

# GREAT NORTHWEST ATHLETIC CONFERENCE

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Report 13A (Nov. 12, 2007)

## Volleyball: Schneider, Flick Voted Top Player, Coach in GNAC

SPOKANE, WA – Western Washington libero Courtney Schneider, who ranks among the all-time dig leaders in NCAA Division II history, has been selected the *Great Northwest Athletic Conference Volleyball Player-of-the-Year*.

Viking coach Diane Flick, who guided WWU to a 21-4 record and its fourth GNAC title in seven years, was selected the *GNAC Coach-of-the-Year* for the fifth time.

Schneider (Sr., Snohomish, WA) finished the regular-season with a school and GNAC record 678 digs breaking her own previous record of 666. She ranks sixth in NCAA Division II history with 2,522 digs and her 6.95 per game average is on pace to destroy the current national record of 6.06.

Flick, a 1993 graduate of the University of Washington, edged Western Oregon coach Joe Houck 5-4 in the balloting for Coach-of-the-Year honors. Flick, who also earned the award in 2001, 2002, 2003 and 2006, has a career record of 170-46 in eight seasons, including a 112-12 conference record in seven GNAC campaigns.

Houck directed a remarkable turnaround this fall at Western Oregon leading the Wolves to a 16-9 record and to their first winning season in GNAC history. The Wolves had a 9 ½ match improvement over a year ago when WOU posted a 7-19 record.

Also winning special awards were Western Oregon outside hitter Kayla Mainer and setters Jamie Mellies of Seattle University and Joelle Perez of Seattle Pacific.

Mainer, a graduate of West Valley High School in Spokane and a transfer from North Idaho, finished the regular-season ranked fourth in the conference in kills per game (4.03) sixth in points (4.67) and digs (4.24) and seventh in aces (0.47), to win *GNAC Newcomer-of-the-Year* honors.

Perez from Heritage High School in Vancouver, Wash., and Mellies from Silverado High School in Henderson, Nev., finished fourth (11.07) and fifth (10.62), respectively, in the conference in assists and tied in the balloting for *GNAC Freshman-of-the-Year* honors, each receiving four first-place votes, two seconds and a third.

Schneider, who is averaging 7.70 digs and is on pace to win her second consecutive national dig title, and Seattle Pacific outside hitter Alyssa Given (Sr., Salinas, CA) headed up the seven-woman GNAC first team all-conference team. Both players were unanimous selections and became the fourth and fifth players in GNAC history to earn first-team honors three times.

Given led the GNAC in kills (4.56) this season and finished her career as the second-leading kill (1,454) and point (1,723) producer in GNAC history. She also finished her career ranked first in conference history in kill attempts (4,041) and aces (188) and third in kills per game (3.96).

Northwest Nazarene middle blocker Cammy Dranginis (So., Nampa, ID) was also a repeat first-team selection. Joining Schneider, Given and Dranginis on the first team were Mainer, Central Washington middle blocker Rachael Schurman (Jr., Spokane, WA), Western Washington middle blocker Tiana Roma (Jr., Edmonds, WA) and Viking setter Katie Robinson (Sr., Everson, WA).

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## add GNAC volleyball 2-2-2

Western Washington, which is the No. 2 seed in this week's NCAA Division II Pacific Regional at San Bernardino, placed a total of six players on the all-star team. Joining the three first-team selections were outside hitter Jaime Anderson (Sr., SeaTac, WA) on the second team. Outside hitter Emily Castro (Sr., Bellingham, WA) and middle blocker Angie Alvord (Jr., Laurel, WA) were honorable mention selections.

The Vikings will be making their fifth post-season appearance in the seven-year history of the GNAC. Northwest Nazarene and Western Oregon, which are the sixth and eighth seeds, respectively, will be making their first-ever NCAA post-season volleyball appearances.

## 2007 GREAT NORTHWEST ATHLETIC CONFERENCE VOLLEYBALL ALL-STAR TEAM

First Team	Position	Ht.	Cl.	Hometown
++*Alyssa Given, Seattle Pacific	Outside Hitter	5-10	Sr.	Salinas, CA
Kayla Mainer, Western Oregon	Outside Hitter	5-10	Jr.	Spokane, WA
+Cammy Dranginis, Northwest Nazarene	Middle Blocker	6-0	So.	Nampa, ID
Rachael Schurman, Central Washington	Middle Blocker	6-0	Jr.	Spokane, WA
Tiana Roma, Western Washington	Middle Blocker	6-0	Jr.	Edmonds, WA
Katie Robinson, Western Washington	Setter	5-9	Sr.	Everson, WA
++*Courtney Schneider, Western Washington	Libero	5-9	Sr.	Snohomish, WA

+Repeater ++Two-time repeater \*Unanimous

Second Team	Position	Ht.	Cl.	Hometown
Jaime Anderson, Western Washington	Outside Hitter	6-0	Sr.	SeaTac, WA
Devon Croteau, Montana State Billings	Outside Hitter	6-0	So.	Casper, Wyo.
Stacey Bennett, Western Oregon	Rightside Hitter	6-3	Jr.	Beaverton, OR
Lindsay Forseth, Northwest Nazarene	Outside Hitter	6-1	So.	Nampa, ID
Nikole Thompson, Seattle	Outside Hitter	5-10	Sr.	Marysville, WA
Allison James, Northwest Nazarene	Setter	5-10	Sr.	San Diego, CA
Claire Carpenter, Western Oregon	Libero	5-4	Sr.	Gresham, OR

Honorable Mention	Position	Ht.	Cl.	Hometown
Shealun Campisi, Saint Martin's	Outside Hitter	5-11	So.	Buckley, WA
Erin Norris, Central Washington	Outside Hitter	5-10	So.	Spokane, WA
Emily Castro, Western Washington	Outside Hitter	5-11	Sr.	Bellingham, WA
Megan Thigpen, Alaska Fairbanks	Outside Hitter	5-10	So.	Spokane, WA
Angie Wodrich, Seattle Pacific	Opposite	5-10	Sr.	Richland, WA
Alicia Cazemier, Montana State Billings	Middle Blocker	6-0	Sr.	Vauxhall, AB
Korlyn Bolster, Alaska Fairbanks	Middle Blocker	6-1	Jr.	Guerneville, CA
Rachel Biornstad, Seattle Pacific	Middle Blocker	6-0	Sr.	Kent, WA
Angie Alvord, Western Washington	Middle Blocker	6-0	Jr.	Laurel, WA
Amy Herron, Western Oregon	Setter	5-5	So.	Spokane, WA
Joelle Perez, Seattle Pacific	Setter	5-9	Fr.	Vancouver, WA
Erika Stevens, Central Washington	Libero	5-8	Sr.	Fairbanks, AK

+Repeater \*Unanimous

**Player-of-the-Year** – Courtney Schneider, Western Washington

**Coach-of-the-Year** – Diane Flick, Western Washington

**Newcomer-of-the-Year** – Kayla Mainer, Western Oregon

**Freshman-of-the-Year** – Jamie Mellies, Seattle University & Joelle Perez, Seattle Pacific