Cortland’s Lizz Rakita Earns ECAC Division III Volleyball Player of the Week Honors

SUNY Cortland senior setter Lizz Rakita (Lake Grove/Sachem) has been chosen as the Eastern College Athletic Conference (ECAC) Division III Women’s Volleyball Player of the Week for the week ending Sept. 18. The award covers the entire ECAC region, which consists of more than 180 schools in the East.

Rakita was named to the all-tournament team at the RIT Invitational, helping the Red Dragons to a second place finish in the 12-team field.

In five matches last week, including four at the RIT tournament, Rakita averaged 10.9 assists and 3.1 digs per game. She also recorded 14 kills, 11 blocks and six aces in 18 games. She dished out 41 assists in a mid-week 3-0 win at St. John Fisher and recorded 43 assists in a 3-1 win over Clarkson and a 3-2 loss to nationally fifth-ranked NYU. Rakita also totaled eight blocks in the NYU match and reached double-figure digs in three of five matches.

Rakita was also named the State University of New York Athletic Conference (SUNYAC) Player of the Week for her efforts. She is currently ranked second in the conference with nearly 10 assists per game. Cortland is currently 13-1 and is tied for 19th in the latest Division III national poll.

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