

AAC shower MC athletes with awards

FROM STAFF REPORTS

Milligan's women's soccer team saw sophomore goalkeeper Lauren McInturff honored as the Appalachian Athletic Conference defensive player of the week Monday afternoon.

"Lauren has really stepped up this past couple of weeks," said Lady Buffs coach Lisa Buckley. "She is commanding her box, and making important saves for us."

The former Dobyys-Bennett standout allowed just one goal in 180 minutes last week to help the Buffaloes go 2-0 on the week. McInturff turned away two shots from Southern Wesleyan and five more against Southern Virginia on Saturday.

VOLLEYBALL

Milligan junior Holly English has been named the AAC hitter of the week for volleyball.

"I'm so excited that Holly has been selected Hitter of the week for the AAC," coach Doneva Bays said. "She is one of the hardest workers on our team and really stepped up offensively and defensively for us this week."

English had one of her best performances of the season against Columbia on Saturday afternoon. She recorded eight kills in 29 attempts, and an attack percentage of .241. In addition, English recorded three assists and two solo blocks.

The Lady Buffs defeated Columbia, 3-1.

CROSS COUNTRY

Austin Ellis and Gillian Giffen have swept the weekly AAC runner of the week awards.

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