



Jeff Ligney
Director of Media Relations

1110 Washington Ave.
Bay City, MI 48708
Voice: (989) 894-2529 Fax: (989) 894-2825
E-mail: jligney@gliac.org
web site: www.gliac.org/2003/fall/volleyball/

For Release: Thursday, Nov. 13, 2003, after 9 p.m.

GVSU's Sabrina Bird Named 2003 GLIAC Volleyball Player Of The Year

GLIAC Honors: HC's Rudland, Freshman of the Year; LSSU's James Libero of the Year, NMU's Moore Coach of the Year

BAY CITY, Mich. -- Grand Valley State University senior middle blocker **Sabrina Bird** (Hopkins, Mich.) was named 2003 Great Lakes Intercollegiate Athletic Conference (GLIAC) volleyball "Player of the Year" in voting conducted by the league's coaches. Hillsdale College's **Taryn Rudland** (Holland, Mich./West Ottawa) was tabbed "Freshman of the Year," while Lake Superior State University's **Kristy James** (Grand Rapids, Mich./Kenowa Hills) earned "Libero of the Year" honors. Northern Michigan University's **Jim Moore** was named "Coach of the Year" by his peers.

Bird ranks third in the GLIAC with a .374 hitting percentage. She has tallied 70 aces this season and her 0.62 aces/game also ranks third in the conference. A 2002 All-GLIAC Second-Team honoree, Bird led #22 Grand Valley State to a second place finish in the North Division (16-2). She has been named GLIAC North Player of the Week three times this season, leading the Lakers in kills (377), service aces (70), solo blocks (22), and assisted blocks (99). Her 306 career assisted blocks ranks fifth in GVSU annals.

Rudland is ranked sixth overall in the GLIAC with a .329 hitting percentage and third in total blocks with 107 this season. She leads the Chargers in kills (313), block solos (40) and block assists (67). Rudland has posted 10-plus kills in 17 matches this season, including a season-high 17 kills on five different occasions. She posted a season-best seven blocks against Mercyhurst on Sept. 19.

James averaged a GLIAC-leading 4.94 digs per game during the 2003 season to become the Lakers' all-time dig leader. After totaling a school-record 565 digs as a sophomore and 541 this season, she now has 1,323 career digs. James totaled 30 or more digs in three matches this season, including a season-high 32 in a five-game victory over Wayne State on Oct. 10.

Moore in his first season of his second stint at Northern Michigan, led the Wildcats to a 23-0 overall regular season record and an 18-0 mark in the GLIAC. This season marks the first time that the 'Cats have posted an undefeated regular season. Moore was at NMU from 1989-93, leading NMU to the NCAA Division II Championship in 1993 with an overall record of 38-1. Moore was named the 1993 National Coach of the Year, and has three AVCA/Tachikara Great Lakes Region "Coach of the Year" awards to his credit. This is Moore's third GLIAC "Coach of the Year" award, having earned the title in 1991 and 1992.

Four teams posted a pair of players each on the 2003 All-GLIAC first team. Joining Bird and Rudland on the first team are: Grand Valley State senior setter **Nicole Bayle**; Gannon University senior setter **Jessamyn Deemer**; Northern Michigan junior middle blocker **Aimee DeWitte** and sophomore right-side hitter **Jennie Little**; Ferris State University junior outside hitter **Karla Fairbanks** and junior setter **Ashley Green**; the University of Findlay senior outside hitter **Kara Heitmeyer**; Northwood University sophomore outside hitter **Jelena Mijatovic** and junior outside hitter **Sladjana Vasiljevic**; and Ashland University junior outside hitter **Carrie Ritchie**.

-more-

2003 GLIAC Volleyball Postseason Awards All-Conference Teams

(page 2 of 2)

Player of the Year:

Sabrina Bird, Grand Valley State University
(Senior, Middle Blocker, Hopkins, Mich.)

Libero of the Year:

Kristy James, Lake Superior State University
(Junior, Libero, Grand Rapids, Mich, Kenowa Hills)

Freshman of the Year:

Taryn Rudland, Hillsdale College
(Freshman, Middle Hitter, Holland, Mich./West Ottawa)

Coach of the Year:

Jim Moore, Northern Michigan University

All-GLIAC First-Team

<u>Name</u>	<u>School</u>	<u>Yr.</u>	<u>Position</u>	<u>Hometown</u>
Nicole Bayle	Grand Valley State	Sr.	S	Fruitport, Mich.
Sabrina Bird	Grand Valley State	Sr.	MB	Hopkins, Mich.
Jessamyn Deemer	Gannon	Sr.	S	Conneaut Lake, Pa.
Aimee DeWitte	Northern Michigan	Jr.	MB	St. Charles, Ill.
Karla Fairbanks	Ferris State	Jr.	OH	Rogers City, Mich.
Ashley Green	Ferris State	Jr.	S	Pittsburgh, Pa./Baldwin
Kara Heitmeyer	Findlay	Sr.	OH	Bluffton, Ohio/Pandora
Jennie Little	Northern Michigan	So.	RSH	Rhodes, Mich.
Jelena Mijatovic	Northwood	So.	OH	Belgrade, Serbia
Carrie Ritchie	Ashland	Jr.	OH	Mansfield, Ohio/Madison
Taryn Rudland	Hillsdale	Fr.	MH	Holland, Mich./West Ottawa
Sladjana Vasiljevic	Northwood	Jr.	OH	Sarajevo, Bosnia

All-GLIAC Second-Team

Jenn Barba	Mercyhurst	Sr.	MH	Meadville, Pa.
Kelly Byrnes	Findlay	Fr.	S	Cincinnati, Ohio/Ursuline Academy
Becky Grzegorski	Hillsdale	Fr.	RSH	Jenison, Mich.
Megan Heisler	Gannon	Jr.	MH	Bryan, Ohio
Lyndsi Hughes	Mercyhurst	Jr.	OH	Grove City, Pa.
Rebecca Kaukola	Michigan Tech	Jr.	MH	Fairfax, Minn./GFW
Ashley Kiel	Northern Michigan	Fr.	MB	Allenton, Wis.
Tracy Kirk	Grand Valley State	So.	MB	Cadillac, Mich.
Kelly Pohlman	Findlay	Jr.	MH	Maria Stein, Ohio/Marion Local
Andrea Smith	Northern Michigan	So.	OH	Ironwood, Mich.
Megan Smolen	Wayne State	So.	OH	Grosse Ile, Mich.
Laura Zaskowski	Northwood	Sr.	OH	Grand Rapids, Mich./Forest Hills Northern

All-GLIAC Honorable Mention

Mandi Altomari	Gannon	Sr.	OH	Pittsburgh, Pa./Baldwin
Angie Camp	Ashland	Fr.	S	Norwalk, Ohio/St. Paul
Kari Clapham	Mercyhurst	So.	S	North Ridgeville, Ohio/Elyria
Holly Greenamyre	Northern Michigan	So.	MB	Omaha, Neb.
Brittney Godlewski	Ferris State	Sr.	Lib.	St. Clair Township, Mich./Marysville
Rebecca Hague	Wayne State	Sr.	S	Leamington, Ontario
Lindsey Karshner	Findlay	Sr.	MH	Ashville, Ohio/Teays Valley
Kristin Klock	Michigan Tech	Sr.	S	Kirkland, Ill./Hiawatha
Sara Lieber	Saginaw Valley State	Sr.	S	Davison, Mich.
Stephanie Maciasz	Grand Valley State	Jr.	OH	Lake Odessa, Mich./Lakewood
Karin Poschke	Hillsdale	Jr.	S	Stevensville, Mich./Lakeshore
Tiffany Van Hemm	Northwood	Sr.	OH/Lib.	Troy, Mich./Bishop Foley
Vanessa Vincent	Lake Superior State	So.	OH	Holly, Mich.