

sports

Sports Activity Schedule

Women's Cross Country Away @Belmont Invitational Sat, 9 Oct, 9am	Men's Soccer Away @ North Greenville Wed, 20 Oct, 4pm
Volleyball Home v. Cumberland Sat, 9 Oct, 10am	Women's Soccer Away @ Bryan Wed, 20 Oct, 6pm
Women's Soccer Home v. King SENIOR DAY Sat, 9 Oct, 1pm	Volleyball Away @ King Wed, 20 Oct, 6:30pm
Volleyball Home v. Southern Virginia Sat, 9 Oct, 3pm	Volleyball Home v. Bryan Fri, 22 Oct, 6:30pm
Men's Soccer Home v. King Sat, 9 Oct, 3:30pm	Women's Cross Country Away @ Marathon Team Relay Sat, 23 Oct, 8am
Men's Soccer Away @ VA Intermont Mon, 11 Oct, 7:30pm	Women's Soccer Away @ Union Sat, 23 Oct, 1pm
Volleyball Away @ Union Tue, 12 Oct, 7pm	Men's Soccer Away @ Union Sat, 23 Oct, 3:30 pm
Women's Soccer Away @ Mars Hill Wed, 13 Oct, 1pm	Volleyball Home v. Covenant Sat, 23 Oct, 4:30pm
Volleyball Home v. Milligan Wed, 13 Oct, 6:30pm	Volleyball Home v. Bluefield Tue, 26 Oct, 6:30pm
Volleyball Home v. Virginia Intermont Tue, 19 Oct, 6:30pm	Men's Soccer Away @ Brevard Wed, 27 Oct, 3:30pm
	Volleyball Home v. UVA-Wise Thu, 28 Oct, 6:30pm

Cav Volleyball Rebounds after Rough Season Start

by LeAnn Lane

After losing two tough games last week to conference rival Union and Division II Tusculum, the Lady Cavaliers Volleyball team sparked up a new flame in the conference.

The girls took the Virginia Intermont Cobras on their home court on Tuesday, September 28 and raised their confidence with this victory. With momentum rising, the lady Cavaliers won their first home match against ancient rival King College on September 30.

"Our defense right now is amazing," says assistant coach Joy Ramsey. The team has

senior Amy Thompson digging up every hit coming across the net, while freshmen Amanda Welch and Dani Bowers combine for strong hitting abilities. Senior LeAnn Lane is also providing a strong sense of leadership, playing the net as well as defense.

This year, Montreat is working with two setters who also work well as hitters on the front line. Senior Katie Grady and junior Nicole Scheidt fill these amazing roles easily. Newcomers Alison Williams, Christina Sprinkle and Stephanie Hosack provide the team with more depth coming

from the bench to the front line and on defense respectively.

"I couldn't be more proud of my girls," says head coach Stephanie Pace. "We are definitely setting a mark in the conference this year."

As the girls take a four-day break from games, they will reload for more momentum for two non-conference home games against Cumberland and Southern Virginia on Oct. 9.

Riser, Warner, and Kelly Set School Record at Citizen-Times Race

-Press Release

Three new names have been added to the all-time leader board at Montreat College as a result of Saturday's Asheville Citizen-Times 5K road race. Appropriately named "The Magnificent Seven" by head coach Don McMahill, the list notes the seven fastest times ever recorded by Lady Cavalier runners.

Sophomore Megan Riser (Marion NC) made the list with a time of 22:15, the fourth best all-time performance in women's cross country, fresh-

man Faith Warner (Wilmington NC) clocked 23:24 placing her sixth all-time, while junior Alicia Kelly (Belmont NC) finished with a solid 23:30 and is now 7th all-time.

Other Montreat students running well included senior Tarbell Patten (Chattanooga TN) who finished 35th overall in the men's division with a time of 22:15, and red-shirt freshman Kathryn Busman (Alpharetta GA) who clocked 28:14 for 115th

place. Patten and Kelly received medallions for finishing 3rd in their respective age divisions.

Saturday's 5K race, which drew 159 runners, was held in downtown Asheville in conjunction with the popular Asheville Citizen-Times Half-Marathon.

The Cavaliers next travel to Belmont, North Carolina on Saturday, October 9, for an intercollegiate cross country meet hosted by Belmont Abby College. The women are scheduled to run at 9:00 AM.



FCA Regroups and Expands

by Mary Jane Shafer

FCA stands for the Fellowship of Christian Athletes, an interdominational, school-based, Christian sports organization. It seeks to encourage, support, equip, and empower others to make a difference for Christ.

Anyone who has an interest in FCA and its ministry is welcome to participate. In the past few years at Montreat, there has been a mix of both athletes and non-athletes attending FCA's Game Nights and Huddle Meetings. Every other week a Game Night is scheduled, while Huddle Meetings operate on the other weeks.

Historically, Game Nights have drawn the most people

because it is a way to relieve stress and experience great fellowship through playing volleyball, old-school foursquare, interactive floor hockey, intensive indoor soccer, and wiffle ball games.

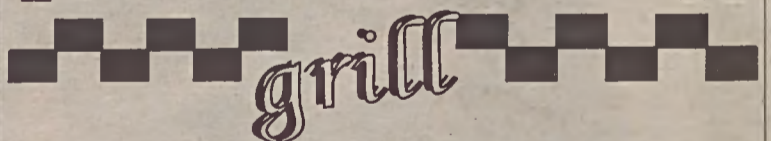
The first official FCA Game Night was Tuesday, September 21, where the wiffle ball game stretched to 12 innings. FCA held their first Huddle Meeting on Monday evening, October 5. These meetings include games, snacks, praise and worship, guest speakers, video clips of Christian athletes, Bible studies, and discussions with fellow Montreatians.

This year, the FCA at Montreat

College hopes to be an active supporter of all athletic teams through encouragement and prayer. FCA wants to be aware of the concerns one has as an athlete and a student at Montreat, and ways that we can better serve you.

Therefore, please be encouraged to approach, talk to, and request prayer from any of the leaders of FCA. Those leaders include: associate head coach of men's basketball, Jonathan Bennet, juniors Laura Gortney and Mary Jane Shafer, sophomore Tim Lewis, and head coach of women's softball, Crystal Lingerfelt.

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