

# 2001 MIAC VOLLEYBALL PREVIEW

The 2001 MIAC volleyball kicks off with non-conference games beginning on August 31. Last season, Saint Mary's University won their first ever MIAC volleyball Championship going 10-1 in MIAC play. Macalester and St. Olaf both tied for second place in the MIAC season in 2000 with 9-2 records. Keep a close watch on these institutions as they all seem anxious to take home the MIAC Championship this year.

The MIAC preseason volleyball coaches poll shows that competition will be tight again this year for the top spot in the conference. St. Olaf and St. Thomas each received five or more first place votes in the twelve team conference. Macalester and Bethel also received high considerations to finish in the top four spots in the MIAC.

This season the NCAA will feature a change in game format with a new scoring system. This year will mark the move from sideout volleyball to a rally scoring format where each play will result in a point. The first four games will be scored to 30 points, with the winner holding a two-point lead. The fifth and deciding game will be played to 15 with the winner leading by two points.

The 2001 MIAC Volleyball Playoff will have a new look and format starting this season. The top six teams will advance to the playoffs this season. Quarterfinals will be held on Tuesday Oct. 30, Semifinals are scheduled for Friday November 2 with the first place team hosting this round and the final round. The Championship and Third place game will take place on Saturday November 3.

10/30/01 - MIAC Playoffs #6 @ #3 - 7:30pm #5 @ #4 - 7:30pm Byes: #1, #2	11/2/01 - MIAC Playoffs Games hosted at #1 seed Winner #3/6 vs #2 - 5:00pm Winner #4/5 vs #1 - 8:00pm	11/3/01 - MIAC Playoffs 3rd Place - 5:00pm Championship - 8:00pm
--	--	--

| Augsburg | Bethel | Carleton | Concordia | Gustavus | Hamline | Macalester | St. Benedict | St. Catherine | St. Mary's | St. Olaf | St. Thomas |

<b>Augsburg College</b>		
<b>Head Coach:</b>	Ryan Dehnel (2nd season / 11-16 overall)	
<b>2000 Record:</b>	11-16 (5-6 MIAC / 8th)	
<b>Key Returners:</b>	Kevina Nakiwala (OH, Jr., Kampala, Uganda), 219 kills and 248 digs (both tops among returners) in 2000. Paula Pogatchnik (OH, Jr., Finlayson, Minn.), 161 kills, 35 blocks (8 solo) in 2000. Lisa Miller (MH, Jr., Buffalo, Minn.), 168 kills, 68 blocks (24 solo) (tops among returners) in 2000. Anna Piermantier (S/DS, So., Afton, Minn.), saw action in 18 matches in 2000. Alli Burgess (DS, So., Sudan, Minn.), saw action in 11 matches in 2000.	
<b>Season Preview:</b>	<p>It's a year of new faces in new places for the Augsburg College volleyball team in 2001. It's Ryan Dehnel's first year as the solo head coach for the Auggies; last year, he served as a co-head coach with Thanh Pham. It's a year to replace several stalwarts of Auggie volleyball in recent years; four-year starting hitters Angie Rieger and Cassi Van Ausdall, two-year starting setter Emily Walen, and four-year back-row specialist Tiffany Lynch. It's a year where the bulk of the Auggie roster will be underclassmen, with just two seniors and three juniors in the mix.</p> <p>So why is Dehnel so confident entering the 2001 campaign?</p> <p>Because in spite of the player losses, and the many new faces entering the varsity lineup, Dehnel has a talented group of individuals ready to improve upon Augsburg's consecutive 11-win seasons over the past two years. Augsburg finished 11-16 overall and 5-6 in the always-competitive Minnesota Intercollegiate Athletic Conference last season.</p> <p>"We could be the biggest team, size-wise, in the conference this year," Dehnel said. "We will not only be different at face value, with our roster turnover, but we will be a significantly different type of team." The key to the sea change in Auggie volleyball is a result of one of the most aggressive recruiting efforts in recent years, which netted three transfers and six freshmen, three of whom are likely to make immediate impacts. Those three freshmen and the three transfers are over 5-feet, 9-inches in height, and all have extensive experience in the style of volleyball that Dehnel wants to play this year.</p> <p>Complete preview can be found at: <a href="http://www.augsburg.edu/athletics/volleyball/0102preview.html">www.augsburg.edu/athletics/volleyball/0102preview.html</a></p>	

<b>Bethel College</b>		
<b>Head Coach:</b>	Gretchen Hanson (1st season / 0-0 overall)	
<b>2000 Record:</b>	19-14 (6-5 MIAC / 5th)	
<b>Key Returners:</b>	Beth Nowachek, Sr., MB, 5-10, 365 kills, 89 blocks, Captain Janelle Nelson, Sr., RS, 5-10, 243 kills, 122 digs, Captain Stacy VandeLoo, Sr., DS, 5-9, 232 digs, Captain Lindsey Wanbaugh, So., OH, 5-10, 354 digs, 274 kills Kristin Stoneberg, So., OH, 5-9, 405 digs, 40 blocks, 278 kills	
<b>Season Preview:</b>	<p>A new era in Bethel volleyball begins as Gretchen Hansen takes over control of the program. The transition in coaches will be made easier as 14 players return and she welcomes one of the top recruiting classes in the MIAC.</p> <p>After losing just one player off last year's team, there is a wealth of experience as the Royals look to return to the NCAA tournament. Senior captains Beth Nowachek, from Avon, Minn., Janelle Nelson, from Duluth, Minn., and Stacy VandeLoo, from Moorhead, Minn., will the Coach Hansen quality leadership. Nowachek led the team with 365 kills last year and was named to the All-MIAC team.</p> <p>A quality group of newcomers will give the Royals depth. Katie Larson transferred from Division II St. Cloud State and will give Bethel another top outside hitter.</p>	

<b>Carleton College</b>		
<b>Head Coach:</b>	Heidi Luehmann-Jaynes (3rd season)	
<b>2000 Record:</b>	1-10 (8-20 MIAC / 11th)	
<b>Key Returners:</b>	Lizzy Erickson, So., MH, Faribault, MN, All-MIAC 2nd team, 2.70 K/G, 0.82 B/G, school record : .688 kill % - 10/23/00. Katie Haldy, So., S, Broomfield, CO, All-MIAC 2nd team, 6.99 A/G, recorded triple-double vs. St. Benedict -10/13/00. Brittany Stephens, Sr., OH, Eagan, Minn. (Burnsville) Cassie Glasrud, Sr., RS/S, Spring Grove, Minn. Sunny Choh, So., OH, Apple Valley, Minn.	
<b>Season Preview:</b>	Carleton, which tallied its highest win total in five years in 2000, returns all six starters and adds three strong newcomers for 2001. "I am really excited about our upcoming season and the progress that our program has made," Luehmann Jaynes said. Sophomores Lizzy Erickson and Katie Haldy quickly established themselves as Carleton's best players in their rookie seasons, and they will lead the Knights again in 2001. Sarah Barrow, a two-time all-state selection from Colorado volleyball power Cherry Creek High School, gives the Knights another strong middle hitter. Twins Katie and Beth Freeman, all-conference players out of Richfield High School, add size and athleticism to the Carleton line-up. "Our incoming freshman will immediately contribute and be expected to play a large roll," Luehmann Jaynes said. Seniors Brittany Stephens Melissa Cannaday and Cassie Glasrud give Carleton experience that has been lacking in the program in recent years, as do junior Emily Gottlieb and sophomores Sunny Choh and Alyssa Honnette. "I'm also looking forward to the senior and junior leadership that we'll have on the team and the experience that they will have on the court," she said. Carleton has improved its record each season under Luehmann Jaynes, and she expects the same this season. "Our goals are to improve as a team and jump up in the MIAC standings next season," she said.	

<u><b>Concordia College</b></u>		
<b>Head Coach:</b>	Tim Mosser (9th season / 142-124 overall)	
<b>2000 Record:</b>	18-17 (6-5 MIAC / 5th-tie)	
<b>Key Returners:</b>	Shannon Barnick So. DS 5-6 Hawley MN/Hawley	

<b>Season Preview:</b>	<p>Strange days indeed are ahead for the Concordia College volleyball team in 2001. The team only returns one player from a year ago. The lone returnee is Shannon Barnick, who played in 65 games last year. The rest of the Cobber roster will be filled out with first year players or transfers. The biggest problem for ninth year head coach Tim Mosser will be to learn all the new names, and then get the players to play as cohesively as possible before they open up MIAC play on September 12th against the College of St. Catherine.</p> <p>Although the team will lack college experience they will have new talent that could provide for some interesting results. Some of the top newcomers that will be looking to make an impact are first year setters Ayla Donlin from Thief River Falls, Minn., and Jessica Walden from Hawley, Minn., and front line players Jackelyn Barten from Melrose, Minn. and Kris Sather from Fosston, Minn.</p> <p>If all the pieces come together for Mosser and his baby Cobbers then the team could be a surprise factor in an always tough MIAC race. The Cobbers need to get acquainted in a hurry because they face a tough end of September test when they play perennial MIAC powers St. Thomas, St. Olaf, St. Mary's and Bethel all in a row.</p>
------------------------	---

<b><u>Gustavus Adolphus College</u></b>		
<b>Head Coach:</b>	Kari Eckheart (5th season / 62-68 overall / 19-25 MIAC)	
<b>2000 Record:</b>	12-21 (4-7 MIAC / 9th)	
<b>Key Returners:</b>	Chrissy Homeier, SR, DS, Kenyon, MN (Captain, 1,032 assists, 47 service aces in 2000). Jessica Schaetzke, SO, OH, New Ulm, MN (All-tournament team at Central Invitational, 190 kills in 2000). Pat Lawton, SO, OH, Mahtomedi, MN (2nd-year starter as sophomore, 217 digs in 2000). Nicole Nesseth, SO, MH, Windom, MN (0.79 serving percentage, Will see a lot more action this season).	
<b>Season Preview:</b>	The Gustavus women's volleyball team is looking to overcome last year's seventh place finish and earn a spot in this season's inaugural six-team MIAC Playoff Championship. Head Coach Kari Eckheart will have to replace second-team All-Conference players Courtney Lovejoy and Linnea Arvidson, who graduated in the spring. Lovejoy finished the 2000 season first on the team in kills (314) and second in blocks (85), while Arvidson finished first in blocks (104) and third in kills (281). Returning from last year's squad are Chrissy Homeier, Pat Lawton, Jessica Schaetzke, and senior captain Betsy Starz. Homeier, who led the Gusties in assists (1,032) as the team's setter last season, will be joined by first-year student Sue Dailey as defensive specialists. Lawton and Schaetzke return as outside hitters. Starz will rotate in as right hitter, and first-year student Rachel Batalden will take over as the team's setter. The Gusties open their season on September 1st in California with non-conference matches against Claremont-Mudd-Scripps and Pomona Pitzer. The Gusties will then come home to host the Gustavus Classic on September 7-8, before opening MIAC play at Macalester on September 12.	

<b><u>Hamline University</u></b>		
<b>Head Coach:</b>	Katharine Romme (12th season)	
<b>2000 Record:</b>	10-23 (2-9 MIAC / 10th)	
<b>Key Returners:</b>	Kristi Weeks (SO) Emily Peterson (SO) Alyssa Larson (SO) Laura Fleischman (SO)	

<b>Season Preview:</b>	<p>The Hamline womens volleyball team may face an uphill climb towards the top of the MIAC, but their legs are young, fresh and ready for the challenge.</p> <p>Romme's troops look a whole lot different than last year's team and that is a good thing following last year's tough 10th place finish in the MIAC. Weeks, Peterson, Larson, and Fleischman, the only returnees from a year ago, have worked hard this summer to put the demons of last year's struggles to rest. They should get a big boost from super freshman Leah Erickson who has battled injury thus far. Fleischman has also been injured which has caused Romme to move some players into new positions.</p> <p>"Right now we have players playing out of position and that really hurts," Romme said. "Leah Erickson is awesome, once we get her meshing with our returnees we'll look good."</p> <p>So far, Erickson, and the other six freshmen that finish out the roster, have had a little trouble adapting to the speed that the college game is played at.</p> <p>On top of that, the NCAA has made a number of rule changes that the players must adapt to, including moving from standard to rally scoring (games up to 30 points), and allowing serves that tip the net.</p> <p>"I thought that with the type of team we have this year that (new rules) could help us if we served aggressively," Romme said. "So far we haven't been able to do that."</p> <p>Though young and inexperienced, the team would like to finish with a better record than last year and would like to make the slimmed down conference tournament (only six teams will make it). As little as two or three more victories during the conference season would leave them in the hunt for exactly that. However, any improvement would be a welcome sight for Romme, who lost two starters to transfer, and another who completely gave up the sport following last season.</p> <p>"The kids have been awesome," Romme said. "We just have to figure out how to be a little more intense. These are better kids who are learning more about what we're trying to do."</p>
------------------------	---

<b>Macalester College</b>		
<b>Head Coach:</b>	Steph Schleuder (4th season / 0-0 overall)	
<b>2000 Record:</b>	22-8 (9-2 MIAC / 2nd)	
<b>Key Returners:</b>	Carley Bomstad, So., MH, All-MIAC, all-region, Central Region Freshman of the Year, .346 attack pct., 3.19 k/game. Megan Blom, Jr, MH, .306 attack pct., .92 blocks/game. Sarah Graves, So., S, 2.56 k/game as OH moves over to setter position.	
<b>Season Preview:</b>	Fourth-year coach Stephanie Schleuder and the Scots are out to build on last year's 22-8 campaign which included a second-place 9-2 MIAC finish. Schleuder must find a way to replace five regulars from a strong senior class, including all-region setter Erika Lilley (12.6 app.), and will look towards tri-captains Carley Bomstad (So., Apple Valley, MN), Megan Blom (Jr, Bricelyn, MN / Blue Earth) and Sarah Graves (So., Lawrence, KS / Free State) to lead the young team. Bomstad was named Central Region Freshman of the Year and all-conference after hitting at a .346 clip while contributing 3.2 kills, 0.9 blocks, 3.0 digs and 0.4 aces per game. Blom missed the second half of the season to injury but before going down hit .306 with 0.9 blocks per game. Graves spiked 2.6 k/g as an outside hitter and will take over the setter position for Lilley. Several reserves from a year ago will be asked to play bigger roles, including outside hitters Sarah Jacoby (So., Mulberry, IN / Clinton Prairie), Melody Sakazaki (Jr, Tokyo, Japan / American School) and Michal Meyer-McCarthy (Jr, Austin, TX / McCallum).	
	Complete preview found at: <a href="http://www.macalester.edu/~athletic/top_stories/VBprev01.html">www.macalester.edu/~athletic/top_stories/VBprev01.html</a>	

<b>College of St. Benedict</b>		
<b>Head Coach:</b>	Michelle Swanson-Blaeser (2nd season / 14-18 overall)	
<b>2000 Record:</b>	14-18 (6-5 MIAC / 5th-tie)	
<b>Key Returners:</b>	Kelly Anderson, Sr, Middle Hitter, Second team All-MIAC, led team in hitting percentage and blocks. Marie Liekhus, Sr, Setter, MIAC Setter of the Week, Blazer Athlete of the Week, posted 1266 sets on the season. Libby Homan, So, Outside/Middle Hitter, 1st team All-MIAC, Team MVP, CSB Rookie of the Year.	

<b>Season Preview:</b>	Michelle Swanson-Blaeser returns for her second season as the head coach for the Blazers. Along with her are returning players from last season who will again be a large part of the Blazers' success. These include Kelly Anderson, Marie Liekhus, Libby Homan, Jen Lymburner, Alicia Pohlmann. Other players expected to contribute immediately are Joquel Rudningen, Ellen Link and Heidi Anderson. The Blazers also have a large group of first-years coming in that is loaded with talent. With the combination of an excellent coaching staff, experienced returners, and talented young players, the 2001 Blazers are expecting nothing but success!
	A more complete preview can be found at: <a href="http://www.csbsju.edu/csbsports/vball/outlook.htm#Season%20Outlook">www.csbsju.edu/csbsports/vball/outlook.htm#Season%20Outlook</a>

<b>College of St. Catherine</b>		
<b>Head Coach:</b>	Jenna Dorst (1st season)	
<b>2000 Record:</b>	4-26 (0-11 MIAC / 12th)	
<b>Key Returners:</b>	Sarah Pawlik/Jr/Outside Hitter. Andrea Schneider/jr/Outside Hitter. Marty Northwick/jr/Middle Hitter. Stacy Scheller is a 5'5" transfer student from Concordia who is setting for the team this year. Stacey Burns is a 5'9" first year student who is hitting on the right side.	
<b>Season Preview:</b>	St. Kate's volleyball is coming out of nowhere this year. With a fast pace offense and never-say-die defense the St. Kate's volleyball team is already turning heads this season. Coach Dorst says, "We are going to scare some people this year. Don't underestimate this team." The years team has the luxury of 6 returning members who have been working hard to set a high level of play and competitive attitudes. The 3 first year students add a great deal of height to a normal short but quick team and the new setter is opening new avenues in offense. The chemistry is perfect! Watch for this year's St. Kate's volleyball team....they are coming out of nowhere!	

<b>Saint Mary's University</b>		
<b>Head Coach:</b>	Mike Lester (4th season / 66-39 overall)	
<b>2000 Record:</b>	27-8 (10-1 MIAC / 1st)	
<b>Key Returners:</b>	Rhonda Thibault, Sr., OH (All-MIAC, first team, 319 kills, .303 attack %). Leslie Nicholls, Sr., OH (285 kills, 49 aces, 381 digs).	
<b>Season Preview:</b>	<p>Anytime a team loses nine players to graduation - including the MIAC's Player of the Year and two other first-team all-conference performers - and is coming off its first-ever regular-season conference championship and NCAA national tournament berth, the first word out of the coach's mouth as the team reconvenes the following year is bound to be "rebuilding."</p> <p>Unless, of course, you are Saint Mary's University volleyball coach Mike Lester. "Rebuilding" isn't even in his vocabulary. "Reloading," on the other hand, is. "I honestly don't look at this year as being a rebuilding year," admitted Lester, who guided the Cardinals to a 10-1 MIAC record (and that first-ever regular-season crown) and a 27-8 overall mark a year ago. "Sure, we lost a number of very, very good players, but I also feel like we've got some outstanding players again this year. "If we're not at the level we were at this time a year ago, we're very close."</p> <p>Thanks to the return of regulars Leslie Nicholls (Hastings, Minn.), Rhonda Thibault (Faribault, Minn.) and Maisa Rouzer (Comstock, Wis.), the 2001 Cardinals still have some resemblance to last year's record-setting team. The addition of 15 freshmen, however, also gives this year's squad a refreshing new look.</p> <p>Lester knows that defending the conference's regular-season title isn't going to be a walk in the park - especially with a lineup that could include as many as four freshmen among the starting six. But don't even think about counting the Cardinals out, either.</p> <p>Thibault and Nicholls accumulated 614 kills a year ago, but that pales in comparison to the 983 compiled by graduated seniors Diane Wood, Shelley Haake and Amanda Edmond. Add to that the loss of 3,528 of the team's 3,928 assists, and there are some pretty big shoes that need to be filled.</p> <p>Complete preview can be found at: <a href="http://www.smumn.edu/sports/volleyball/2001/newsletter/vbpreview.html">www.smumn.edu/sports/volleyball/2001/newsletter/vbpreview.html</a></p>	

<b>St. Olaf College</b>	
-------------------------	--

<b>Head Coach:</b>	Cindy Book (11th season / 21st overall)
<b>2000 Record:</b>	26-8 (9-2 MIAC / 2nd)
<b>Key Returners:</b>	Nicole Trnka, Sr, Middle Hitter, All-MIAC and Luth. Brthhd. All-Amer. 2nd Team, AVCA Central Region 1st Team. Brie Mattson, Jr., Setter, All-MIAC, Lutheran Brotherhood All-Amer. 2nd team, AVCA Central Region 1st Team. Katie Allenson, Sr, Right Side, Captain. Shannah Olson, Jr., Outside Hitter, 3.8 digs per game, Captain. Emily Ganzkow-Wold, Jr, Middle Hitter, .321 Attack%.
<b>Season Preview:</b>	<p>After winning the 2000 MIAC tournament and earning a berth in the NCAA championship, the St. Olaf volleyball team is excited to continue their winning ways in the 2001 season. The team returns the core of last year's starters and, with the addition of several first-year players, each position should be stronger and deeper. Coach Book states "We are so excited for the season to begin. We have very high hopes for our team this season including winning the MIAC title." The Oles are currently ranked 16th in the AVCA Division III National Preseason Poll.</p> <p>Leading the Ole attack will be Nicole Trnka ('02, middle hitter, Morristown, Minn), Katie Allenson ('02, right side hitter, Champlin, Minn), Shannah Olson ('03, outside hitter, Elk River, Minn), Emily Ganzkow-Wold, ('03, middle hitter, Madison, Wis) and setter Brie Mattson ('03, Anoka, Minn). Sophomores Andrea Cuff (Bellevue, Wash) and Andrea Drapcho (Waconia, Minn) will also be big contributors to the Ole's success. The team has set its sights on winning the conference championship and making a record-setting eighth appearance in the national tournament.</p>

<b>University of St. Thomas</b>		
<b>Head Coach:</b>	Cole Tallman (3rd at UST: 42-21 / 517-132 in 16 seasons)	
<b>2000 Record:</b>	21-10 overall / 8-3 conference (4th place)	
<b>Key Returners:</b>	Michelle Domeyer, SR, 5-6, BR (48 service ace, 239 digs in 2000) Jane Gibbs, SO, 5-10, Setter (All-MIAC, school record 1,272 assists, 12.23 apg in 2000) Erin Keating, JR, 5-10 (Played all 31 matches, 1.79 kpg, 1.00 bpg in 2000) Kristen Pins, SO, 6-1, MB (School record 122 blocks, 1.53 bpg in 2000) Katie Reynolds, JR, 6-3, OH (2X All-MIAC, school record 450 kills, 4.2 kpg in 2000)	
<b>Season Preview:</b>	St. Thomas volleyball coach Cole Tallman welcomes back five of his top seven players from a 2000 team that finished 21-10 and broke 12 team and individual school records. In all, there are 12 returners and 10 newcomers on hand as the Tommies look to reach an elusive goal -- become the first Tommie volleyball team since 1992 to reach the NCAA playoffs.St. Thomas had four new players in its lineup last season, but Tallman said he thinks the 2001 team has the depth and hunger to break through. The returners are led by 6-3 Katie Reynolds, a two-time all-conference OH, and All-MIAC setter Jane Gibbs. Other top returners include senior Michelle Domeyer, junior Erin Keating and 6-0 sophomore Kristin Pins. Two transfers and a freshmen are expected to provide immediate help -- 6-1 Amie Lee Aschenbeck was a Minnesota all-stater at Orono; sophomore opposite Amanda Guralski played in 39 games last season at Division I Villanova after making all-state as Wauwatosa (Wis.) East as a senior in 1999; and 6-0 Jenny Smith transferred from Hamline where she was a two-time All-MIAC honoree for the Pipers. The Toms open their season Aug. 31 at the UW-Superior tournament; begin their home season Sept. 7-8 with the six-team St. Thomas Invite; and start MIAC play Sept. 12 at St. Olaf. The Toms are 136-29 in regular-season conference matches over the last 15 seasons. They've finished out of the top four in the conference just once in the 17-year history of MIAC volleyball. St. Thomas will play the 750th volleyball match in school history this fall, and their all-time won-loss record is 450-289 (.609).	

2000 - [Standings](#), [Results](#), [Awards](#), [Players of the Week](#), [Season Preview](#)

#### 2000 MIAC Final Standings

	MIAC	Pts	Overall
<a href="#">St. Mary's *</a>	10-1	20	27-8
<a href="#">Macalester</a>	9-2	18	22-8
<a href="#">St. Olaf</a>	9-2	18	26-8
<a href="#">St. Thomas</a>	8-3	16	21-10

<u>Bethel</u>	6-5	12	19-14
<u>Concordia</u>	6-5	12	18-16
<u>St. Benedict</u>	6-5	12	14-18
<u>Augsburg</u>	5-6	10	10-17
<u>Gustavus</u>	4-7	8	12-21
<u>Hamline</u>	2-9	4	10-23
<u>Carleton</u>	1-10	2	8-20
<u>St. Catherine</u>	0-11	0	4-26

\* Regular Season MIAC Champion