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**SOUTHWESTERN'S WHITE; LONG HIGHLIGHT
2005 WOMEN'S VOLLEYBALL ALL-CONFERENCE TEAM**

SUWANEE, Ga. – On the heels of the program's most successful season since joining the conference in 1994, Southwestern University senior Misti White was a near unanimous choice for 2005 Southern Collegiate Athletic Conference (SCAC) Player-of-the-Year in exclusive all-conference voting by the league's head coaches. Her head coach, Hannah Long, was named the SCAC Coach-of-the-Year.

In that same voting, Caroline Keener of Trinity University was selected as the SCAC Freshman-of-the-Year and Amanda Swanstrom of Rhodes College was named the league's Backrow Player-of-the-Year for the second consecutive year.

White, a middle blocker from Allen, Texas, hit a league-leading .459 this season – the second-highest single season total in SCAC history. Her 1,726 career kill total is good for sixth all-time in conference history and her career hitting percentage of .386 is second all-time. A three-time All-SCAC selection, White led the Pirates to a share of the SCAC title, the first conference volleyball championship for Southwestern since 1997, as well as the program's fourth-ever NCAA Tournament appearance. Southwestern defeated Washington & Lee in the first round of the NCAA South Regional before losing to the nation's top-ranked team and host Emory (Ga.) University in the second round.

White received eight first-place votes from the coaches to earn Player-of-the-Year honors, while Trinity's Lauren Jackson and Micaeli Smith received one vote each.

Keener, a first-year setter from Plano, Texas, finished second in the league in assists per game with 8.94 and really blossomed after the Tigers switched from a two to a one setter offense. She is the first Trinity player to receive Freshman-of-the-Year honors in the five-year history of the award.

Keener was the coaches' clear choice for FOTY honors, garnering eight votes in the process. Sarah Messmer of Rose-Hulman Institute of Technology and Ally Squires of Rhodes College each received one vote.

Swanstrom, a senior libero from Houston, Texas, had a league-high 660 digs this season – a year after setting a new school and conference single-season record with 817. Swanstrom finished her career with a school-record 2,166 digs, which ranks second all-time in SCAC history.

Swanstrom received a commanding eight votes in earning the Backrow Player-of-the-Year award. Jenni Zeser of DePauw University and Rachel Kinkade of Southwestern each received one vote.

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Long led Southwestern to a 17-1 conference mark and a share of the 2005 SCAC volleyball title – the program’s third conference championship and first since 1997. In just two seasons in Georgetown, Long has compiled a 62-15 overall record, including this year’s 36-5 mark which represented the most wins in a single-season for Southwestern since joining the league in 1994. She is the third Southwestern coach to earn SCAC Volleyball Coach-of-the-Year honors – following Glada Munt in 1994 and Scott Mayhew in 1997.

2005 SCAC Player-of-the-Year

Misti White Southwestern University MB Sr. Allen, Texas

2005 SCAC Freshman-of-the-Year

Caroline Keener Trinity University S Fy. Plano, Texas

2005 SCAC Backrow Player-of-the-Year

Amanda Swanstrom Rhodes College L Sr. Houston, Texas

2005 SCAC Coach-of-the-Year

Hannah Long Southwestern University 36-5 overall / 17-1 SCAC (Tied-1st place)
NCAA Tournament

2005 All-SCAC Women’s Volleyball First Team

(8)	107	Misti White	Southwestern	MB	Sr.	Allen, Texas
(1)	99	Lauren Jackson	Trinity	MB	Sr.	Houston, Texas
	57	Kamri Young	Trinity	OH	Sr.	Houston, Texas
	54	Marie Bruce	Southwestern	S	So.	Austin, Texas
(1)	53	Micaeli Smith	Trinity	MB/OH	Jr.	New Braunfels, Texas
	52	Sarah Burger	Centre	MH	So.	Goshen, Ky.

2005 All-SCAC Women’s Volleyball Second Team

45	Kim Hamer	DePauw	MH	So.	Fishers, Ind.
38	Caroline Keener	Trinity	S	Fy.	Plano, Texas
34	Ali Pinkston	DePauw	OH	Sr.	Terre Haute, Ind.
33	Amanda Swanstrom	Rhodes	L	Sr.	Houston, Texas
30	Crystal Jessee	Rhodes	MB	Jr.	Memphis, Tenn.
30	Rachel Kinkade	Southwestern	L	Sr.	Dripping Springs, Texas

2005 All-SCAC Women’s Volleyball Third Team

27	Katy Lukaszewski	Southwestern	OH	So.	Pasadena, Texas
25	Sara Buros	Trinity	RS	So.	Austin, Texas
23	Lauren Arrowood	Southwestern	MB	So.	Rowlett, Texas
22	Emily Sadtler	Rhodes	OH	So.	Tampa, Fla.
21	Jenn Pujol	Millsaps	MH	Sr.	Folsom, La.
*7	MC Ferguson	Hendrix	MB	Sr.	Conway, Ark.
*7	Jewel Thomson	Southwestern	OH	So.	Arlington, Texas
*7	Ashley Weber	Millsaps	OH	Sr.	New Orleans, La.

*Three players tied for the final Third Team position.

First-place votes are in parentheses. Voting totals based on coaches’ votes with 12 points awarded for first-place votes, 11 points for second-place votes, 10 points for third-place votes, etc., down to one point for a 12th-place vote. Freshman-of-the-Year voting was done on a vote-by-vote basis, as was Coach-of-the-Year. In all cases, coaches could not vote for themselves or their own players.