

Women's Soccer Named Champions of Character in AAC

-Athletic Update

Appalachian Athletic Conference coaches voted Lady Cavalier Soccer the NAIA Champion of Character for the conference.

This award is given to the team that best demonstrates the five core values of the NAIA: servant leadership, responsibility, sportsmanship, respect and integrity.

The Cavs also boast three individ-

ual awards.

Michelle Convey, a freshman from Coventry, England, walked away from the season earning first team all-conference honors.

Candace Sharpe, a red-shirted sophomore from Hampton, Virginia, took home second-team all-conference and academic all-conference honors.

In addition, Christy Tolliver, a first year junior from Salisbury, North Car-

olina, also received academic all-conference honors.

Women's soccer finished the regular season with a record of 9-11, 4-5 in the conference, 4-6 at home, and 5-5 on the road but went 7-2 in the last half of the season including avenging three losses to opponents from the 2001 season. Montreat will return 13 of 15 members of their roster for 2003.

Lady Tornado Sweeps Victory Away From Lady Cavs

-Athletic Update

December 3, 2002 Montreat NC - The King College Lady Tornado was last seen sweeping through the Swannanoa Valley, this evening raining buckets as the visitors rode a hot 54.5 shooting percentage downing the MC Lady Cavaliers by a score of 83-80. The disappointing loss drops Montreat to 2-5 overall and 1-3 in the Appalachian Athletic Conference. King took a ten point lead into half-time after blistering the nets with 20

of 32 field goals, a percentage of 62.5. They were able to survive missing nine free throws down the stretch as the Lady Cavs mounted a comeback. Montreat took a two point lead with less than two minutes but King was still able to reclaim the lead on an offensive rebound and put back by Rebekah Wilson and two free throws by Jenn Testa. Julie Buchanan's (Bakersville NC) last second three pointer just rimmed out at the buzzer. Buchanan led Montreat with

20 points followed closely by senior Jennifer Brooks (Old Fort NC) with 17, and sophomores Monica Helderman (Newton NC) and Jessica Mills (Marion NC) tallying 15 and 12 respectfully. In less than 48 hours, the Lady Cavs will take the court again at home against the University of Virginia's College at Wise. Double-header action begins at 5:30 PM this Thursday, December 5th, at McAlister Gym on the main campus of Montreat College.

Cook, Tinch Power the Cavs

By Curtis Harris

The Cavalier offense came out strong in its home opener posting a 105 - 94 win in its first conference match up against the Virginia Intermont College Cobras in Appalachian Athletic Conference play on Tuesday, November 19.

At first things were looking bleak for the Cavs after V.I. fought out to a quick 6 - 2 lead in the first three minutes of action. Behind the solid post play of 6'6" small forward Chris

Wise the Cobras looked like a formidable opponent.

Within the first ten minutes of play, the Cobras had a 6 - 5 lead that would be their last. Within a span of one minute, senior Ryan Cook scored five quick points and powered the Cavs to a 7 - 6 lead from which they never looked back and ignited an 11 - 2 run within three minutes.

The first half of play belonged definitely to 6'8" junior transfer Jeremiah Tinch, who massacred the

Cobra Defense for 16 first half points (He finished with 33). Tinch was also impossible to keep off of the boards as he snatched up 10 first half rebounds.

At the close of the first half the Cobras attempted a run that ended when Wise ripped a rebound off the glass and fiercely slammed it home to close the Cavalier lead to ten points.

The second half began as "The Ryan Cook Show." He started the half with a three and kept on gunning. Cooke connected on five threes on five attempts in the half, one at a deep 28-foot-out and lead the Cavs to a 20-point lead which was their biggest of the night. Cook also had 33 points on the night, and connected on 7 of 9 attempts from behind the arch.

6'2" guard Derrick Koufman, and 6'7" 210-pound post man Brian Simon of V.I. showed their scoring abilities in the second half, but Kaufman's 29 points and Simons 19 just weren't enough for the Cobras to break much ground against the potent offensive attack of the Cavaliers.

Grady Named All-Conference in Volleyball

-Athletic Update

Sophomore setter, Katie Grady (Morganton NC) was named first team All Appalachian Athletic Conference in Bristol, Tennessee November 17 at the 2002 AAC Volleyball Tournament.

"If the hitters didn't put the ball away, I wouldn't get the sets. So, it's team thing," says Grady enthusiastically. "It feels really good. Life is good. Volleyball is good. It's all good!"

"I am happy for Katie," said first year coach Ed Garrett. "She has worked hard for this honor and she'd be the first to tell you that it was because of her teammates that she was honored tonight."

Grady was 4th in the conference in total assists per game, carried a .28 attack percentage, and added 30 aces, 165 digs, and 24 blocks while being once named AAC Setter of the Week.

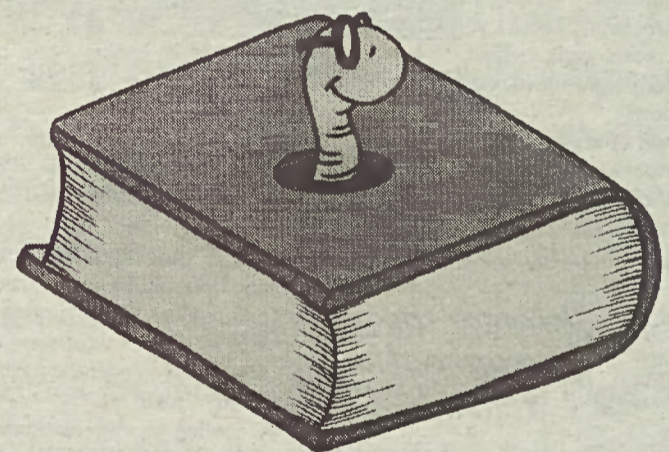
"It's not easy making the transition to a new coach," said Garrett, "but Katie has stepped into her new role and has done well. I'm just thankful to have her for another two years, and I can only imagine what she can accomplish as a junior and senior."

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