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GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 13, 2000 --- For Immediate Release

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LUTES WEAR DOWN BRUINS FOR 3-1 WIN

NEWBERG, Ore. --- In a four-game match that featured numerous long rallies, few long scoring strings, and took over two hours, the Pacific Lutheran University Lutes wore down the George Fox University Bruins 3-1 in a Northwest Conference women's volleyball match Friday night (Oct. 13) here at the Wheeler Sports Center.

The Lutes, who beat the Bruins 3-2 in Tacoma back on Sept. 15, made it three straight wins over George Fox with a 15-11, 15-10, 12-15, 15-2 victory. PLU climbed to 9-8 overall and 5-4 in the conference, while the home-standing Bruins fell to 5-10 overall and 3-6 in the league.

In the first two games of the match, the Lutes gradually worked their way to big leads, only to have the Bruins reverse the trend and make things close. PLU held a 13-7 lead in the first game and was up at one point 9-2 in the second before the Bruins made it interesting. In the third game, George Fox took a 14-6 lead before the Lutes reeled off six unanswered points to throw a scare into the home team. The fourth game was all PLU, however, as Jenne Heu-Weller served five winning points to open the game and the Lutes never looked back, out-hitting the Bruins .435 to .036 in the finale.

Suzanne and Renee Beauchene led the Lutes on offense with 21 and 14 kills respectively, Suzanne hitting .383 for the game and Renee .293. Nicole Bostic led the Bruins with 16 kills and Jennifer Westerberg added 11. PLU out-hit the Bruins in the match .176 to .107.

With numerous long rallies, each team had over 100 digs in the four games, PLU recording 107 and George Fox 105. Six players on each team had double figures in digs, Annie Rolph and Jill Muhm of the Lutes with a game-high 25 digs each, while Bostic had 21 and Westerberg 19 to pace the Bruins.

Heu-Weller had 52 assists for PLU and Mindi Yost 44 for George Fox. Lynette Domench recorded seven blocks for the Bruins, while Mettie Burris led PLU with five before leaving the match early in the fourth game with a sprained ankle.

George Fox returns to the court Saturday night (Oct. 14), hosting conference leader the University of Puget Sound, unbeaten and ranked No. 8 in the nation, at 7:00 p.m. Pacific Lutheran visits Linfield College Saturday at 7:00 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 15, 2000 --- For Immediate Release

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BRUINS PUSH PLU TO THE EDGE BEFORE FALLING IN FIVE

TACOMA, Wash. --- In the Northwest Conference opener for both teams, the George Fox University Bruins pushed defending champion and pre-season favorite Pacific Lutheran University to the wire before the home-standing Lutes prevailed 3-2 in women's volleyball Friday night (Sept. 15) here at Olson Auditorium.

The Bruins at one point held a 2-1 lead in games but could not put the Lutes away, eventually falling 10-15, 15-13, 16-14, 12-15, 5-15. It was the third straight loss for George Fox, which fell to 2-5 overall and 0-1 in the conference, while Pacific Lutheran improved to 5-4 and 1-0.

Middle blockers Shelly Schultens with 17 and Lynette Domench with 12 were the only Bruins in double figures in kills. Setter Mindi Yost passed off for 32 assists and led the defensive effort with a career-high 27 digs. Domench also had four solo blocks.

Cara Smith with 22 kills and Erin McGinn with 12 were the top attackers for the Lutes.

The Bruins continue their Tacoma trip Saturday (Sept. 16) against the undefeated (7-0) University of Puget Sound Loggers, who downed Willamette University 3-0 Friday night. The match tips off at 7:00 p.m. PLU hosts Linfield College in another NWC contest Saturday at 7:00 p.m.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 2, 1999 --- For Immediate Release

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BRUINS UPSET 13TH-RANKED COLORADO COLLEGE IN PIKES PEAK CHALLENGE

COLORADO SPRINGS, Colo. --- After falling 3-0 to Northwest Conference rival the University of Puget Sound earlier in the day, the George Fox University Bruins rebounded to stun tournament host Colorado College, 13th-ranked in the NCAA Division III pre-season poll, 3-2 in the Pikes Peak Volleyball Challenge here Saturday (Sept. 2).

The Bruins fell to the Loggers of UPS, who won the tournament with a 4-0 record, by scores of 4-15, 8-15, 9-15, but rebounded to defeat the host Tigers 15-13, 3-15, 15-13, 2-15, 15-11. Colorado College, Concordia University-Austin, and George Fox all were 2-2, while Howard Payne University finished 0-4.

Freshman outside hitter Nicole Bostic and sophomore setter Mindi Yost were named to the All-Tournament team for the Bruins, as were middle blocker LaQuinta Dawson of Concordia, setter Larissa Enns and rightside hitter Carrie Repp of Colorado College, and setter Lindsy Weber and middle blocker Karen Elmgren of Puget Sound. UPS outside hitter Eileen Gamache was named the tournament Most Valuable Player.

George Fox returns to action in its home opener Friday, Sept. 8, hosting the University of La Verne at the Wheeler Sports Center in Newberg at 7:00 p.m. The Bruins also play the next day against Seattle University at 2:00 p.m. in a match that will be played at Lewis & Clark College in Portland, as Seattle is also playing Lewis & Clark later that day.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 1, 1999 --- For Immediate Release

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BRUINS OPEN SEASON WITH SPLIT IN PIKES PEAK CHALLENGE

COLORADO SPRINGS, Colo. --- Going five games in both their matches, the George Fox University Bruins opened their 2000 volleyball season with a 3-2 win over Howard Payne University and a 3-2 loss to Concordia University-Austin in the first day of play in the Pikes Peak Challenge Friday (Sept. 1) here at Colorado College.

The Bruins posted a 6-15, 15-2, 15-9, 13-15, 15-5 win over HPU, but fell 18-16, 9-15, 11-15, 15-13, 16-18 to CUA. George Fox held a 14-11 lead in the final game of the Concordia match but could not put the Tornadoes away.

Freshman outside hitter Nicole Bostic led the Bruins with a 16-kill, 6-dig effort in the HPU, and came back with 12 kills in the Concordia loss.

The Bruins play two more matches in the tournament Saturday (Sept. 2). They will play Northwest Conference rival University of Puget Sound, which beat Concordia 3-0 and Colorado College 3-1, at 2:00 p.m. (1:00 p.m. Pacific time), then meet 13th-ranked Colorado College, which lost 3-1 to UPS and beat Howard Payne 3-0, at 6:00 p.m. (5:00 p.m. Pacific time).

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

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George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 8, 2000 --- For Immediate Release

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BRUINS START FAST BUT CAN'T FINISH OFF LA VERNE IN 3-2 LOSS

NEWBERG, Ore. --- After taking the first two games, the George Fox University Bruins appeared to have their 2000 women's volleyball season opener well in hand. It was not to be, however, as the University of La Verne Leopards rallied for a 3-2 win over the Bruins Friday night (Sept. 8) here at the Wheeler Sports Center.

The youthful Bruins, who have only two seniors and only two starters back from last year's 19-7 squad, could not put away the visiting Leopards, who were playing their season opener, and fell 15-10, 15-9, 8-15, 11-15, 10-15, dropping their season record to 2-3.

Outside hitter Amy Brummel, the Southern California Intercollegiate Athletic Conference Player of the Year in 1999, led the La Verne comeback with 22 kills and 21 digs, while Stacey Lupu had 17 kills and Ryan Winn had 45 assists.

George Fox was led by freshman hitter Nicole Bostic, who had 18 kills and 14 assists, while sophomore hitter Lacey Langmade added 10 kills and 11 digs. The Bruins had six players in double figures in digs, led by sophomore setter Mindi Yost, who had 18 to go with a match-high 47 assists.

The Bruins will try to even their record Saturday (Sept. 9) with a neutral-site match against Seattle University, playing at Lewis & Clark College in Portland at 2:00 p.m. La Verne will play two matches Saturday at Lewis & Clark, meeting Willamette University at 12:00 noon and the host team at 7:30 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, October 21, 2000 --- For Immediate Release

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BRUINS MAKE IT TWO IN A ROW WITH 3-0 WIN OVER PIONEERS

NEWBERG, Ore. --- After a first-game struggle that saw them nearly blow a seven-point lead, the George Fox University Bruins took control quickly in the second and third games and went on to a 3-0 victory (15-13, 15-2, 15-6) over the Lewis & Clark College Pioneers in a Northwest Conference women's volleyball match Saturday night (Oct. 21) here at the Wheeler Sports Center.

In the first game, the Bruins raced from a 4-4 tie to an 11-4 lead, only to have the Pioneers battle back to within one at 14-13. But George Fox middle blocker Shelly Schultens took advantage of a Lewis & Clark overpass to spike the ball for the winning kill. The second game was all Bruins, who scored the final nine points after an early 6-2 lead. In the finale, Nicole Bostic served five straight winning points to boost the Bruins from a 6-6 tie to an 11-6 lead, and Schultens eventually closed out the match with a service ace.

The Bruins had one of their best hitting nights of the year with an attack percentage of .242, recording 46 kills with only 17 errors. Jennifer Westerberg was the only Bruin in double figures in kills with 11 as 11 different players shared the attack wealth. Mindi Yost had 34 assists and a match-high 14 digs, while Westerberg had 11 digs and Heidi Vander Stoep 10.

The Pioneers managed only a .111 hitting mark and had no one in double figures in kills, Erin Comstock being the highest with eight. Lizzie Woodburn assisted on 26 of the Pioneers' 32 kills, while Comstock and Liana Dawson were high for Lewis & Clark in digs with 12 each.

George Fox, posting a two-game winning streak for only the second time this year, climbed to 7-11 overall and 5-7 in the league. Lewis & Clark dropped its sixth straight game and fell to 1-15 overall and 1-11 in the NWC.

The Pioneers host Pacific University, the only team they have beaten this season, on Thursday (Oct. 26), while the Bruins visit Yamhill County rival Linfield College Friday (Oct. 27). Both matches are at 7:00 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 23, 2000 --- For Immediate Release

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DEFENSE LIFTS BRUINS PAST LEWIS & CLARK 3-1

PORTLAND, Ore. --- Setter Mindi Yost passed out 53 assists and led a quintet of Bruins in double figures in digs with 23, and the Bruins, already leading the Northwest Conference in blocks, recorded 13 more as George Fox University downed the Lewis & Clark College Pioneers 3-1 in women's volleyball action Saturday night (Sept. 23) here at the Pamplin Sports Center.

The Bruins, despite leading 14-6 and having a chance at game point, could not put the home-standing Pioneers away in the first game and eventually fell 14-16, but recovered to take the next three 15-10, 15-5, 15-8.

In addition to Yost's digs, Amy Forbes added 14, Heidi Vander Stoep 12, and Heather Peebles and Jennifer Westerberg 11 each as the Bruins outdug the Pioneers 102-75. Shelly Schultens led the George Fox blockers with 7 and Yost chipped in with 6. On offense, Schultens was the only Bruin in double figures with 12 kills, but Forbes, Westerberg, and Nicole Bostic had 9 each. Schultens had a fine night, hitting .375 for the match.

Erin Comstock, Devon McGinnis, and Krissy Forry had 9 kills each for Lewis & Clark, Comstock had 25 digs, and Lizzie Woodburn passed out 35 assists.

The Bruins notched their second straight conference win and improved to 4-6 overall, 2-2 in the NWC. The Pioneers dropped to 0-9 overall and 0-5 in the league. George Fox returns to the court Wednesday, Sept. 27, visiting Willamette University in Salem for a 7:00 p.m. conference contest.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 27, 2000 --- For Immediate Release

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WILDCATS COMPLETE SEASON SWEEP OF YAMHILL COUNTY RIVAL BRUINS

McMINNVILLE, Ore. ---Maintaining at least a share of second place in the Northwest Conference standings behind nationally-ranked University of Puget Sound, the Linfield College Wildcats dispatched the George Fox University Bruins 3-1 (15-5, 15-9, 12-15, 15-5) Saturday night (Oct. 27) here at Ted Wilson Gym, completing a season sweep of their Yamhill County rivals.

In the opening game, the Wildcats broke away from a 4-4 tie to out-score the Bruins 11-1 over the remainder of the game. The second contest saw the home team take an early 5-1 lead and stretch it to 11-4, but the Bruins mounted a challenge, cutting the lead to 12-9, before the Wildcats closed out the game.

In the third game, George Fox battled back from a 6-2 deficit as Heidi Vander Stoep served seven straight winning points, including back-to-back aces, to take a 9-6 lead, then hung on for the victory. Game four saw the Bruins jump out to an early 4-0 lead before Linfield rallied, reeling off eight unanswered points for an 8-4 lead and going on to victory.

Anna Gradek spiked 16 kills and Sara Kaiser added 10 to lead the offensive attack of the Wildcats, who out-hit the Bruins .151 to -.036. Denise Lum-Lung led a strong defensive effort with a game-high 18 digs and Gradek had six blocks. Katie Leitheiser passed out 35 assists.

The Bruins got an offensive high of eight kills from Jennifer Westerberg and 18 assists from Mindi Yost. Defensively, Heidi Vander Stoep was all over the place, leading the Bruins with 15 digs and five blocks.

George Fox fell to 7-12 overall and 5-8 in the conference, while Linfield climbed to 13-7 overall and 10-3 in the league. The Bruins host Willamette University Saturday (Oct. 28) at 7:00 p.m. in their final home match of the season. The Wildcats host Pacific University Saturday at 7:00 p.m. Both contests are conference games.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 29, 2000 --- For Immediate Release

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QUICK EARLY LEADS BOOST LINFIELD PAST BRUINS 3-0

NEWBERG, Ore. --- Jumping out to large leads early in every game, the Linfield College Wildcats captured their fifth straight win, all against Northwest Conference competition, in defeating the George Fox University Bruins 3-0 (15-11, 15-8, 15-3) in women's volleyball Friday night (Sept. 29) here at the Wheeler Sports Center.

The home-standing Bruins dropped their second in a row and fell to 4-8 overall, 2-4 in the conference. The visiting Wildcats climbed to 7-4 overall and maintained at least a share of first place in the league with the University of Puget Sound at 5-0 in conference play.

In the opening game, Linfield jumped out to an 11-3 before George Fox rallied, cutting the margin to 13-11 before the Wildcats nailed down the 15-11 win. In the second contest, it was 10-2 Linfield at one point before the Bruins mounted a mild charge, but it was not enough as the Wildcats prevailed 15-8. In the third game, Linfield raced out to a 14-2 lead before the teams had gone through their service rotation once, and while the Bruins managed several side-outs to prolong the match, the deficit was too much for the home team to make up and they dropped the finale 15-3.

An accurate hitting attack was the key for Linfield as the Wildcats more than doubled the Bruins' attack percentage, .276 to .130. Andrea Beck had 11 kills for Linfield, while Anna Gradek and Denise Lum-Lung added 10 each. Katie Leitheiser led a quintet of Wildcats in double figures in digs with 15 and added 43 assists.

For the Bruins, Shelly Shultens was the only player in double figures in kills with 13, and had a game-high four blocks. Mindi Yost, last week's NWC Player of the Week, made 14 digs and passed out 34 assists. Amy Forbes chipped in with 10 digs and nine kills.

George Fox has an open date on Saturday, returning to NWC action next Friday (Oct. 6) at home against Whitman College at 7:00 p.m. Linfield visits Pacific University Saturday (Sept. 30) for a conference match at 7:00 p.m.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 20, 2000 --- For Immediate Release

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BRUINS WIN SEE-SAW BATTLE WITH BOXERS 3-0

FOREST GROVE, Ore. --- In a see-saw affair that saw major lead changes in each of the first two games, the George Fox University Bruins prevailed 3-0 (15-12, 15-12, 15-9) over the Pacific University Boxers in a Northwest Conference women's volleyball match Friday night (Oct. 20) here at the Pacific Athletic Center.

George Fox took big leads in each of the first two games, surrendered all of them, then rallied for victory. Only in the third and final game did the Bruins lead the entire way.

In the first game of the night, George Fox's Shelly Schultens connected for eight straight service winners to give the Bruins the 9-2 advantage. However, Pacific's Erin Brady compiled a rally of her own, hitting eight straight winners, including two aces, to pull the Boxers ahead 11-9. The Boxers' Ann Kaltwasser made it 12-10, but then Pacific stalled as Schultens closed out the game.

Game two was a more balanced contest, although once again George Fox took an early advantage. The Bruins rushed out to a 9-6 lead before Sarah Hall hit four straight winners for the Boxers to knot the game at 10-10. The Boxers then took a 12-10 lead on two winners by Kaltwasser, but Mindi Yost rallied the Bruins to five straight points and the victory.

Errors spelled early doom for Pacific with the Bruins taking a quick 10-2 lead, including five straight points by Heidi Stuelnagel, to open game three. Chris Beck connected on five straight winners to bring the Boxers within three at 10-7, but the Bruins regained their composure to end the match, outscoring the Boxers 5-2 on the next two rotations.

Amy Forbes had 11 kills to lead George Fox, Heidi Vander Stoep had five kills and a .500 percentage, and Jennifer Westerberg finished with eight kills. Yost had 20 assists and a match-high 19 digs.

Erin Akre led the Boxers at the net with seven kills and a .250 hitting percentage, Kaltwasser also had seven kills, and Brady finished with six kills, two aces and a .250 percentage. Beck led the Boxers with 16 assists.

George Fox improved to 6-11 and 4-7 in the conference with the win, while Pacific dropped to 3-13 and 0-11 in the NWC. The Bruins return home Saturday (Oct. 21) to take on Lewis & Clark College at 7:00 p.m., while the Boxers take to the highway Saturday, playing a 7:00 p.m. contest at Pacific Lutheran University.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 22, 2000 --- For Immediate Release

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BRUINS NOTCH FIRST NWC WIN WITH 3-0 DECISION OVER BOXERS

NEWBERG, Ore. --- Rallying from behind in the first two games, then taking control early in the third, the George Fox University Bruins swept the Pacific University Boxers 3-0 for their first Northwest Conference women's volleyball win of the season Friday night (Sept. 22) here at the Wheeler Sports Center.

The Bruins posted scores of 15-3, 15-12, 15-11 in snapping a four-game losing streak while extending the Boxers' skein of losses to four. George Fox is now 3-6 overall and 1-2 in the conference, while Pacific is 1-5 overall and 0-3 in the league.

In the opening game, Pacific jumped out to an early 3-0 lead before the Bruins rallied to go up 4-3. Lacey Langmade then served 10 consecutive winning points as the Bruins took control 14-3 and went on to win 15-3.

In the second game, the Boxers again forged ahead, leading at one point 9-3, before the home team recovered. Down 10-11, Heather Peebles served consecutive aces to give the Bruins the lead for good, and later in the game added another ace, helping the Bruins to the 15-12 win.

In the final game, it was Bruins' turn to start quickly, taking a 6-0 lead and eventually stretching it to 12-3. Bruins coach Steve Grant pulled several starters at that point and the Boxers took advantage, cutting the lead to 14-11 before the Bruins notched the final point.

Jennifer Westerberg with 13 kills and a .281 attack percentage and Nicole Bostic with 10 kills and a .318 percentage led the Bruins on offense. Defensively, Mindi Yost had 17 digs, Peebles 13, and Westerberg 12, and Shelly Schultens added 4 blocks. Yost passed out 39 assists.

For the Boxers, Ann Kaltwasser was the top attacker with 9 kills, Kelsey Savage led five Boxers in double figures in digs with 16, and Chris Beck handed out 23 assists.

George Fox visits Lewis & Clark College for a conference contest Saturday (Sept. 23) at 7:00 p.m., while Pacific will host pre-season conference favorite Pacific Lutheran University Saturday at 4:00 p.m. in a match at Forest Grove High School.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

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BRUINS OVERPOWERED BY NATIONALLY-RANKED LOGGERS 3-0

NEWBERG, Ore. --- Showing why they are considered a top-10 team, the University of Puget Sound Loggers spotted the George Fox University Bruins early leads in two games, then roared back to post a 3-0 victory (15-5, 15-3, 15-7) in Northwest Conference women's volleyball action Saturday night (Oct. 14) here at the Wheeler Sports Center.

In the opening game, the Bruins jumped out to a 5-1 lead against the Loggers, who are ranked No. 8 nationally in NCAA Division III and No. 1 in the West Region. UPS responded, however, by reeling off 14 unanswered points to take the opener 15-5. The Loggers led from start to finish in the second game, leading 14-1 before the Bruins managed a couple of additional points to make the final score 15-3. In the finale, George Fox again led early at 4-2, but UPS recovered to go up 13-4 as both teams began to give their reserves some playing time. The Loggers eventually closed out the match 15-7.

Karen Elmgren, the NWC Player of the Week the last two weeks, posted a game-high 16 kills while hitting .433 for the match. She was the only player in double figures as the Loggers out-hit the Bruins .262 to .071 and recorded 45 kills to only 26 for the home team. Jennifer Westerberg had eight kills to pace the Bruins.

Elmgren also had five blocks to lead all blockers, while Eileen Gamache had 15 digs for UPS and Nicole Bostic had 12 digs to lead the Bruins. Lindsie Weber had 36 assists for UPS and Mindi Yost 19 for George Fox.

George Fox fell to 5-11 overall and 3-7 in the conference with their third straight loss, while Puget Sound climbed to 17-0 overall and 10-0 in the league. The Bruins return to action next Friday (Oct. 20), visiting Pacific University in Forest Grove for a 7:00 p.m. match. The Loggers visit defending NWC champion Pacific Lutheran University Wednesday (Oct. 18) at 7:00 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 16, 2000 --- For Immediate Release

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BRUINS FALL IN THREE STRAIGHT TO UNBEATEN LOGGERS

TACOMA, Wash. --- They may not have been the pre-season conference favorites, but the University of Puget Sound Loggers continued to serve notice that they will be a force to be reckoned with in Northwest Conference women's volleyball this season, handing the George Fox University Bruins a 3-0 setback Saturday night (Sept. 16) here at Memorial Fieldhouse.

It was the second time the two teams had met this season (they played on Sept. 2 in the Pikes Peak Challenge in Colorado Springs, Colo.), and the result was similar to their first meeting, the Bruins falling this time by scores of 7-15, 6-15, 6-15.

Outside hitter Eileen Gamache and middle hitter Karen Elmgren combined for 30 kills in the match as the Loggers hit .282 to .008 for the Bruins. The Bruins committed 28 hitting errors. George Fox was led by Amy Forbes with eight kills and Jennifer Westerberg had six. The Loggers also dominated net play with 13 blocking assists. Lindsie Weber led Puget Sound in assists with 46 and Mindi Yost had 22 assists for the Bruins.

George Fox led 2-1 in the first game before the Loggers ran off a string of points, putting UPS in the lead 10-7, and they finished out the game by a score of 15-7. In game two, the Loggers jumped ahead 9-1 before the Bruins could rally back to a 10-6 score, but UPS put it away by running off five straight points for the 15-6 victory. Game three had the Bruins with the early lead 2-1, only the second time the Bruins had led all match, but the Loggers put a string of points together to take a 7-4 lead and cruised to a 15-6 win.

UPS won its eighth in a row and is now 8-0 overall and 2-0 in the NWC. George Fox falls to 2-6 overall and 0-2 in NWC. The Loggers play at home this Wednesday (Sept. 20) at 7:00 p.m. against Pacific Lutheran, while the Bruins host Pacific University on Friday (Sept. 22) at 7:00 p.m.

On another scheduling note, the Bruins and Lewis & Clark Pioneers have switched home sites for their two matches due to a scheduling conflict the Pioneers have for their Pamplin Sports Center on Oct. 21. The two will now play in Portland on Sept. 23 and in Newberg on Oct. 21, with the 7:00 p.m. start times remaining the same.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

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BRUINS UPSET 13TH-RANKED COLORADO COLLEGE IN PIKES PEAK CHALLENGE

COLORADO SPRINGS, Colo. --- After falling 3-0 to Northwest Conference rival the University of Puget Sound earlier in the day, the George Fox University Bruins rebounded to stun tournament host Colorado College, 13th-ranked in the NCAA Division III pre-season poll, 3-2 in the Pikes Peak Volleyball Challenge here Saturday (Sept. 2).

The Bruins fell to the Loggers of UPS, who won the tournament with a 4-0 record, by scores of 4-15, 8-15, 9-15, but rebounded to defeat the host Tigers 15-13, 3-15, 15-13, 2-15, 15-11. Colorado College, Concordia University-Austin, and George Fox all were 2-2, while Howard Payne University finished 0-4.

Freshman outside hitter Nicole Bostic and sophomore setter Mindi Yost were named to the All-Tournament team for the Bruins, as were middle blocker LaQuinta Dawson of Concordia, setter Larissa Enns and rightside hitter Carrie Repp of Colorado College, and setter Lindsy Weber and middle blocker Karen Elmgren of Puget Sound. UPS outside hitter Eileen Gamache was named the tournament Most Valuable Player.

George Fox returns to action in its home opener Friday, Sept. 8, hosting the University of La Verne at the Wheeler Sports Center in Newberg at 7:00 p.m. The Bruins also play the next day against Seattle University at 2:00 p.m. in a match that will be played at Lewis & Clark College in Portland, as Seattle is also playing Lewis & Clark later that day.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 9, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS FALL IN FOUR GAMES TO IMPROVED SEATTLE TEAM

PORTLAND, Ore. --- Last year's Seattle University women's volleyball team struggled to a 2-20 record. This year the Redhawks appear to be much improved, as the George Fox University Bruins found out here Saturday afternoon (Sept. 9) at Lewis & Clark College's Pamplin Sports Center, dropping a 3-1 decision to the visitors from Washington.

The Bruins fell 8-15, 12-15, 15-5, 10-15, for their second loss in a row. Only in the third game, when they got off to an 8-0 lead and hit .296 for the game, were the Bruins able to maintain any kind of consistent attack.

George Fox was led on offense by Jennifer Westerberg, who had 15 kills and hit .367 for the game. Nicole Bostic added 14 kills, and Shelly Schultens had 11 before leaving the match in the fourth game with a slightly sprained ankle. She is expected to return in time for next weekend's games.

Bostic had a game-high 26 digs on defense for the Bruins, Westerberg had 18, and Mindi Yost added 16 digs and a game-high 49 assists.

For Seattle, Clare Fontana led the way with 17 kills and 23 digs, while Lora Burris added 12 kills. Marie Horner chipped in with 17 digs. Cassandra Hussey and Lindsay Somner split setting duties with 29 and 22 assists respectively.

George Fox fell to 2-4 on the season, and returns to action Friday (Sept. 15) when the Bruins open Northwest Conference play at pre-season conference favorite Pacific Lutheran University. Game time is 7:00 p.m. in Tacoma. Seattle, 3-5, heads home to open its home slate against PLU Tuesday (Sept. 11) at 7:00 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, November 3, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS DROP OPENER OF FINAL ROAD TRIP AT WHITMAN 3-0

WALLA WALLA, Wash. --- Offensive inconsistency, a problem for the George Fox University women's volleyball team throughout most of this season, reared its head again Friday night (Nov. 3) here at the Sherwood Center as the Bruins dropped a 3-0 decision (15-6, 15-8, 16-14) to the Whitman College Missionaries in a Northwest Conference encounter.

The match was the start of the final road trip of the season for the Bruins, which will close out the regular season. It was the team's third straight loss and left the Bruins with a 7-14 overall mark and 5-10 in the conference. The Missionaries, gaining a split with the Bruins this season after falling 3-1 in Newberg on Oct. 6, improved to 17-10 overall and evened their NWC record at 8-8.

George Fox recorded 22 kills, but made 25 attack errors and finished with a -.027 percentage for the match, while Whitman made 38 kills and 25 errors while hitting .115. Jennifer Westerberg had nine kills for the Bruins, while Kelly Williams was the only player in double figures for either team with 15 for the Missionaries.

Westerberg also led the Bruins defensively with 12 digs, while Mindi Yost had assists on 19 of the Bruins' kills. Jill Huber had 14 digs, five blocks, served 11 straight winning points, and had nine service aces to pace the Missionaries, while Claire Novotny passed for 29 assists.

The Bruins conclude their season Saturday (Nov. 4) at Whitworth College in a match that has been moved up to 5:00 p.m., while the Missionaries' game against George Fox was their final one of the year.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 6, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS USE BALANCED GAME TO DEFEAT WHITMAN 3-1

NEWBERG, Ore. --- Playing perhaps their best all-around game of the year, the George Fox University Bruins used both a strong offensive attack and tenacious defense to defeat the Whitman College Missionaries 3-1 (15-7, 15-9, 4-15, 15-11) in a Northwest Conference women's volleyball match Friday night (Oct. 6) here at the Wheeler Sports Center.

The Bruins outit the Missionaries .182-.144, their third-best attack percentage of the season, with Amy Forbes contributing a game-high 17 kills to lead the way while hitting .295. Nicole Bostic chipped in with 11 kills and Jennifer Westerberg added 10. The Bruins also showed a strong serving game with nine aces, led by Shelly Schultens' four.

Five Bruins reached double figures in digs as the home team saved 77 attacks to 63 for the visitors from Walla Walla, Wash. Bostic had a game-high 21, followed by Forbes with 14, Westerberg and Mindi Yost with 11, and Bree Stairs with 10. Yost passed out 50 assists.

For Whitman, Kelly Williams had 14 kills and 13 digs, Jill Huber had 12 kills and 16 digs, and Valarie Hamm added 13 digs. Claire Novotny had 39 assists.

The first three games of the match saw the winning team jump out to large early leads and hang on for the wins. George Fox led 11-2 at one point in the first game and 10-4 in the second, while Whitman scored six straight to open the third game and built up a 12-2 advantage. The fourth game was a see-saw affair with five lead changes, and the Bruins' final winning margin of four was the largest lead either team had in the game.

George Fox snapped a two-game skid with the win and improved to 5-8 overall, 3-4 in the conference. Whitman dropped its fifth match in the last six and fell to 11-7 overall, 3-5 in the league. The Bruins host Whitworth College Saturday (Oct. 7) at 7:00 p.m., while the Missionaries are off until next Friday (Oct. 13), when they will visit Pacific University at 7:00 p.m.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, November 4, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS DROP SEASON FINALE 3-1 AT WHITWORTH

SPOKANE, Wash. --- Concluding their swing through eastern Washington and their 2000 season on a down note, the George Fox University Bruins dropped a 3-1 decision (4-15, 15-13, 9-15, 4-15) to the Whitworth College Pirates Saturday evening (Nov. 4) here at the Whitworth Fieldhouse.

The Bruins, falling for the fourth straight time, ended with a 7-15 overall mark and a 5-11 record in the conference. The Pirates' win, which assured them of no worse than a tie for third in the NWC, improved their record to 17-8 overall and 12-4 in the league, their best regular season mark since 1991.

Kristen Turner led a quartet of Pirates in double figures on offense with 18 kills, while Abby Jo Hornstein and Lindsey Wagstaff added 13 and Jill Vaughan 11. Jennifer Westerberg was high for the Bruins with 12 kills and Amy Forbes, playing her last game as one of two seniors on the squad, added 11. The Pirates out-hit the Bruins .263 to .104, making 70 kills to only 40 for George Fox.

Whitworth held a similar advantage defensively, recording 93 digs to only 61 for George Fox. Gretchen Smith led five Pirates in double figures in digs with 17, while Westerberg had the most on the Bruins with 15. The Bruins did hold an edge in blocks, 9 to 6.5, with Shelly Schultens posting a game-high six blocks for George Fox.

After a convincing win in game one, Whitworth held a 13-9 lead in game two, but George Fox rallied to score six straight points for their only win of the match. The Pirates held an 8-1 lead in the third game before the Bruins came back for an 8-8 tie, but the home team outscored the visitors 7-1 the rest of the way. The Pirates were never seriously threatened in the finale.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, October 7, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS RALLY SEVERAL TIMES BUT FALL IN FOUR TO PIRATES

NEWBERG, Ore. --- Kristen Turner led five Whitworth College Pirates in double figures in kills with 20 and Gretchen Smith made 33 defensive digs, leading the visiting Pirates to a 3-1 win (15-7, 16-14, 12-15, 15-12) over the home-standing George Fox University Bruins in a Northwest Conference women's volleyball match Saturday night (Oct. 7) here at the Wheeler Sports Center.

The Bruins fell to 5-9 overall and 3-5 in the conference with the setback, while the Pirates climbed to 10-7 overall and 5-3 in the league, maintaining at least a share of third place in the conference standings with their win.

Turner was joined in the Whitworth hit parade by Abby Jo Hornstein with 13 kills, Jill Vaughan and Lindsay Wagstaff with 11 each, and Smith with 10. The Pirates out-hit the Bruins .181 to .135. Smith's digs enabled the Pirates to hold a 103-84 advantage in that category as well. Nicole Weedman passed out 59 assists, and Wagstaff had a team-high six blocks.

For George Fox, Amy Forbes led the way on offense for the second night in a row, recording 21 kills, while Shelly Schultens added 14 and Nicole Bostic 13. Mindi Yost passed out 55 assists and led the Bruins defensively with 24 digs, while Bostic had 22 digs. Schultens had six blocks, and Yost and Lynette Domench had five apiece.

Whitworth took the match opener handily, and jumped out to a 10-4 lead in the second before the Bruins battled back, eventually tying it at 14-14 before the Pirates put it away. In the third game, Whitworth again took a big lead at 12-6 before the Bruins rallied to win the last nine points and the game. In the fourth game, the Pirates survived another scare after taking a seemingly-comfortable 13-6 lead, only to have George Fox get within 14-12 before the match ended.

George Fox next hosts pre-season conference favorite Pacific Lutheran University, to whom they lost 3-2 in Tacoma on Sept. 15, on Friday (Oct. 13) at 7:00 p.m. Whitworth visits Lewis & Clark on the same date at the same time.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, October 28, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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HOME SEASON ENDS FOR BRUINS WITH 3-2 LOSS TO WILLAMETTE

NEWBERG, Ore. --- George Fox University's women's volleyball team closed out its 2000 home season on a disappointing note Saturday night (Oct. 28) here at the Wheeler Sports Center, falling 3-2 to the Willamette University Bearcats in a Northwest Conference encounter.

The visiting Bearcats rallied from behind twice to win the match, prevailing 6-15, 15-11, 10-15, 15-7, 15-8. In the first game, the Bruins broke a 4-4 tie with 10 unanswered points and coasted to the win, but the second game was a nip-and-tuck affair, neither team holding more than a three-point lead until the final winning Willamette margin.

The third game saw the Bruins race out to a 6-1 lead, only to have the Bearcats come back for a brief 7-6 advantage, but George Fox scored six of the final seven points to go up two games to one. The final two games belonged to Willamette, however, the Bearcats leaping in front 11-2 to take command in the fourth, and taking an 8-4 lead in rally scoring in the fifth that the Bruins could not overcome.

Jenni Linden led the Willamette attack with 17 kills and a .405 attack percentage as the Bearcats out-hit the Bruins .184 to .137. Kelly Sorenson added 15 kills and Kelli Truax 10. Sorenson, who leads the nation in digs per game (5.99) had only 22 in the match, but it led the team. Lindsay Wetzler with 21 digs and Linden with 20 also chipped in defensively, while Shelly Patton had a match-high seven blocks.

For the Bruins, Jennifer Westerberg pounded out a match-high 19 kills, and was joined on offense by Amy Forbes and Shelly Schultens with 13 each. The Bruins had six players in double figures in digs, led by Mindi Yost with 27, with Schultens and Heidi Vander Stoep adding 22 apiece. Schultens led the way at the net with five blocks, while Yost passed out 45 assists.

George Fox fell to 7-13 with the loss, 5-9 in the conference, and closed out the home slate with a 3-6 mark at Wheeler. Willamette improved to 9-12 overall and 6-7 in the NWC. The Bruins visit Whitman College Friday (Nov. 3) while Willamette hosts Pacific Lutheran University Friday, both conference contests at 7:00p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Wednesday, September 27, 2000 --- For Immediate Release

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BEARCATS HALT BRUINS' TWO-GAME WIN STREAK IN 3-0 MATCH

SALEM, Ore. --- After winning back-to-back matches for the first time this season last weekend, the George Fox University Bruins could not keep their modest two-game win streak going and dropped a 3-0 match to the Willamette University Bearcats in Northwest Conference women's volleyball action Wednesday night (Sept. 27) here at Cone Fieldhouse.

The Bruins fell 9-15, 11-15, 12-15, dropping to 4-7 overall and 2-3 in the conference. The Bearcats climbed to 4-6 and 3-3 in the league.

Shelly Schultens led the Bruins on offense with eight kills, but the team hit only a collective .032 for the night to a .112 percentage for the Bearcats. Schultens also had a team-high four blocks. Lynette Domench had a good hitting night with seven kills in 17 attempts and a .294 average while chipping with three blocks. Heidi Vander Stoep led the Bruins defensively with 15 digs, while Mindi Yost, last week's Northwest Conference "Player of the Week", added 11 digs and a game-high 33 assists.

Kelly Sorenson paced the Bearcats with 14 kills and 17 digs.

The Bruins return to action Friday night (Sept. 30), hosting conference co-leader Linfield College at 7:00 p.m.

Monday, November 6, 2000 --- For Immediate Release
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Athletic website: www.georgefox.edu/athletics

GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 7-15; Home: 3-6; Road: 3-6; Neutral 1-3; NWC: 5-11)

HIGHLIGHTS:

**Yost Named 2nd Team All-Conference, Forbes Honorable Mention
Season Concludes for Bruins with Losses in Eastern Washington**

LAST WEEK:

Nov. 3 – at Whitman 3, George Fox 0 (6-15, 8-15, 14-16)

Nov. 4 – at Whitworth 3, George Fox 1 (4-15, 15-13, 9-15, 4-15)

NORTHWEST CONFERENCE STANDINGS (End of Regular Season)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	16-0	1.000	-	23-0	1.000
Whitworth Pirates	12-4	.750	4	17-8	.680
Linfield Wildcats	12-4	.750	4	15-8	.652
Pacific Lutheran Lutes	9-7	.563	7	14-11	.560
Whitman Missionaries	8-8	.500	8	17-10	.630
Willamette Bearcats	7-9	.438	9	10-14	.417
George Fox Bruins	5-11	.313	11	7-15	.318
Lewis & Clark Pioneers	2-14	.125	14	2-18	.100
Pacific Boxers	1-15	.006	15	4-17	.190

For more info, contact the NWC website: www.nwcports.com

YOST 2ND TEAM, FORBES HONORABLE MENTION FOR ALL-CONFERENCE

George Fox University's **Mindi Yost (So., S, Sisters, Ore.)** was named Second Team All-Northwest Conference, and the Bruins' **Amy Forbes (Sr., OH, Jackson, Wyo.)** received Honorable Mention for the All-NWC team, according to a release from conference sports information director Steve Flegel at Whitworth College in Spokane, Wash.

Yost, in the latest conference statistics, ranked 4th in the league in digs per game (3.98) and 4th in assists per game (10.05). She was a conference "Player of the Week" for the week of Sept. 18-24. She led the Bruins in games played (85), assists (854), assists per game (10.05), digs (338), and digs per game (3.98), was 3rd in solo blocks (34), block assists (40), total blocks (74), and blocks per game (0.47), and tied for 3rd in service aces (12).

Forbes, who was a back-up for three years to Bruin All-American Sharon Barnett, got her chance to shine as a senior and made the most of it. She ranked 12th in the conference and led the Bruins in kills per game (2.64), while finishing 2nd on the team in kills (185) and hitting percentage (.137). On defense, she made 164 digs (2.34 dpg) and had 15 blocks.

NWC "Player of the Year" honors went to the Puget Sound's Karen Elmgren, the conference leader in hitting as a middle blocker, while UPS's Mark Massey was named "Coach of the Year" for leading the Loggers to a perfect record both in the conference (16-0) and overall (23-0), a No. 6 national ranking, and into the NCAA Division III National Tournament.

Others on the First Team were UPS swing hitter Eileen Gamache and setter Lindsy Webber, middle blockers Kristen Turner of Whitworth and Anna Gradek of Linfield, and outside hitters Suzanne Beauchene of Pacific Lutheran and Kelly Sorenson of Willamette.

Joining **Yost** on the Second Team were swing hitter Adriane Ougendal of UPS, middle blockers Jill Huber of Whitman, Lindsey Wagstaff of Whitworth, and Renee Beauchene of PLU, and outside hitter Denise Lum-Lung of Linfield.

-more-

Also receiving Honorable Mention along with **Forbes** were Pacific setter Chris Beck, PLU middle blocker Mettie Burris and right-side hitter Aimee Sloboden, Whitman outside hitters Valarie Hamm and Kelly Williams, Willamette middle hitter Jenni Linden, Lewis & Clark right-side hitter Devon McGinnis and setter Lizzie Woodburn, Linfield outside hitter Whitney Shubert, and Whitworth outside hitter Gretchen Smith and setter Nicole Weedman.

BRUINS DROP OPENER OF FINAL ROAD TRIP AT WHITMAN 3-0

WALLA WALLA, Wash. --- Offensive inconsistency, a problem for the George Fox University women's volleyball team throughout most of this season, reared its head again Friday night (Nov. 3) here at the Sherwood Center as the Bruins dropped a 3-0 decision (15-6, 15-8, 16-14) to the Whitman College Missionaries in a Northwest Conference encounter.

The match was the start of the final road trip of the season for the Bruins, which will close out the regular season. It was the team's third straight loss and left the Bruins with a 7-14 overall mark and 5-10 in the conference. The Missionaries, gaining a split with the Bruins this season after falling 3-1 in Newberg on Oct. 6, improved to 17-10 overall and evened their NWC record at 8-8.

George Fox recorded 22 kills, but made 25 attack errors and finished with a -.027 percentage for the match, while Whitman made 38 kills and 25 errors while hitting .115. **Jennifer Westerberg (So., OH, Vancouver, Wash.)** had nine kills for the Bruins, while Kelly Williams was the only player in double figures for either team with 15 for the Missionaries.

Westerberg also led the Bruins defensively with 12 digs, while **Mindi Yost** had assists on 19 of the Bruins' kills. Jill Huber had 14 digs, five blocks, served 11 straight winning points, and had nine service aces to pace the Missionaries, while Claire Novotny passed for 29 assists.

BRUINS DROP SEASON FINALE 3-1 AT WHITWORTH

SPOKANE, Wash. --- Concluding their swing through eastern Washington and their 2000 season on a down note, the George Fox University Bruins dropped a 3-1 decision (4-15, 15-13, 9-15, 4-15) to the Whitworth College Pirates Saturday evening (Nov. 4) here at the Whitworth Fieldhouse.

The Bruins, falling for the fourth straight time, ended with a 7-15 overall mark and a 5-11 record in the conference. The Pirates' win, which assured them of no worse than a tie for third in the NWC, improved their record to 17-8 overall and 12-4 in the league, their best regular season mark since 1991.

Kristen Turner led a quartet of Pirates in double figures on offense with 18 kills, while Abby Jo Hornstein and Lindsey Wagstaff added 13 and Jill Vaughan 11. **Jennifer Westerberg** was high for the Bruins with 12 kills and **Amy Forbes**, playing her last game as one of two seniors on the squad, added 11. The Pirates out-hit the Bruins .263 to .104, making 70 kills to only 40 for George Fox.

Whitworth held a similar advantage defensively, recording 93 digs to only 61 for George Fox. Gretchen Smith led five Pirates in double figures in digs with 17, while **Westerberg** had the most on the Bruins with 15. The Bruins did hold an edge in blocks, 9 to 6.5, with **Shelly Schultens (So., MB, The Dalles, Ore.)** posting a game-high six blocks for George Fox.

After a convincing win in game one, Whitworth held a 13-9 lead in game two, but George Fox rallied to score six straight points for their only win of the match. The Pirates held an 8-1 lead in the third game before the Bruins came back for an 8-8 tie, but the home team outscored the visitors 7-1 the rest of the way. The Pirates were never seriously threatened in the finale.

COLLEGE CAREERS END FOR BRUIN SENIORS FORBES AND STAIRS

Two George Fox players, **Amy Forbes** and **Bree Stairs**, saw their college careers come to an end with the Bruins' final game Nov. 4 in Spokane, Wash.

Forbes, an outside hitter from Jackson, Wyo., closed out her career by leading the Bruins in kills per game (2.64), which ranked 12th in the Northwest Conference, while finishing 2nd on the team in kills (185) and hitting percentage (.137). On defense, she made 164 digs (2.34 dpg) and had 15 blocks.

Stairs, an outside hitter from McMinnville, Ore., and the daughter of George Fox athletics director Craig Taylor, was a team captain this year. She recorded 10 kills while hitting .104 in 64 games, and showed her prowess on defense with 120 digs (1.88 dpg).

George Fox Volleyball – Nov. 6, 2000 – page 3

<u>Career Stats for Amy Forbes</u>													
Yr	M/G	Kills	Errors	Att.	Att. %	Kpg	Ast	Apg	Aces	Digs	Dpg	BS/BA	Bpg
'98	12/13	21	16	77	.065	1.62	2	0.15	0	28	2.15	1/2	0.23
'99	20/46	85	51	284	.120	1.85	0	0.00	6	92	2.00	2/7	0.20
'00	22/70	185	94	662	.137	2.64	2	0.03	7	164	2.34	3/12	0.21
3 yr	54/129	291	161	1023	.127	2.26	4	0.03	13	284	2.20	6/21	0.21

<u>Career Stats for Bree Stairs</u>													
Yr	M/G	Kills	Errors	Att.	Att. %	Kpg	Ast	Apg	Aces	Digs	Dpg	BS/BA	Bpg
'99	23/42	5	4	25	.040	0.13	4	0.10	1	45	1.07	0/0	0.00
'00	20/64	10	5	48	.104	0.16	0	0.00	1	120	1.88	1/3	0.06
2 yr	43/106	15	9	73	.082	0.14	4	0.04	2	165	1.56	1/3	0.04

BRUIN BITS:

*** Bruins in Northwest Conference team statistics (thru Nov. 6):

	<u>Rank</u>	<u>No.</u>
Hitting Percentage:	7th	.113
Kills Per Game:	7th	12.11
Assists Per Game:	6th	11.16
Service Aces Per Game:	7th	1.24
Digs Per Game:	4th	19.25
Blocks Per Game:	1st	2.29

*** Bruins in Northwest Conference individual statistics (thru Nov. 6):

<u>Assists</u>		<u>Rank</u>	<u>Games</u>	<u>Total</u>	<u>Per Game</u>
	Mindi Yost	4th	85	854	10.05
<u>Digs</u>					
	Mindi Yost	4th	85	338	3.98
	Jennifer Westerberg	11th	65	224	3.45
<u>Service Aces</u>					
	Shelly Schultens	5th	82	32	0.39
<u>Blocks</u>					
	Shelly Schultens	4th	82	83.0	1.01
	Lynette Domench	8th	80	69.0	0.86
<u>Kills</u>					
	Amy Forbes	12th	70	185	2.64

*** Sophomore setter **Mindi Yost** averaged 3.98 digs per game with 338 in 85 games, a figure that ranks as the 5th-best single-season mark in team history. The all-time high is 4.89 digs per game by Sharon Barnett in 1998. Yost is the only Bruin to have received Northwest Conference "Player of the Week" honors this year, being named for the week of Sept. 18-24.

*** Junior outside hitter **Jennifer Westerberg** posted an outstanding year in digs per game as well. She had 224 digs in 65 games for a 3.45 average, tying Kristi Marquette's 1992 mark for 11th-best in one season.

*** The Bruins' 7-15 mark in 2000 was only the 4th losing campaign in the 22 years of George Fox volleyball, and snapped a string of 13 straight winning seasons.

COACH STEVE GRANT

Coach **Steve Grant** (Biola '69) is 431-266 after 19 years at George Fox, and 431-266 after 19 years overall as a college volleyball coach. Entering the 2000 season, he ranked 13th on the list of winningest active Division III coaches with 424 wins, and his won-lost percentage of .622 (424-251) ranked 40th among active coaches. This year's 7-15 record is only second losing season in his 19 years at George Fox, his 1983 squad going 14-17 in his 2nd season as the Bruins coach.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, November 4, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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Kristen Turner led a quartet of Pirates in double figures on offense with 18 kills, while Abby Jo Hornstein and Lindsey Wagstaff added 13 and Jill Vaughan 11. Jennifer Westerberg was high for the Bruins with 12 kills and Amy Forbes, playing her last game as one of two seniors on the squad, added 11. The Pirates out-hit the Bruins .263 to .104, making 70 kills to only 40 for George Fox.

Whitworth held a similar advantage defensively, recording 93 digs to only 61 for George Fox. Gretchen Smith led five Pirates in double figures in digs with 17, while Westerberg had the most on the Bruins with 15. The Bruins did hold an edge in blocks, 9 to 6.5, with Shelly Schultens posting a game-high six blocks for George Fox.

After a convincing win in game one, Whitworth held a 13-9 lead in game two, but George Fox rallied to score six straight points for their only win of the match. The Pirates held an 8-1 lead in the third game before the Bruins came back for an 8-8 tie, but the home team outscored the visitors 7-1 the rest of the way. The Pirates were never seriously threatened in the finale.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, November 3, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
(O) 503-554-2127 (FAX) 503-554-3830 (H) 503-554-8067

BRUINS DROP OPENER OF FINAL ROAD TRIP AT WHITMAN 3-0

WALLA WALLA, Wash. --- Offensive inconsistency, a problem for the George Fox University women's volleyball team throughout most of this season, reared its head again Friday night (Nov. 3) here at the Sherwood Center as the Bruins dropped a 3-0 decision (15-6, 15-8, 16-14) to the Whitman College Missionaries in a Northwest Conference encounter.

The match was the start of the final road trip of the season for the Bruins, which will close out the regular season. It was the team's third straight loss and left the Bruins with a 7-14 overall mark and 5-10 in the conference. The Missionaries, gaining a split with the Bruins this season after falling 3-1 in Newberg on Oct. 6, improved to 17-10 overall and evened their NWC record at 8-8.

George Fox recorded 22 kills, but made 25 attack errors and finished with a -.027 percentage for the match, while Whitman made 38 kills and 25 errors while hitting .115. Jennifer Westerberg had nine kills for the Bruins, while Kelly Williams was the only player in double figures for either team with 15 for the Missionaries.

Westerberg also led the Bruins defensively with 12 digs, while Mindi Yost had assists on 19 of the Bruins' kills. Jill Huber had 14 digs, five blocks, served 11 straight winning points, and had nine service aces to pace the Missionaries, while Claire Novotny passed for 29 assists.

The Bruins conclude their season Saturday (Nov. 4) at Whitworth College in a match that has been moved up to 5:00 p.m., while the Missionaries' game against George Fox was their final one of the year.

Monday, October 30, 2000 --- For Immediate Release
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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Athletic website: www.georgefox.edu/athletics

GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 7-13; Home: 3-6; Road: 3-4; Neutral 1-3; NWC: 5-9)

HIGHLIGHTS:

Home Season Ends with Loss to Willamette

Regular Season Concludes for Bruins in Eastern Washington

THIS WEEK:

Fri., Nov. 3 – at Whitman College, in Walla Walla, Wash., 7:00 p.m.

Northwest Conference match... George Fox defeated the Missionaries 15-7, 15-9, 4-15, 15-11 when they first met this season in Newberg ... Whitman is 1st in the conference in service aces (2.40), 2nd in hitting percentage (.385) and blocks (2.20), 3rd in assists (11.72), 4th in kills (12.91) and 7th in digs (17.70)... Jeni Brown is 1st in service aces in the NWC (0.47) and 11th in digs (3.40), Jill Huber is 3rd in hitting percentage (.238), 5th in blocks (0.98), 10th in kills (2.80) and 11th in service aces (0.35), Claire Novotny is 3rd in assists (10.41) and 5th in service aces (0.40), Kelly Williams is 5th in kills (3.52), Valarie Hamm is 4th in service aces (0.40) and 8th in kills (2.94) and digs (3.55), Allison Roth is 11th in blocks (0.83)... Huber was named NWC "Player of the Week" for Oct. 9-15.

Sat., Nov. 4 – at Whitworth College, in Spokane, Wash., 7:00 p.m.

Northwest Conference match ... Last match of the season... George Fox lost to Whitworth 7-15, 14-16, 15-12, 12-15 when the teams met earlier in the season... The Bearcats are currently 2nd in the conference in kills (13.65), service aces (1.90) and assists (12.32), 4th in hitting percentage (.181) and 6th in blocks (1.94) and digs (18.83)... Nicole Weedman ranks 2nd in the NWC in assists (10.50) and 9th in service aces (0.36), Abby Jo Hornstein is 2nd in service aces (0.44) and 10th in digs (3.51), Kristen Turner is 2nd in hitting percentage (.269) and 3rd in kills (3.82) and blocks (1.05) and Gretchen Smith is 4th in digs (4.03)... Turner was named NWC "Player of the Week" for Oct. 16-22.

LAST WEEK:

Oct. 27 – at Linfield 3, George Fox 1 (5-15, 9-15, 15-12, 5-15)

Oct. 28 – Willamette 3, George Fox 2 (15-6, 11-15, 15-10, 7-15, 8-15)

NORTHWEST CONFERENCE STANDINGS (thru Oct. 29)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	14-0	1.000	-	21-0	1.000
Linfield Wildcats	11-3	.788	3	14-7	.666
Whitworth Pirates	10-4	.714	4	15-8	.652
Whitman Missionaries	7-7	.500	7	16-9	.640
Pacific Lutheran Lutes	7-7	.500	7	12-11	.522
Willamette Bearcats	6-8	.429	8	9-13	.409
George Fox Bruins	5-9	.357	9	7-13	.350
Lewis & Clark Pioneers	2-12	.143	12	2-16	.111
Pacific Boxers	1-13	.007	13	4-15	.211

For more info, contact the NWC website: www.nwcspports.com

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WILDCATS COMPLETE SEASON SWEEP OF YAMHILL COUNTY RIVAL BRUINS

McMINNVILLE, Ore. ---Maintaining at least a share of second place in the Northwest Conference standings behind nationally-ranked University of Puget Sound, the Linfield College Wildcats dispatched the George Fox University Bruins 3-1 (15-5, 15-9, 12-15, 15-5) Saturday night (Oct. 27) here at Ted Wilson Gym, completing a season sweep of their Yamhill County rivals.

In the opening game, the Wildcats broke away from a 4-4 tie to out-score the Bruins 11-1 over the remainder of the game. The second contest saw the home team take an early 5-1 lead and stretch it to 11-4, but the Bruins mounted a challenge, cutting the lead to 12-9, before the Wildcats closed out the game.

In the third game, George Fox battled back from a 6-2 deficit as **Heidi Vander Stoep (Jr., OH, Woodland, Wash.)** served seven straight winning points, including back-to-back aces, to take a 9-6 lead, then hung on for the victory. Game four saw the Bruins jump out to an early 4-0 lead before Linfield rallied, reeling off eight unanswered points for an 8-4 lead and going on to victory.

Anna Gradek spiked 16 kills and Sara Kaiser added 10 to lead the offensive attack of the Wildcats, who out-hit the Bruins .151 to -.036. Denise Lum-Lung led a strong defensive effort with a game-high 18 digs and Gradek had six blocks. Katie Leitheiser passed out 42 assists.

The Bruins got an offensive high of eight kills from **Jennifer Westerberg (So., OH, Vancouver, Wash.)** and 27 assists from **Mindi Yost (So., S, Sisters, Ore.)**. Defensively, **Vander Stoep** was all over the place, leading the Bruins with 15 digs and five blocks.

HOME SEASON ENDS FOR BRUINS WITH 3-2 LOSS TO WILLAMETTE

NEWBERG, Ore. --- George Fox University's women's volleyball team closed out its 2000 home season on a disappointing note Saturday night (Oct. 28) here at the Wheeler Sports Center, falling 3-2 to the Willamette University Bearcats in a Northwest Conference encounter.

The visiting Bearcats rallied from behind twice to win the match, prevailing 6-15, 15-11, 10-15, 15-7, 15-8. In the first game, the Bruins broke a 4-4 tie with 10 unanswered points and coasted to the win, but the second game was a nip-and-tuck affair, neither team holding more than a three-point lead until the final winning Willamette margin.

The third game saw the Bruins race out to a 6-1 lead, only to have the Bearcats come back for a brief 7-6 advantage, but George Fox scored six of the final seven points to go up two games to one. The final two games belonged to Willamette, however, the Bearcats leaping in front 11-2 to take command in the fourth, and taking an 8-4 lead in rally scoring in the fifth that the Bruins could not overcome.

Jenni Linden led the Willamette attack with 17 kills and a .405 attack percentage as the Bearcats out-hit the Bruins .184 to .137. Kelly Sorenson added 15 kills and Kelli Truax 10. Sorenson, who leads the nation in digs per game (5.99) had only 22 in the match, but it led the team. Lindsay Wetzler with 21 digs and Linden with 20 also chipped in defensively, while Shelly Patton had a match-high seven blocks.

For the Bruins, **Jennifer Westerberg** pounded out a match-high 19 kills, and was joined on offense by **Amy Forbes (Sr., OH, Jackson, Wyo.)** and **Shelly Schultens (So., MB, The Dalles, Ore.)** with 13 each. The Bruins had six players in double figures in digs, led by **Mindi Yost** with 27, with **Schultens** and **Heidi Vander Stoep** adding 22 apiece. Schultens led the way at the net with five blocks, while Yost passed out 45 assists.

George Fox fell to 7-13 with the loss, 5-9 in the conference, and closed out the home slate with a 3-6 mark at Wheeler. Willamette improved to 9-12 overall and 6-7 in the NWC.

BRUIN BITS:

*** Bruins in Northwest Conference team statistics (thru Oct. 29):

	<u>Rank</u>	<u>No.</u>
Hitting Percentage:	7th	.118
Kills Per Game:	7th	12.40
Assists Per Game:	5th	11.42
Service Aces Per Game:	7th	1.27
Digs Per Game:	2nd	19.64
Blocks Per Game:	1st	2.30

George Fox Volleyball – Oct. 30, 2000 – page 3

*** Bruins in Northwest Conference individual statistics (thru Oct. 29):

<u>Assists</u>		<u>Rank</u>	<u>Games</u>	<u>Total</u>	<u>Per Game</u>
	Mindi Yost	4th	78	789	10.12
<u>Digs</u>					
	Mindi Yost	3 rd	78	321	4.12
	Jennifer Westerberg	12 th	58	197	3.40
<u>Service Aces</u>					
	Shelly Schultens	3rd	75	31	0.41
<u>Blocks</u>					
	Shelly Schultens	4 th	75	75.0	1.00
	Lynette Domench	8 th	74	64.0	0.86
<u>Kills</u>					
	Amy Forbes	12 th	64	173	2.70

*** Sophomore setter **Mindi Yost** is averaging 4.12 digs per game with 321 in 78 games, a figure that would rank as the 5th-best single-season mark in team history if she can maintain that average through the final two matches of the season. The all-time high is 4.89 digs per game by Sharon Barnett in 1998. Yost is the only Bruin to have received Northwest Conference "Player of the Week" honors this year, being named for the week of Sept. 18-24.

*** With a good week in the Bruins' final road trip coming up to Whitman and Whitworth, junior outside hitter **Jennifer Westerberg** could post a top 10 season in digs per game as well. She has 197 digs in 58 games for a 3.40 average, and the No. 10 spot is held by Jamie Suehiro, who averaged 3.49 digs per game in 1992.

COACH STEVE GRANT

Coach **Steve Grant** (Biola '69) is 431-264 in his 19th year at George Fox, and 431-264 in his 19th year overall as a college volleyball coach. Entering this season, he ranked 13th on the list of winningest active Division III coaches with 424 wins, and his won-lost percentage of .622 (424-251) ranked 40th among active coaches.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 27, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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WILDCATS COMPLETE SEASON SWEEP OF YAMHILL COUNTY RIVAL BRUINS

McMINNVILLE, Ore. ---Maintaining at least a share of second place in the Northwest Conference standings behind nationally-ranked University of Puget Sound, the Linfield College Wildcats dispatched the George Fox University Bruins 3-1 (15-5, 15-9, 12-15, 15-5) Saturday night (Oct. 27) here at Ted Wilson Gym, completing a season sweep of their Yamhill County rivals.

In the opening game, the Wildcats broke away from a 4-4 tie to out-score the Bruins 11-1 over the remainder of the game. The second contest saw the home team take an early 5-1 lead and stretch it to 11-4, but the Bruins mounted a challenge, cutting the lead to 12-9, before the Wildcats closed out the game.

In the third game, George Fox battled back from a 6-2 deficit as Heidi Vander Stoep served seven straight winning points, including back-to-back aces, to take a 9-6 lead, then hung on for the victory. Game four saw the Bruins jump out to an early 4-0 lead before Linfield rallied, reeling off eight unanswered points for an 8-4 lead and going on to victory.

Anna Gradek spiked 16 kills and Sara Kaiser added 10 to lead the offensive attack of the Wildcats, who out-hit the Bruins .151 to -.036. Denise Lum-Lung led a strong defensive effort with a game-high 18 digs and Gradek had six blocks. Katie Leitheiser passed out 35 assists.

The Bruins got an offensive high of eight kills from Jennifer Westerberg and 18 assists from Mindi Yost. Defensively, Heidi Vander Stoep was all over the place, leading the Bruins with 15 digs and five blocks.

George Fox fell to 7-12 overall and 5-8 in the conference, while Linfield climbed to 13-7 overall and 10-3 in the league. The Bruins host Willamette University Saturday (Oct. 28) at 7:00 p.m. in their final home match of the season. The Wildcats host Pacific University Saturday at 7:00 p.m. Both contests are conference games.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, October 28, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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HOME SEASON ENDS FOR BRUINS WITH 3-2 LOSS TO WILLAMETTE

NEWBERG, Ore. --- George Fox University's women's volleyball team closed out its 2000 home season on a disappointing note Saturday night (Oct. 28) here at the Wheeler Sports Center, falling 3-2 to the Willamette University Bearcats in a Northwest Conference encounter.

The visiting Bearcats rallied from behind twice to win the match, prevailing 6-15, 15-11, 10-15, 15-7, 15-8. In the first game, the Bruins broke a 4-4 tie with 10 unanswered points and coasted to the win, but the second game was a nip-and-tuck affair, neither team holding more than a three-point lead until the final winning Willamette margin.

The third game saw the Bruins race out to a 6-1 lead, only to have the Bearcats come back for a brief 7-6 advantage, but George Fox scored six of the final seven points to go up two games to one. The final two games belonged to Willamette, however, the Bearcats leaping in front 11-2 to take command in the fourth, and taking an 8-4 lead in rally scoring in the fifth that the Bruins could not overcome.

Jenni Linden led the Willamette attack with 17 kills and a .405 attack percentage as the Bearcats out-hit the Bruins .184 to .137. Kelly Sorenson added 15 kills and Kelli Truax 10. Sorenson, who leads the nation in digs per game (5.99) had only 22 in the match, but it led the team. Lindsay Wetzler with 21 digs and Linden with 20 also chipped in defensively, while Shelly Patton had a match-high seven blocks.

For the Bruins, Jennifer Westerberg pounded out a match-high 19 kills, and was joined on offense by Amy Forbes and Shelly Schultens with 13 each. The Bruins had six players in double figures in digs, led by Mindi Yost with 27, with Schultens and Heidi Vander Stoep adding 22 apiece. Schultens led the way at the net with five blocks, while Yost passed out 45 assists.

George Fox fell to 7-13 with the loss, 5-9 in the conference, and closed out the home slate with a 3-6 mark at Wheeler. Willamette improved to 9-12 overall and 6-7 in the NWC. The Bruins visit Whitman College Friday (Nov. 3) while Willamette hosts Pacific Lutheran University Friday, both conference contests at 7:00p.m.

Monday, October 23, 2000 --- For Immediate Release
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Athletic website: www.georgefox.edu/athletics

GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 7-11; Home: 3-5; Road: 3-3; Neutral 1-3; NWC: 5-7)

HIGHLIGHTS:

Bruins Defeat Pacific and Lewis & Clark

THIS WEEK:

Fri., Oct. 27 – at Linfield College, in McMinnville, Ore., 7:00 p.m.

Northwest Conference match ... The Bruins face their Yamhill County rival ... George Fox was swept by the Wildcats 11-15, 8-15, 3-15 in their first meeting of the season in Newberg ... Wildcat middle blocker Anna Gradek earned NWC "Player of the Week" honors for Sept. 11-17...

Sat., Oct. 28 – vs. Willamette University, in Newberg, Ore., 7:00 p.m.

Northwest Conference match ... Last home match of the season... Willamette defeated George Fox 15-9, 15-11, 15-12 when the teams met earlier in the season... The Bruins and Bearcats are tied in the NWC standings with 5-7 records...

LAST WEEK:

Oct. 20 – George Fox 3, at Pacific 0 (15-12, 15-12, 15-9)

Oct. 21 – at George Fox 3, Lewis & Clark 0 (15-13, 15-2, 15-6)

NORTHWEST CONFERENCE STANDINGS (thru Oct. 22)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	12-0	1.000	-	19-0	1.000
Whitworth Pirates	9-3	.750	3	14-7	.667
Linfield Wildcats	9-3	.750	3	12-7	.632
Whitman Missionaries	7-5	.583	5	16-7	.696
Pacific Lutheran Lutes	6-6	.500	6	10-10	.500
Willamette Bearcats	5-7	.417	7	8-12	.400
George Fox Bruins	5-7	.417	7	7-11	.389
Lewis & Clark Pioneers	1-11	.083	11	1-15	.063
Pacific Boxers	0-12	.000	12	3-14	.118

* For more info, contact the NWC website: www.nwcsports.com

BRUINS WIN SEE-SAW BATTLE WITH BOXERS 3-0

FOREST GROVE, Ore. --- In a see-saw affair that saw major lead changes in each of the first two games, the George Fox University Bruins prevailed 3-0 (15-12, 15-12, 15-9) over the Pacific University Boxers in a Northwest Conference women's volleyball match Friday night (Oct. 20) here at the Pacific Athletic Center.

George Fox took big leads in each of the first two games, surrendered all of them, then rallied for victory. Only in the third and final game did the Bruins lead the entire way.

In the first game of the night, George Fox's **Shelly Schultens (So., MB, The Dalles, Ore.)** connected for eight straight service winners to give the Bruins the 9-2 advantage. However, Pacific's Erin Brady compiled a rally of her own, hitting eight straight winners, including two aces, to pull the Boxers ahead 11-9. The Boxers' Ann Kaltwasser made it 12-10, but then Pacific stalled as Schultens closed out the game.

-more-

Game two was a more balanced contest, although once again George Fox took an early advantage. The Bruins rushed out to a 9-6 lead before Sarah Hall hit four straight winners for the Boxers to knot the game at 10-10. The Boxers then took a 12-10 lead on two winners by Kaltwasser, but **Mindi Yost (So., S, Sisters, Ore.)** rallied the Bruins to five straight points and the victory.

Errors spelled early doom for Pacific with the Bruins taking a quick 10-2 lead, including five straight points by **Heidi Stuelpnagel (Jr., MB, Portland, Ore.)**, to open game three. Chris Beck connected on five straight winners to bring the Boxers within three at 10-7, but the Bruins regained their composure to end the match, outscoring the Boxers 5-2 on the next two rotations.

Amy Forbes (Sr., OH, Jackson, Wyo.) had 11 kills to lead George Fox, **Heidi Vander Stoep (Jr., OH, Woodland, Wash.)** had five kills and a .500 percentage, and **Jennifer Westerberg (So., OH, Vancouver, Wash.)** finished with eight kills. **Yost** had 30 assists and a match-high 19 digs.

Erin Akre led the Boxers at the net with seven kills and a .250 hitting percentage, Kaltwasser also had seven kills, and Brady finished with six kills, two aces and a .250 percentage. Beck led the Boxers with 16 assists.

BRUINS MAKE IT TWO IN A ROW WITH 3-0 WIN OVER PIONEERS

NEWBERG, Ore. --- After a first-game struggle that saw them nearly blow a seven-point lead, the George Fox University Bruins took control quickly in the second and third games and went on to a 3-0 victory (15-13, 15-2, 15-6) over the Lewis & Clark College Pioneers in a Northwest Conference women's volleyball match Saturday night (Oct. 21) here at the Wheeler Sports Center.

In the first game, the Bruins raced from a 4-4 tie to an 11-4 lead, only to have the Pioneers battle back to within one at 14-13. But George Fox middle blocker **Shelly Schultens** took advantage of a Lewis & Clark overpass to spike the ball for the winning kill. The second game was all Bruins, who scored the final nine points after an early 6-2 lead. In the finale, **Nicole Bostic (Fr., OH, Spokane, Wash.)** served five straight winning points to boost the Bruins from a 6-6 tie to an 11-6 lead, and Schultens eventually closed out the match with a service ace.

The Bruins had one of their best hitting nights of the year with an attack percentage of .242, recording 46 kills with only 17 errors. **Jennifer Westerberg** was the only Bruin in double figures in kills with 11 as 11 different players shared the attack wealth. **Mindi Yost** had 34 assists and a match-high 14 digs, while **Westerberg** had 11 digs and **Heidi Vander Stoep** 10.

The Pioneers managed only a .111 hitting mark and had no one in double figures in kills, Erin Comstock being the highest with eight. Lizzie Woodburn assisted on 26 of the Pioneers' 32 kills, while Comstock and Liana Dawson were high for Lewis & Clark in digs with 12 each.

George Fox, posting a two-game winning streak for only the second time this year, climbed to 7-11 overall and 5-7 in the league. Lewis & Clark dropped its sixth straight game and fell to 1-15 overall and 1-11 in the NWC.

BRUIN BITS:

*** In the latest NWC statistics, George Fox ranked 1st in blocks per game (2.45), 2nd in digs (19.24), 5th in assists (11.51), 6th in kills (12.52), 7th in hitting pct. (.120) and 9th service aces (1.14).

*** As of Oct. 14, here is how individual Bruins rank in the NWC stats:

<u>Assists</u>	<u>Rank</u>	<u>Games</u>	<u>Total</u>	<u>Per Game</u>
Mindi Yost	2 nd	63	663	10.52
<u>Digs</u>				
Mindi Yost	5 th	63	247	3.92
Nicole Bostic	11 th	55	187	3.40
Jennifer Westerberg	12 th	43	137	3.19
<u>Service Aces</u>				
Shelly Schultens	5 th	61	24	0.39
<u>Blocks</u>				
Shelly Schultens	4 th	61	64.0	1.05
Lynette Domench	7 th	60	57.0	0.95
<u>Kills</u>				
Amy Forbes	12 th	51	139	2.73

-more-

COACH STEVE GRANT

Coach Steve Grant (Biola '69) is 431-262 in 19th year at George Fox, and 431-262 in his 19th year overall as a college volleyball coach. Entering this season, he ranked 13th on the list of winningest active Division III coaches with 429 wins, and his won-lost percentage of .622 (431-262) ranked 40th among active coaches.

GEORGE FOX UNIVERSITY "BRUINS" 2000 VOLLEYBALL RESULTS

Overall: 7-11 (H: 3-5 A: 3-3 N: 1-3) Games: 30-39
NWC: 5-7 (H: 3-4 A: 2-3) Games: 19-23

<u>DATE</u>		<u>OPPONENT</u>	<u>W/L</u>	<u>SCORE</u>	<u>ATT.</u>
9/1	#	vs Howard Payne	W	3-2 (6-15, 15-2, 15-9, 13-15, 15-5)	-
9/1	#	vs Concordia-Austin	L	2-3 (18-16, 9-15, 11-15, 15-13, 16-18)	-
9/2	#	vs Puget Sound	L	0-3 (4-15, 8-15, 9-15)	-
9/2	#	at Colorado College	W	3-2 (15-13, 3-15, 15-13, 2-15, 15-11)	-
9/8		LA VERNE	L	2-3 (15-10, 15-9, 8-15, 11-15, 10-15)	150
9/9	+	vs Seattle	L	1-3 (8-15, 12-15, 15-5, 10-15)	150
9/15	*	at Pacific Lutheran	L	2-3 (10-15, 15-13, 16-14, 12-15, 5-15)	350
9/16	*	at Puget Sound	L	0-3 (7-15, 6-15, 6-15)	225
9/22	*	PACIFIC	W	3-0 (15-3, 15-12, 15-11)	120
9/23	*	at Lewis & Clark	W	3-1 (14-16, 15-10, 15-5, 15-8)	110
9/27	*	at Willamette	L	0-3 (9-15, 11-15, 12-15)	300
9/29	*	LINFIELD	L	0-3 (11-15, 8-15, 3-15)	220
10/6	*	WHITMAN	W	3-1 (15-7, 15-9, 4-15, 15-11)	80
10/7	*	WHITWORTH	L	1-3 (7-15, 14-16, 15-12, 12-15)	85
10/13	*	PACIFIC LUTHERAN	L	1-3 (11-15, 10-15, 15-12, 2-15)	220
10/14	*	PUGET SOUND	L	0-3 (5-15, 3-15, 7-15)	160
10/20	*	at Pacific	W	3-0 (15-12, 15-12, 15-9)	75
10/21	*	LEWIS & CLARK	W	3-0 (15-13, 15-2, 15-6)	75
10/27	*	at Linfield	McMinnville, Ore.		7:00 p.m.
10/28	*	WILLAMETTE	Newberg, Ore.		7:00 p.m.
11/3	*	at Whitman	Walla Walla, Wash.		7:00 p.m.
11/4	*	at Whitworth	Spokane, Wash.		7:00 p.m.
11/9-11		NCAA Division III First Round	on-campus		TBA
11/17-18		NCAA Division III Quarterfinals	on-campus		TBA
12/1-2		NCAA Division III Finals	on-campus		TBA

- Pikes Peak Challenge, Colorado Springs, Colo.

* - Northwest Conference match

+ - at Lewis & Clark, Portland, Ore.

Home games in **BOLD CAPS**

Home games played at Wheeler Sports Center/Miller Gym

All times Pacific and subject to change

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, October 21, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS MAKE IT TWO IN A ROW WITH 3-0 WIN OVER PIONEERS

NEWBERG, Ore. --- After a first-game struggle that saw them nearly blow a seven-point lead, the George Fox University Bruins took control quickly in the second and third games and went on to a 3-0 victory (15-13, 15-2, 15-6) over the Lewis & Clark College Pioneers in a Northwest Conference women's volleyball match Saturday night (Oct. 21) here at the Wheeler Sports Center.

In the first game, the Bruins raced from a 4-4 tie to an 11-4 lead, only to have the Pioneers battle back to within one at 14-13. But George Fox middle blocker Shelly Schultens took advantage of a Lewis & Clark overpass to spike the ball for the winning kill. The second game was all Bruins, who scored the final nine points after an early 6-2 lead. In the finale, Nicole Bostic served five straight winning points to boost the Bruins from a 6-6 tie to an 11-6 lead, and Schultens eventually closed out the match with a service ace.

The Bruins had one of their best hitting nights of the year with an attack percentage of .242, recording 46 kills with only 17 errors. Jennifer Westerberg was the only Bruin in double figures in kills with 11 as 11 different players shared the attack wealth. Mindi Yost had 34 assists and a match-high 14 digs, while Westerberg had 11 digs and Heidi Vander Stoep 10.

The Pioneers managed only a .111 hitting mark and had no one in double figures in kills, Erin Comstock being the highest with eight. Lizzie Woodburn assisted on 26 of the Pioneers' 32 kills, while Comstock and Liana Dawson were high for Lewis & Clark in digs with 12 each.

George Fox, posting a two-game winning streak for only the second time this year, climbed to 7-11 overall and 5-7 in the league. Lewis & Clark dropped its sixth straight game and fell to 1-15 overall and 1-11 in the NWC.

The Pioneers host Pacific University, the only team they have beaten this season, on Thursday (Oct. 26), while the Bruins visit Yamhill County rival Linfield College Friday (Oct. 27). Both matches are at 7:00 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 20, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS WIN SEE-SAW BATTLE WITH BOXERS 3-0

FOREST GROVE, Ore. --- In a see-saw affair that saw major lead changes in each of the first two games, the George Fox University Bruins prevailed 3-0 (15-12, 15-12, 15-9) over the Pacific University Boxers in a Northwest Conference women's volleyball match Friday night (Oct. 20) here at the Pacific Athletic Center.

George Fox took big leads in each of the first two games, surrendered all of them, then rallied for victory. Only in the third and final game did the Bruins lead the entire way.

In the first game of the night, George Fox's Shelly Schultens connected for eight straight service winners to give the Bruins the 9-2 advantage. However, Pacific's Erin Brady compiled a rally of her own, hitting eight straight winners, including two aces, to pull the Boxers ahead 11-9. The Boxers' Ann Kaltwasser made it 12-10, but then Pacific stalled as Schultens closed out the game.

Game two was a more balanced contest, although once again George Fox took an early advantage. The Bruins rushed out to a 9-6 lead before Sarah Hall hit four straight winners for the Boxers to knot the game at 10-10. The Boxers then took a 12-10 lead on two winners by Kaltwasser, but Mindi Yost rallied the Bruins to five straight points and the victory.

Errors spelled early doom for Pacific with the Bruins taking a quick 10-2 lead, including five straight points by Heidi Stuelnagel, to open game three. Chris Beck connected on five straight winners to bring the Boxers within three at 10-7, but the Bruins regained their composure to end the match, outscoring the Boxers 5-2 on the next two rotations.

Amy Forbes had 11 kills to lead George Fox, Heidi Vander Stoep had five kills and a .500 percentage, and Jennifer Westerberg finished with eight kills. Yost had ~~20~~³⁰ assists and a match-high 19 digs.

Erin Akre led the Boxers at the net with seven kills and a .250 hitting percentage, Kaltwasser also had seven kills, and Brady finished with six kills, two aces and a .250 percentage. Beck led the Boxers with ~~16~~²⁶ assists.

George Fox improved to 6-11 and 4-7 in the conference with the win, while Pacific dropped to 3-13 and 0-11 in the NWC. The Bruins return home Saturday (Oct. 21) to take on Lewis & Clark College at 7:00 p.m., while the Boxers take to the highway Saturday, playing a 7:00 p.m. contest at Pacific Lutheran University.

Monday, October 16, 2000 --- For Immediate Release
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GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 5-11; Home: 2-5; Road: 2-3; Neutral 1-3; NWC: 3-7)

HIGHLIGHTS:

Bruins Fall to Pacific Lutheran and No. 8 Puget Sound

THIS WEEK:

Fri., Oct. 20 – at Pacific University, in Forest Grove, Ore., 7:00 p.m.

Northwest Conference match ... George Fox swept Pacific 15-3, 15-12, 15-11 in their first meeting of the season in Newberg... Boxers outside hitter Ann Kaltwasser earned NWC "Player of the Week" Honorable Mention for Sept. 18-24... Pacific setter Chris Beck is currently 7th in the conference in assists with 7.46 per game; Kelsey Savage ranks 10th in digs with 3.50 per game.

Sat., Oct. 21 – vs. Lewis & Clark College, in Newberg, Ore., 7:00 p.m.

Northwest Conference match ... The Bruins defeated Lewis & Clark 14-16, 15-10, 15-5, 15-8 the first time these teams met in Portland ... George Fox leads the Pioneers by two games in the NWC standings... Pioneers Lizzie Woodburn (S), Molly Thomas (OH), and Krissy Forry (OH) all have earned NWC "Player of the Week" Honorable Mention this season... Woodburn ranks 6th in the NWC in assists with 8.96 per game; Devon McGinnis is 10th in blocks (0.88) and Betsy Rice is 12th (0.73); Erin Comstock is 9th in digs (3.51).

LAST WEEK:

Oct. 13 – Pacific Lutheran 3, at George Fox 1 (11-15, 10-15, 15-12, 2-15)

Oct. 14 – Puget Sound 3, at George Fox 0 (5-15, 3-15, 7-15)

NORTHWEST CONFERENCE STANDINGS (thru Oct. 14)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	10-0	1.000	-	17-0	1.000
Linfield Wildcats	9-1	.900	1	11-5	.688
Whitworth Pirates	7-3	.700	3	12-7	.632
Whitman Missionaries	5-5	.500	5	13-7	.650
Pacific Lutheran Lutes	5-5	.500	5	9-9	.500
Willamette Bearcats	5-5	.500	5	8-10	.444
George Fox Bruins	3-7	.300	7	5-11	.313
Lewis & Clark Pioneers	1-9	.100	9	1-13	.071
Pacific Boxers	0-10	.000	10	2-12	.143

* For more info, contact the NWC website: www.nwcsports.com

LUTES WEAR DOWN BRUINS FOR 3-1 WIN

NEWBERG, Ore. --- In a four-game match that featured numerous long rallies, few long scoring strings, and took over two hours, the Pacific Lutheran University Lutes wore down the George Fox University Bruins 3-1 in a Northwest Conference women's volleyball match Friday night (Oct. 13) here at the Wheeler Sports Center.

The Lutes, who beat the Bruins 3-2 in Tacoma back on Sept. 15, made it three straight wins over George Fox with a 15-11, 15-10, 12-15, 15-2 victory. PLU climbed to 9-8 overall and 5-4 in the conference, while the home-standing Bruins fell to 5-10 overall and 3-6 in the league.

-more-

George Fox Volleyball – Oct. 16, 2000 – page 2

In the first two games of the match, the Lutes gradually worked their way to big leads, only to have the Bruins reverse the trend and make things close. PLU held a 13-7 lead in the first game and was up at one point 9-2 in the second before the Bruins made it interesting. In the third game, George Fox took a 14-6 lead before the Lutes reeled off six unanswered points to throw a scare into the home team. The fourth game was all PLU, however, as Jenne Heu-Weller served five winning points to open the game and the Lutes never looked back, out-hitting the Bruins .435 to -.036 in the finale.

Suzanne and Renee Beauchene led the Lutes on offense with 21 and 14 kills respectively, Suzanne hitting .383 for the game and Renee .293. **Nicole Bostic (Fr., OH, Spokane, Wash.)** led the Bruins with 16 kills and **Jennifer Westerberg (So., OH, Vancouver, Wash.)** added 11. PLU out-hit the Bruins in the match .176 to .107.

With numerous long rallies, each team had over 100 digs in the four games, PLU recording 107 and George Fox 105. Six players on each team had double figures in digs, Annie Rolph and Jill Muhm of the Lutes with a game-high 25 digs each, while **Bostic** had 21 and **Westerberg** 19 to pace the Bruins.

Heu-Weller had 52 assists for PLU and **Mindi Yost (So., S, Sisters, Ore.)** 44 for George Fox. **Lynette Domench (So., MB, Battle Ground, Wash.)** recorded seven blocks for the Bruins, while Mettie Burris led PLU with five before leaving the match early in the fourth game with a sprained ankle.

BRUINS OVERPOWERED BY NATIONALLY-RANKED LOGGERS 3-0

NEWBERG, Ore. --- Showing why they are considered a top-10 team, the University of Puget Sound Loggers spotted the George Fox University Bruins early leads in two games, then roared back to post a 3-0 victory (15-5, 15-3, 15-7) in Northwest Conference women's volleyball action Saturday night (Oct. 14) here at the Wheeler Sports Center.

In the opening game, the Bruins jumped out to a 5-1 lead against the Loggers, who are ranked No. 8 nationally in NCAA Division III and No. 1 in the West Region. UPS responded, however, by reeling off 14 unanswered points to take the opener 15-5. The Loggers led from start to finish in the second game, leading 14-1 before the Bruins managed a couple of additional points to make the final score 15-3. In the finale, George Fox again led early at 4-2, but UPS recovered to go up 13-4 as both teams began to give their reserves some playing time. The Loggers eventually closed out the match 15-7.

Karen Elmgren, the NWC Player of the Week the last two weeks, posted a game-high 16 kills while hitting .433 for the match. She was the only player in double figures as the Loggers out-hit the Bruins .262 to .071 and recorded 45 kills to only 26 for the home team. **Jennifer Westerberg** had eight kills to pace the Bruins.

Elmgren also had five blocks to lead all blockers, while Eileen Gamache had 15 digs for UPS and **Nicole Bostic** had 12 digs to lead the Bruins. Lindsie Weber had 36 assists for UPS and **Mindi Yost** 19 for George Fox.

George Fox fell to 5-11 overall and 3-7 in the conference with its third straight loss, while Puget Sound climbed to 17-0 overall and 10-0 in the league.

BRUIN BITS:

*** In the latest NWC statistics, George Fox ranked 1st in blocks per game (2.45), 2nd in digs (19.24), 5th in assists (11.51), 6th in kills (12.52), 7th in hitting pct. (.120) and 9th service aces (1.14).

*** As of Oct. 14, here is how individual Bruins rank in the NWC stats:

<u>Assists</u>	<u>Rank</u>	<u>Games</u>	<u>Total</u>	<u>Per Game</u>
Mindi Yost	2 nd	63	663	10.52
<u>Digs</u>				
Mindi Yost	5 th	63	247	3.92
Nicole Bostic	11 th	55	187	3.40
Jennifer Westerberg	12 th	43	137	3.19
<u>Service Aces</u>				
Shelly Schultens	5 th	61	24	0.39
<u>Blocks</u>				
Shelly Schultens	4 th	61	64.0	1.05
Lynette Domench	7 th	60	57.0	0.95
<u>Kills</u>				
Amy Forbes	12 th	51	139	2.73

-more-

COACH STEVE GRANT

Coach Steve Grant (Biola '69) is 429-262 in 19th year at George Fox, and 429-262 in his 19th year overall as a college volleyball coach. Entering this season, he ranked 13th on the list of winningest active Division III coaches with 429 wins, and his won-lost percentage of .621 (429-262) ranked 40th among active coaches.

GEORGE FOX UNIVERSITY "BRUINS" 2000 VOLLEYBALL RESULTS

Overall: 5-11 (H: 2-5 A: 2-3 N: 1-3) Games: 24-39
NWC: 3-7 (H: 2-4 A: 1-3) Games: 13-23

<u>DATE</u>	<u>OPPONENT</u>	<u>W/L</u>	<u>SCORE</u>	<u>ATT.</u>
9/1 #	vs Howard Payne	W	3-2 (6-15, 15-2, 15-9, 13-15, 15-5)	-
9/1 #	vs Concordia-Austin	L	2-3 (18-16, 9-15, 11-15, 15-13, 16-18)	-
9/2 #	vs Puget Sound	L	0-3 (4-15, 8-15, 9-15)	-
9/2 #	at Colorado College	W	3-2 (15-13, 3-15, 15-13, 2-15, 15-11)	-
9/8	LA VERNE	L	2-3 (15-10, 15-9, 8-15, 11-15, 10-15)	150
9/9 +	vs Seattle	L	1-3 (8-15, 12-15, 15-5, 10-15)	150
9/15 *	at Pacific Lutheran	L	2-3 (10-15, 15-13, 16-14, 12-15, 5-15)	350
9/16 *	at Puget Sound	L	0-3 (7-15, 6-15, 6-15)	225
9/22 *	PACIFIC	W	3-0 (15-3, 15-12, 15-11)	120
9/23 *	at Lewis & Clark	W	3-1 (14-16, 15-10, 15-5, 15-8)	110
9/27 *	at Willamette	L	0-3 (9-15, 11-15, 12-15)	300
9/29 *	LINFIELD	L	0-3 (11-15, 8-15, 3-15)	220
10/6 *	WHITMAN	W	3-1 (15-7, 15-9, 4-15, 15-11)	80
10/7 *	WHITWORTH	L	1-3 (7-15, 14-16, 15-12, 12-15)	85
10/13 *	PACIFIC LUTHERAN	L	1-3 (11-15, 10-15, 15-12, 2-15)	220
10/14 *	PUGET SOUND	L	0-3 (5-15, 3-15, 7-15)	160
10/20 *	at Pacific	Forest Grove, Ore.		7:00 p.m.
10/21 *	LEWIS & CLARK	Newberg, Ore.		7:00 p.m.
10/27 *	at Linfield	McMinnville, Ore.		7:00 p.m.
10/28 *	WILLAMETTE	Newberg, Ore.		7:00 p.m.
11/3 *	at Whitman	Walla Walla, Wash.		7:00 p.m.
11/4 *	at Whitworth	Spokane, Wash.		7:00 p.m.
11/9-11	NCAA Division III First Round	on-campus		TBA
11/17-18	NCAA Division III Quarterfinals	on-campus		TBA
12/1-2	NCAA Division III Finals	on-campus		TBA

- Pikes Peak Challenge, Colorado Springs, Colo.

* - Northwest Conference match

+ - at Lewis & Clark, Portland, Ore.

Home games in **BOLD CAPS**

Home games played at Wheeler Sports Center/Miller Gym

All times Pacific and subject to change

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, October 14, 2000 --- For Immediate Release

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Karen Elmgren, the NWC Player of the Week the last two weeks, posted a game-high 16 kills while hitting .433 for the match. She was the only player in double figures as the Loggers out-hit the Bruins .262 to .071 and recorded 45 kills to only 26 for the home team. Jennifer Westerberg had eight kills to pace the Bruins.

Elmgren also had five blocks to lead all blockers, while Eileen Gamache had 15 digs for UPS and Nicole Bostic had 12 digs to lead the Bruins. Lindsy Weber had 36 assists for UPS and Mindi Yost 19 for George Fox.

George Fox fell to 5-11 overall and 3-7 in the conference with their third straight loss, while Puget Sound climbed to 17-0 overall and 10-0 in the league. The Bruins return to action next Friday (Oct. 20), visiting Pacific University in Forest Grove for a 7:00 p.m. match. The Loggers visit defending NWC champion Pacific Lutheran University Wednesday (Oct. 18) at 7:00 p.m.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 13, 2000 --- For Immediate Release

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In the first two games of the match, the Lutes gradually worked their way to big leads, only to have the Bruins reverse the trend and make things close. PLU held a 13-7 lead in the first game and was up at one point 9-2 in the second before the Bruins made it interesting. In the third game, George Fox took a 14-6 lead before the Lutes reeled off six unanswered points to throw a scare into the home team. The fourth game was all PLU, however, as Jenne Heu-Weller served five winning points to open the game and the Lutes never looked back, out-hitting the Bruins .435 to -.036 in the finale.

Suzanne and Renee Beauchene led the Lutes on offense with 21 and 14 kills respectively, Suzanne hitting .383 for the game and Renee .293. Nicole Bostic led the Bruins with 16 kills and Jennifer Westerberg added 11. PLU out-hit the Bruins in the match .176 to .107.

With numerous long rallies, each team had over 100 digs in the four games, PLU recording 107 and George Fox 105. Six players on each team had double figures in digs, Annie Rolph and Jill Muhm of the Lutes with a game-high 25 digs each, while Bostic had 21 and Westerberg 19 to pace the Bruins.

Heu-Weller had 52 assists for PLU and Mindi Yost 44 for George Fox. Lynette Domench recorded seven blocks for the Bruins, while Mettie Burris led PLU with five before leaving the match early in the fourth game with a sprained ankle.

George Fox returns to the court Saturday night (Oct. 14), hosting conference leader the University of Puget Sound, unbeaten and ranked No. 8 in the nation, at 7:00 p.m. Pacific Lutheran visits Linfield College Saturday at 7:00 p.m.

Monday, October 9, 2000 --- For Immediate Release
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GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 5-9; NWC: 3-5; Home: 2-3; Road: 3-5; Neutral 0-1)

HIGHLIGHTS:

Bruins Split Games with Whitman and Whitworth
Forbes Receives Honorable Mention for NWC Player of the Week
George Fox to Host Undefeated Northwest Conference Leader

THIS WEEK:

Fri., Oct. 13 – vs. Pacific Lutheran University, in Newberg, Ore., 7:00 p.m.

Northwest Conference match ... After a 20-6 record in 1999 which saw Pacific Lutheran tie the school record for wins in a season and the highest winning percentage in PLU history with a .769 mark, the reigning NWC champion Lutes were the pre-season conference favorite to finish first again ... Pacific Lutheran defeated the Bruins 3-2 in their first meeting of the season ... Lute outside hitter Cara Smith earned NWC "Player of the Week" honors for the opening week of the season ... PLU ranks 2nd in the NWC in hitting percentage (.189) and kills per game (12.84), 4th in service aces per game (1.79), 5th in blocks per game (2.10), 6th in assists per game (11.34) and digs per game (18.11).

Sat., Oct. 14 – vs. University of Puget Sound, in Newberg, Ore., 7:00 p.m.

Northwest Conference match ... George Fox comes into the game hoping to be the first team to defeat the 15-0 (8-0 NWC) Loggers, who are ranked 8th in the AVCA poll of Oct. 4 ... UPS defeated the Bruins 3-0 in both of the two teams' earlier meetings this year ... Logger middle blocker Karen Elmgren and outside hitter Eileen Gamache both have earned NWC "Player of the Week" honors ... Receiving POW Honorable Mention for the UPS were setter Lindsy Weber and Elmgren ... Elmgren leads the NWC in hitting percentage (.397), blocks (1.14) and kills (4.12) and Weber is 1st in assists (12.53) ... Elmgren is 17th nationally in hitting pct. and Weber is 9th in assists ... The Loggers rank 1st in the conference in hitting percentage (.244), kills per game (15.10) and assists per game (14.08), 2nd in service aces per game (1.96), 4th in blocks per game (2.13) and fifth in digs per game (18.23) ... They are 12th nationally in kills, 4th in assists, and are one of only four unbeaten teams left in the country in Division III.

LAST WEEK:

Sept. 22 – at George Fox 3, Whitman 1 (15-7, 15-9, 4-15, 15-11)

Sept. 23 – Whitworth 3, at George Fox 1 (7-15, 14-16, 15-12, 12-15)

NORTHWEST CONFERENCE STANDINGS (thru Oct. 8)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	8-0	1.000	-	15-0	1.000
Linfield Wildcats	7-1	.875	1	9-5	.643
Whitworth Pirates	5-3	.625	3	10-7	.588
Willamette Bearcats	5-3	.625	3	8-8	.500
Pacific Lutheran Lutes	4-4	.500	4	8-8	.500
Whitman Missionaries	3-5	.375	5	11-7	.611
George Fox Bruins	3-5	.375	5	5-9	.357
Lewis & Clark Pioneers	1-7	.125	7	1-11	.083
Pacific Boxers	0-9	.000	8.5	2-10	.166

* For more info, contact the NWC website: www.nwcsports.com

-more-

BRUINS USE BALANCED GAME TO DEFEAT WHITMAN 3-1

NEWBERG, Ore. --- Playing perhaps their best all-around game of the year, the George Fox University Bruins used both a strong offensive attack and tenacious defense to defeat the Whitman College Missionaries 3-1 (15-7, 15-9, 4-15, 15-11) in a Northwest Conference women's volleyball match Friday night (Oct. 6) at the Wheeler Sports Center.

The Bruins outthit the Missionaries .182-.144, their third-best attack percentage of the season, with **Amy Forbes (Sr., OH, Jackson, Wyo.)** contributing a game-high 17 kills to lead the way while hitting .295. **Nicole Bostic (Fr., OH, Spokane, Wash.)** chipped in with 11 kills and **Jennifer Westerberg (So., OH, Vancouver, Wash.)** added 10. The Bruins also showed a strong serving game with nine aces, led by **Shelly Schultens' (So., MB, The Dalles, Ore.)** four.

Five Bruins reached double figures in digs as the home team saved 77 attacks to 63 for the visitors from Walla Walla, Wash. Bostic had a game-high 21, followed by Forbes with 14, Westerberg and **Mindi Yost (So., S, Sisters, Ore.)** with 11, and **Bree Stairs (Jr., DS, McMinnville, Ore.)** with 10. Yost passed out 50 assists.

For Whitman, Kelly Williams had 14 kills and 13 digs, Jill Huber had 12 kills and 16 digs, and Valarie Hamm added 13 digs. Claire Novotny had 39 assists.

The first three games of the match saw the winning team jump out to large early leads and hang on for the wins. George Fox led 11-2 at one point in the first game and 10-4 in the second, while Whitman scored six straight to open the third game and built up a 12-2 advantage. The fourth game was a see-saw affair with five lead changes, and the Bruins' final winning margin of four was the largest lead either team had in the game.

George Fox snapped a two-game skid with the win and improved to 5-8 overall, 3-4 in the conference. Whitman dropped its fifth match in the last six and fell to 11-7 overall, 3-5 in the league.

BRUINS RALLY SEVERAL TIMES BUT FALL IN FOUR TO PIRATES

NEWBERG, Ore. --- Kristen Turner led five Whitworth College Pirates in double figures in kills with 20 and Gretchen Smith made 33 defensive digs, leading the visiting Pirates to a 3-1 win (15-7, 16-14, 12-15, 15-12) over the home-standing George Fox University Bruins in a Northwest Conference women's volleyball match Saturday night (Oct. 7) at the Wheeler Sports Center.

The Bruins fell to 5-9 overall and 3-5 in the conference with the setback, while the Pirates climbed to 10-7 overall and 5-3 in the league, maintaining at least a share of third place in the conference standings with their win.

Turner was joined in the Whitworth hit parade by Abby Jo Hornstein with 13 kills, Jill Vaughan and Lindsay Wagstaff with 11 each, and Smith with 10. The Pirates out-hit the Bruins .181 to .135. Smith's digs enabled the Pirates to hold a 103-84 advantage in that category as well. Nicole Weedman passed out 59 assists, and Wagstaff had a team-high six blocks.

For George Fox, **Amy Forbes** led the way on offense for the second night in a row, recording 21 kills, while **Shelly Schultens** added 14 and **Nicole Bostic** 13. **Mindi Yost** passed out 55 assists and led the Bruins defensively with 24 digs, while Bostic had 22 digs. Schultens had six blocks, and Yost and **Lynette Domench (So., MB, Battle Ground, Wash.)** had five apiece.

Whitworth took the match opener handily, and jumped out to a 10-4 lead in the second before the Bruins battled back, eventually tying it at 14-14 before the Pirates put it away. In the third game, Whitworth again took a big lead at 12-6 before the Bruins rallied to win the last nine points and the game. In the fourth game, the Pirates survived another scare after taking a seemingly-comfortable 13-6 lead, only to have George Fox get within 14-12 before the match ended.

BRUIN BITS:

*** **Amy Forbes** received Honorable Mention for Northwest Conference "Player of the Week" for her fine efforts in the Bruins' two matches during the week of Oct. 2-8. She led the Bruins in kills in both matches week as they split, beating Whitman 3-1 and losing to Whitworth 3-1. Against Whitman, she had 17 kills while hitting .295 and recorded 14 digs, then had a game-high 21 kills while hitting .214 with eight digs and two blocks in the Whitworth match. For the week, in eight games she had 38 kills (4.75 kpg) with 10 errors in 114 attacks for a .246 pct., had 22 digs (2.75dpg) and two blocks. "Player of the Week" honors went for the second week in a row to outside hitter Karen Elmgren of Puget Sound, who had 24 kills, 28 digs and three blocks in a pair of UPS wins.

George Fox Volleyball – Oct. 9, 2000 – page 3

*** In the latest NWC statistics, George Fox ranked 1st in blocks per game (2.54), 2nd in digs (18.79), 3rd in assists (11.66), 6th in kills (12.64), 7th in hitting pct. (.124) and service aces (1.20).

*** As of Oct. 1, here is how individual Bruins rank in the NWC stats:

<u>Assists</u>		<u>Rank</u>	<u>Games</u>	<u>Total</u>	<u>Per Game</u>
	Mindi Yost	2 nd	56	600	10.71
<u>Digs</u>					
	Mindi Yost	4 th	56	223	3.98
<u>Service Aces</u>					
	Shelly Schultens	4 th	56	23	0.41
<u>Blocks</u>					
	Shelly Schultens	3 rd	56	62.0	1.11
	Lynette Domench	9 th	54	50.0	0.93
<u>Kills</u>					
	Amy Forbes	11 th	47	126	2.68
	Shelly Schultens	12 th	56	146	2.61

COACH STEVE GRANT

Coach Steve Grant (Biola '69) is 429-260 in 19th year at George Fox, and 429-260 in his 19th year overall as a college volleyball coach. Entering this season, he ranked 13th on the list of winningest active Division III coaches with 429 wins, and his won-lost percentage of .628 (424-251) ranked 40th among active coaches.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, October 7, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

(O) 503-554-2127

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BRUINS RALLY SEVERAL TIMES BUT FALL IN FOUR TO PIRATES

NEWBERG, Ore. --- Kristen Turner led five Whitworth College Pirates in double figures in kills with 20 and Gretchen Smith made 33 defensive digs, leading the visiting Pirates to a 3-1 win (15-7, 16-14, 12-15, 15-12) over the home-standing George Fox University Bruins in a Northwest Conference women's volleyball match Saturday night (Oct. 7) here at the Wheeler Sports Center.

The Bruins fell to 5-9 overall and 3-5 in the conference with the setback, while the Pirates climbed to 10-7 overall and 5-3 in the league, maintaining at least a share of third place in the conference standings with their win.

Turner was joined in the Whitworth hit parade by Abby Jo Hornstein with 13 kills, Jill Vaughan and Lindsay Wagstaff with 11 each, and Smith with 10. The Pirates out-hit the Bruins .181 to .135. Smith's digs enabled the Pirates to hold a 103-84 advantage in that category as well. Nicole Weedman passed out 59 assists, and Wagstaff had a team-high six blocks.

For George Fox, Amy Forbes led the way on offense for the second night in a row, recording 21 kills, while Shelly Schultens added 14 and Nicole Bostic 13. Mindi Yost passed out 55 assists and led the Bruins defensively with 24 digs, while Bostic had 22 digs. Schultens had six blocks, and Yost and Lynette Domench had five apiece.

Whitworth took the match opener handily, and jumped out to a 10-4 lead in the second before the Bruins battled back, eventually tying it at 14-14 before the Pirates put it away. In the third game, Whitworth again took a big lead at 12-6 before the Bruins rallied to win the last nine points and the game. In the fourth game, the Pirates survived another scare after taking a seemingly-comfortable 13-6 lead, only to have George Fox get within 14-12 before the match ended.

George Fox next hosts pre-season conference favorite Pacific Lutheran University, to whom they lost 3-2 in Tacoma on Sept. 15, on Friday (Oct. 13) at 7:00 p.m. Whitworth visits Lewis & Clark on the same date at the same time.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, October 6, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS USE BALANCED GAME TO DEFEAT WHITMAN 3-1

NEWBERG, Ore. --- Playing perhaps their best all-around game of the year, the George Fox University Bruins used both a strong offensive attack and tenacious defense to defeat the Whitman College Missionaries 3-1 (15-7, 15-9, 4-15, 15-11) in a Northwest Conference women's volleyball match Friday night (Oct. 6) here at the Wheeler Sports Center.

The Bruins outit the Missionaries .182-.144, their third-best attack percentage of the season, with Amy Forbes contributing a game-high 17 kills to lead the way while hitting .295. Nicole Bostic chipped in with 11 kills and Jennifer Westerberg added 10. The Bruins also showed a strong serving game with nine aces, led by Shelly Schultens' four.

Five Bruins reached double figures in digs as the home team saved 77 attacks to 63 for the visitors from Walla Walla, Wash. Bostic had a game-high 21, followed by Forbes with 14, Westerberg and Mindi Yost with 11, and Bree Stairs with 10. Yost passed out 50 assists.

For Whitman, Kelly Williams had 14 kills and 13 digs, Jill Huber had 12 kills and 16 digs, and Valarie Hamm added 13 digs. Claire Novotny had 39 assists.

The first three games of the match saw the winning team jump out to large early leads and hang on for the wins. George Fox led 11-2 at one point in the first game and 10-4 in the second, while Whitman scored six straight to open the third game and built up a 12-2 advantage. The fourth game was a see-saw affair with five lead changes, and the Bruins' final winning margin of four was the largest lead either team had in the game.

George Fox snapped a two-game skid with the win and improved to 5-8 overall, 3-4 in the conference. Whitman dropped its fifth match in the last six and fell to 11-7 overall, 3-5 in the league. The Bruins host Whitworth College Saturday (Oct. 7) at 7:00 p.m., while the Missionaries are off until next Friday (Oct. 13), when they will visit Pacific University at 7:00 p.m.

Monday, October 2, 2000 --- For Immediate Release
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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Athletic website: www.georgefox.edu/athletics

GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 4-8; NWC: 2-4; Home: 1-2; Road: 3-5; Neutral 0-1)

HIGHLIGHTS:

Willamette and Linfield End Bruins' Two-Game Winning Streak

THIS WEEK:

Wed., Oct. 6 – vs. Whitman College in Newberg, Ore., 7:00 p.m.

Northwest Conference match ... Whitman holds the spot ahead of George Fox in the conference standings... Whitman's outside hitter Kelly Williams earned NWC Player of the Week Honorable Mention for Sept. 4-10 ... As a team, Whitman ranks 1st in the NWC in service aces (2.41), 3rd in assists (11.39) and blocks (2.25), 4th in hitting pct. (.177) and kills (12.64), and 5th in digs (17.75)... Individual leaders for the Missionaries include Williams, 4th in kills (3.67) and 5th in aces (0.40); Valarie Hamm, 2nd in aces (0.46) and 8th in kills (3.00) and digs (3.69); Claire Novotny, 3rd in assists (9.64) and 7th in aces (0.38); Jeni Brown, 3rd in aces (0.44) and 10th in digs (3.42); Jill Huber, 4th in blocks (0.96); Megan Kanaga, 9th in blocks (0.93); and Allison Roth, 11th in blocks (0.88) ... George Fox went 1-1 versus the Missionaries last season.

Fri., Oct. 7 – vs. Whitworth College, in Newberg, Ore., 7:00 p.m.

Northwest Conference match ... Middle blocker Kristen Turner of Whitworth paces the NWC in blocks with 1.24 per game, ranks 5th in kills (3.39), 7th in hitting pct. (.237), and is a two-time NWC Player of the Week Honorable Mention this season... Other Pirates among the league leaders are Gretchen Smith, 4th in digs (3.80) and 12th in kills (2.63); Nicole Weedman, 5th in assists (9.26) and 9th in aces(0.35); and Abby Jo Hornstein, 4th in aces (0.42) and 5th in digs (3.77) ... As a team, the Pirates are 4th in aces (1.80), 5th in hitting pct. (.164) and blocks (2.02), 6th in assists (10.91) and digs (17.70), and 7th in kills (12.20) ... The Bruins defeated the Pirates in both of their meetings last season.

LAST WEEK:

Sept. 22 – at Willamette 3, George Fox 0 (15-9, 15-11, 15-12)

Sept. 23 – Linfield 3, at George Fox 0 (15-11, 15-8, 15-3)

NORTHWEST CONFERENCE STANDINGS (thru Oct. 1)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	6-0	1.000	-	12-0	1.000
Linfield Wildcats	6-0	1.000	-	8-4	.667
Whitworth Pirates	4-2	.667	2	9-6	.600
Pacific Lutheran Lutes	3-3	.500	3	7-7	.500
Willamette Bearcats	3-3	.500	3	6-8	.429
Whitman Missionaries	2-4	.333	4	10-6	.625
George Fox Bruins	2-4	.333	4	4-8	.333
Lewis & Clark Pioneers	1-5	.166	5	1-9	.100
Pacific Boxers	0-6	.000	6	1-8	.111

* For more info, contact the NWC website: www.nwcsports.com

BEARCATS HALT BRUINS' TWO-GAME WIN STREAK IN 3-0 MATCH

SALEM, Ore. --- After winning back-to-back matches for the first time this season last weekend, the George Fox University Bruins could not keep their modest two-game win streak going and dropped a 3-0 match to the Willamette University Bearcats in Northwest Conference women's volleyball action Wednesday night (Sept. 27) here at Cone Fieldhouse.

George Fox Volleyball – Oct. 2, 2000 – page 2

The Bruins fell 9-15, 11-15, 12-15, dropping to 4-7 overall and 2-3 in the conference. The Bearcats climbed to 4-6 and 3-3 in the league. **Shelly Schultens (So., MB, The Dalles, Ore.)** led the Bruins on offense with eight kills, but the team hit only a collective .032 for the night to a .112 percentage for the Bearcats. Schultens also had a team-high four blocks. **Lynette Domench (So., MB, Battle Ground, Wash.)** had a good hitting night with seven kills in 17 attempts and a .294 average while chipping with three blocks. **Heidi Vander Stoep (Jr., DS, Woodland, Wash.)** led the Bruins defensively with 15 digs, while **Mindi Yost (So., S, Sisters, Ore.)**, last week's Northwest Conference "Player of the Week", added 11 digs and a game-high 33 assists.

Kelly Sorenson paced the Bearcats with 14 kills and 17 digs.

QUICK EARLY LEADS BOOST LINFIELD PAST BRUINS 3-0

NEWBERG, Ore. --- Jumping out to large leads early in every game, the Linfield College Wildcats captured their fifth straight win, all against Northwest Conference competition, in defeating the George Fox University Bruins 3-0 (15-11, 15-8, 15-3) in women's volleyball Friday night (Sept. 29) here at the Wheeler Sports Center.

The home-standing Bruins dropped their second in a row and fell to 4-8 overall, 2-4 in the conference. The visiting Wildcats climbed to 7-4 overall and maintained at least a share of first place in the league with the University of Puget Sound at 5-0 in conference play.

In the opening game, Linfield jumped out to an 11-3 before George Fox rallied, cutting the margin to 13-11 before the Wildcats nailed down the 15-11 win. In the second contest, it was 10-2 Linfield at one point before the Bruins mounted a mild charge, but it was not enough as the Wildcats prevailed 15-8. In the third game, Linfield raced out to a 14-2 lead before the teams had gone through their service rotation once, and while the Bruins managed several side-outs to prolong the match, the deficit was too much for the home team to make up and they dropped the finale 15-3.

An accurate hitting attack was the key for Linfield as the Wildcats more than doubled the Bruins' attack percentage, .276 to .130. Andrea Beck had 11 kills for Linfield, while Anna Gradek and Denise Lum-Lung added 10 each. Katie Leitheiser led a quintet of Wildcats in double figures in digs with 15 and added 43 assists.

For the Bruins, **Shelly Shultens** was the only player in double figures in kills with 13, and had a game-high four blocks. **Mindi Yost** made 14 digs and passed out 34 assists. **Amy Forbes (Sr., OH, Jackson, Wyo.)** chipped in with 10 digs and nine kills.

BRUIN BITS:

*** In the latest NWC statistics, George Fox ranked 1st in blocks per game (2.57), 3rd in digs (18.35), 6th in kills (12.23), 7th in hitting pct. (.118) and assists (10.67) and 9th in aces (1.06).

*** As of Oct. 1, here is how individual Bruins rank in the NWC stats:

<u>Assists</u>	<u>Rank</u>	<u>Games</u>	<u>Total</u>	<u>Per Game</u>
Mindi Yost	2 nd	48	468	9.75
<u>Digs</u>				
Mindi Yost	7 th	48	179	3.73
<u>Service Aces</u>				
Shelly Schultens	8 th	48	17	0.35
<u>Blocks</u>				
Shelly Shcultens	3 rd	48	52.0	1.08
Lynette Domench	8 th	46	43.0	0.93

COACH STEVE GRANT (428-259 in 19th year at George Fox, 428-257 in 19th year overall)

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 29, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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The home-standing Bruins dropped their second in a row and fell to 4-8 overall, 2-4 in the conference. The visiting Wildcats climbed to 7-4 overall and maintained at least a share of first place in the league with the University of Puget Sound at 5-0 in conference play.

In the opening game, Linfield jumped out to an 11-3 before George Fox rallied, cutting the margin to 13-11 before the Wildcats nailed down the 15-11 win. In the second contest, it was 10-2 Linfield at one point before the Bruins mounted a mild charge, but it was not enough as the Wildcats prevailed 15-8. In the third game, Linfield raced out to a 14-2 lead before the teams had gone through their service rotation once, and while the Bruins managed several side-outs to prolong the match, the deficit was too much for the home team to make up and they dropped the finale 15-3.

An accurate hitting attack was the key for Linfield as the Wildcats more than doubled the Bruins' attack percentage, .276 to .130. Andrea Beck had 11 kills for Linfield, while Anna Gradek and Denise Lum-Lung added 10 each. Katie Leitheiser led a quintet of Wildcats in double figures in digs with 15 and added 43 assists.

For the Bruins, Shelly Shultens was the only player in double figures in kills with 13, and had a game-high four blocks. Mindi Yost, last week's NWC Player of the Week, made 14 digs and passed out 34 assists. Amy Forbes chipped in with 10 digs and nine kills.

George Fox has an open date on Saturday, returning to NWC action next Friday (Oct. 6) at home against Whitman College at 7:00 p.m. Linfield visits Pacific University Saturday (Sept. 30) for a conference match at 7:00 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Wednesday, September 27, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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SALEM, Ore. --- After winning back-to-back matches for the first time this season last weekend, the George Fox University Bruins could not keep their modest two-game win streak going and dropped a 3-0 match to the Willamette University Bearcats in Northwest Conference women's volleyball action Wednesday night (Sept. 27) here at Cone Fieldhouse.

The Bruins fell 9-15, 11-15, 12-15, dropping to 4-7 overall and 2-3 in the conference. The Bearcats climbed to 4-6 and 3-3 in the league.

Shelly Schultens led the Bruins on offense with eight kills, but the team hit only a collective .032 for the night to a .112 percentage for the Bearcats. Schultens also had a team-high four blocks. Lynette Domench had a good hitting night with seven kills in 17 attempts and a .294 average while chipping with three blocks. Heidi Vander Stoep led the Bruins defensively with 15 digs, while Mindi Yost, last week's Northwest Conference "Player of the Week", added 11 digs and a game-high 33 assists.

Kelly Sorenson paced the Bearcats with 14 kills and 17 digs.

The Bruins return to action Friday night (Sept. 30), hosting conference co-leader Linfield College at 7:00 p.m.

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GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 4-6; NWC: 2-2; Home: 1-1; Road: 3-4; Neutral 0-1)

HIGHLIGHTS:

**Bruins End Four-Game Losing Streak, Earn First Two NWC Wins of the Season
Mindi Yost Earns NWC Player of the Week Honors**

Setter **Mindi Yost (So., Sisters, Ore.)** was named the Northwest Conference Player of the Week for Sept. 18-24 after sparking the Bruins to NWC wins over Pacific and Lewis & Clark both offensively and defensively. In a 3-0 sweep of Pacific, she had 39 assists and 17 digs, both match highs, and had two block assists. In a 3-1 win at L&C, she passed out 53 assists, had a team-high 23 digs, and added two solo blocks and four block assists. For the week, in seven games, she totaled 92 assists (13.14 apg), 40 digs (5.71 dpq), and had eight blocks (1.14 bpg).

THIS WEEK:

Wed., Sept. 27 – at Willamette University in Salem, Ore., 7:00 p.m.

Northwest Conference match ... Willamette trails the Bruins by a half-game in the conference standings ... George Fox went 1-1 versus the Bearcats last season.

Fri., Sept. 29 – vs. Linfield College, in Newberg, Ore., 7:00 p.m.

Northwest Conference match ... Linfield (4-0 in NWC play) is led by senior middle blocker Anna Gradek, who was named the NWC Player of the Week for Sept. 11-17 ... The Bruins and Wildcats split their two games last season.

LAST WEEK:

Sept. 22 – at George Fox 3, Pacific 0 (15-3, 15-12, 15-11)

Sept. 23 – George Fox 3, at Lewis & Clark 1, (14-16, 15-10, 15-5, 15-8)

NORTHWEST CONFERENCE STANDINGS (thru Sept. 23)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	4-0	1.000	-	10-0	1.000
Linfield Wildcats	4-0	1.000	-	6-4	.600
Whitworth Pirates	3-1	.750	1	8-5	.615
Whitman Missionaries	2-2	.500	2	10-4	.714
Pacific Lutheran Lutes	2-2	.500	2	6-6	.500
George Fox Bruins	2-2	.500	2	4-6	.400
Willamette Bearcats	2-3	.400	2.5	3-6	.333
Pacific Boxers	0-4	.000	4	1-6	.143
Lewis & Clark Pioneers	0-5	.000	4.5	0-9	.000

* For more info, contact the NWC website: www.nwcsports.com

BRUINS NOTCH FIRST NWC WIN WITH 3-0 DECISION OVER BOXERS

NEWBERG, Ore. --- Rallying from behind in the first two games, then taking control early in the third, the George Fox University Bruins swept the Pacific University Boxers 3-0 for their first Northwest Conference women's volleyball win of the season Friday night (Sept. 22) here at the Wheeler Sports Center.

The Bruins posted scores of 15-3, 15-12, 15-11 in snapping a four-game losing streak while extending the Boxers' skein of losses to four. George Fox is now 3-6 overall and 1-2 in the conference, while Pacific is 1-5 overall and 0-3 in the league.

-more-

George Fox Volleyball – Sept. 25, 2000 – page 2

In the opening game, Pacific jumped out to an early 3-0 lead before the Bruins rallied to go up 4-3. **Lacey Langmade (So., Camas, Wash.)** then served 10 consecutive winning points as the Bruins took control 14-3 and went on to win 15-3.

In the second game, the Boxers again forged ahead, leading at one point 9-3, before the home team recovered. Down 10-11, **Heather Peeples (Fr., Olympia, Wash.)** served consecutive aces to give the Bruins the lead for good, and later in the game added another ace, helping the Bruins to the 15-12 win.

In the final game, it was Bruins' turn to start quickly, taking a 6-0 lead and eventually stretching it to 12-3. Bruins coach Steve Grant pulled several starters at that point and the Boxers took advantage, cutting the lead to 14-11 before the Bruins notched the final point.

Jennifer Westerberg (So., Vancouver, Wash.) with 13 kills and a .281 attack percentage and **Nicole Bostic (Fr., Spokane, Wash.)** with 10 kills and a .318 percentage led the Bruins on offense. Defensively, **Mindi Yost** had 17 digs, Peeples 13, and Westerberg 12, and **Shelly Schultens (So., The Dalles, Ore.)** added 4 blocks. Yost passed out 39 assists.

For the Boxers, Ann Kaltwasser was the top attacker with 9 kills, Kelsey Savage led five Boxers in double figures in digs with 16, and Chris Beck handed out 23 assists.

DEFENSE LIFTS BRUINS PAST LEWIS & CLARK 3-1

PORTLAND, Ore. --- Setter **Mindi Yost** passed out 53 assists and led a quintet of Bruins in double figures in digs with 23, and the Bruins, already leading the Northwest Conference in blocks, recorded 13 more as George Fox University downed the Lewis & Clark College Pioneers 3-1 in women's volleyball action Saturday night (Sept. 23) here at the Pamplin Sports Center.

The Bruins, despite leading 14-6 and having a chance at game point, could not put the home-standing Pioneers away in the first game and eventually fell 14-16, but recovered to take the next three 15-10, 15-5, 15-8.

In addition to Yost's digs, **Amy Forbes (Sr., Jackson, Wyo.)** added 14, **Heidi Vander Stoep (Jr., Woodland, Wash.)** 12, and **Heather Peeples** and **Jennifer Westerberg** 11 each as the Bruins outdug the Pioneers 102-75. **Shelly Schultens** led the George Fox blockers with 7 and Yost chipped in with 6. On offense, Schultens was the only Bruin in double figures with 12 kills, but Forbes, Westerberg, and **Nicole Bostic** had 9 each. Schultens had a fine night, hitting .375 for the match.

Erin Comstock, Devon McGinnis, and Krissy Forry had 9 kills each for Lewis & Clark, Comstock had 25 digs, and Lizzie Woodburn passed out 35 assists.

The Bruins notched their second straight conference win and improved to 4-6 overall, 2-2 in the NWC. The Pioneers dropped to 0-9 overall and 0-5 in the league.

BRUIN BITS:

*** In the latest NWC statistics, George Fox ranked 1st in blocks per game with 2.61.

*** As of Sept. 23, here is how individual Bruins rank in the NWC stats:

<u>Kills</u>		<u>Rank</u>	<u>Games</u>	<u>Total</u>	<u>Per Game</u>
	Nicole Bostic	12 th	36	98	2.72
<u>Assists</u>					
	Mindi Yost	3 rd	42	401	9.55
<u>Digs</u>					
	Mindi Yost	6 th (tie)	42	154	3.67
<u>Service Aces</u>					
	Shelly Schultens	6 th	42	16	0.41
<u>Blocks</u>					
	Shelly Schultens	4 th	42	44.0	1.05
	Lynette Domench	6 th	40	40.0	1.00

*** After a 19-7 season (12-4 NWC), George Fox was picked third in the 2000 pre-season coaches' poll, receiving 58 total points.

COACH STEVE GRANT (428-257 in 19th year at George Fox, 428-257 in 19th year overall)

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 23, 2000 --- For Immediate Release

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The Bruins notched their second straight conference win and improved to 4-6 overall, 2-2 in the NWC. The Pioneers dropped to 0-9 overall and 0-5 in the league. George Fox returns to the court Wednesday, Sept. 27, visiting Willamette University in Salem for a 7:00 p.m. conference contest.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 22, 2000 --- For Immediate Release

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NEWBERG, Ore. --- Rallying from behind in the first two games, then taking control early in the third, the George Fox University Bruins swept the Pacific University Boxers 3-0 for their first Northwest Conference women's volleyball win of the season Friday night (Sept. 22) here at the Wheeler Sports Center.

The Bruins posted scores of 15-3, 15-12, 15-11 in snapping a four-game losing streak while extending the Boxers' skein of losses to four. George Fox is now 3-6 overall and 1-2 in the conference, while Pacific is 1-5 overall and 0-3 in the league.

In the opening game, Pacific jumped out to an early 3-0 lead before the Bruins rallied to go up 4-3. Lacey Langmade then served 10 consecutive winning points as the Bruins took control 14-3 and went on to win 15-3.

In the second game, the Boxers again forged ahead, leading at one point 9-3, before the home team recovered. Down 10-11, Heather Peeples served consecutive aces to give the Bruins the lead for good, and later in the game added another ace, helping the Bruins to the 15-12 win.

In the final game, it was Bruins' turn to start quickly, taking a 6-0 lead and eventually stretching it to 12-3. Bruins coach Steve Grant pulled several starters at that point and the Boxers took advantage, cutting the lead to 14-11 before the Bruins notched the final point.

Jennifer Westerberg with 13 kills and a .281 attack percentage and Nicole Bostic with 10 kills and a .318 percentage led the Bruins on offense. Defensively, Mindi Yost had 17 digs, Peeples 13, and Westerberg 12, and Shelly Schultens added 4 blocks. Yost passed out 39 assists.

For the Boxers, Ann Kaltwasser was the top attacker with 9 kills, Kelsey Savage led five Boxers in double figures in digs with 16, and Chris Beck handed out 23 assists.

George Fox visits Lewis & Clark College for a conference contest Saturday (Sept. 23) at 7:00 p.m., while Pacific will host pre-season conference favorite Pacific Lutheran University Saturday at 4:00 p.m. in a match at Forest Grove High School.

Monday, September 18, 2000 --- For Immediate Release
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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Athletic website: www.georgefox.edu/athletics

GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 2-6; NWC: 0-2; Home: 0-1; Road: 2-4; Neutral 0-1)

HIGHLIGHTS:

**Bruins Open Conference Season with Pair of Loses to PLU and UPS
Lewis & Clark Matches Switch Sites (see this week's preview below)**

THIS WEEK:

Fri., Sept. 22 – vs. Pacific University, in Newberg, Ore., 7:00 p.m.

Northwest Conference opener for the Bruins ... George Fox was picked 3rd in the pre-season NWC coaches' poll, Pacific 8th ... The Bruins defeated Pacific in both meetings last season, winning 3-0 (15-11, 15-9, 15-3) in Newberg and 3-0 (15-7, 15-12, 15-3) in Forest Grove.

Sat., Sept. 23 – at Lewis & Clark College, in Portland, Ore., 7:00 p.m.

Northwest Conference match ... This game was originally set for Newberg, but due to a scheduling conflict at L&C's Pamplin Sports Center on Oct. 21, this week's game has been switched to Portland and the Oct. 21 match will be played at George Fox, game time still at 7:00 p.m. ... The Pioneers were picked 9th in the pre-season NWC coaches' poll ... The Bruins swept the Pioneers last year, winning in Newberg 3-0 (15-5, 15-3, 15-4) and in Portland 3-0 (15-8, 15-13, 15-8) ... The Pioneers were 0-24 last year and are still seeking their first win of 2000 under new head coach Michelle Peterson ... Pioneer setter Lizzie Woodburn earned Honorable Mention as NWC Player of the Week for the week of Sept. 11-17.

LAST WEEK:

Sept. 15 – at Pacific Lutheran 3, George Fox 2 (10-15, 15-13, 16-14, 12-15, 5-15)

Sept. 16 – at Puget Sound 3, George Fox 0, (7-15, 6-15, 6-15)

NORTHWEST CONFERENCE STANDINGS (thru Sept. 17)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	2-0	1.000	-	8-0	1.000
Whitman Missionaries	2-0	1.000	-	10-2	.833
Whitworth Pirates	2-0	1.000	-	7-4	.636
Linfield Wildcats	2-0	1.000	-	4-4	.500
Pacific Lutheran Lutes	1-1	.500	1	5-5	.500
George Fox Bruins	0-2	.000	2	2-6	.250
Pacific Boxers	0-2	.000	2	1-3	.250
Willamette Bearcats	0-2	.000	2	1-5	.166
Lewis & Clark Pioneers	0-2	.000	2	0-6	.000

* For more info, contact the NWC website: www.nwcsports.com

BRUINS PUSH PLU TO THE EDGE BEFORE FALLING IN FIVE

TACOMA, Wash. --- In the Northwest Conference opener for both teams, the George Fox University Bruins pushed defending champion and pre-season favorite Pacific Lutheran University to the wire before the home-standing Lutes prevailed 3-2 in women's volleyball Friday night (Sept. 15) at Olson Auditorium.

The Bruins at one point held a 2-1 lead in games but could not put the Lutes away, eventually falling 10-15, 15-13, 16-14, 12-15, 5-15. It was the third straight loss for the Bruins, who fell to 2-5 overall and 0-1 in the conference, while Pacific Lutheran improved to 5-4 and 1-0.

-more-

George Fox Volleyball – Sept. 18, 2000 – page 2

Middle blockers **Shelly Schultens** (So., The Dalles, Ore.) with 17 and **Lynette Domench** (So., Battle Ground, Wash.) with 12 were the only Bruins in double figures in kills. Setter **Mindi Yost** (So., Sisters, Ore.) passed off for 32 assists and led the defensive effort with a career-high 27 digs. **Domench** also had four solo blocks.

Cara Smith with 22 kills and Erin McGinn with 12 were the top attackers for the Lutes.

BRUINS FALL IN THREE STRAIGHT TO UNBEATEN LOGGERS

TACOMA, Wash. --- They may not have been the pre-season conference favorites, but the University of Puget Sound Loggers continued to serve notice that they will be a force to be reckoned with in Northwest Conference women's volleyball this season, handing the George Fox University Bruins a 3-0 setback Saturday night (Sept. 16) at Memorial Fieldhouse.

It was the second time the two teams had met this season (they played on Sept. 2 in the Pikes Peak Challenge in Colorado Springs, Colo.), and the result was similar to their first meeting, the Bruins falling this time by scores of 7-15, 6-15, 6-15.

Outside hitter Eileen Gamache and middle hitter Karen Elmgren combined for 30 kills in the match as the Loggers hit .282 to .008 for the Bruins. The Bruins committed 28 hitting errors. George Fox was led by **Amy Forbes** (Sr., Jackson, Wyo.) with eight kills and **Jennifer Westerberg** (Jr., Vancouver, Wash.) had six. The Loggers also dominated net play with 13 blocking assists. Lindsie Weber led Puget Sound in assists with 46 and **Mindi Yost** had 22 assists for the Bruins.

George Fox led 2-1 in the first game before the Loggers ran off a string of points, putting UPS in the lead 10-7, and they finished out the game by a score of 15-7. In game two, the Loggers jumped ahead 9-1 before the Bruins could rally back to a 10-6 score, but UPS put it away by running off five straight points for the 15-6 victory. Game three had the Bruins with the early lead 2-1, only the second time the Bruins had led all match, but the Loggers put a string of points together to take a 7-4 lead and cruised to a 15-6 win.

UPS won its eighth in a row and is now 8-0 overall and 2-0 in the NWC. George Fox falls to 2-6 overall and 0-2 in NWC.

BRUIN BITS:

***** Bruins as a team in the latest NWC statistics:**

Hitting pct.	5th	.143
Kills/pg	2nd	12.15
Assists/pg	4th	10.11
Aces/pg	5th	1.11
Blocks/pg	1st	2.69
Digs/pg	4th	14.96

***** Bruins individually in the latest NWC statistics:**

Hitting pct.	Lacey Langmade (10th, .216)
Kills/pg	Nicole Bostic (7th, 2.96); Shelly Schultens (10th, 2.37)
Assists/pg	Mindi Yost (2nd, 9.26)
Aces/pg	Shelly Schultens (4th, 0.44)
Blocks/pg	Shelly Schultens (3rd, 1.04); Lynette Domench (6th, 0.92)
Digs/pg	Mindi Yost (7th, 2.74), Nicole Bostic (8th, 2.65)

COACH STEVE GRANT (426-257 in 19th year at George Fox, 426-257 in 19th year overall):

On Pacific Lutheran: "I thought we played much better against PLU that we did last week. I know we had fewer unforced errors. We were in it all the way until the last game. PLU is a good hitting team, but I think they miss their All-Conference setter from last year and don't appear to be quite as sharp as they were."

On Puget Sound: "We made 'way too many hitting mistakes and were hitting balls into the net all night long. UPS appears to be the class of the conference this year and won't lose many matches."

George Fox Volleyball – Sept. 18, 2000 – page 2

On this week's opponents: "I haven't seen Pacific, so all I know about them is the latest I've read from their press releases. Lewis & Clark I have seen, and with their new coach, they are a much-improved ballclub, even though their record doesn't show it yet. Any road game is going to be a challenge for us this year, and this one will take our best effort, I'm sure. One of the things we want our team to do is keep an eye toward the big picture and not get frustrated by each individual setback. Each game for us is like a deposit in the bank of experience, but we aren't at the point yet where we can go any time we want to and make a 'withdrawal' on our experience to win a match."

GEORGE FOX UNIVERSITY "BRUINS" 2000 VOLLEYBALL RESULTS

<u>DATE</u>		<u>OPPONENT</u>	<u>W/L</u>	<u>SCORE</u>
9/1	#	vs Howard Payne	W	3-2 (6-15, 15-2, 15-9, 13-15, 15-5)
9/1	#	vs Concordia-Austin	L	2-3 (18-16, 9-15, 11-15, 15-13, 16-18)
9/2	#	vs Puget Sound	L	0-3 (4-15, 8-15, 9-15)
9/2	#	at Colorado College	W	3-2 (15-13, 3-15, 15-13, 2-15, 15-11)
9/8		LA VERNE	L	2-3 (15-10, 15-9, 8-15, 11-15, 10-15)
9/9	+	vs Seattle	L	1-3 (8-15, 12-15, 15-5, 10-15)
9/15	*	at Pacific Lutheran	L	2-3 (10-15, 15-13, 16-14, 12-15, 5-15)
9/16	*	at Puget Sound	L	0-3 (7-15, 6-15, 6-15)
9/22	*	PACIFIC	Newberg, Ore.	7:00 p.m.
9/23	*	LEWIS & CLARK	Newberg, Ore.	7:00 p.m.
9/27	*	at Willamette	Salem, Ore.	7:00 p.m.
9/29	*	LINFIELD	Newberg, Ore.	7:00 p.m.
10/6	*	WHITMAN	Newberg, Ore.	7:00 p.m.
10/7	*	WHITWORTH	Newberg, Ore.	7:00 p.m.
10/13	*	PACIFIC LUTHERAN	Newberg, Ore.	7:00 p.m.
10/14	*	PUGET SOUND	Newberg, Ore.	7:00 p.m.
10/20	*	at Pacific	Forest Grove, Ore.	7:00 p.m.
10/21	*	at Lewis & Clark	Portland, Ore.	7:00 p.m.
10/27	*	at Linfield	McMinnville, Ore.	7:00 p.m.
10/28	*	WILLAMETTE	Newberg, Ore.	7:00 p.m.
11/3	*	at Whitman	Walla Walla, Wash.	7:00 p.m.
11/4	*	at Whitworth	Spokane, Wash.	7:00 p.m.
11/9-11		NCAA Division III First Round	on-campus	TBA
11/17-18		NCAA Division III Quarterfinals	on-campus	TBA
12/1-2		NCAA Division III Finals	on-campus	TBA

- Pikes Peak Challenge, Colorado Springs, Colo.

* - Northwest Conference match

+ - at Lewis & Clark, Portland, Ore.

Home games in **BOLD CAPS**

Home games played at Wheeler Sports Center/Miller Gym

All times Pacific and subject to change

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 16, 2000 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu

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BRUINS FALL IN THREE STRAIGHT TO UNBEATEN LOGGERS

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Outside hitter Eileen Gamache and middle hitter Karen Elmgren combined for 30 kills in the match as the Loggers hit .282 to .008 for the Bruins. The Bruins committed 28 hitting errors. George Fox was led by Amy Forbes with eight kills and Jennifer Westerberg had six. The Loggers also dominated net play with 13 blocking assists. Lindsie Weber led Puget Sound in assists with 46 and Mindi Yost had 22 assists for the Bruins.

George Fox led 2-1 in the first game before the Loggers ran off a string of points, putting UPS in the lead 10-7, and they finished out the game by a score of 15-7. In game two, the Loggers jumped ahead 9-1 before the Bruins could rally back to a 10-6 score, but UPS put it away by running off five straight points for the 15-6 victory. Game three had the Bruins with the early lead 2-1, only the second time the Bruins had led all match, but the Loggers put a string of points together to take a 7-4 lead and cruised to a 15-6 win.

UPS won its eighth in a row and is now 8-0 overall and 2-0 in the NWC. George Fox falls to 2-6 overall and 0-2 in NWC. The Loggers play at home this Wednesday (Sept. 20) at 7:00 p.m. against Pacific Lutheran, while the Bruins host Pacific University on Friday (Sept. 22) at 7:00 p.m.

On another scheduling note, the Bruins and Lewis & Clark Pioneers have switched home sites for their two matches due to a scheduling conflict the Pioneers have for their Pamplin Sports Center on Oct. 21. The two will now play in Portland on Sept. 23 and in Newberg on Oct. 21, with the 7:00 p.m. start times remaining the same.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 15, 2000 --- For Immediate Release

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BRUINS PUSH PLU TO THE EDGE BEFORE FALLING IN FIVE

TACOMA, Wash. --- In the Northwest Conference opener for both teams, the George Fox University Bruins pushed defending champion and pre-season favorite Pacific Lutheran University to the wire before the home-standing Lutes prevailed 3-2 in women's volleyball Friday night (Sept. 15) here at Olson Auditorium.

The Bruins at one point held a 2-1 lead in games but could not put the Lutes away, eventually falling 10-15, 15-13, 16-14, 12-15, 5-15. It was the third straight loss for George Fox, which fell to 2-5 overall and 0-1 in the conference, while Pacific Lutheran improved to 5-4 and 1-0.

Middle blockers Shelly Schultens with 17 and Lynette Domench with 12 were the only Bruins in double figures in kills. Setter Mindi Yost passed off for 32 assists and led the defensive effort with a career-high 27 digs. Domench also had four solo blocks.

Cara Smith with 22 kills and Erin McGinn with 12 were the top attackers for the Lutes.

The Bruins continue their Tacoma trip Saturday (Sept. 16) against the undefeated (7-0) University of Puget Sound Loggers, who downed Willamette University 3-0 Friday night. The match tips off at 7:00 p.m. PLU hosts Linfield College in another NWC contest Saturday at 7:00 p.m.

September 11, 2000

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GEORGE FOX WOMEN'S VOLLEYBALL

(Overall: 2-4; NWC: 0-0; Home: 0-1; Road: 2-2; Neutral 0-1)

HIGHLIGHTS:

Bostic Receives Honorable Mention for NWC Player of the Week
Bruins Drop a Pair to La Verne and Seattle
Conference Play Opens This Week at Top Two Pre-Season Picks

THIS WEEK:

Fri., Sept. 15 -- at Pacific Lutheran University, in Tacoma, Wash., 7:00 p.m.

Northwest Conference opener ... The Lutes are defending conference champions and were picked to repeat in the pre-season coaches poll ... The Bruins and Lutes split last year, George Fox winning in Tacoma 3-1 before PLU won in Newberg 3-2 in the regular-season finale, breaking a tie between the two for the conference lead and boosting PLU into post-season play.

Sat., Sept. 16 -- at University of Puget Sound, in Tacoma, Wash., 7:00 p.m.

Northwest Conference match ... The Loggers were picked to finish second in the conference race this season ... UPS and George Fox have already met once this year, the Loggers besting the Bruins 3-0 in the Pikes Peak Challenge in Colorado Springs, Colo., on Sept. 2 ... George Fox swept three matches with the Loggers last year, winning in the Puget Sound Invitational 3-1, in conference play in Newberg 3-2, and in NWC action in Tacoma 3-0.

LAST WEEK:

Sept. 8 -- La Verne 3, at George Fox 2 (15-10, 15-9, 8-15, 11-15, 10-15)

Sept. 9 -- Seattle 3, George Fox 1, at Lewis & Clark, Portland, Ore. (8-15, 12-15, 15-5, 10-15)

NORTHWEST CONFERENCE STANDINGS (thru Sept. 3)

	<i>NWC</i>	<i>Pct.</i>	<i>GB</i>	<i>Overall</i>	<i>Pct.</i>
Puget Sound Loggers	0-0	.000	-	6-0	1.000
Whitman Missionaries	0-0	.000	-	8-2	.800
Whitworth Pirates	0-0	.000	-	5-4	.556
Pacific Boxers	0-0	.000	-	1-1	.500
Pacific Lutheran Lutes	0-0	.000	-	3-4	.429
George Fox Bruins	0-0	.000	-	2-4	.333
Linfield Wildcats	0-0	.000	-	2-4	.333
Willamette Bearcats	0-0	.000	-	1-3	.250
Lewis & Clark Pioneers	0-0	.000	-	0-4	.000

* For more info, contact the NWC website: www.nwcsports.com

BRUINS START FAST BUT CAN'T FINISH OFF LA VERNE IN 3-2 LOSS

NEWBERG, Ore. --- After taking the first two games, the George Fox University Bruins appeared to have their 2000 women's volleyball home season opener well in hand. It was not to be, however, as the University of La Verne Leopards rallied for a 3-2 win over the Bruins Friday night (Sept. 8) at the Wheeler Sports Center.

The youthful Bruins, who have only two seniors and two starters back from last year's 19-7 squad, could not put away the visiting Leopards, who were playing their season opener, and fell 15-10, 15-9, 8-15, 11-15, 10-15, dropping their season record to 2-3.

Outside hitter Amy Brummel, the Southern California Intercollegiate Athletic Conference Player of the Year in 1999, led the La Verne comeback with 22 kills and 21 digs, while Stacey Lupu had 17 kills and Ryan Winn had 45 assists.

George Fox Volleyball – Sept. 11, 2000 – page 2

George Fox was led by freshman hitter **Nicole Bostic (Fr., Spokane, Wash.)**, who had 18 kills and 14 assists, while sophomore hitter **Lacey Langmade (So., Camas, Wash.)** added 10 kills and 11 digs. The Bruins had six players in double figures in digs, led by sophomore setter **Mindi Yost (So., Sisters, Ore.)**, who had 18 to go with a match-high 47 assists.

BRUINS FALL IN FOUR GAMES TO IMPROVED SEATTLE TEAM

PORTLAND, Ore. --- Last year's Seattle University women's volleyball team struggled to a 2-20 record. This year the Redhawks appear to be much improved, as the George Fox University Bruins found out here Saturday afternoon (Sept. 9) at Lewis & Clark College's Pamplin Sports Center, dropping a 3-1 decision to the visitors from Washington.

The Bruins fell 8-15, 12-15, 15-5, 10-15, for their second loss in a row. Only in the third game, when they got off to an 8-0 lead and hit .296 for the game, were the Bruins able to maintain any kind of consistent attack.

George Fox was led on offense by **Jennifer Westerberg (Jr., Vancouver, Wash.)**, who had 15 kills and hit .367 for the game. **Nicole Bostic** added 14 kills, and **Shelly Schultens (So, The Dalles, Ore.)** had 11 before leaving the match in the fourth game with a slightly sprained ankle. She is expected to return in time for next weekend's games.

Bostic had a game-high 26 digs on defense for the Bruins, **Westerberg** had 18, and **Mindi Yost** added 16 digs and a game-high 49 assists.

For Seattle, Clare Fontana led the way with 17 kills and 23 digs, while Lora Burris added 12 kills. Marie Horner chipped in with 17 digs. Cassandra Hussey and Lindsay Somner split setting duties with 29 and 22 assists respectively.

BRUIN BITS:

*** Freshman outside hitter **Nicole Bostic** received Honorable Mention for Northwest Conference Player of the Week for the week of Sept. 4-10. Bostic recorded 32 kills and 40 digs in a pair of Bruins losses to La Verne and Seattle. She had 14 kills, hitting .143, and 26 digs vs. La Verne, with one assist and two block assists. Against Seattle, she had 18 kills, hitting .212, with 14 digs, two blocks solo and two block assists.

*** **Bostic** and sophomore setter **Mindi Yost** were both named to the All-Tournament Team at the Pikes Peak Challenge Sept. 1-2. Bostic had 35 kills, 30 digs, and seven blocks in four matches, while Yost had 181 assists and 49 digs in the tournament.

*** After a 19-7 season (12-4 NWC), George Fox was picked third in in the 2000 pre-season coaches' poll, receiving 58 total points.

COACH STEVE GRANT (426-255 in 19th year at George Fox, 426-255 in 19th year overall):

On the La Verne and Seattle matches: "Our biggest struggle this weekend was ballhandling, particularly our serve receptions. We have to work on getting the ball to our setter in better position. On the upside, our attitude is still positive, and our hitters are getting stronger, hitting harder and more intelligently at times. We still have a few people who are not at full strength -- Shelly Schultens twisted an ankle against Seattle, although she's expected back for the weekend, and Jen Westerberg is about over an early-season injury -- but we'll be all right when we have everybody healthy and they get some more experience."

On the Pacific Lutheran-Puget Sound conference games: "Well, at least we get the toughest ones out of the way first! PLU and UPS are two excellent teams; we've already seen what UPS can do, and PLU is the conference favorite. We'll give them both a battle, though."

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 9, 2000 --- For Immediate Release

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George Fox was led on offense by Jennifer Westerberg, who had 15 kills and hit .367 for the game. Nicole Bostic added 14 kills, and Shelly Schultens had 11 before leaving the match in the fourth game with a slightly sprained ankle. She is expected to return in time for next weekend's games.

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For Seattle, Clare Fontana led the way with 17 kills and 23 digs, while Lora Burris added 12 kills. Marie Horner chipped in with 17 digs. Cassandra Hussey and Lindsay Somner split setting duties with 29 and 22 assists respectively.

George Fox fell to 2-4 on the season, and returns to action Friday (Sept. 15) when the Bruins open Northwest Conference play at pre-season conference favorite Pacific Lutheran University. Game time is 7:00 p.m. in Tacoma. Seattle, 3-5, heads home to open its home slate against PLU Tuesday (Sept. 11) at 7:00 p.m.

George Fox University

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 8, 2000 --- For Immediate Release

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The Bruins will try to even their record Saturday (Sept. 9) with a neutral-site match against Seattle University, playing at Lewis & Clark College in Portland at 2:00 p.m. La Verne will play two matches Saturday at Lewis & Clark, meeting Willamette University at 12:00 noon and the host team at 7:30 p.m.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Saturday, September 2, 1999 --- For Immediate Release

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BRUINS UPSET 13TH-RANKED COLORADO COLLEGE IN PIKES PEAK CHALLENGE

COLORADO SPRINGS, Colo. --- After falling 3-0 to Northwest Conference rival the University of Puget Sound earlier in the day, the George Fox University Bruins rebounded to stun tournament host Colorado College, 13th-ranked in the NCAA Division III pre-season poll, 3-2 in the Pikes Peak Volleyball Challenge here Saturday (Sept. 2).

The Bruins fell to the Loggers of UPS, who won the tournament with a 4-0 record, by scores of 4-15, 8-15, 9-15, but rebounded to defeat the host Tigers 15-13, 3-15, 15-13, 2-15, 15-11. Colorado College, Concordia University-Austin, and George Fox all were 2-2, while Howard Payne University finished 0-4.

Freshman outside hitter Nicole Bostic and sophomore setter Mindi Yost were named to the All-Tournament team for the Bruins, as were middle blocker LaQuinta Dawson of Concordia, setter Larissa Enns and rightside hitter Carrie Repp of Colorado College, and setter Lindsie Weber and middle blocker Karen Elmgren of Puget Sound. UPS outside hitter Eileen Gamache was named the tournament Most Valuable Player.

George Fox returns to action in its home opener Friday, Sept. 8, hosting the University of La Verne at the Wheeler Sports Center in Newberg at 7:00 p.m. The Bruins also play the next day against Seattle University at 2:00 p.m. in a match that will be played at Lewis & Clark College in Portland, as Seattle is also playing Lewis & Clark later that day.

GEORGE FOX UNIVERSITY

SPORTS PRESS RELEASE --- WOMEN'S VOLLEYBALL

Friday, September 1, 1999 --- For Immediate Release

Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
(O) 503-554-2127 (FAX) 503-554-3830 (H) 503-554-8067

BRUINS OPEN SEASON WITH SPLIT IN PIKES PEAK CHALLENGE

COLORADO SPRINGS, Colo. --- Going five games in both their matches, the George Fox University Bruins opened their 2000 volleyball season with a 3-2 win over Howard Payne University and a 3-2 loss to Concordia University-Austin in the first day of play in the Pikes Peak Challenge Friday (Sept. 1) here at Colorado College.

The Bruins posted a 6-15, 15-2, 15-9, 13-15, 15-5 win over HPU, but fell 18-16, 9-15, 11-15, 15-13, 16-18 to CUA. George Fox held a 14-11 lead in the final game of the Concordia match but could not put the Tornadoes away.

Freshman outside hitter Nicole Bostic led the Bruins with a 16-kill, 6-dig effort in the HPU, and came back with 12 kills in the Concordia loss.

The Bruins play two more matches in the tournament Saturday (Sept. 2). They will play Northwest Conference rival University of Puget Sound, which beat Concordia 3-0 and Colorado College 3-1, at 2:00 p.m. (1:00 p.m. Pacific time), then meet 13th-ranked Colorado College, which lost 3-1 to UPS and beat Howard Payne 3-0, at 6:00 p.m. (5:00 p.m. Pacific time).

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GEORGE FOX VOLLEYBALL

George Fox 2000 Volleyball Pre-Season Outlook ---

BRUINS MUST OVERCOME INEXPERIENCE FOR SUCCESSFUL 2000 SEASON

With the loss of four starters and one part-time starter, including three All-Conference performers, the George Fox University Bruins will have to overcome a world of inexperience if they are to scale the heights of the Northwest Conference during the 2000 volleyball season.

Last year's team posted a 19-7 record, the 13th straight winning season for the Bruins, went 12-4 in the conference to tie for second, and just missed an at-large bid to the NCAA Division III Tournament with a tough five-set loss to Pacific Lutheran, which went on to post-season play, in the home finale. Repeating such efforts will be a real challenge for the Bruins and veteran coach **Steve Grant**.

"There's no doubt we have some huge holes to fill," admits Grant, whose 18-year record, all at George Fox, is 424-251. "This will be the youngest group I've had in many years, and youth coupled with little experience by the returning players is a difficult combination. Still, we have some potential, and have made significant improvements in pre-season, so we have a lot of hope."

Bruins Lose Three All-Conference Players

The Bruins no longer have the services of outside hitter Sharon Barnett and middle blocker Beth Davis, both First Team All-NWC selections, and Second Team All-NWC middle blocker Wendy Clark. Barnett was conference Player of the Year for the second year in a row, led the league and was 24th in the nation in kills (4.21 kpg), and ended her four-year career as the all-time Bruin leader in kills (1,449) and digs (1,641). Davis led the NWC in blocks (1.39 bpg), topped the team in digs (275), averaged 3.54 kills a game, and was seventh all-time in career kills (1,123). Both Barnett and Davis were NCAA All-West Region, while Davis was a GTE Academic All-America District VIII pick. Clark was 16th in the nation in blocks (1.27) and averaged 2.58 kills a game.

"Barnett and Davis were impact players as freshmen, and we just don't have anyone now who can step in and contribute the way they did in their first year," Grant says.

Also gone are starting defensive specialist Stacie Wilton, who totaled 122 digs, and setter Tristan Nicholas, a part-time starter who was second on the team in assists (419) and assist average (9.31).

Returning Starters Are Young

Shouldering the leadership roles as returning starters are middle **blocker Shelly Schultens (So., The Dalles, Ore.)** and setter **Mindi Yost (So., Sisters, Ore.)**. Schultens was third on the team in blocks (65, 0.81 bpg), fifth in kills (131), and led the team in service aces (19). Yost led the Bruins in assists (607) with a per-game average of 11.45, which would have led the conference and ranked 20th nationally had she played enough games to qualify.

"Shelly is switching from right outside hitter to middle blocker," Grant notes, "and is rapidly making the adjustments needed to be productive in that spot. Mindi has the potential to be the best defensive setter here since Jamie Suehiro in '93, and she's a solid setter whose decision-making and location are improving day-by-day. She gives us a solid foundation to build around in a most important position."

-more-

Expected to move into the lineup as key players are left outside hitter **Jennifer Westerberg (Jr., Vancouver, Wash.)**, who was third on the team in digs (155) and fourth in kills (135), and right outside hitter **Heidi Vander Stoep (Jr., Woodland, Wash.)**, who recorded 105 digs.

"Jen is our most experienced returner as a junior," says Grant, "and brings some explosiveness to our outside attack. Heidi is a bit short for an outside hitter but is very quick and a pretty good blocker. She's also an excellent defensive player who could see some time as a defensive specialist."

Two other veterans who will compete for playing time at outside hitter are the team's only seniors, **Amy Forbes (Sr., Jackson, Wyo.)**, who had 85 kills and 92 digs, and **Bree Stairs (Sr., McMinnville, Ore.)**, the daughter of George Fox athletic director Craig Taylor, had five kills and 45 digs as a reserve.

"Amy has great jumping ability and has been focusing on her jump technique and arm swing, which should increase her production," says Grant. "Bree is our team captain, a leader both on and off the court, and can play defensive specialist as well."

Lynette Domench (So., Battle Ground, Wash.) moved up from the junior varsity in mid-season and showed promise as a middle blocker with 11 kills and four blocks. Says Grant, "Lynette is still trying to adjust to the intricacies of college play, but she's very athletic and very quick and is constantly improving."

Top Newcomers

With the addition of **Lacey Langmade (So., Camas, Wash.)** from the junior varsity program and newcomer **Nicole Bostic (Fr., Spokane, Wash.)**, the left outside hitter position will be the team's deepest this year. "Lacey is a very intelligent player who makes few mistakes, spreads the ball around, and is a good blocker," Grant says. "Nicole has impressed as a pretty strong hitter, good passer, and with a maturity beyond her years."

At middle blocker, Blue Mountain Community College transfer **Heidi Stuelpnagel (Jr., Portland, Ore.)** and rookie **Jeni Nelson (Fr., Seattle, Wash.)** will compete for playing time. "Heidi has the potential to be the best middle blocker on the team," predicts Grant, "while Jeni has been a pleasant surprise. Both are also candidates for the right outside hitter position."

Laura Bonner (Fr., Kennewick, Wash.) is another potential outside hitter, while **Heather Peeples (Jr., Olympia, Wash.)**, a transfer from Vanguard University, is a leading candidate for the defensive specialist starting spot. **Tausha Doramus (Fr., Greenleaf, Idaho)** will spell Yost at setter. Two other players from the junior varsity program, **Sara Sendele (So., Weiser, Idaho)** and **Angie Frank (So., Lebanon, Ore.)** will provide depth as outside hitters / defensive specialists.

Summary

"The key to our success this year will be if we can learn to play wisely on the offensive end," Grant says. "We will be scrappy and defense-oriented, badgering our opponents by digging and keeping the ball in play, and I expect us to improve throughout the season as our hitters grow more confident."

GEORGE FOX UNIVERSITY "BRUINS" 2000 WOMEN'S VOLLEYBALL QUICK FACTS

UNIVERSITY INFORMATION

Location:	Newberg, Oregon (17,355)
Mailing Address:	414 N. Meridian St. Newberg, OR 97132
Founded:	1891
Denomination:	Evangelical Friends (Quakers)
Enrollment:	2,432
President:	Dr. David Brandt

Faculty Athletic Rep:	Diane Wood
Switchboard Phone:	(503) 538-8383
Website:	www.georgefox.edu

ATHLETICS INFORMATION

Nickname:	Bruins
Colors:	Navy Blue & Old Gold
Affiliation (yrs):	NCAA Division III (2nd)
Region:	West Region

Conference (yrs): Northwest Conference (6th)
 Director of Athletics: Craig Taylor
 Office Phone: (503) 554-2911
 Assoc. Dir. of Athletics: Pat Bailey
 Office Phone: (503) 554-2914
 Athletics Secretary: Patty Findley
 Office Phone: (503) 554-2910
 Athletics Trainer: Dale Isaak
 Office Phone: (503) 554-2916
 Assistant Ath. Trainer: Karen Hostetter
 (503) 554-2922
 Athletics FAX: (503) 554-3864

Office Phone: (503) 554-8246
 Sports Information FAX: (503) 554-3830

COACHING STAFF

Head Coach: Steve Grant
 Alma Mater: (Biola '69)
 GFU Record: 424-251, 18 yrs
 Overall Record: 424-251, 18 yrs
 Office Phone: (503) 554-2920
 Assistant Coach: Mike McConaughey
 Alma Mater: (George Fox '93)
 Assistant Coach: Kari Guyer
 (George Fox '98)

SPORTS INFORMATION OFFICE

Sports Info Director: Blair Cash
 Office Phone: (503) 554-2127
 Home Phone: (503) 554-8067
 E-mail: bcash@georgefox.edu
 Student Assistant SIDs: Brian Durick
 John Felton
 Ernie Sturzinger
 Office Phone: (503) 554-2139

Marketing & Promotions: Michelle Becker

Key Returnees

Shelly Schultens (S) 6-0, MB, So., The Dalles, Ore.
 Mindy Yost (S) 5-7, S, So., Rogue River, Ore.
 Jennifer Westerberg 5-9, OH, Jr., Vancouver, Wash.

Key Losses

Sharon Barnett (S) 5-9, OH, Sr., Salem, Ore.
 Beth Davis (S) 5-11, MB, Sr., Salem, Ore.
 Wendy Clark (S) 5-11, MB, Sr., Bainbridge Is., Wash.
 Stacie Wilton (S) 5-8, OH, Sr., Tigard, Ore.
 Tristan Nicholas 5-6, S, Sr., Camano Island, Wash.

TEAM INFORMATION

Home Court: Wheeler Sports Center /
 Miller Gym
 Capacity: 2,750
 1999 Overall Record: 19-7
 1999 Conference Record: 12-4, 2nd (tie)
 1999 Post-Season: None
 Letterwinners Back/Lost: 7/7
 Starters Back/Lost: 2/4

Kills Digs Assists Honors

131 81 19
 28 146 606
 135 155 4

Kills Digs Assists Honors

299 254 7 NWC Player/Yr, All-Region
 326 275 14 All-NWC, All-Region
 219 66 12 All-NWC 2nd Team
 11 122 2
 21 87 419

Top Newcomers Ht., Pos., Hometown (Previous School)

Heather Peeples 5-5, DS, Olympia, Wash. (Vanguard University)
 Kelsey Baron 5-9, OH, Clatskanie, Wash. (runs track for GFU)
 Heidi Stuelpnagel 5-11, MB, Portland, Ore. (Lincoln HS, Blue Mountain CC)
 Nicole Bostic 5-8, OH, Spokane, Wash. (North Central HS)
 Laura Bonner 5-7, OH, Kennewick, Wash. (Kamiakin HS)

**GEORGE FOX UNIVERSITY "BRUINS"
 2000 WOMEN'S VOLLEYBALL ROSTER**

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Ht.</u>	<u>Yr./El.</u>	<u>Hometown (Previous School)</u>
1	Amy Forbes	OH	5-7	Sr./Sr.	Jackson, Wyo. (Jackson Hole HS)
2	Heather Peeples	DS	5-5	Jr./Jr.	Olympia, Wash. (Vanguard University)
3	Mindi Yost	S	5-7	So./So.	Sisters, Ore. (Rogue River HS)
4	Jeni Nelson	MB	5-11	Fr./Fr.	Seattle, Wash. (Cedar Park Christian School)
5	Bree Stairs	OH	5-9	Sr./Sr.	McMinnville, Ore. (McMinnville HS)
6	Lynette Domench	MB	5-10	So./So.	Battle Ground, Wash. (Battle Ground HS)
7	Laura Bonner	OH	5-7	Fr./Fr.	Kennewick, Wash. (Kamiakin HS)
8	Jennifer Westerberg	OH	5-9	Jr./Jr.	Vancouver, Wash. (Clark College)
9	Heidi Vander Stoep	OH/DS	5-9	Jr./Jr.	Woodland, Wash. (Woodland HS)
10 *	Angie Frank	OH/DS	5-7	So./So.	Lebanon, Ore. (East Linn Christian Academy)
10 *	Sara Sendele	OH	5-8	So./So.	Weiser, Idaho (Weiser HS)
11	Shelly Schultens	MB	6-0	So./So.	The Dalles, Ore. (The Dalles HS)
12	Tausha Doramus	S	5-8	Fr./Fr.	Greenleaf, Idaho (Greenleaf Friends Academy)
13	Nicole Bostic	OH	5-8	Fr./Fr.	Spokane, Wash. (North Central HS)
14	Heidi Stuelpnagel	MB	5-11	Jr./Jr.	Portland, Ore. (Blue Mountain CC)
15	Lacey Langmade	OH	5-10	So./So.	Camas, Wash. (Camas HS)

* - will alternate wearing #10

Head Coach: Steve Grant

Assistant Coaches: Mike McConaughy, Kari Guyer

GEORGE FOX UNIVERSITY "BRUINS"
2000 VOLLEYBALL SCHEDULE

<u>DATE</u>	<u>DAY</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
<u>September</u>				
1	Fri.	# vs Howard Payne University	Colorado Springs, Colo.	11:00 a.m.
1	Fri.	# vs Concordia University-Austin	Colorado Springs, Colo.	3:00 p.m.
2	Sat.	# vs University of Puget Sound	Colorado Springs, Colo.	1:00 p.m.
2	Sat.	# at Colorado College	Colorado Springs, Colo.	5:00 p.m.
8	Fri.	UNIVERSITY OF LA VERNE	Newberg, Ore.	7:00 p.m.
9	Sat.	SEATTLE UNIVERSITY	Newberg, Ore.	2:00 p.m.
9	Sat.	ALUMNI GAME (exhibition)	Newberg, Ore.	7:30 p.m.
15	Fri.	* at Pacific Lutheran University	Tacoma, Wash.	7:00 p.m.
16	Sat.	* at University of Puget Sound	Tacoma, Wash.	7:00 p.m.
22	Fri.	* PACIFIC UNIVERSITY	Newberg, Ore.	7:00 p.m.
23	Sat.	* LEWIS & CLARK COLLEGE	Newberg, Ore.	7:00 p.m.
27	Wed.	* at Willamette University	Salem, Ore.	7:00 p.m.
29	Fri.	* LINFIELD COLLEGE	Newberg, Ore.	7:00 p.m.
<u>October</u>				
6	Fri.	* WHITMAN COLLEGE	Newberg, Ore.	7:00 p.m.
7	Sat.	* WHITWORTH COLLEGE	Newberg, Ore.	7:00 p.m.
13	Fri.	* PACIFIC LUTHERAN UNIVERSITY	Newberg, Ore.	7:00 p.m.
14	Sat.	* UNIVERSITY OF PUGET SOUND	Newberg, Ore.	7:00 p.m.
20	Fri.	* at Pacific University	Forest Grove, Ore.	7:00 p.m.
21	Sat.	* at Lewis & Clark College	Portland, Ore.	7:00 p.m.
27	Fri.	* at Linfield College	McMinnville, Ore.	7:00 p.m.
28	Sat.	* WILLAMETTE UNIVERSITY	Newberg, Ore.	7:00 p.m.
<u>November</u>				
3	Fri.	* at Whitman College	Walla Walla, Wash.	7:00 p.m.
4	Sat.	* at Whitworth College	Spokane, Wash.	7:00 p.m.
9-11	Thu.-Sat.	NCAA Division III First Round	on-campus	TBA
17-18	Fri.-Sat.	NCAA Division III Quarterfinals	on-campus	TBA
<u>December</u>				
1-2	Fri.-Sat.	NCAA Division III Finals	on-campus	TBA

- Pikes Peak Challenge, Colorado Springs, Colo.

* - Northwest Conference match

Home games in **BOLD CAPS**

Home games played at Wheeler Sports Center/Miller Gym

All times Pacific and subject to change

Athletic Dept. 503-554-2910 / Sports Info. 503-554-2127

3rd: 7/14/00

Monday, August 21, 2000 --- For Immediate Release
Contact: Blair Cash, SID (E-mail) bcash@georgefox.edu
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GEORGE FOX VOLLEYBALL

BRUINS PICKED 3RD IN NWC; SEASON OPENS SEPT. 1

NEWBERG, Ore. --- George Fox University, co-runner-up in the Northwest Conference volleyball race last year, has been picked to finish third in 2000 in the pre-season poll of conference coaches, while defending champion Pacific Lutheran University is a heavy favorite to repeat its title.

The 2000 campaign gets under way for the Bruins on Friday, Sept. 1, when they take on Howard Payne University at 11:00 a.m. (PST) in the Pikes Peak Challenge in Colorado Springs, Colo.

The Bruins, who were 19-7 overall and 12-4 in the NWC last year, tied for second with Willamette University, one game behind PLU, which was 13-3 in the league, 20-6 overall, and advanced to the second round of the NCAA Division III National Tournament as the NWC's lone representative. The Lutes received eight first-place votes and 88 points from the coaches.

The University of Puget Sound (10-14, NWC 7-9) was picked second with 63 points and received the only other vote for first, followed by George Fox with 58 points, Willamette (17-9, 12-4) with 54, Whitworth College (11-14, 8-8) with 49, Whitman College (15-12, 11-5) with 41, Linfield College (10-13, 6-10) with 34, Pacific University (7-16, 3-13) with 14, and Lewis & Clark College (0-24, 0-16) with 13.

The Bruins lost four starters, including two-time NWC Player of the Year outside hitter Sharon Barnett, First Team All-Conference middle blocker Beth Davis, and Second Team All-Conference middle blocker Wendy Clark. The two returning starters are sophomore hitter Shelly Schultens and sophomore setter Mindi Yost, so the Bruins will be relatively young and inexperienced this season.

Veteran coach Steve Grant returns for his 19th year as the team's mentor, bringing a 424-251 record in his 18 seasons at George Fox.

The Bruins will face Concordia University-Austin, Puget Sound, and the host team, Colorado College, in the Pikes Peak Challenge before returning to Newberg for their home opener on Sept. 8 against the University of La Verne. The Bruins also entertain Seattle University before beginning a 16-game conference schedule Sept. 15 at PLU.

For more information, contact the George Fox sports information office (503-554-2127) or the athletic department (503-554-2910).