

## MIAC Volleyball All-Conference

### 2010 MIAC Volleyball Awards

**Player-of-the-Year** - Emily Foster, St. Thomas (Sr., S, Minnetonka, Minn./Hopkins)

**Defensive Player-of-the-Year** - Nicole Neumann, St. Catherine (Sr., L, LeSueur, Minn./LeSueur-Henderson)

**Rookie-of-the-Year** - Kathryn Gaydos, Saint Benedict (Fr., S, Savage, Minn./Prior Lake)

**Coach-of-the-Year** - Cindy Book (18th season)

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| Name              | Team           | Year | Position | Hometown/High School                       |
|-------------------|----------------|------|----------|--------------------------------------------|
| Katie Bonine      | St. Thomas     | Sr.  | OH       | Cottage Grove, Minn./Park                  |
| Ariel Carlson     | St. Olaf       | So.  | M/R      | Alexandria, Minn./Texas A&M-Corpus Christi |
| Katie Christensen | Augsburg       | Sr.  | OH       | North Mankato, Minn./Mankato West          |
| Emily Foster      | St. Thomas     | Sr.  | S        | Minnetonka, Minn./Hopkins                  |
| Sarah Gardner     | Saint Mary's   | Sr.  | RS       | Rochester, Minn./Mayo                      |
| Kathryn Gaydos    | Saint Benedict | Fr.  | S        | Savage, Minn./Prior Lake                   |
| Jenna Green       | Concordia      | Jr.  | OH       | Dilworth, Minn./Dilworth-Glyndon-Felton    |
| Caitie Helle      | Bethel         | So.  | MB       | Onamia, Minn.                              |
| Tori Jones        | St. Thomas     | Sr.  | MB       | Springfield, Minn.                         |
| Amy Kujak         | Saint Mary's   | Jr.  | MH       | River Falls, Wis.                          |
| Heidi Larsen      | Hamline        | Sr.  | L        | Andover, Minn.                             |
| Kelly Lovett      | Carleton       | Sr.  | OH/MH    | Portland, Ore./Lincoln                     |
| Jessica Mate      | Saint Mary's   | Sr.  | OH       | St. Charles, Ill./East                     |
| Majra Mucic       | Macalester     | Sr.  | MH       | Zenica, Bosnia/St. Louis Park (Minn.)      |
| Alesha Nelson     | St. Thomas     | Sr.  | MB       | Milaca, Minn.                              |
| Nicole Neumann    | St. Catherine  | Sr.  | L        | LeSueur, Minn./LeSueur-Henderson           |
| Jill Osborne      | St. Thomas     | Sr.  | MB       | Lakeville, Minn./South                     |

|                  |                |     |       |                                      |
|------------------|----------------|-----|-------|--------------------------------------|
| Kelly Prunty     | St. Olaf       | Sr. | S     | Welcome, Minn./Martin County West    |
| Kayli Schumacher | Saint Benedict | Sr. | RS    | East Grand Forks, Minn./Sacred Heart |
| Kim Smisek       | St. Olaf       | Sr. | OH    | Northfield, Minn.                    |
| Katie Vohnoutka  | Concordia      | Jr. | OH/MH | Eden Prairie, Minn.                  |
| Nicole Wriedt    | Bethel         | Jr. | OH    | Pewaukee, Wis./Hartland Arrowhead    |

### 2010 All-MIAC Volleyball Sportsmanship Team

**Augsburg** - Denielle Johnson (Sr., Blaine, Minn./Spring Lake Park)

**Bethel** - Hannah Parks (Sr., Plymouth, Minn./Wayzata)

**Carleton** - Beth Jarrett (Sr., Mounds View, Minn./Irondale)

**Concordia** - Amy Sykora (Jr., Rapid City, S.D./Stevens)

**Gustavus** - Jenny Ewert (Sr., St. James, Minn.)

**Hamline** - Aisha Baker (So., Minnetonka, Minn.)

**Macalester** - Julia Gartzke (So., New Glarus, Wis.)

**Saint Benedict** - Calleigh Brown (Sr., Buffalo, Minn.)

**St. Catherine** - Kayla Sis (Jr., St. Cloud, Minn./Tech)

**Saint Mary's** - Sara Harstad (Sr., Chatfield, Minn./Chosen Valley-Chatfield)

**St. Olaf** - Kristin Boyum (Jr., Wanamingo, Minn./Kenyon-Wanamingo)

**St. Thomas** - Kaitlain Watcher (So., Eagan, Minn./Eastview)