

January 6 - 12, 2014

Porcha Diggs
Women's Volleyball

**King's University
College**



Porcha Diggs continues to lead the league with a kills per set average of 4.1 for a total of 157 kills for the season. Her offensive ability was a key contributor to the Eagles' wins this past weekend over the Olds Broncos. Both nights, matches between the Eagles and the Broncos went to five sets with the Eagles pulling out the 5th set win on each occasion. Fourth year player, Porcha Diggs was awarded Player of the Game on Friday, January 10th in which she tallied up 17 kills, 1 service ace, 13 digs and 3 stuff blocks to help lead her team to a 15-6 victory. On Saturday, January 11th Porcha increased her kill ratio to 19 kills for the match. Porcha is a true team player who does a tremendous job of leading by example and giving credit and encouragement to her teammates.

Porcha is a fourth year Bachelor of Science student from Edmonton, AB.

Congratulations Porcha on being named Athlete of the Week!

Jamaal Bucknor
Men's Basketball

**Concordia University
Alberta**



Jamaal had an excellent weekend leading the Concordia Thunder to two big road wins at Briercrest and Medicine Hat. Jamaal leads the ACAC North in rebounding and double-doubles while placing 2nd in the CCAA in rebounding. This season for Jamaal has been nothing short of spectacular, averaging career highs in FG%, points, rebounds, assists and steals after coming off a devastating Achilles Tendon rupture mid way through last season. Jamaal's hard work to return to the court for his 5th season is incredible and a testament to his dedication and love of basketball. Jamaal is an unselfish team leader who loves to set up teammates even more than scoring himself.

Jamaal is from Edmonton, AB and finishing his fifth year in the Bachelor of Arts program at Concordia University College of Alberta.

Congratulations Jamaal on being chosen Athlete of the Week