

2006 Lady Blues Volleyball

Erica Cowhick

Junior

Libero/Def. Specialist

Height: 5-7

Hometown: Topeka, Kan.

High School: Shawnee Heights

Birthdate: June 3, 1986

Major: Elementary Education

Parents: Kent and Missy Cowhick

Honors: 2005 Daktronics 1st Team All-Region • 2005 1st Team All-MIAA

#7

At Washburn

Will look to continue in her roll as the libero/defensive specialist after earning all-conference marks last year...a repeat performance of her 720 digs from last year will move her near the top five in the Washburn career record book.

As a Sophomore In 2005

Was named to the all-MIAA first team...played in all 38 matches and in 129 games...led the Lady Blues with 720 digs and 5.58 per game...those totals were the most ever in a season for a Lady Blue...that total also was second in the MIAA for

the season and 22nd in the nation...had five matches in which she had 30 or more digs...holds the Washburn rally scoring record for most digs in a match with 43 in a four-game contest against Central Missouri 09/27/05...also holds the records for most digs in three-game and five-game matches.

As a Freshman In 2004

Played in 40 games and 24 matches for the Lady Blues and recorded one kill and three service aces...had a career-high five digs against Albany State on Sept. 11.

Background

A Class 5A all-state selection at Shawnee Heights High School her last two seasons, helping the team to a runner-up finish in the state tournament in 2003...named KVA 5A player of the year as a senior...earned all-league and all-city honors as a junior and a senior...also was a pitcher and first base on the Shawnee Heights softball team, earning all-city and all-league honors in the spring of 2003.



All About Erica

Role model.....Parents

Favorites

FoodMexican

SongBack Where I Come From

BookA Child Called It

TV showOne Tree Hill & The O.C.

Sports movieLeague of Their Own

Music groupRascal Flatts

Professional teamNew York Yankees

Pro athleteDerek Jeter

ActorWill Ferrell

ActressJennifer Aniston

Most influential person in my life is.....

.....My parents

Biggest pet peeve.....People who are late

Person in history I would want to meet.....

.....George Washington

Famous person I have met.....Cal Ripken, Jr.

Most prized possession

.....Ring from grandmother

Cowhick's Career Highs

Kills ----- 1 ----- 6x

Attacks ----- 4 ----- SW Baptist ----- 10/21/05

Att. Pct. (5+ Att) ----- NA

Aces ----- 3 ----- vs Mesa State ----- 09/03/05

Total Blocks ----- NA

Solo Blocks ----- NA

Assisted Blocks ----- NA

Assists ----- 3 ----- 2x

Digs ----- 43 ----- Central Missouri -- 09/27/05

Cowhick's Outstanding Matches

Statistic ----- Fr. ----- So. ----- Total

Double-Figure Digs ----- 0 ----- 36 ----- 36

Cowhick's Career Record Watch

Digs ----- 741 ----- 23rd ----- 464 out of top 10

Cowhick's Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2004	40-24	1	0.03	0	2	.500	2	0.05	3	0.08	4	21	0.52	0	0	0	0	0.00	0	0
2005	129-38	5	0.04	3	25	.080	26	0.20	27	0.21	38	720	5.58	17	0	0	0	0.00	0	2
TOTAL	169-62	6	0.04	3	27	.111	28	0.17	30	0.18	42	741	4.38	17	0	0	0	0.00	0	2

Erica Cowhick/1st Team All-MIAA

THE PLAYERS

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