

**FOR IMMEDIATE RELEASE September 12, 2007**

## **Volleyball's Gut-Check Time Comes Early Falcons Face GNAC Co-Leaders Saturday; Mount Gets Diggy**

**It's a big one.** Having split their first two Great Northwest Athletic Conference matches, and at home no less, the Seattle Pacific University volleyball team finds itself facing a very big date for early in the season. The Falcons (1-1, 6-4) host co-leader Northwest Nazarene (2-0, 8-2) to close-out their homestead Saturday night (Sept. 15). Next week SPU travels to Western Oregon and Saint Martin's

**Refuse to lose.** If Seattle Pacific plans to retain its grip on the GNAC trophy, this week's match is near-vital. In their home opener, the Falcons survived a scare from Seattle University, winning out in five games. But they were not so fortunate two nights later. Montana State Billings won in four games, holding SPU to a dismal .059 hitting percentage. That snapped winning streaks of 28 straight in GNAC play, and 21 in a row at home. Seattle Pacific has not lost two consecutive conference matches since the start of the '04 season.

**Can you "dig" it?** While everyone loves a good spike and kill put down by the home team, it's the resounding thud produced by the team's resident digger that often goes unnoticed by the common eye and yet holds the same value. Libero **Torii Mount** (Jr., 5-2, Gresham, Or./Gresham) dug and dug and dug against Seattle U., going to the floor repeatedly to thwart the Redhawks. And by the end of the evening Mount established a new school record for digs with 45. It's a sum which also rates No. 3 all-time in the GNAC. Mount had another 20 digs versus MSUB, and is averaging 4.77 per game overall, ranking fifth in the league. Mount's old school record of 41 was set in 2005. She set the season mark of 534 that year as well.

**No. 2 is a Given.** **Alyssa Given** (Sr., 5-10, Salinas, Ca./Notre Dame) has already made quite a name for herself this season, and she continues to pound away at the net. Needing 23 kills to move into the No. 2 spot on the career list, Given nearly got the job done in one match. She smashed and dinked for 22 in the home opener, and added another 13 versus MSUB. The Seattle Pacific record is 1249, set by Leilani Kamahoahoa (1998-01) and Given has 1154 to date.

### **Last week's scores:**

Seattle Pacific def. Seattle University 27-30, 30-26, 31-29, 21-30, 15-6  
Montana State Billings def. Seattle Pacific 30-26, 30-22, 26-30, 30-21

**Teamwork.** There is no "I" in "Team", and the supporting cast behind Given's headliners is making their presence known throughout every game of every match. **Rachel Biornstad** (Sr., 6-0, Kent, Wa./Kentlake) had stellar showings this past week, leading

## **2007 VOLLEYBALL**

### **Quick Facts**

2007 Record– 6-4 (1-1 GNAC)  
Coach–Chris Johnson, 3rd year  
Coach's SPU Record– 51-13

### **This Week's Matches**

Sat., Sept. 15, 7 p.m.  
SPU v Northwest Nazarene  
*Brougham Pavilion, Seattle, Wa.*

### **Last Week's Results**

SPU def. Seattle University 3-2  
Montana State Billings def. SPU 3-1

### **Streaks & Such**

The Falcons have not lost two consecutive GNAC home matches since Sept. '04

### **Stat de jour**

Torii Mount broke her own SPU digs record with 45 against Seattle University

### **GNAC Standings**

	W	L	W	L
Northwest Nazarene	2	0	8	2
Western Oregon	2	0	5	4
Alaska Fairbanks	1	0	7	2
Montana St. Billings	1	1	7	3
Seattle Pacific	1	1	6	4
Western Washington	1	1	5	4
Alaska Anchorage	0	1	4	3
Central Washington	1	1	2	9
Seattle University	0	2	3	7
Saint Martin's	0	2	0	11

the team with 14 kills and seven blocks versus Billings, and she nearly had a double-double against SU, finishing nine kills and 10 blocks. The latter tied her career high. Always consistent **Angie Wodrich** (Sr., 5-10, Richland, Wa./Richland) helped the attack, amassing 11 kills in each match. She also served four aces vs. MSUB.

**Quick sets.** **Jessica Bettencourt** (So., 5-11, So. Lake Tahoe, Ca./South Lake Tahoe) hit .316 versus SU and got eight kills over the five games, while **Joelle Perez** (Fr., 5-9, Vancouver, Wa./Heritage) had her second-highest assist total versus SU with 58...**Courtney Alberi** (Fr., Castaic, Ca./Valencia) had 13 kills, including two in the deciding game vs. SU...Buoyed by her numbers last week, Biornstad is now eighth in GNAC blocking (1.05) and ninth in attack percentage (.241). Given leads in service aces (0.85) and is No. 2 in kills (4.28). Perez is fifth in GNAC assists (10.25). The Falcons are second in opponent hitting (.142) and serving (2.38) and third in blocking.

**Opponent/series notes.** Northwest Nazarene was picked to finish sixth in the GNAC, but has started strong, including a season-opening win over Chico State. The Crusaders are hitting .223 and are among the GNAC dig leaders. SPU has won seven in a row in the series to lead 12-2.

**Tickets, please.** Ticket prices for all SPU regular season home matches are \$5 for general admission, with students and senior citizens \$3. Group and team rates are available by phoning (206) 281-2085 in advance.

**SPU Coaches.** Chris Johnson took the Falcons to their first conference championships, their highest national rankings and NCAA tournament berths in his first two seasons as head coach, and was twice voted GNAC co-coach of the year. Johnson was the team's top assistant in 2004, and earlier served as an assistant at NAIA powerhouse Westmont from 2001-03. Former Central Washington star Crystal Ames joins the staff, which includes Johnny Lai and Jill Spratt.

## 2007 Volleyball Roster

No.	Name	Pos	Hgt	Yr	Exp	Hometown (High School/Last School)
1	Alyssa Given	OH	5-10	Sr	3V	Salinas, Ca. (Notre Dame)
3	Rachel Biornstad	MB	6-0	Sr	3V	Kent, Wa. (Kentlake)
4	Torii Mount	L	5-2	Jr	2V	Gresham, Or. (Gresham)
6	Alexa Vondrak	OH	5-9	So	1V	Gresham, Or. (Sam Barlow)
7	Joelle Perez	S	5-9	Fr	HS	Vancouver, Wa. (Heritage)
8	Robin De Jong	MB	5-10	So	1V	Goleta, Ca. (Dos Pueblos)
11	Angie Wodrich	OH	5-10	Sr	3V	Richland, Wa. (Richland)
12	Jessica Bettencourt	MB	5-11	So	1V	So. Lk. Tahoe, Ca. (S. Lk. Tahoe)
13	Kylie Johnson	MB	6-0	Fr	RS	Tucson, Az. (Catalina Foothills)
15	Sarah Risser	OH	5-9	Fr	HS	Santa Barbara, Ca. (Dos Pueblos)
16	Nikki Finley	OH	5-9	So	1V	Highlands Ranch, Co. (Mtn. Vista)
23	Nikki Osuna	L	5-3	Fr	HS	Bellflower, Ca. (Los Alamitos)
24	Courtney Alberi	OH	5-11	Fr	HS	Castaic, Ca. (Valencia)

Head Coach: Chris Johnson

Assistant: Crystal Ames, Johnny Lai, Jill Spratt

## 2007 Season Schedule/Results

Date	Opponent	Time/Res.
Aug. 23-25	Coyote Classic (San Bernardino, Ca.)	
Aug. 23	SPU at Cal State San Bernardino	L 0-3
Aug. 24	SPU v UC San Diego	W, 3-2
Aug. 25	SPU v Fort Lewis	W, 3-1
	SPU v Cal St. Dominguez Hills	W, 3-1
A. 31-Se. 1	Otter Invitational (Seaside, Ca.)	
Aug. 31	Saginaw Valley State	L, 0-3
	at Cal State Monterey Bay	W, 3-0
Sept. 1	Tampa	L, 0-3
	Notre Dame de Namur	W, 3-2
Sept. 6	Seattle University*	W, 3-2
Sept. 8	Montana State Billings*	L, 1-3
Sept. 15	Northwest Nazarene*	7:00
Sept. 20	at Western Oregon*	7:00
Sept. 22	at Saint Martin's*	7:00
Sept. 27	Alaska Anchorage *	7:00
Sept. 29	Alaska Fairbanks *	7:00
Oct. 4	at Central Washington*	7:00
Oct. 6	at Western Washington*	7:00
Oct. 13	at Northwest Nazarene*	6:00
Oct. 18	Saint Martin's *	7:00
Oct. 20	Western Oregon *	7:00
Oct. 25	at Alaska Fairbanks*	8:00
Oct. 27	at Alaska Anchorage*	8:00
Nov. 1	Western Washington *	7:00
Nov. 3	Central Washington *	3:00
Nov. 8	at Montana State Billings*	6:00
Nov. 10	at Seattle University*	7:00
Nov. 15-17	NCAA Pacific Regional	
N. 29-D. 1	NCAA Championships	

\*Great Northwest Athletic Conference games  
All times are Pacific

## 2007 Statistical Leaders

Kills per game	
Alyssa Given	4.28
Angie Wodrich	2.92
Courtney Alberi	2.33

Attacking Percentage	
Rachel Biornstad	.241
Alyssa Given	.209
Angie Wodrich	.198

Blocks per game	
Rachel Biornstad	1.05
Angie Wodrich	0.90
Robin De Jong	0.89

Digs per game	
Torii Mount	4.77
Angie Wodrich	2.74
Nikki Osuna	2.05

Assists per game	
Joelle Perez	10.26

Service Aces per game	
Alyssa Given	0.85
Angie Wodrich	0.44
Torii Mount	0.33

Team	Kills	Pct.	Blk	Dig	Ace
SPU	12.97	.175	2.28	14.67	2.38
Opp.	11.90	.142	1.83	15.41	1.69

**Seattle Pacific Combined Team Statistics (as of Sep 10, 2007)**  
**All matches**

<b>RECORD:</b>	<b>OVERALL</b>	<b>HOME</b>	<b>AWAY</b>	<b>NEUTRAL</b>
<b>ALL MATCHES.....</b>	<b>( 6-4 )</b>	<b>( 1-1 )</b>	<b>( 0-1 )</b>	<b>( 5-2 )</b>
<b>CONFERENCE.....</b>	<b>( 1-1 )</b>	<b>( 1-1 )</b>	<b>( 0-0 )</b>	<b>( 0-0 )</b>
<b>NON-CONFERENCE.....</b>	<b>( 5-3 )</b>	<b>( 0-0 )</b>	<b>( 0-1 )</b>	<b>( 5-2 )</b>

##	STATS	SUMMARY	-----ATTACK-----					--SET--		----SERVE----			--DIG--			-----BLOCKING-----								
			G	K	K/G	E	TA	Pct	A	A/G	SA	SE	SA/G	RE	DIG	D/G	BS	BA	Total	B/G	BE	BHE		
23	Osuna,Nikki	36	1	0.03	0	4	.250	6	0.17	11	12	0.31	10	70	1.94	1	0	1	0.03	0	1			
3	Biornstad,Rachel	39	81	2.08	34	195	.241	2	0.05	6	25	0.15	1	22	0.56	11	30	41	1.05	4	1			
1	Given,Alyssa	39	167	4.28	70	464	.209	2	0.05	33	35	0.85	14	80	2.05	4	16	20	0.51	0	0			
12	Bettencourt,Jessica	20	25	1.25	11	69	.203	0	0.00	0	1	0.00	1	4	0.20	0	11	11	0.55	1	1			
11	Wodrich,Angie	39	114	2.92	45	349	.198	19	0.49	17	24	0.44	4	107	2.74	4	31	35	0.90	2	0			
24	Alberi,Courtney	27	63	2.33	36	188	.144	0	0.00	0	0	0.00	6	14	0.52	1	6	7	0.26	0	1			
13	Johnson,Kylie	4	2	0.50	1	7	.143	0	0.00	0	0	0.00	0	1	0.25	0	0	0	0.00	0	0			
7	Perez,Joelle	39	16	0.41	12	59	.068	400	10.26	11	24	0.28	1	69	1.77	3	11	14	0.36	2	23			
15	Risser,Sarah	18	29	1.61	25	107	.037	5	0.28	1	1	0.06	2	13	0.72	0	7	7	0.39	0	0			
4	Mount,Torii	39	0	0.00	0	5	.000	9	0.23	13	12	0.33	23	186	4.77	0	0	0	0.00	0	0			
16	Finley,Nikki	2	0	0.00	0	2	.000	0	0.00	0	0	0.00	0	0	0.00	0	0	0	0.00	0	0			
8	De Jong,Robin	19	8	0.42	11	38	-.079	3	0.16	0	0	0.00	0	0	0.00	1	16	17	0.89	0	0			
6	Vondrak,Alexa	12	0	0.00	1	2	-.500	0	0.00	1	6	0.08	0	6	0.50	0	0	0	0.00	0	0			
<b>TEAM</b>													<b>4</b>											
<b>SEATTLE PACIFIC.....</b>		39	506	12.97	246	1489	.175	446	11.44	93	140	2.38	66	572	14.67	25	128	89.0	2.28	9	27			
<b>Opponents.....</b>		39	464	11.90	262	1419	.142	414	10.62	66	110	1.69	93	601	15.41	22	99	71.5	1.83	20	34			

TEAM STATISTICS	SPU	OPP	DATE	OPPONENT	W/L	SCORE	SCORE-BY-GAME	ATTEND
<b>ATTACK.....</b>			08/23/07	at #3 CSU San Bernardino	L	0-3	21-30,20-30,20-30	220
Kills.....	506	464	08/24/07	vs #4 UC San Diego	W	3-2	26-30,30-20,32-30,26-30,15-9	65
Errors.....	246	262	08/25/07	vs Fort Lewis	W	3-1	30-21,30-23,21-30,30-25	110
Total Attacks.....	1489	1419	08/25/07	vs CS Dominguez Hills	W	3-1	30-25,30-13,26-30,30-28	45
Attack Pct.....	.175	.142	08/31/07	vs Saginaw Valley State	L	0-3	24-30,25-30,30-32	40
Kills/Game.....	13.0	11.9	08/31/07	vs CSU Monterey Bay	W	3-0	30-17,30-26,30-23	65
<b>SET.....</b>			09/01/07	vs #1 Univ. of Tampa	L	0-3	18-30,22-30,26-30	85
Assists.....	446	414	09/01/07	vs Notre Dame de Namur	W	3-2	28-30,30-24,30-19,28-30,15-9	45
Assists/Game.....	11.4	10.6	* Sep 06	SEATTLE UNIVERSITY	W	3-2	27-30,30-26,31-29,21-30,15-6	170
<b>SERVE.....</b>			* Sep 08	MONTANA ST. BILLINGS	L	1-3	26-30,22-30,30-26,21-30	62
Aces.....	93	66						
Errors.....	140	110						
Aces/Game.....	2.4	1.7						
<b>SERVE RECEPTIONS....</b>								
Errors.....	66	93						
Errors/Game.....	1.7	2.4						
<b>DEFENSE.....</b>								
Digs.....	572	601						
Digs/Game.....	14.7	15.4						
<b>BLOCKING.....</b>								
Block Solo.....	25	22						
Block Assist.....	128	99						
Total Blocks.....	89.0	71.5						
Blocks Per Game...	2.3	1.8						
Block Errors.....	9	20						
<b>BALL HANDLING ERRORS</b>	27	34						
<b>ATTENDANCE.....</b>								
Total.....	232	220						
Dates/Avg Per Date	2/116	1/220						
Neutral site #/Avg	7/65							
Current win streak	0	-						
Home win streak...	0	-						