

Volleyball

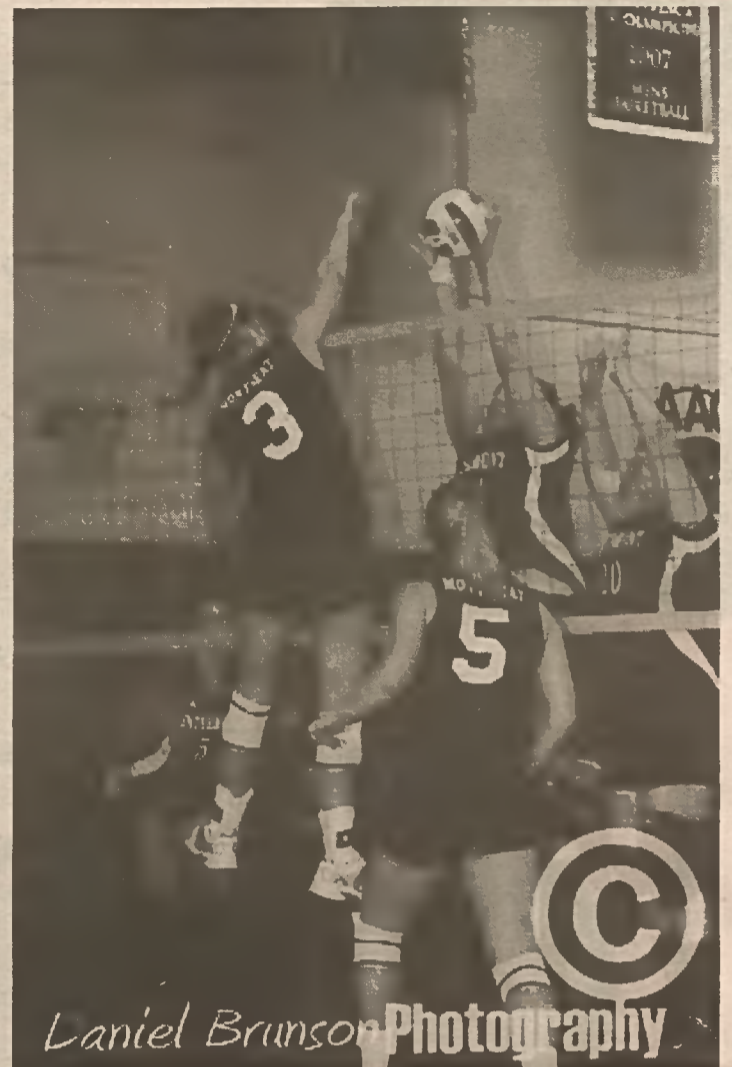
Allie Bea

First and foremost, we the Montreat volleyball team want to thank our fans. You guys are the best fans in the AAC, actually the best fans compared to any team we have played. Seriously. You all give us so much energy and we brag about you how awesome you are, pretty much all the time. So please accept this thank you, because you all deserve it! We have some pretty big home matches coming up against AAC foes and non-conference teams. We would love to see you at our games against Bluefield (Oct. 22), North Greenville University (Oct. 27), Mars Hill Col-

lege (Oct. 29), Union College (Oct. 31) which is also our Senior day/night, and if you want to make the one hour drive to Milligan College on the third of November, we would be eternally grateful to you because they hate our guts.

Now for a quick recap/update of our season, we are 19-11 overall, 9-2 in the AAC, ranked 3rd in the AAC, we have had three players receive AAC Player of the Week honors, we have had two girls receive All-Tournament Honors (one received this honor at two different tournaments), one of our girls earned her 1000th kill, we are

ranked in the NAIA Division I top ten for Total Blocks, Total Service Aces and Total Digs, we are ranked in the top fifteen in Total Assists and Total Kills and we are ranked in the top twenty-five in Blocks per game. This stats may seem boring, but they are results of the hard work that we put in during the Summer and the work we are putting in now. We are planning on continuing to work hard and hopefully bring back the Conference Championship Title. Thank you all again for your support!



Women's Cross Country

Elisabeth Elliot

The Lady Cavaliers started the season off with an opener at our home cross country course located at the black mountain campus. We were led by teammate Lindsay Mizok. She ran a good hard race and finished strongly for our team. From there our team moved on to a meet at Appalachian State. This race was a difficult one because there were areas with stand-

ing water at least ankle deep but we were still led by Lindsay with a great time. Overall the team ran pretty well but soreness and exhaustion set in and we felt the effects. During fall break we competed at Furman University, as a team we struggled a little but Kayla Suiter ran great ran. We have a meet in Louisville Kentucky October 24, where we will also get the opportunity to help

the community in eastern Kentucky. Then we have two weeks off and our conference meet will be on November 7. This meet will determine who makes it to the national cross country meet in Vancouver Washington. We would love for a big crowd to come and support us this day.

Men's Cross Country

Daniel Dunn

This year the Men's Cross Country team is excited to be hosting the conference meet on the Black Mountain Campus on Nov 7. This is the biggest race of the season and we hope that we will have a lot of support on that morning. The team is starting to shape up as we get closer to the confer-

ence race. Though the first couple of races didn't go as planned, the Cavaliers Cross Country team is looking to try to take hold of the number two spot in the conference. Some new contribution to the team, Freshman Noah Hall and Winston Rheinbolt should help the men. The top five

on the team (Wilbourn Kosgei, Ben Hall, Daniel Dunn, Will Musto, and Jared Nielson) are all trying to make it to the National Championships in Vancouver, Washington. The completion is tough in the conference, but we will be sure to have some runners make it individually at least.