

THE SOUTH ATLANTIC CONFERENCE

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2009 VOLLEYBALL REPORT - WEEK 7

2008 SOUTH ATLANTIC CONFERENCE VOLLEYBALL STANDINGS (Through matches played on Sunday, October 11)

TEAM	SAC	PCT	ALL	PCT	H	A	N	ST
Wingate	8-0	1.000	20-1	.952	7-0	7-0	6-1	W8
Lincoln Memorial	6-2	.750	14-4	.778	5-2	5-0	4-2	L2
Carson-Newman	5-3	.625	11-7	.611	6-3	3-2	2-2	L2
Catawba	4-4	.500	11-7	.611	2-2	4-3	5-2	W3
Newberry	4-4	.500	14-9	.609	3-2	4-4	7-3	W2
Tusculum	4-4	.500	13-9	.591	4-4	5-2	4-3	W2
Lenoir-Rhyne	2-6	.250	14-9	.609	5-4	5-3	4-2	L2
Mars Hill	2-6	.250	9-8	.529	3-3	3-3	3-2	W1
Brevard	1-7	.125	11-8	.579	4-7	5-1	2-0	L2

LAST WEEK'S RESULTS

Tuesday, October 6
LENOIR-RHYNE 3, MARS HILL 2 (25-16, 25-22, 15-25, 24-26, 15-7)
Lees-McRae 3, Tusculum 1 (25-23, 25-20, 13-25, 25-16)

Wednesday, October 7

Brevard 3, Montreat 1 (25-17, 25-18, 19-25, 25-13)
Newberry 3, Belmont Abbey 1 (25-12, 25-14, 19-25, 25-17)

Friday, October 9

WINGATE 3, CARSON-NEWMAN 1 (23-25, 25-18, 25-19, 25-16)
CATAWBA 3, LINCOLN MEMORIAL UNIV. 2 (15-25, 25-22, 15-25, 25-23, 15-13)
TUSCULUM 3, LENOIR-RHYNE 0 (25-21, 25-20, 25-16)
MARS HILL 3, BREVARD 1 (25-21, 25-22, 19-25, 25-22)

Saturday, October 10

CATAWBA 3, CARSON-NEWMAN 0 (25-21, 25-22, 25-15)
NEWBERRY 3, LENOIR-RHYNE 0 (25-18, 25-13, 25-20)
TUSCULUM 3, BREVARD 0 (25-16, 25-13, 25-10)
WINGATE 3, LINCOLN MEMORIAL UNIV. 2 (22-25, 26-24, 25-16, 21-25, 15-13)

THIS WEEK'S SCHEDULE

Tuesday, October 13
LINCOLN MEMORIAL UNIV. AT CARSON-NEWMAN, 6:30 p.m.
Lander at Lenoir-Rhyne, 7 p.m.
MARS HILL AT TUSCULUM, 7 p.m.
BREVARD AT NEWBERRY, 7 p.m.
CATAWBA AT WINGATE, 7 p.m.

Friday, October 16

LINCOLN MEMORIAL UNIV. AT NEWBERRY, 7 p.m.
MARS HILL AT CATAWBA, 7 p.m.
TUSCULUM AT WINGATE, 7 p.m.
BREVARD AT LENOIR-RHYNE, 7 p.m.

Saturday, October 17

TUSCULUM AT CATAWBA, 2 p.m.
Lincoln Memorial Univ. vs. Chowan (at Tigerville, SC), 2 p.m.
Lenoir-Rhyne at Belmont Abbey, 2 p.m.
CARSON-NEWMAN AT NEWBERRY, 3 p.m.
Lincoln Memorial Univ. at North Greenville, 4 p.m.
MARS HILL AT WINGATE, 5 p.m.

Sunday, October 18

Pfeiffer at Wingate, 7 p.m.



Wingate's Gale, Catawba's Lo named SAC Players of the Week



ROCK HILL, S.C. — Wingate University middle blocker Stormi Gale and Catawba College libero Mai Zoua Lo have been named Volleyball Player and Specialist of the Week, the league announced Monday.

Gale, a junior from Richmond, Texas (Fort Bend Austin HS) averaged 4.56 kills and 2.33 digs per set, leading the Bulldogs to a pair of key SAC road wins over the weekend. Gale had 17 kills, seven digs and five blocks in the 3-1 win at Carson-Newman Friday. She followed that performance by racking up a career-high 24 kills to go along with 14 digs and two blocks in the 3-2 win at Lincoln Memorial. Gale hit .283 for the week as the Bulldogs improved to 20-1 overall and 8-0 in the SAC. Wingate has now won 38 consecutive SAC matches. Gale leads the league with 3.54 kills per set while ranking in the top five with a .316 hitting percentage. She wins the weekly award for the third time this season.

Lo, a senior from Hickory, N.C. (Fred T. Foard HS) helped Catawba to two road upset wins on the week to even its league mark. In Friday night's upset of SAC co-leader Lincoln Memorial, Lo posted a season-high 35 digs and also added a pair of aces. She followed up with 12 digs and another ace in a three-game sweep at Carson-Newman on Saturday. Lo averaged 5.9 digs per set on the week. On the season, Lo has a team-leading 346 digs (5.4 per set) with a dozen aces.

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	10/5	Jasmine Clark	MB	Carson-Newman
	Meredith Lutz	S	Lenoir-Rhyne		Lauren Kiwacka	S	LMU
9/14	Stormi Gale	MB	Wingate	10/12	Stormi Gale	MB	Wingate
	Maggie Malone	Lib	Wingate		Mai Zoua Lo	Lib	Catawba
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 (1-7 SAC, 11-8)

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	W, 3-1
10/2	LINCOLN MEMORIAL UNIV.	L, 1-3
10/3	CARSON-NEWMAN	L, 0-3
10/7	Montreat	W, 3-1
10/9	MARS HILL	L, 1-3
10/10	TUSCULUM	L, 0-3
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 (5-3 SAC, 11-7)

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	W, 3-0
10/2	AT LENOIR-RHYNE	W, 3-2
10/3	AT BREVARD	W, 3-0
10/9	WINGATE	L, 1-3
10/10	CATAWBA	L, 0-3
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 (4-4 SAC, 11-7)

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	L, 2-3
10/3	at Lander	W, 3-0
10/9	AT LINCOLN MEMORIAL UNIV.	W, 3-2
10/10	AT CARSON-NEWMAN	W, 3-0
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 (2-6 SAC, 14-9)

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	L, 2-3
10/3	LINCOLN MEMORIAL UNIV.	L, 2-3
10/6	AT MARS HILL	W, 3-2
10/9	TUSCULUM	L, 0-3
10/10	NEWBERRY	L, 0-3
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 (6-2 SAC, 14-4)

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	W, 3-1
10/2	AT BREVARD	W, 3-1
10/3	AT LENOIR-RHYNE	W, 3-2
10/9	CATAWBA	L, 2-3
10/10	WINGATE	L, 2-3
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 (2-6 SAC, 9-8)

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	L, 0-3
10/2	North Greenville	W, 3-0
10/6	LENOIR-RHYNE	L, 2-3
10/9	AT BREVARD	W, 3-1
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 (4-4 SAC, 14-9)

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	W, 3-0
10/2	CATAWBA	W, 3-2
10/3	WINGATE	L, 1-3
10/7	Belmont Abbey	W, 3-1
10/10	AT LENOIR-RHYNE	W, 3-0
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 (4-4 SAC, 13-9)

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.	L, 1-3
10/2	at Limestone	W, 3-2
10/3	at St. Andrews Presbyterian	W, 3-0
10/6	Lees-McRae	L, 1-3
10/9	AT LENOIR-RHYNE	W, 3-0
10/10	AT BREVARD	W, 3-0
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 (8-0 SAC, 20-1)

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	W, 3-0
10/3	AT NEWBERRY	W, 3-1
10/9	AT CARSON-NEWMAN	W, 3-1
10/10	AT LINCOLN MEMORIAL UNIV.	W, 3-2
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

October 5, 2009

Rank	School (1st Votes)	Total Points	2009 Record	Previous
1	Concordia-St. Paul (32)	800	19-0	1
2	Cal State San Bernardino	768	16-0	2
3	UC San Diego	721	16-1	3
4	Central Missouri	692	19-3	5
5	Nebraska-Kearney	638	18-1	8
6	West Texas A&M	615	18-3	T-6
7	Washburn	594	19-2	9
8	Emporia State	579	17-2	T-6
9	Tampa	564	14-2	4
10	Minnesota Duluth	506	14-3	10
11	Minnesota State	485	18-2	11
12	Indianapolis	456	19-1	12
13	Lewis	409	16-3	13
14	Southwest Minnesota State	368	15-5	14
15	Nebraska-Omaha	357	13-4	15
16	Saint Leo	294	15-2	23
17	Sonoma State	268	14-3	16
18	Metro State	236	12-4	18
19	Wayne State (Neb.)	179	17-4	22
20	Hawai'i-Hilo	163	16-1	19
21	Truman	147	15-7	20
22	Eckerd	115	9-6	25
23	Florida Southern	92	10-7	17
24	West Florida	80	11-8	24
25	Chico State	61	14-4	NR

Others Receiving Votes and listed on two or more ballots: Pittsburg State 44; Hillsdale 38; Lynn 37; **Wingate 24**; Wayne State (Mich.) 21; Harding 11; Ferris State 9; Saginaw Valley State 9; West Alabama 8; Cal State L.A.. 2; Western Washington 2



SOUTH ATLANTIC CONFERENCE
CHAMPIONSHIPS