



Lady Lakers named OCAA team of the week

NORTH BAY, ON – November 24, 2009 – The Nipissing Lady Lakers women's volleyball team was named the OCAA team of the week. The Lakers claimed a pair of home victories on the weekend that included a 3-0 sweep of the Sheridan Bruins followed by a narrow 5 set marathon win over the Humber Hawks.

The Hawks and Lakers have a long standing rivalry that dates back four years as each match played at the RJS Gym has gone to five sets and the teams have also met in the last four provincial championship finals.

With the win the Lady Lakers (6-1) have now taken over the number one ranking in the province, which marks the first time since Nipissing won gold in 2006-2007.

"We (coaching staff) are pleased with our continued improvements," said head coach Marc LaRoche. "Our goal has never been to be ranked number 1 in the province...our goal is to win provincial gold. So we are keeping this win in perspective and will continue to work hard towards our long term goals."

BATTLE OF THE BAY

The Nipissing Lakers volleyball teams will be hosting the battle of the bay as the Canadore College Panthers visit the Lakers at the Surtees Gym Wednesday night.

The women will hit the court at 6 p.m. followed by the men at 8:00 p.m.

