Fraser 0 at Western Washington 3 (25-12, 25-12, 26-24). (end-of-regular season).

NCAA WEST REGIONALS (Dec. 5-7 at San Bernardino): Thursday - #3 UC San Diego (25-5) vs. #6 Dixie State (17-9), noon; #2 BYU-Hawaii (24-1) vs. #7 Alaska Anchorage (21-9), 2:30 p.m.; #4 Sonoma State (25-5) vs. #5 Western Washington (23-3); #1 CSU San Bernardino (25-5) vs. #8 Central Washington (15-11), 7:30 p.m. **Friday** – Semifinals at 5 p.m. and 7:30 p.m.. **Saturday** – Championship match at 7 p.m.

NCAA NATIONAL STATISTICS (Prior to regionals): Individuals (Top 30): Points – 7. Sam Harthun, UAF, 4.91; 23. Kayla Erickson, WWU, 4.44; 30. Katelynn Zanders, UAA, 4.33. Kills – 7. Sam Harthun, UAF, 4.39. Hitting Percentage – 5. Kayla Erickson, WWU, .385. Assists – 8. Taylor Dillard, WWU, 11.80. Blocks – 7. Nikki Lowell, SPU, 1.33; 19. Andrea Terpstra, NNU, 1.25; 21. Kayla Erickson, WWU, 1.22; 25. Jodi Huddleston, UAA, 1.16; 29. Erin Smith, CWU, 1.12. Digs – 2. Samantha Hutchinson, WWU, 6.90; 17. Kaely Kight, CWU, 5.49. **Team (Top 30):** Kills – 9. Western Washington 14.29. Hitting Percentage – 7. Western Washington .274. Assists – 11. Western Washington 13.26. Blocks – 7. Seattle Pacific 2.55; 19. Western Washington 2.38; 29. Central Washington 2.30. Digs – 5. Western Washington 19.28.

POLLS: AVCA (Prior To Regionals) – 10. Western Washington. **NCAA West Regional (Final)** – 1. UC San Diego; 2. BYU-Hawaii; 3. CSU San Bernardino; 4. Sonoma State; 5. Western Washington; 6. Dixie State; 7. Alaska Anchorage; 8. Northwest Nazarene; 9. Central Washington; 10. Cal Baptist. (Note: Final poll taken prior to final weekend of regular-season and doesn't necessarily reflect regional seedings)

ALL-TOURNAMENT: CSU San Bernardino Coyote Classic (Sept. 6-7) – Nikki Lowell, SPU; Catie Fry, CWU. **Point Loma Nazarene (Sept. 6-7)** – Chelsey Walter, MSUB. **UAA Spring Hills Suite (Sept. 5-7)** – Julia Mackey, UAA; Jodi Huddleston, UAA; Quinn Barker, UAA. **Alaska Nanook Classic (Sept. 6-7)** – Sam Harthun, UAF. **Sonoma State (Sept. 13-14)** – Kayla Erickson, WWU; Emily Boerger, WWU.

ALL-REGION TEAMS

AVCA (Coaches): First Team – Kayla Erickson, Western Washington (MB, Jr., Gig Harbor); Samantha Hutchinson, Western Washington (L, Jr., University Place, WA); Andrea Terpstra, Northwest Nazarene (MB, Jr., Ripon, CA); Katelynn Zanders, Alaska Anchorage (OH, So., Anchorage, AK). **Honorable Mention** – Catie Fry, Central Washington (S, So., Tacoma, WA); Sam Harthun, Alaska Fairbanks (OH, So., Oregon City, OR).

Daktronics (SIDs): First Team - Kayla Erickson, Western Washington (MB, Jr., Gig Harbor, WA); Samantha Hutchinson, Western Washington (L, Jr., University Place, WA). **Second Team** - Andrea Terpstra, Northwest Nazarene (MB, Jr., Ripon, CA); Taylor Dillard, Western Washington (S, Jr., Milton, WA).

CoSIDA (Academic): First Team - Emily Boerger, WWU (Anthropology/Biology, Sr., 3.89, Marysville, WA);

THREE GNAC TEAMS QUALIFY FOR REGIONALS:

Three GNAC teams – fifth-seeded Western Washington, seventh-seed Alaska Anchorage and eighth-seed Central Washington will compete in this week's NCAA West Regional at San Bernardino. CSU San Bernardino is hosting the tournament for the seventh time in the past eight years. In six of the past eight years including last year when BYU-Hawaii hosted, the host school won the regional title. The two exceptions came in 2006 when UC San Diego upset the Coyotes in four sets and in 2007 when Western Washington swept San Bernardino.

FIVE RANKED TEAMS QUALIFY:

While Cal State San Bernardino is the No. 1 seeded team, it is just the fourth highest ranked team in the AVCA national poll. Second-seed BYU-Hawaii is ranked fourth. Western Washington is ranked 10th, UC San Diego is ranked 12th and CSUSB is ranked 14th. Sonoma State is ranked fifth. Three regional qualifiers are unranked – Dixie State, Alaska Anchorage and Central Washington. Dixie is among "others receiving votes".

COYOTES FINISH 21-1:

After starting the season losing four of its first eight matches, including 3-1 to Central Washington and 3-2 to Seattle Pacific, Cal State San Bernardino breezed through its conference schedule winning 21 of 22 matches, including its final nine matches. BYU-Hawaii brings a 17-match win streak to the regional since losing its only match in five sets to Hawaii Pacific on Sept. 26. Western Washington has won its last nine matches. Twenty of its 23 wins have been sweeps. The Vikings have gone five sets just once, losing at home to Alaska Anchorage on Oct. 19. The Seawolves won six of their last seven losing only at home 3-1 to Western

Washington on Nov. 14. Both WWU and UAA completed their conference road schedules with perfect 9-0 records.

HEAD-TO-HEAD: Western Washington, which is making its eighth playoff appearances in Diane Flick's 14 seasons as head coach, played only one match against a non-GNAC West Region qualifier losing 3-1 to Sonoma State. Central Washington won one of three non-conference matches against playoff qualifiers, defeating Cal State San Bernardino 3-1 and losing to UC San Diego 3-0 and Sonoma State 3-1. Alaska Anchorage was winless in three matches against non-GNAC qualifiers, losing 3-0 to BYU-Hawaii, UC San Diego and CSU San Bernardino ... In conference matches, Western Washington swept Central Washington. Both the Vikings and Wildcats split their two matches with the Seawolves.

PLAYOFF HISTORY: GNAC teams are just 10-23 all-time in the NCAA regional tournament during the GNAC era (since 2001). Western Washington has accounted for six of the wins going 6-6 (in seven appearances including 2001-03, 2006-07, 2010 and 2012) including 3-0 in 2007 when they reached the NCAA Division II national championship game. Central Washington is 1-4 in four appearances (2004-06, 12) and Alaska Anchorage is 1-3 in three appearances (2009-11).

FROM THE RECORD BOOK: Becky Blees of Western Oregon finished her career as the GNAC's all-time leader in blocking assists with 383, four more than Nikki Lowell of Seattle Pacific. Blees also became the first player in GNAC history to average 1.00 or more block assists per set, finishing with a 1.07 average. Lowell ended up No. 2 on both the GNAC total blocks (419) and assisted blocks (379) career lists. She also finished sixth in GNAC history in career hitting percentage (.308) becoming just the seventh player to hit .300 or better ... Western Washington's Samantha Hutchinson will take a 6.37 digs per set career average into the playoffs. That ranks No. 2 all-time in the conference.

GNAC TEAM OF THE WEEK: **Sept. 2-8** – Simon Fraser (football). **Sept. 9-15** – Northwest Nazarene (volleyball). **Sept. 16-22** – MSU Billings (men's cross country) and Simon Fraser (women's cross country). **Sept. 23-29** – Western Oregon (football). **Sept. 30-Oct. 6** – Seattle Pacific (men's soccer). **Oct. 7-13** – Central Washington (women's soccer). **Oct. 14-20** – Western Oregon (women's soccer). **Oct. 21-27** – Alaska Anchorage (cross country). **Oct. 28-Nov. 3** – Simon Fraser (men's soccer). **Nov. 4-10** – Seattle Pacific (women's soccer) and Alaska Anchorage (women's cross country). **Nov. 11-17** – Western Washington (volleyball). **Nov. 18-24** – Simon Fraser (men's soccer) and Western Washington (women's soccer). **Nov. 25-Dec. 1** – Western Washington (men's basketball).

TEAM NOTES

Alaska Anchorage: Katelynn Zanders takes a string of 10 consecutive matches with 10 or more kills into the playoffs. She posted 13 double-doubles, including eight in her last 10 matches.

Alaska Fairbanks: Sam Harthun, who finished the season as the GNAC leader in kills (4.39) and points (4.91), had 25 kills, five blocks and three service aces in matches at Seattle Pacific and MSUB Billings. Lilah Hudson led UAF with seven blocks.

Central Washington: Linden Firethorne led Central Washington with 23 kills and nine blocks in 3-0 sweeps of Saint Martin's and Western Oregon. The Wildcats outthit their opponents in the two contests by a combined margin of .250 to .097.

MSU Billings: Monica Grimsrud had 25 kills and Chelsey Walter had a team-high 14 blocks as the Yellowjackets split two matches to close out their season. Grimsrud finished her junior season ranked 23rd in GNAC history in career kills with 1,079 and 34th in career points with 1,194.

Northwest Nazarene: Elayna Rice had a team-high 37 kills in wins over Western Oregon and Saint Martin's. Michelle Terpstra led the Crusader defense with 23 digs and also had 48 assists, six kills and two service aces in a 3-1 win over Western Oregon. She had seven more digs and a block along with four kills and 41 assists in a sweep of Saint Martin's

Saint Martin's: Larissa Hamilton had 15 kills and hit for a .364 percentage (15-3-33) in matches at Ellensburg and Nampa. The Saints also got 15 kills and a team-high seven blocks from Brooke Goode.

Seattle Pacific: Lexi Biondi and Madi Cavell each had 16 kills and Nikki Lowell had eight blocks as the Falcons split two matches. Cavell had 12 of her kills, and a career-tying five aces in Thursday's win against Alaska Fairbanks.

Simon Fraser: Kelsey Robinson had 22 kills in a pair of losses to Western Washington. The Clan was also led by Madeline Hait with 16 kills and Devon May with 12.

Western Oregon: Becky Blees had team-highs of 14 kills and seven blocks in a pair of road contests. The Wolves also got 13 kills from Hannah Deede and 12 each by Christie Colasurdo and Cherene O'Hara.

Western Washington: Kayla Erickson, who has had 18 double-doubles, had 27 kills and Kelsey Moore had 26 in a pair of wins over Simon Fraser. The Vikings, who have won eight of the 13 GNAC titles, take a nine-match win streak into the regional playoffs.

GNAC CAREER LEADERS (Prior to Regionals)

Points

1. Louise Free, NNU (1999-02)	1723
24. Nikki Lowell, SPU (2010-13)	1285
34. Monica Grimsrud, MSUB (2011-13)	1194

Kills

1. Sarah Sommerman, SU (2002-05)	1461
23. Monica Grimsrud, MSUB (2011-13)	1079
28. Nikki Lowell, SPU (2010-13)	1037

Assists

1. Kate Reome, CWU (2001-04)	4780
21. Cymbree Decosta, SMU (2009, 11-13)	2356
22. Michelle Terpstra, NNU (2011-13)	2289
26. Kyndal Williams, MSUB (2012-13)	1954
37. Siobhan Johansen, UAA (2010-13)	1699
38. Catie Fry, CWU (2011-13)	1645

Aces

1. Erin Norris, CWU (2006-09)	198
34. Becky Blee, WOU (2010-13)	94
39. Siobhan Johansen, UAA (2010-13)	90

Solo Blocks

1. Alicia Denny, SMU (2000-02)	151
21. Erin Smith, CWU (2010-13)	51
25. Amanda Renkema, SFU (2011-13)	48

Blocking Assists

1. Becky Blee, WOU (2010-13)	383
2. Nikki Lowell, SPU (2010-13)	379
3. Cammy Dranginis, NNU (2006-09)	367
12. Erin Smith, CWU (2010-13)	284

Total Blocks

1. Cammy Dranginis, NNU (2006-09)	473
2. Nikki Lowell, SPU (2010-13)	419
3. Louise Free, NNU (1999-02)	402
4. Becky Blee, WOU (2010-13)	396
13. Erin Smith, CWU (2010-13)	335

Digs

1. Courtney Schneider, WWU (2004-07)	2695
7. Samantha Hutchinson, WWU (2011-13)	1650
8. Megan Triggs, WOU (2010-13)	1595
14. Kaeli Kight, CWU (2011-13)	1410

GNAC 41-49 IN NON-CONFERENCE: GNAC teams posted a 41-49 record in non-conference matches this fall. Conference teams were 15-19 against CCAA opponents and 9-18 against PacWest foes.

GNAC (15) vs. CCAA (19): Northwest Nazarene 2-0, Western Oregon 1-0, Western Washington 4-1, Seattle Pacific 3-3, Central Washington 2-2, MSU Billings 2-4, Alaska Anchorage 1-4, Saint Martin's 0-2, Alaska Fairbanks 0-3.

GNAC (9) vs. PacWest (18): Western Oregon 1-0, Western Washington 1-0, Alaska Anchorage 2-2, Northwest Nazarene 2-2, Seattle Pacific 1-1, Saint Martin's 1-5, Alaska Fairbanks 1-6, MSU Billings 0-2.

YEAR-BY-YEAR NON-CONFERENCE RECORDS

Year	Regular	Regionals	Nationals	Totals (+/-)
	W-L	W-L	W-L	W-L
2001	50-41	1-2 (2)		51-43 (+8)
2002	32-45	0-1 (1)		32-46 (-14)
2003	44-38	0-2 (2)		44-40 (+4)
2004	41-36	0-1 (1)		41-37 (+4)
2005	31-49	1-2 (2)		32-51 (-19)
2006	41-38	0-3 (3)		41-41 (Even)
2007	41-41	3-2 (3)	2-1	46-44 (+2)
2008	52-41	0-1 (1)		52-42 (+10)
2009	55-49	1-2 (2)		56-51 (+5)
2010	27-39	3-3 (3)		30-42 (-12)
2011	32-36	0-2 (2)		32-38 (-6)
2012	47-36	1-2 (2)		48-38 (+10)
2013	41-49	TBA		40-49 (-8)
Totals		10-23 (24)	2-1 (1)	Minus 16

2013 GNAC RED LION PLAYERS OF THE WEEK

Week of Sept. 2-8: Offense – Kayla Erickson, Western Washington (MB, 6-0, Jr., Gig Harbor, WA) hit for a phenomenal .542 percentage (50-5-83) and also had a team-high 15 blocks as the Vikings cruised to four 3-0 victories in the Western Oregon Invitational. With Erickson leading the way, WWU outhit its four opponents .390 to .120. **Defense** – Nikki Lowell, Seattle Pacific (MB, 5-10, Sr., Claremont, CA) had 26 blocks as the Falcons split four matches in the Coyote Classic. Eight of her blocks came in a 3-2 victory over 14th-ranked Cal State San Bernardino as SPU overcome a 2-0 set deficit to beat the Coyotes for the first time in eight tries. Lowell also had 12 kills and a career-high eight digs. SPU had won just one set in its previous seven contests with San Bernardino.

Week of Sept. 9-15: Offense – Andrea Terpstra, Northwest Nazarene (MB, 6-4, Jr., Ripon, CA) tallied 50 kills and 20 blocks as the Crusaders won three of four matches in the CSU East Bay/Notre Dame de Namur Route 92 Showdown. Terpstra, a transfer from San Diego State, hit for a .417 percentage (50-10-96). **Defense** – Samantha Hutchinson, Western Washington (L, 5-7, Jr., University Place, WA - Curtis) averaged 8.50 digs – two more than her season average of 6.50 - as the Vikings won three of four matches at the Sonoma State Seawolf Invitational. Hutchinson had a total of 102 digs in 12 sets.

Week of Sept. 16-22: Offense – Sam Harthun, Alaska Fairbanks (OH, 6-0, So., Oregon City, OR) and Julia Mackey, Alaska Anchorage (OH, 5-11, So., Fairbanks, AK – West Valley) Harthun had a GNAC opening conference week high 31 kills and also hit for a .344 percentage, 140 points above her season average as the Nanooks split two matches. Harthun, who leads the GNAC on the season in kills (4.02) and service aces (0.53), had 18 kills and a .469 percentage in Thursday's 3-0 win over Montana State Billings. On the season, she has had three of the top five kill totals (19, 18 and 17) this fall in the GNAC ... Mackey had 13 kills in 20 attempts and didn't make an error as the Seawolves hit for a .437 percentage in a 3-0 win over MSU Billings. That was UAA's best percentage in a conference match in the 13-year history of

the GNAC. Mackey finished the opening weekend with 26 kills and a .345 percentage as UAA swept a pair of matches. **Defense** – Taylor Roberts, Northwest Nazarene (L, 5-5, Jr., Nampa, ID) led the Crusaders, who have won five straight, to road wins at Saint Martin's and Western Oregon. Roberts had 50 digs as NNU held the Saints and Wolves to a combined .148 attack percentage.

Week of Sept. 23-29: Offense – Katelynn Zanders, Alaska Anchorage (OH, 5-9, So., Anchorage, AK - South) had 27 kills, 19 digs and five aces to lead the Seawolves to 3-1 road victories at Central Washington and Northwest Nazarene as the Seawolves improved to 4-0 in conference matches. **Defense** – Samantha Hutchinson, Western Washington (L, 5-7, Jr., University Place, WA - Curtis) and Quinn Barker, Alaska Anchorage (L, 5-5, Jr., Mission Viejo, CA – Central Arizona) ... Hutchinson had digs on 20 percent of MSU Billings and Seattle Pacific's attacks in a pair of 3-0 victories as the Vikings opened their conference season with two victories. She had a total of 54 in six sets (9.00), helping hold WWU's two opponents to a .099 hitting percentage ... Barker netted 41 digs and also had seven aces without a service error and just two reception errors in a pair of 3-1 road victories.

Sept. 30-Oct. 6: Offense – Keri Knight, Alaska Fairbanks (OH, 5-9, Sr., Arvada, CO) and Kristyn Ross, Saint Martin's (OH, 5-10, Jr., Olympia, WA – Capital) ... Knight had 26 kills and hit for a .357 percentage as the Nanooks earned a home split, defeating Western Oregon for the first time since 2009 and for the first time in Fairbanks since 2006. Over her last eight matches, Knight has raised her season attack percentage 125 points (from .066 to .193) ... Ross led Saint Martin's to its first conference road victory since early in the 2012 season as she tallied 26 kills in a pair of contests, including 15 in a 3-0 win at Fairbanks. She also had a team-high three service aces. **Defense** – Emily Boerger, Western Washington (MB, 6-1, Sr., Marysville, WA – Marysville-Pilchuck) had a team-high nine blocks as the Vikings held Northwest Nazarene and Central Washington to a combined .022 attack percentage in 3-0 victories. Boerger also had 19 kills and hit for a .483 percentage in the two wins.

Week of Oct. 7-13: Offense - Rachel Hanses, Central Washington (OH, 5-11, So., Yakima, WA – West Valley) had 26 kills and a .296 percentage to lead the Wildcats to wins over Seattle Pacific and Montana State Billings. Hanses also had five digs and two blocks. **Defense** - Jenna Caywood, Northwest Nazarene (MB, Fr., Meridian, ID – Cole Valley Christian) had 17 kills, 14 blocks and hit for a .452 percentage (17-3-31) leading the Crusaders to 3-1 wins over Montana State Billings and Seattle Pacific. She had seven kills and six blocks against MSUB and 10 kills in just 13 attempts and seven blocks against SPU.

Week of Oct. 14-20: Offense - Katelynn Zanders, Alaska Anchorage (OH, 5-9, So., Anchorage, AK - South) and Sam Harthun, Alaska Fairbanks (OH, 6-0, So., Oregon City, OR) ... Zanders had 29 kills, including 22 in Saturday's five-set win over Western Washington, as the Seawolves snapped the Vikings' 17-match home win

streak. Zanders hit .354 against WWU, which on the season is holding opponents to a .119 average. She also had 23 digs and five blocks in UAA's two road victories ... Harthun had a dominating performance despite two 3-0 losses, totaling 44 kills and 10 digs and hitting for a .356 percentage. Her 26 kills Saturday at Simon Fraser was just one kill was one off the GNAC record for most kills in a three-set match and is the most in the GNAC this fall in a match of any length. She also had a match-high 18 kills versus Western Washington. **Defense** – Larissa Hamilton, Saint Martin's (MB, 6-0, Fr., Vancouver, WA - Skyview) and Jackie Arnold, Seattle Pacific (MB, 5-11, So., Anaheim, CA – Canyon) ... Hamilton had 12 blocks in six sets and hit for a .444 percentage (10-2-18) as the Saints split two matches earning their third conference win of the season to match last year's victory total. Their win at Billings Thursday was their first-ever road victory against MSUB ... Arnold had 11 block assists, including a career-high nine in a five-set win over Western Oregon. Of the nine blocks against the Wolves, three came in the fourth set and three also came in the fifth set as SPU overcame a 2-1 deficit. She also had 19 kills, including 10 against WOU, hitting .333 (19-7-36). She posted a .533 percentage (9-1-15) in a sweep of Saint Martin's.

Week of Oct. 21-27: Offense - Madi Cavell, Seattle Pacific (MB, 6-0, Jr., Keizer, OR - McNary) had back-to-back career highs in leading the Falcons to road wins at Western Washington and Simon Fraser by 3-1 scores. After producing 22 kills including match point in a win against the nationally eighth-ranked Vikings, Cavell, who finished the weekend with 29 digs, had 24 more kills at Simon Fraser. "They had no answer for Madi," SPU head coach Chris Johnson said after Saturday's win. "They couldn't stop her. She only got blocked once and was just overpowering everyone." **Defense** – Erin Smith, Central Washington (MB, 5-10, Sr., Selah, WA) had nine blocks in seven sets increasing her career total to 303. She also added 20 kills, hitting .447 as the Wildcats earned a sweep in Alaska, defeating Alaska Fairbanks 3-1 and Alaska Anchorage 3-0. Her nine blocks moved her up five spots on the GNAC all-time career block list from 24th to 19th as she became the 19th player in GNAC history to reach 300. "In addition to her blocks, she also hit well in transition," CWU coach Mario Andaya said.

Week of Oct. 28-Nov. 3: Offense - Kelsey Moore, Western Washington (OH, 6-1, Jr., Bellevue, WA – Newport) had 19 kills to lead the Vikings to two road wins as they remained tied in the loss column with first place Alaska Anchorage. Moore, who was charged with just four errors in seven sets, had 12 kills in a 3-1 win at Central Washington, then added seven more in a 3-0 sweep of Northwest Nazarene. **Defense** – Quinn Barker (L, 5-5, Jr., Mission Viejo, CA) had 34 digs, including 18 in a sweep of Saint Martin's, as the Seawolves won a pair of road matches. Barker also had three aces. Her defense helped UAA limit the Saints and Western Oregon to an average of 19 points per set.

Week of Nov. 4-10: Offense - Monica Grimsrud, MSU Billings (OH, 6-1, Jr., Montana City, MT – Helena) had 50 kills, including a GNAC season-high 30 as the Yellowjackets upset regionally sixth-ranked Central Washington Thursday. Grimsrud hit for a .291 percentage (50-18-110) as MSUB split two matches, outlasting the Wildcats 3-2 before falling 3-1 to Northwest Nazarene. Grimsrud had 20 kills in the latter contest, matching the eighth highest total this fall in the GNAC in a four-set match. **Defense** – Samantha Hutchinson, Western Washington (L, 5-7, Jr., University Place, WA – Curtis) had 49 digs, including 32 in a 3-0 home win over Western Oregon. That equaled the fifth highest total in GNAC history for a three-set contest. Former Viking All-American Courtney Schneider, who had three-set match totals of 35, 34, 34, 33, 32 and 32, is the only other player in conference history to record as many as 32. On the season, Hutchinson ranks second nationally averaging 6.93 digs per set.

Week of Nov. 11-17: Offense - Taylor Dillard, Western Washington (S, 5-8, Jr., Milton, WA – Fife) and Michelle Terpstra, Northwest Nazarene (S, 5-9, Jr., Ripon, CA) ... Setters Dillard and Terpstra each had 48 assists in 3-1 wins over regionally-ranked teams. Dillard had 81 assists in seven sets including 48 in Thursday's 3-1 win at No. 9 Alaska Anchorage, as the Vikings reduced their magic number to clinching the GNAC's automatic berth in the NCAA West Regionals to one. Dillard's setting helped the Vikings hit .362 including .467 (46-3-92) in Saturday's 3-0 win at Fairbanks. Dillard also had nine digs, seven blocks and five kills. "We had great team hitting and even distribution," WWU coach Diane Flick said. Five different players had at least 14 kills for the Vikings ... Terpstra had 48 kills as NNU beat No. 6 Central Washington. She also had 11 digs, three blocks and three kills. **Defense** – Nikki Lowell, Seattle Pacific (MB, 5-10, Sr., Claremont, CA – Gonzaga) had 28 kills and 14 blocks to join both the 1,000 kill and 400 block club in road wins at Saint Martin's and Western Oregon. Lowell, who hit at a .423 clip (28-6-52), improved her career totals to 1.027 and 411, respectively. She ranks second in the latter category on the GNAC all-time career list.

Week of Nov. 18-24: Offense - Elayna Rice, Northwest Nazarene (MB, 6-3, So., Billings, MT) and Katelynn Zanders, Alaska Anchorage (OH, 5-9, So., Anchorage, AK – South) ... Rice had 37 kills, including match highs of 20 in a 3-1 win over Western Oregon and 17 in a 3-0 sweep of Saint Martin's as the Crusaders made a bid for a NCAA post-season playoff berth with a pair of wins. Rice also had 20 digs and two blocks ... Zanders had 40 kills, the most for any GNAC player on the final weekend of the regular-season. She hit for a .342 percentage and also contributed defensively with 14 digs and six blocks. **Defense** – Quinn Barker, Alaska Anchorage (L, 5-5, Jr., Mission Viejo, CA – Trabuco Hills) had 38 digs, including a career-high tying 25 at Seattle Pacific as the Seawolves finished conference play with a perfect 9-0 road record. "She made several diving saves that extended rallies in the first and second set at Seattle Pacific," coach Chris Green said. "Her incredible back-row play was the difference in getting the early advantage." **Honorable Mention** – Kayla Erickson, Western Washington (MB, 6-0, Jr., Gig Harbor, WA); Linden Firethorne, Central Washington (MB, 6-0, So., Clinton, WA – South Whidbey); Chelsey Walter, MSU Billings (MB, 6-2, Jr., Billings, MT); Michelle Terpstra, Northwest Nazarene (S, 5-9, Jr., Ripon, CA); Larissa Hamilton, Saint Martin's (MB, 6-0, Fr., Vancouver, WA).