



Regis University Athletics

2007-08 Ranger Volleyball

Sports Information Director: Jeremy Phillips

Office: (303) 458-4052, Cell: (303) 258-6399, Fax: (303) 964-3659

www.regisrangers.com

For Immediate Release: April 15, 2008

Ranger Volleyball Signs Two to Letter of Intent

Loveland, Colo. Product Maggie Workman Transferring to Regis After One Season at Creighton University

Denver, Colo.: Regis head coach Frank Lavrisha announced today the signing of two standout volleyball student-athletes, and one transfer. Elizabeth Kann and Cassidee Young both signed NLI's while Maggie Workman transferred to Regis after one season at Creighton University.

Kann, a 6-1 middle hitter from Scottsdale, Ariz., was the co-captain for Desert Mountain High School her senior season. A first-team all-city and all-region selection her senior year she led her squad to a 20-win season. Kann earned two letters during her career and was named all-region honorable mention during her junior campaign. In her final season she posted 80 kills, second on the team and a .344 hitting percentage. She led Desert Mountain with 29 total blocks including 20 solo blocks.

"We like Liz a lot because of her size and ability to become a great player at the net" says Head Coach Frank Lavrisha. "She has a great arm swing and a huge upside. We are excited on how much she can improve in her college career."

Young, a 5-5 libero from Pearl City, Haw., led Kamehameha High School to three consecutive Division I Hawaii State Championships. During her senior year she amassed 201 digs, 31 aces and posted a .930 service reception percentage. A 2007 All-State honorable mention selection, Young was also named Best Libero at the 2007 Samoa Bowl Tournament.

Lavrisha states, "We really like adding someone to our program who comes from a great high school tradition, she knows how to win and epitomizes what we want our program to reflect in regards to character and work ethic."

Workman, a 5-7 outside hitter from Loveland, Colo., comes to Regis as a transfer from Creighton University in Omaha, Neb. During her freshman season she appeared in 21 matches and 48 games, while making one start. She averaged 1.67 digs per game and in her first start posted 13 digs, fourth most in CU history for a player making their first career start. She posted a career-high 21 digs against Illinois State, which was the most by a Creighton freshman since 2003. At Loveland High School she was a First-Team All-State selection by the Women's Coaches Association and Colorado Coaches Association as a senior. A three-time first-team all-conference selection she was named most valuable player in her final season. She was also selected to the All-Daily Reporter Herald first team her sophomore through senior seasons while she captained the team in her final season.

"Maggie brings a lot of athleticism and an exciting competitive attitude to the team" comments Lavrisha. "She will help in more than one position and with her one year of college volleyball at Creighton she will bring experience and stability."

The Ranger volleyball team posted an 11-17 record overall and a 9-10 record in conference during the 2007 season, making their second straight appearance in the conference tournament.

Regis University is a member of NCAA Division II and competes in the Rocky Mountain Athletic Conference (RMAC).