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## MWC VOLLEYBALL NOVEMBER 16, 2011

### Guido Headlines 2011 MWC Volleyball All-Conference Team

RIPON, Wis. - The 2011 MWC Tournament champion St. Norbert Green Knights and runner up Lake Forest each had three players represented on the 2011 Midwest Conference All-Conference Volleyball Team announced Wednesday. Three Lawrence players were also honored after a fifth place finish while Carroll, Grinnell and Monmouth each had two players on the All-Conference list with Ripon garnering a lone representative.

Junior defensive specialist Catherine Guido was named the MWC Player of the Year, the first Green Knight to win the award since Joanna Mamayek won back-to-back honors in 2007 and 2008. Guido finished third in the nation for the regular season with 6.87 digs per set and finished third on the team with 28 service aces. Guido also helped the Green Knights win its 11th MWC Championship and its fourth MWC Tournament title.

Lake Forest's Jen Saylor was named MWC Coach of the Year after leading the Foresters to a third place finish in the MWC and a spot in the MWC Tournament finals. Lake Forest finished 15-14 overall and 6-3 in the MWC. Under her guidance the Foresters topped the MWC in kills per set (11.69) and assists per set (10.89) while finishing second in both hitting percentage (.175) and opponent hitting percentage (.148). The Coach of the Year award is the sixth in Lake Forest history and the first since the 2003 season when Beth Pier held the honor

Lake Forest and Monmouth each had two players earn All-MWC First Team Honors. Junior outside hitter Cori Cooper and junior defensive specialist Tia Rupnik led Lake Forest to the MWC Tournament championship game after Cooper led the league in kills per set (3.91) and Rupnik finished fifth in digs per set (4.92) and fourth in service aces per set (0.32). Junior outside hitter Chelsey Widdop and sophomore setter Mollie Murdock represented Monmouth on the first team after Widdop finished third in the MWC averaging 3.15 kills per set and eighth in digs per set (4.05) while Murdock finished the season with 8.14 assists per set.

Junior middle hitter Danielle Remy joined Guido on the first team after finishing second in the league with a .363 hitting percentage and finished 14th in the nation with 1.25 blocks per set. Remy also finished sixth in the conference averaging 2.77 kills per set.

Lawrence senior middle hitter Clare Bohrer was a first team recipient after leading the Vikings in kills per set (2.87, fourth in MWC) and blocks per set (1.04, third in MWC) leading Lawrence to a fifth place finish. Carroll junior defensive specialist Michelle Eberhardy rounds out the first team award winners after finishing third in the league with a 5.97 dig per set average and led the team with 108 sets played.



#### 2011 MWC Player of the Year

Catherine Guido, Junior, Defensive Specialist, St. Norbert College

#### 2011 MWC Coach of the Year

Jen Saylor, Lake Forest College

#### First Team All-Conference

|                    |    |    |                     |
|--------------------|----|----|---------------------|
| Chelsey Widdop     | JR | OH | Monmouth College    |
| Cori Cooper        | JR | OH | Lake Forest College |
| Danielle Remy      | JR | MH | St. Norbert College |
| Clare Bohrer       | SR | MH | Lawrence University |
| Catherine Guido    | JR | DS | St. Norbert College |
| Tia Rupnik         | JR | DS | Lake Forest College |
| Michelle Eberhardy | JR | DS | Carroll University  |
| Mollie Murdock     | SO | S  | Monmouth College    |

#### Second Team All-Conference

|                  |    |    |                     |
|------------------|----|----|---------------------|
| Karlye Wehner    | SO | OH | Ripon College       |
| Breanne Broucker | FR | OH | St. Norbert College |
| Molly McCloskey  | JR | OH | Lake Forest College |
| Michelle Briggs  | JR | MH | Grinnell College    |
| Emily Cecka      | SO | MB | Carroll University  |
| Kathleen Rowland | SO | DS | Lawrence University |
| Diane McLeod     | SO | S  | Lawrence University |
| Olivia Wilks     | SR | S  | Grinnell College    |