

Cougar Athletics - Athlete of the Week (January 2-8, 2012)

Female – Castell Van Paridon



Castell Van Paridon started off the 2012 campaign in impressive fashion – reaching a career high in kills in Friday's match and following it up with another strong performance Saturday.

In a narrow 3-2 loss against the Medicine Hat Rattlers Friday, Castell played the best volleyball of her ACAC career, totaling 12 kills, nine digs, two service aces and a solo block.

Castell continued to play well throughout the weekend, leading the team in blocks in Saturday's 3-1 win, racking up six more kills, 11 digs and two more service aces.

Born in Morinville, AB – Castell is enrolled in the Bachelor of Criminal Justice program at Mount Royal.

Great play Castell!

Male – Jordan Parkin



As the season wears on, Jordan Parkin finds himself getting better in almost every match.

Winning 3-0 Friday, Parkin contributed eight kills, six digs and a game high five blocks in helping the Cougars to their first win of the new year.

On Saturday, he continued to add stats in almost every category, tallying another six kills, four digs and three blocks as the Cougars once again beat the Medicine Hat Rattlers in straight sets 3-0.

Enrolled in the Bachelor of Science Program at MRU – Jordan is a rookie born and bred in Calgary, AB.

Congratulations Jordan!