

Female Athlete of the Month

Alexandra Duxbury

By Celene Paez

The season for fall sports has come and gone, leaving winter sports to fill the empty space. What better way to end this year's fall season than with the honoring a fall sport player? The female athlete of the month for the December issue is the volleyball team's freshmen defensive specialist, Alexandra Duxbury.

There are many roles to play on a volleyball court, each one as equally important as the next. As a defensive specialist Duxbury's job was to dig up the balls and receive incoming passes. This meant that if the opposing team spiked the ball her job was to "dig" the ball and get it into play. Likewise, if the opposing team had a particularly good server the team would potentially look to Duxbury to receive the ball and get it into play. Her motivation when playing comes down to a quote by Mia Hamn, "Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... play for her."

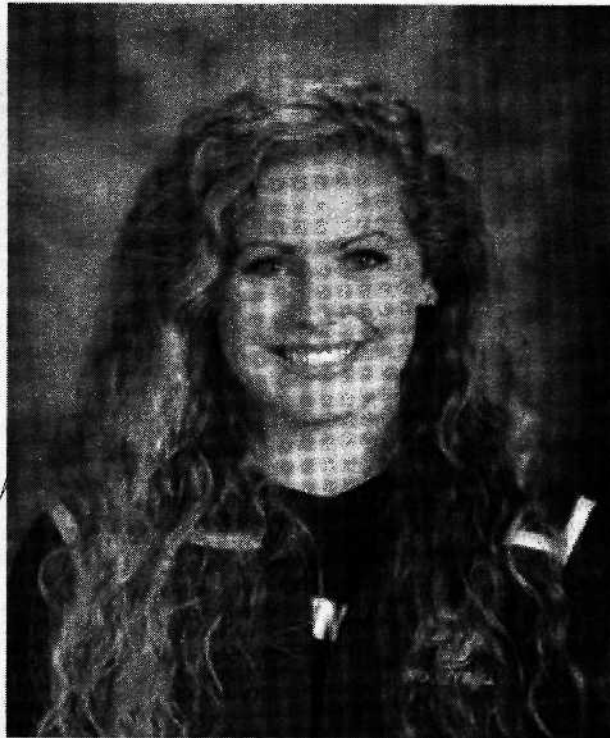
Duxbury first started playing volleyball in the first grade. She often went to the gym with her mother, who had been the head coach for a varsity volleyball team. This led Duxbury to fall in love volleyball. She soon came to admire the members of her mother's varsity team and wanted to grow up to be just like them.

She began to play the game of volleyball because she purely loved the sport and nothing made her happier than playing volleyball. It didn't matter if it was practice or a game, Duxbury just wanted to play.

Duxbury is 19 years old and has been attending Concordia University since the second semester of last year. She did not attend as a PSEO student, however, but as a full-time student. This happened simply because she worked hard and graduated High School early. Duxbury is currently majoring in kinesiology and strives to become a nutritionist and a volleyball coach. For her, it was the feeling of being at home that Concordia's professors and students gave Duxbury which led her to choose to attend school here at Concordia. Another big factor was Concordia's fantastic volleyball program. "[I knew] I wanted to play for a winning program," says Duxbury, "I wanted to be coached by the best and you cannot find better coaches than Brady and George."

When Duxbury isn't studying for school or playing volleyball her favorite pastime is spending time with her family and friends. Her advice to her fellow students at

Concordia is, "... stay focused and always believe in yourself no matter what other people think about you. The only way you will be successful is if you stay confident and take care of your job on the court."



Snow, Cold, Ice, and Basketball?

Men's basketball is heating up under new coach

By Tony Kohanek

The snow has come at last and while the temperature continues to drop in the cold state of Minnesota, things are heating up in the Gangelhoff Center as the men's basketball team and new coach Joey James kick off their season. Joey James is in his second year as head coach and first year here at Concordia University St. Paul after

spending last year as interim head coach at South Dakota after Dave Boots retired.

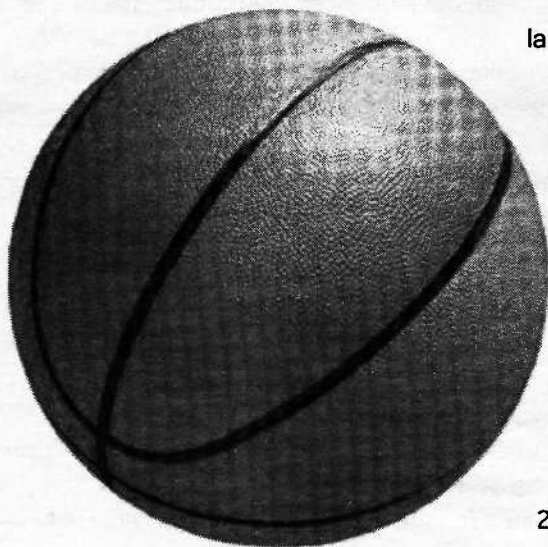
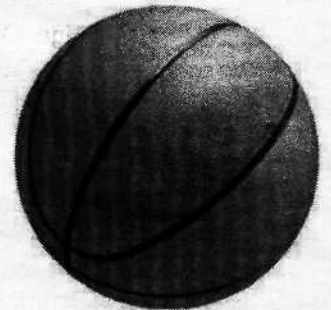
The team started the regular season in the 2014 Las Vegas Tip off Tournament on November 14th with a loss against Emporia state 52-61. The team would come back the next day with a 62-59 win over Lindenwood to finish the tipoff tournament with a 1-1 record. Team was happy with the win; however, they felt like the loss to Emporia was given to them based on the team's 22 turnovers, which makes the

average for the two games 18 turnovers a game. However, according to Coach James, defensively the team is doing well, keeping opponents to fewer than 40 shots on goal per game. Coach James goes on to talk about the win how the team felt very good about that because the team's point guard is injured and the team really stepped up to score points even though one of the team's high-scorers didn't score as many as usually does.

Junior Mike Yahnke is a player to watch so far this season just for how consistent he has been on offense. He is averaging 20.3 points a game for the season and 17.6 for his career. He also is carrying a 46.3 percent shooting with shooting 61.7 percent from the free throw line for his career.

The team recruited two freshmen this year Matt Ambriz, who is red shirting this year, and Jon Sobaski who played the first game against Emporia before getting injured. He had 6 points in his 35 minutes of play.

Coach James feels good about this season and he is excited to see how his team grows and how individual players step up to the challenge in future games. From his perspective DI and DII are totally different. Athletes are faster, stronger and bigger. "Still," he says, "we have a great bunch of guys and great fans and I'm excited for the season!"



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