

Two former Lady Chargers named to GSC Fall All-Decade team

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Birmingham, AL — The Gulf South Conference officially closed the door on another exciting decade of collegiate athletics with the release of the GSC Fall Sports All-Decade Teams (2000-09). Two former Lady Charger volleyball players, Ellen LaFiore and Emily Miller, were named to the team. LaFiore made the first team, while Miller landed a spot on the second team.

The six-sport team is the first of three such squads to be released during the summer, including the Men's and Women's Basketball All-Decade Teams in mid-July and the Spring Sports All-Decade Teams (excluding women's golf) later in the month.

The initiative marks the first time that the Conference has compiled an All-Decade list for sports other than football. Previously, the GSC has recognized football all-star teams from the 1980's, the first Quarter Century (1971-1975) and the 1990's.

LaFiore was a four-time All-GSC and Academic All-GSC selection during her career from 1998-2001. She was a member of the GSC Elite Eight (2001, 2002) and GSC All-Tournament (1999, 2000, 2001). The former Lady Charger middle hitter was named GSC East Freshman of the Year in 1998 and GSC East Player of the Year in 1999. In 2000, LaFiore was third team Verizon Academic All-America, first team AVCA All-South Central Region, third team Daktronics All-America and AVCA National Player of the Week. She was also first team Daktronics All-South Central Region (1999, 2000, 2001).

LaFiore played in 521 games during her UAH career. She had 2,528 kills (4.85 KPG), 1,258 digs (2.41 DPG) and 222 aces. She is the UAH record holder in total kills and attack percentage and ranked second all-time in aces with 222 and third in blocks with 39. LaFiore holds the GSC records for kills in a match with 42 and matches with 20+ kills in a career. She is ranked sixth and seventh in kills in a season, second in career kills, ninth and 10th in kills per game in a season, fifth in highest hitting percentage in a season, and third in career hitting percentage. In addition, she is second in matches with double figure kills in a career (139), eighth and ninth in matches with 20+ kills in a season, ninth in matches with 20+ kills and 20+ digs in a season and 10th in matches with 20+ kills and 20+ digs in a career.

Miller was also a four-time All-GSC pick and a two-time member of the GSC All-Academic team (2004-05). In 2002, she earned GSC Freshman of the Year honors. She also was a member of the GSC All-tournament team in 2003 and 2004. Miller was second team Daktronics All-South Central Region in and AVCA South Central Region Honorable Mention in 2004.

Miller played in 488 games during her career from 2002 to 2005. She had 1,929 kills (3.95 KPG), 1,593 digs (3.26 DPG) and 417 blocks. She is ranked third in career kills and attack percentage (.291) at UAH. She is also ranked second in career digs. In the GSC, Miller is ranked fifth in career digs, fourth in matches with double-figure kills (114), eighth in matches with 20+ kills and 20+ digs (3) in a season and fifth in matches with 20+ kills and 20+ digs (6).

Players could only be nominated for the All-Decade Team if they competed in at least two seasons during the decade and were also named to the All-GSC First Team at least once. Each squad was broken up into First and Second Teams and Players and Coaches of the Decade were selected. Honorable Mentions were also recognized in special circumstances; for example, those student-athletes that competed in just one season and were an All-GSC First Team member during the past decade. The league office decided to designate the men's and women's soccer squads as "All-Time Teams" because the GSC has only sponsored the sport since 1996.

The Conference also recognized the best Teams of the Decade using a formula based on how a school's team finished in the All-Sports Trophy standings the past 10 years. Harding University Sports Information Director Scott Goode spearheaded the computation of each school's team-point-total based on the simple formula of All-Sports points earned divided by All-Sports points possible during the decade. The resulting score is the percentage of All-Sports points earned during the decade per sport. The formula included only the seasons that each school sponsored the respective sport. A score of 100 indicates that the team earned the maximum number of points (i.e. - won the conference championship) in each season in the decade.