

THE SOUTH ATLANTIC CONFERENCE

226 North Park Drive, Gateway Plaza, Suite 130, Rock Hill, SC 29730
PH (803) 981-5240, FAX (803) 981-9444 www.thesac.com
Contact: Dennis Switzer E-mail dennis@thesac.com

2009 VOLLEYBALL REPORT - WEEK 5

2008 SOUTH ATLANTIC CONFERENCE VOLLEYBALL STANDINGS (Through matches played on Sunday, September 27)

TEAM	SAC	PCT	ALL	PCT	H	A	N	ST
Wingate	5-0	1.000	16-1	.941	6-0	4-0	6-1	W4
Lincoln Memorial	3-0	1.000	11-2	.846	5-0	2-0	4-2	W6
Carson-Newman	2-1	.667	8-5	.615	5-1	1-2	2-2	W2
Catawba	2-3	.400	8-6	.571	2-2	1-2	5-2	L1
Tusculum	2-3	.400	9-7	.563	4-2	2-2	3-3	W2
Newberry	2-3	.400	10-8	.556	1-1	2-4	7-3	L1
Lenoir-Rhyne	1-2	.333	13-5	.722	5-0	4-3	4-2	L3
Brevard	1-3	.250	9-4	.692	3-3	4-1	2-0	W2
Mars Hill	1-4	.200	7-6	.538	2-2	2-2	3-2	L4

LAST WEEK'S RESULTS

Tuesday, September 22
CARSON-NEWMAN 3, TUSCULUM 1 (20-25, 25-11, 25-17, 25-22)
LINCOLN MEMORIAL UNIV. 3, MARS HILL 0 (25-13, 25-13, 25-23)
Lees-McRae 3, Lenoir-Rhyne 1 (18-25, 26-24, 25-23, 25-11)

Wednesday, September 23
WINGATE 3, BREVARD 0 (25-13, 25-9, 25-19)

Friday, September 25
Brevard 3, Queens Univ. of Charlotte 0 (25-23, 25-17, 25-19)
CATAWBA 3, LENOIR-RHYNE 0 ((25-16, 25-9, 25-22))
NEWBERRY 3, MARS HILL 0 (25-23, 25-16, 26-24)
Tusculum 3, Converse 0 (25-15, 25-15, 25-20)

Saturday, September 26
BREVARD 3, CATAWBA 0 ((25-19, 27-25, 25-18))
WINGATE 3, LENOIR-RHYNE 0 (25-17, 25-20, 25-13)
TUSCULUM 3, NEWBERRY 2 (21-25, 25-17, 25-10, 20-25, 15-5)

THIS WEEK'S SCHEDULE

Tuesday, September 29
MARS HILL AT CARSON-NEWMAN, 6:30 p.m.
LINCOLN MEMORIAL UNIV. AT TUSCULUM, 6:30 p.m.
Brevard at North Greenville, 7 p.m.
USC Aiken at Wingate, 7 p.m.

Wednesday, September 30
Newberry at North Greenville, 7 p.m.

Friday, October 2
LINCOLN MEMORIAL UNIV. AT BREVARD, 6 p.m.
CARSON-NEWMAN AT LENOIR-RHYNE, 6:30 p.m.
North Greenville at Mars Hill, 7 p.m.
CATAWBA AT NEWBERRY, 7 p.m.
Tusculum at Limestone, 7 p.m.

Saturday, October 3
CARSON-NEWMAN AT BREVARD, 1 p.m.
WINGATE AT NEWBERRY, 1:30 p.m.
Catawba at Lander, 2 p.m.
LINCOLN MEMORIAL UNIV. AT LENOIR-RHYNE, 2 p.m.
Tusculum at St. Andrews Presbyterian, 3 p.m.



Wingate's Gale, Carson-Newman's Cutter named SAC Players of the Week



ROCK HILL, S.C. — Wingate University middle blocker Stormi Gale and Carson-Newman setter Stephanie Cutter have been named Volleyball Player and Specialist of the Week, the league announced Monday.

Gale, a junior from Richmond, Texas (Fort Bend Austin HS) helped lead the Bulldogs to a pair of conference victories during the week as the Bulldogs remained perfect in SAC play and extended their SAC winning streak to 35. Gale averaged 3.67 kills per set while hitting .400 for the week. She also collected 1.5 digs and 0.67 blocks per set to go along with two aces. Gale had 11 kills, three blocks and three aces while hitting .381 against Brevard. She added 11 kills and six digs with a .417 hitting percentage in the 3-0 win over Lenoir-Rhyne.

Cutter dished out 55 assists (13.75 assists per set) in Carson-Newman's only match of the week, a 3-1 victory over Tusculum. The Murfreesboro, Tenn. (Univ. of South Alabama) native was just one assist shy of tying her career record. Cutter also recorded 15 digs to complete the double-double. For the season, Cutter leads C-N, averaging 8.07 assists per set.

2009 SAC VOLLEYBALL PLAYERS OF THE WEEK

DATE	PLAYER	POS	SCHOOL				
8/31	Lauren Billo	OH	Wingate	9/28	Stormi Gale	MB	Wingate
	Liz Willis	S	Wingate		Stephanie Cutter	S	Carson-Newman
9/8	Katelin Wensley	OH	Lenoir-Rhyne				
	Meredith Lutz	S	Lenoir-Rhyne				
9/14	Stormi Gale	MB	Wingate				
	Maggie Malone	Lib	Wingate				
9/21	Candace Richardson	OH	LMU				
	Lauren Kiwacka	S	LMU				



The 2009 South Atlantic Conference Volleyball Report is provided for use in print and broadcast by media in North Carolina, South Carolina, and Tennessee throughout the season. Any additional information can be reached by contacting the SAC office or a SAC member school sports information office.

Food Lion is the title sponsor for all South Atlantic Conference championships.

2009 SAC VOLLEYBALL RESULTS

BREVARD (1-3 SAC, 9-4)

DATE	OPPONENT	RESULT
8/29	vs. Mountain State (at Montreat, NC)	W, 3-0
	vs. Reinhardt (at Montreat, NC)	W, 3-1
	at Montreat	W, 3-1
9/2	at Belmont Abbey	W, 3-0
9/5	Southern Wesleyan	L, 2-3
9/8	LENOIR-RHYNE	L, 2-3
9/12	Converse	W, 3-1
	North Greenville	W, 3-2
9/15	NEWBERRY	L, 0-3
9/19	at Coker	W, 3-1
9/23	AT WINGATE	L, 0-3
9/25	Queens Univ. of Charlotte	W, 3-0
9/26	AT CATAWBA	W, 3-0
9/29	at North Greenville	7 pm
10/2	LINCOLN MEMORIAL UNIV.	6 pm
10/3	CARSON-NEWMAN	1 pm
10/7	Montreat	7 pm
10/9	MARS HILL	7 pm
10/10	TUSCULUM	1 pm
10/13	AT NEWBERRY	7 pm
10/16	AT LENOIR-RHYNE	7 pm
10/21	WINGATE	7 pm
10/24	CATAWBA	2 pm
10/27	at King (Tenn.)	6:30 pm
10/30	AT LINCOLN MEMORIAL UNIV.	6:30 pm
10/31	AT CARSON-NEWMAN	3 pm
11/3	AT TUSCULUM	7 pm
11/6	AT MARS HILL	7 pm
11/7	Columbia (S.C.)	2 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

CARSON-NEWMAN (2-1 SAC, 8-5)

DATE	OPPONENT	RESULT
8/28	Glenville St.	W, 3-0
	Francis Marion	W, 3-1
8/29	Texas A&M-Kingsville	L, 0-3
	Charleston (W.Va.)	W, 3-0
9/1	at King (Tenn.)	L, 0-3
9/4	vs. Mount Olive (at Banner Elk, NC)	W, 3-0
	vs. Flagler (at Banner Elk, NC)	L, 0-3
9/5	at Lees-McRae	W, 3-1
	vs. West Alabama (at Banner Elk, NC)	L, 0-3
9/12	vs. Anderson (S.C.) (at Harrogate, TN)	W, 3-1
9/15	AT LINCOLN MEMORIAL UNIV.	L, 0-3
9/19	NEWBERRY	W, 3-1
9/22	TUSCULUM	W, 3-1
9/29	MARS HILL	6:30 pm
10/2	AT LENOIR-RHYNE	6:30 pm
10/3	AT BREVARD	1 pm
10/9	WINGATE	6:30 pm
10/10	CATAWBA	11:30 am
10/13	LINCOLN MEMORIAL UNIV.	6:30 pm
10/17	AT NEWBERRY	3 pm
10/20	AT TUSCULUM	6:30 pm
10/23	Queens Univ. of Charlotte	6 pm
10/24	Montevallo	10:30 am
	West Georgia	1 pm
10/27	AT MARS HILL	7 pm
10/30	LENOIR-RHYNE	6:30 pm
10/31	BREVARD	3 pm
11/3	King (Tenn.)	6:30 pm
11/6	AT WINGATE	7 pm
11/7	AT CATAWBA	3 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

CATAWBA (2-3 SAC, 8-6)

DATE	OPPONENT	RESULT
8/28	vs. Fayetteville St. (at Hickory, NC)	W, 3-0
	vs. UNC Pembroke (at Hickory, NC)	W, 3-1
8/29	vs. Limestone (at Hickory, NC)	W, 3-2
	vs. Belmont Abbey (at Hickory, NC)	W, 3-0
9/4	vs. Augusta State (at Aiken, SC)	W, 3-0
	vs. Florida tech (at Aiken, SC)	L, 1-3
9/5	vs. Armstrong Atlantic St. (at Aiken, SC)	L, 2-3
	at USC Aiken	L, 1-3
9/8	WINGATE	L, 0-3
9/10	Pfeiffer	W, 3-1
9/18	AT MARS HILL	W, 3-1
9/19	AT TUSCULUM	L, 0-3
9/25	LENOIR-RHYNE	W, 3-0
9/26	BREVARD	L, 0-3
10/2	AT NEWBERRY	7 pm
10/3	at Lander	2 pm
10/9	AT LINCOLN MEMORIAL UNIV.	6:30 pm
10/10	AT CARSON-NEWMAN	11:30 am
10/13	AT WINGATE	7 pm
10/16	MARS HILL	7 pm
10/17	TUSCULUM	2 pm
10/21	AT LENOIR-RHYNE	7 pm
10/24	AT BREVARD	2 pm
10/30	NEWBERRY	7 pm
11/6	LINCOLN MEMORIAL UNIV.	6:30 pm
11/7	CARSON-NEWMAN	5 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

LENOIR-RHYNE (1-2 SAC, 13-5)

DATE	OPPONENT	RESULT
8/27	King (Tenn.)	W, 3-2
8/28	Belmont Abbey	W, 3-0
	Coker	W, 3-0
8/29	UNC Pembroke	W, 3-1
	Pfeiffer	W, 3-0
9/4	at Francis Marion	W, 3-0
	vs. Erskine (at Florence, SC)	W, 3-1
9/5	vs. Charleston (W.Va.) (at Florence, SC)	W, 3-1
	vs. UNC Pembroke (at Florence, SC)	W, 3-1
9/8	AT BREVARD	W, 3-2
9/11	vs. Augusta St. (at Gaffney, SC)	L, 1-3
	vs. Mount Olive (at Gaffney, SC)	W, 3-1
9/12	vs. USC Aiken (at Gaffney, SC)	L, 0-3
	at Limestone	W, 3-1
9/17	at Montreat	W, 3-0
9/22	at Lees-McRae	L, 1-3
9/25	AT CATAWBA	L, 0-3
9/26	AT WINGATE	L, 0-3
10/2	CARSON-NEWMAN	6:30 pm
10/3	LINCOLN MEMORIAL UNIV.	2 pm
10/6	AT MARS HILL	7 pm
10/9	TUSCULUM	7 pm
10/10	NEWBERRY	Noon
10/13	Lander	7 pm
10/16	BREVARD	7 pm
10/17	at Belmont Abbey	2 pm
10/21	CATAWBA	7 pm
10/23	AT TUSCULUM	7 pm
10/27	WINGATE	7 pm
10/30	AT CARSON-NEWMAN	6:30 pm
10/31	AT LINCOLN MEMORIAL UNIV.	3 pm
11/3	MARS HILL	2 pm
11/7	AT NEWBERRY	2 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

LINCOLN MEMORIAL (3-0 SAC, 11-2)

DATE	OPPONENT	RESULT
8/28	vs. Francis Marion (at Jefferson City, TN)	L, 1-3
	vs. Glenville St. (at Jefferson City, TN)	W, 3-1
8/29	vs. Charleston (W.Va.) (at Jefferson City, TN)	W, 3-0
	vs. Davis and Elkins (at Jefferson City, TN)	W, 3-0
9/4	at Lees-McRae	W, 3-1
	vs. Mount Olive (at Banner Elk, NC)	W, 3-0
9/5	vs. West Alabama (at Banner Elk, NC)	L, 0-3
9/8	at Kentucky St.	W, 3-0
9/12	Anderson (S.C.)	W, 3-0
9/15	CARSON-NEWMAN	W, 3-0
9/18	NEWBERRY	W, 3-1
9/19	Tennessee Wesleyan	W, 3-0
9/22	MARS HILL	W, 3-0
9/29	AT TUSCULUM	6:30 pm
10/2	AT BREVARD	6 pm
10/3	AT LENOIR-RHYNE	2 pm
10/9	CATAWBA	6:30 pm
10/10	WINGATE	4 pm
10/13	AT CARSON-NEWMAN	6:30 pm
10/16	AT NEWBERRY	7 pm
10/17	vs. Chowan (at Tigerville, SC)	2 pm
	at North Greenville	4 pm
10/20	AT MARS HILL	7 pm
10/23	vs. Queens (at Jefferson City, TN)	3:30 pm
	vs. Montevallo (at Jefferson City, TN)	6 pm
10/27	TUSCULUM	6:30 pm
10/30	BREVARD	6:30 pm
10/31	LENOIR-RHYNE	3 pm
11/6	AT CATAWBA	6:30 pm
11/7	AT WINGATE	4 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

MARS HILL (1-4 SAC, 7-6)

DATE	OPPONENT	RESULT
8/28	vs. Virginia St. (at Anderson, SC)	W, 3-0
8/29	vs. North Greenville (at Anderson, SC)	W, 3-0
	vs. West Alabama (at Anderson, SC)	L, 0-3
9/1	Milligan	W, 3-1
9/4	vs. North Greenville (at Gaffney, SC)	W, 3-0
9/5	vs. Lander (at Gaffney, SC)	L, 1-3
	at Limestone	W, 3-0
9/9	at Queens Univ. of Charlotte	W, 3-0
9/15	TUSCULUM	W, 3-0
9/18	CATAWBA	L, 1-3
9/19	WINGATE	L, 0-3
9/22	AT LINCOLN MEMORIAL UNIV.	L, 0-3
9/25	AT NEWBERRY	L, 0-3
9/29	AT CARSON-NEWMAN	6:30 pm
10/2	North Greenville	7 pm
10/6	LENOIR-RHYNE	7 pm
10/9	AT BREVARD	7 pm
10/13	AT TUSCULUM	7 pm
10/16	AT CATAWBA	7 pm
10/17	AT WINGATE	5 pm
10/20	LINCOLN MEMORIAL UNIV.	7 pm
10/23	NEWBERRY	7 pm
10/27	CARSON-NEWMAN	7 pm
10/29	at Montreat	7 pm
10/31	at Milligan	2 pm
11/3	AT LENOIR-RHYNE	7 pm
11/6	BREVARD	7 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

2009 SAC VOLLEYBALL RESULTS (page 2)

NEWBERRY (2-3 SAC, 10-8)

DATE	OPPONENT	RESULT
8/28	vs. Augusta St. (at Greenville, TN)	L, 1-3
	vs. Mount Olive (at Greenville, TN)	W, 3-0
8/29	vs. Northern Kentucky (at Greenville, TN)	L, 1-3
	vs. Converse (at Greenville, TN)	W, 3-1
9/4	vs. Pfeiffer (at Gaffney, SC)	W, 3-0
	vs. North Greenville (at Gaffney, SC)	W, 3-0
9/5	at Limestone	L, 2-3
	vs. Coker (at Gaffney, SC)	W, 3-1
9/8	at Lander	L, 1-3
9/11	vs. West Georgia (at Huntsville, AL)	W, 3-1
	vs. Harding (at Huntsville, AL)	L, 0-3
9/12	vs. Christian Brothers (at Huntsville, AL)	W, 3-0
	at Alabama-Huntsville	W, 3-2
9/15	AT BREVARD	W, 3-0
9/18	AT LINCOLN MEMORIAL UNIV.	L, 1-3
9/19	AT CARSON-NEWMAN	L, 1-3
9/25	MARS HILL	W, 3-0
9/26	TUSCULUM	L, 2-3
9/30	at North Greenville	8 pm
10/2	CATAWBA	7 pm
10/3	WINGATE	2 pm
10/7	Belmont Abbey	7 pm
10/10	AT LENOIR-RHYNE	Noon
10/13	BREVARD	7 pm
10/16	LINCOLN MEMORIAL UNIV.	7 pm
10/17	CARSON-NEWMAN	3 pm
10/23	AT MARS HILL	7 pm
10/24	AT TUSCULUM	2 pm
10/30	AT CATAWBA	7 pm
10/31	AT WINGATE	5 pm
11/6	North Greenville	7 pm
11/7	LENOIR-RHYNE	2 pm
11/10	at USC Aiken	7 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matched in all CAPS

TUSCULUM (2-3 SAC, 9-7)

DATE	OPPONENT	RESULT
8/28	Converse	W, 3-0
	Augusta St.	L, 2-3
8/29	Mount Olive	W, 3-0
	Northern Kentucky	W, 3-1
9/4	vs. West Alabama (at Banner Elk, NC)	L, 0-3
9/5	vs. Flagler (at Banner Elk, NC)	L, 0-3
	vs. Mount Olive (at Banner Elk, NC)	W, 3-0
9/11	vs. USC Aiken (at Gaffney, SC)	L, 2-3
9/12	vs. Mount Olive (at Gaffney, SC)	W, 3-0
	vs. Augusta St. (at Gaffney, SC)	W, 3-2
9/15	AT MARS HILL	L, 0-3
9/18	WINGATE	L, 0-3
9/19	CATAWBA	W, 3-0
9/22	AT CARSON-NEWMAN	L, 1-3
9/25	at Converse	W, 3-0
9/26	AT NEWBERRY	W, 3-2
9/29	LINCOLN MEMORIAL UNIV.	6:30 pm
10/2	at Limestone	7 pm
10/3	at St. Andrews Presbyterian	3 pm
10/6	Lees-McRae	7 pm
10/9	AT LENOIR-RHYNE	7 pm
10/10	AT BREVARD	1 pm
10/13	MARS HILL	7 pm
10/16	AT WINGATE	7 pm
10/17	AT CATAWBA	2 pm
10/20	CARSON-NEWMAN	6:30 pm
10/23	LENOIR-RHYNE	7 pm
10/24	NEWBERRY	2 pm
10/27	AT LINCOLN MEMORIAL UNIV.	6:30 pm
11/3	BREVARD	7 pm
11/6	Virginia Intermont	7 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

WINGATE (5-0 SAC, 16-1)

DATE	OPPONENT	RESULT
8/28	vs. Pfeiffer (at Hickory, NC)	W, 3-1
	vs. Limestone (at Hickory, NC)	W, 3-0
8/29	vs. Elizabeth City St. (at Hickory, NC)	W, 3-0
	vs. Coker (at Hickory, NC)	W, 3-0
9/4	St. Augustine's	W, 3-0
	Anderson (S.C.)	W, 3-0
9/5	Anderson (S.C.)	W, 3-0
	St. Augustine's	W, 3-0
9/8	AT CATAWBA	W, 3-0
9/11	vs. Queens (at Savannah, Ga.)	W, 3-0
	at Armstrong Atlantic St.	W, 3-0
9/12	vs. Flagler (at Savannah, Ga.)	W, 3-2
	vs. Barry (at Savannah, Ga.)	L, 2-3
9/18	AT TUSCULUM	W, 3-0
9/19	AT MARS HILL	W, 3-0
9/23	BREVARD	W, 3-0
9/26	LENOIR-RHYNE	W, 3-0
9/29	USC Aiken	7 pm
10/3	AT NEWBERRY	1:30 pm
10/9	AT CARSON-NEWMAN	6:30 pm
10/10	AT LINCOLN MEMORIAL UNIV.	4 pm
10/13	CATAWBA	7 pm
10/16	TUSCULUM	7 pm
10/17	MARS HILL	5 pm
10/18	Pfeiffer	7 pm
10/21	AT BREVARD	7 pm
10/24	at Lander	11 am
	vs. Francis Marion (at Greenwood, SC)	5 pm
10/27	AT LENOIR-RHYNE	7 pm
10/31	NEWBERRY	5 pm
11/6	CARSON-NEWMAN	7 pm
11/7	LINCOLN MEMORIAL UNIV.	4 pm
11/13	Food Lion SAC Tournament	TBA
11/14	Food Lion SAC Tournament	TBA
11/15	Food Lion SAC Tournament	1 pm

SAC matches in all CAPS

American Volleyball Coaches Association Poll

September 21, 2009

Rank	School (1st Votes)	Total Points	2009 Record	Previous
1	Concordia-St. Paul (32)	800	14-0	1
2	Cal State San Bernardino	768	11-0	2
3	Emporia State	731	13-0	3
4	UC San Diego	692	12-1	4
5	Tampa	668	11-1	5
6	Washburn	641	15-0	6
7	West Texas A&M	606	13-2	7
8	Nebraska-Kearney	570	13-1	8
9	Central Missouri	523	12-3	11
10	Minnesota Duluth	480	9-3	12
11	Minnesota State	459	12-2	14
12	Indianapolis	422	15-1	9
13	Lewis	378	11-3	17
14	Southwest Minnesota St.	360	10-4	10
15	Sonoma State	340	12-1	13
16	Metro State	319	10-2	16
17	Florida Southern	308	9-4	15
18	Nebraska-Omaha	235	12-3	20
19	West Florida	201	7-7	18
20	Truman	161	10-5	19
21	Pittsburg State	132	10-4	22
22	Hawai'i-Hilo	117	12-0	25
23	Chico State	97	12-2	24
24	Eckerd	76	6-5	21
25	Hillsdale	64	12-1	29

Others Receiving Votes and listed on two or more ballots: Wayne State (Neb.) 50; Saint Leo 28; Wayne State (Mich.) 28; Nova Southeastern 25; Western Washington 25; Barry 21; Grand Valley State 20; Lynn 17; **Wingate 10**; Saginaw Valley State 8



SOUTH ATLANTIC CONFERENCE
CHAMPIONSHIPS