2002 MIAC VOLLEYBALL PREVIEW

The 2002 MIAC volleyball gets underway with non-conference games beginning August 30. MIAC opens conference play September 18, with teams competing against each other once in MIAC play. The MIAC Playoffs begin with quarterfinals on November 5 and the final four Nov. 8-9, 2002.

The 2002 MIAC preseason volleyball coaches poll shows a clear favorite for the top spot in the conference this season. The University of St. Thomas received nine first place votes in the twelve team conference. Saint Mary's, Bethel, and St. Olaf received high considerations from the conference coaches to finish in the top four spots in the MIAC.

Collegiate volleyball has been going through a rapid period of evolution in recent years, with many major rules changes hitting the court to bring the game closer to the international style of play. Last year's rule changes were highlighted by the full-match rally-scoring rule, with the first four games going to 30 and the final game going to 15 with a point on every play, and by the "let serve" rule, with a served ball remaining in play if it hit the net and continued to the opposite court.

This year, the biggest change will come with the addition of the "libero" rule. A libero is a designated back-row player who cannot serve, attack or set inside the attack line, but can be substituted for anyone in the back row at any time. The libero will wear a different color jersey than her teammates.

In 2001, Bethel College and St. Olaf tied for the MIAC volleyball regular season championship, both finishing 10-1 in MIAC play. The 2001 MIAC Volleyball Playoffs featured a new format. The top six teams advanced to the single elimination playoffs, with the winner receiving the MIAC automatic bid to the NCAA Tournament. Bethel beat St. Olaf in the MIAC Championship Playoff match and advanced to the NCAA Tournament. Bethel was stopped in the regional semifinals of the NCAA Tournament by perennial power Central.

11/5/02 - MIAC Playoffs	11/8/02 - MIAC Playoffs	11/8/02 - MIAC Playoffs
#6 @ #3 - 7:30pm	Games hosted at #1 seed	3rd Place - 5:00pm
#5 @ #4 - 7:30pm	Winner #3/6 vs #2 - 5:00pm	Championship - 8:00pm
Byes: #1, #2	Winner #4/5 vs #1 - 8:00pm	

Augsburg College		
Head Coach:	Jason Meszaros (1st season)	
2001 Record:	12-18 (4-7 MIAC / 8th)	
Key Returners:	Lisa Miller (MB/DS, 6-0, Sr., Buffalo, Minn.), 166 kills, 95 blocks (13 solo), .246 attack percentage in 2001. Paula Pogatchnik (OH/DS, 5-10, Sr., Finlayson, Minn./Hinckley-Finlayson HS), 123 kills, 145 digs, 24 aces in 2001. Kristy Larson (MB, 5-11, So., Pine Island, Minn.), 178 kills (tops among returners), 75 blocks (10 solo) in 2001. Denise Foster (OH, 5-11, Sr., Little Canada, Minn./Roseville HS), 160 kills, 20 blocks, 158 digs. Kelly Larvick (Opp/MB, Sr., 6-2, Good Thunder, Minn./L.CW. HS), 118 kills, 72 blocks (14 solo). Anna Piermantier (S/DS, 5-6, Jr., Afton, Minn./Stillwater HS), 112 assists, 177 digs in 29 matches (82 games) in 2001. Alli Burgess (DS/S, 5-1, Jr., Sudan, Minn./Tower-Sudan HS), 147 digs, 25 aces in 30 matches (101 games) in 2001.	

Season Preview:

The Augsburg College volleyball team is aiming to reach its "maximum potential" this season.

With four starters and 16 letterwinners returning, along with a solid nucleus of talent and recruits, "maximum potential" could mean a healthy jump for the Auggies in the always-competitive Minnesota Intercollegiate Athletic Conference. Augsburg finished 12-18 overall and 4-7 in MIAC play last season, and improvement from that record is definitely a goal for this year's club.

The Auggie lineup received a shakeup at the top in early August, when head coach Ryan Dehnel resigned to take an assistant coaching position at Division II Southwest State (Minn.). Jason Meszaros, who had joined the Auggie coaching staff this summer, will serve as interim head coach in 2002.

In previewing the season, Dehnel had noted that a major goal for the Auggies would be to make the six-team MIAC postseason tournament. With a solid group of five seniors returning, Meszaros and his staff have a chance to help make that goal a reality this season.

"I'm excited to have a core group of seniors this year," Meszaros said. "That will be a big positive for us, with a group of seniors that have played in the MIAC and have a lot of experience. They will be able to set an example for the newcomers we have coming in."

The talented group of seniors will be led by longtime starters Lisa Miller (Sr., Buffalo, Minn.) and Paula Pogatchnik (Sr., Finlayson, Minn./Hinckley-Finlayson HS). In her second season as a starting middle blocker last year, Miller had a strong season, hitting .246 with 166 kills and a team-high 95 blocks (13 solo), despite missing three matches mid-season with a foot injury. Pogatchnik, a varsity regular throughout her career, had 123 kills from the left side last year, her second straight 100-kill season.

Two seniors transferred into the program last year and made a strong impact. Denise Foster (Sr., Little Canada, Minn./Roseville HS), who was a two-year starter at the College of St. Catherine, played well on the left side, with 160 kills (2.08 per game) and 158 digs. Kelly Larvick (Sr., Good Thunder, Minn./Lake Crystal-Wellcome Memorial HS), who played junior college volleyball at Bethany Lutheran College (Minn.), was a competitive leader on the right side, with 118 kills and 72 blocks (14 solo).

In addition to the five seniors, several young players return with extensive experience. Kristy Larson (So., Pine Island, Minn.), one of just four Auggies to see action in all 30 matches last year, had a strong season in the middle, with 178 kills and 75 blocks (10 solo).

"I've always been a defense-oriented coach," Meszaros said. "There's a favorite saying of mine that says, 'Defense wins game and offense decides by how much.' That's the approach we'll take."

Complete preview online at: http://www.augsburg.edu/athletics/volleyball/0203preview.html

Bethel College	
Head Coach:	Gretchen Hansen (2nd season / 25-12 overall)
2001 Record:	25-12 (10-1 MIAC / 1st-tie)
Key Returners:	Angie Frenell (JR, Barstow, Ill.) Middle Blocker, All-MIAC 2nd-team Jill Thorvig (SO, Stacy, Minn.) Outside Hitter, MIAC Championships All-Tournament Team

Season Preview:

It would not be an easy task to try and predict the success of the Royal volleyball team for the 2002 season. Gone are the five seniors who delivered the MIAC championship, NCAA play-off berth, and a top 20 ranking for Bethel College in 2001. Coach Hansen will be without the services of AVCA First-team All-American and MIAC Player-of-the-Year outside hitter Katie Larsen who collected over 500 kills and 400 digs last season, as well as AVCA First-Team All-Region setter Janelle Nelson who dished out over 1400 assists.

RETURNING PLAYERS

Even as Coach Hansen looks to the daunting task of rebuilding, there are several reasons to expect Bethel to once again challenge for the MIAC crown. Returning for Bethel are two of the top players in the conference at their position, sophomore outside hitter Jill Thorvig and junior middle blocker Angie Frenell. In her freshman season. Thorvig collected over 450 digs, 400 kills, and 60 aces and was selected to the All-Tournament team at the Central College Invitational and the MIAC Championships. As a sophomore, Frenell tallied over 350 kills and 178 blocks on her way to being named to the All-MIAC second team. Coach Hansen says, "Jill and Angie are two of the dominant players at their position in the conference. They are going to bring a great amount of experience and confidence to the court and should really have breakout seasons in 2002."

While Thorvig and Frenell are statistically the top returners for the Royals, there are several other players who played key roles in 2001 and who will be looking to step into the holes left by graduation. Junior tri-captains, Kristin Stoneberg (OH/DS, Lynd, Minn.), Lindsey Wanbaugh (OH, Buffalo, Minn.), and Heidi Miller (MB, Tracy, Minn.) all played significant minutes in 2001 and are ready for the additional responsibilities and playing time that will come this season. "I cannot say enough about Lindsey, Heidi, and Kristin and their dedication to this program. They set the standard this spring in regards to their commitment to the off-season workouts and in making individual improvements," Coach Hansen says.

Complete preview can be seen online at: http://www.bethel.edu/Athletics/Volleyball/2002/preview.html

Carleton College		
Head Coach:	Heidi Luehmann-Jaynes (4th season)	
2001 Record:	16-10 (4-7 MIAC / 8th-tie)	
Key Returners:	Lizzy Erickson, Jr., MH, member of all-tournament team, Katie Haldy, Jr., Jr., S, member of two all-tournament team Emily Gottlieb, Sr., OH, MIAC Player of the Week in 2001 Beth Freeman, So., MH, member of two all tournament te	ms, All-MIAC 2nd team
Season Preview:	The Knight's 16-10 record in 2001 marked their highest veighth place in the MIAC. Carleton has improved each of the three seasons since he With four top returners and Jaynes at the helm, Carleton well. Two-year captain Katie Haldy earned a place on two assists per game, a new school record. Junior Lizzy Ericks game in 2001 and was also named to all-tournament tear the last two seasons. In addition, senior captain Emily Go and sophomore Beth Freeman earned a place on two all-t Junior Alyssa Honnette, who was third on the team in dig team. Joining this core returning group are six new players, five figures to be a major factory at middle hitter for Carleton should give Carleton some athleticism. For full preview, go to www.carleton.edu/campus/athletic.	win total since 1995 and earned the team a tie for ead coach Heidi Luehmann Jaynes entered the program. has high aspirations for improvement this season as all-tournament teams and tallied a team-high 9.30 son posted 2.88 kills per game and 0.85 blocks per ms and has led the Knights in blocks and kills each of attlieb was named MIAC Player of the Week in 2001, cournament teams during her first year at Carleton. It is last year, will step into the new liboro role on the each of which are first-year players. Alivia Bryan, a 6'2", Rookie outside hitters Jamie Lykken and Jessica Black

Concordia College		
Head Coach:	Tim Mosser (10th season / 152-141 overall)	
2001 Record:	10-17 (7-4 MIAC / 5th)	

Key	Jackie Barten (So., H, 6-0, Melrose, MN/Melrose) - 1st Team All-MIAC in 2001
Returners:	Jessica Walden (So., S, 5-7, Hawley, MN/Hawley)
	Danielle Schmiesing (So., H, 5-7, Villard, MN/Sauk Centre)
	Rhiannon Grimm (So., H, 5-7, Hazen, ND/Hazen)
Season	The biggest question for the Concordia volleyball team will be how to avoid the "sophomore jinx". After having a
Preview:	roster of all first year players in 2001, the Cobbers will be looking to improve on their fifth place finish from a
	year ago. Coach Tim Mosser will have the foundation for a top team in the MIAC since all but one starter has
	returned for her sophomore season. The Cobbers will need setter Jessica Walden and hitter Jackie Barten to
	continue to have success if they will have a chance at the MIAC playoffs. Barten was the only first-year player
	selected to the MIAC All-Conference team in 2001. She led the league in blocks with 50 and was also named the
	MIAC player of the week at the beginning of October. Walden led the team in assists (9.03apg) and service aces
	(37) This season will mark Mosser's 10th year at the helm of the Cobbers. In his first nine seasons he has
	compiled a mark of 152-141 The Cobbers have a chance to win their 400th game as a volleyball program this
	year. The program started in 1976 and has collected 388 victories in the first 26 seasons Concordia will play
	all four of last year's MIAC playoff participants in a seven-day stretch in late September and early October. The
	Cobbers will host St. Thomas on September 25th, St. Olaf on the 27th and St. Mary's on the 28th before
	traveling to St. Paul to take on league champion Bethel on October 1st.

Gustavus Adolphi	us College	
Head Coach:	Kari Eckheart (6th season/69-83 overall)	
2001 Record:	7-15 (3-8 MIAC/10th)	
Key Returners:	Rachel Batalden (So., Lamberton, Minn.), Setter, Moved into starting role as a freshman and recorded 808 assists. Jessica Schaetzke (Jr., New Ulm, Minn.), Outside Hitter, started every match last year, recorded 289 kills. Nicole Nesseth (Jr., Windom, Minn.), Middle Hitter, returning starter, 35 block assists last year. Pat Lawton, (Jr., Mahtomedi, Minn.), Def. Specialist, second leading hitter a year ago with 188 kills. Sue Dailey (So., Owatonna, Minn.), Def. Specialist, recorded 103 digs last year.	
Season Preview:	Pat Lawton, (Jr., Mahtomedi, Minn.), Def. Specialist, second leading hitter a year ago with 188 kills.	

Key	Leah Erickson
Returners:	Laura Fleischman
	Alyssa Larson
	Emily Peterson
	Jessica Rice
	Joanne Sheedy
Season Preview:	The Hamline Piper women's volleyball will look to veteran experience and a healthy class of first-year recruits as they strive to make an improved showing in the always competitive MIAC conference. Head coach Katharine Romme has liked the determination and energy level of her players so far in fall training camp and is excited about improvement that can be made in the 2002 campaign.
	"It's been very good practices for us in the early fall," said coach Romme. "We're excited about contributions that will be made by both our more experienced athletes and how our upperclassmen will gel a first-year class that we're very optimistic about."
	Watch for sophomore Leah Erickson and Junior Laura Fleischman to lead the way for the Piper volleyball team as they look to make a stronger showing in the MIAC this season.

Macalester Colleg	e e	
Head Coach:	Steph Schleuder (5th year / 66-49 overall at Macalester)	
2001 Record:	8-16 (5-6 MIAC / 7th)	
Key Returners:	Carley Bomstad (Jr., Apple Valley, MN) 6-0, MH, 2-time All-MIAC, .287 hitter, 1.08 blk/game Sarah Graves (Jr., Lawrence, KS) 5-11, S/OH, second-team All-MIAC, 9.1 assists/game, 0.48 aces/game Melody Sakazaki (Sr., Tokyo, Japan) 5-7, OH, 2.58 hits/game Megan Blom (Sr., Bricelyn, MN) 6-0, MH	
Season Preview:	Macalester is ready for a rebound in 2002. Last season left the team with the feeling that they had some unfinished business. The Scots, however, ended the year on a positive note with the knowledge that some major competitive breakthroughs occurred near the end of the campaign, including winning the championship of the Haverford (Pa.) Tournament. Since the entire starting lineup is back for the 2002 campaign, some familiar faces will anchor the team.	
	"Our depth will be better and we should be stronger at each position," says fifth-year Macalester Head Coach Stephanie Schleuder. "I think the team is determined to improve and be more competitive."	
	Carley Bomstad continues to be one of the Scots strongest all-around players at middle hitter. A two-time all-conference pick, Bomstad will be one of the team's go-to players again. Sarah Graves took over the setting duties last year after playing right side hitter her first year and earned second team all-conference. She should feel even more comfortable in that position this season. Melody Sakazaki appears ready to take on a major hitting role while Megan Blom will be pounding balls from the middle.	
	Complete season preview can be found at: www.macalester.edu/~vball/news/preview02.html	

College of St. Ben	<u>edict</u>	
Head Coach:	Michelle Swanson-Blaeser (3rd season / 26-33 overall)	
2001 Record:	12-15 (6-5 MIAC / 6th)	
Key Returners:	Alicia Pohlmann (Sr., Grey Eagle, MN) Outside HitterLead team in digs last season Joquel Rudningen (Jr., Sunburg, MN) Outside HitterSecond on team in kills, third on team in blocks Ellen Link (Jr., Renville, MN) Middle BlockerLead team in blocks Heidi Anderson (Jr., South St. Paul, MN) Middle HitterSecond on team in hitting percentage	

The Blazer's are constantly working towards perfecting the smaller pieces of their game that can elevate them to the next level. With the loss of senior captains, Maria Liekhus and Kelly Anderson, the Blazer's will be in search to fill some big shoes. Three varsity starters are back for yet another season consisting of senior Alicia Pohlmann, and juniors Ellen Link and Joquel Rudningen. Pohlmann will be a key asset on the defensive, while Rudningen will be a dangerous threat from the right for the Blazers. Link is coming back from shoulder surgery in the off season and if she remains healthy, she will be a strong force in the front row. Junior Heidi Anderson, a role player last fall, is in search of a starting spot, while three transfers and a talented first-year class will be looking to make an impact on the varsity this season. Complete preview online at: http://www.csbsju.edu/csbsports/vball/outlook.htm

College of St. Cat	<u>herine</u>
Head Coach:	Jenna Dorst (2nd season / 3-20 overall)
2001 Record:	3-20 (0-11 MIAC / 12th)
Key Returners:	Patty Bredemus (Jr., Coon Rapids, MN) Amy Lipetzky (So., Springfield, MN) Martha Northwick (Jr., St. Paul, MN) Sarah Pawlick (Sr., Cottage Grove, MN) Stacy Scheller (Jr. Coon Rapids, MN)
Season Preview:	The Wildcats enter the 2002 season looking to improve upon last year's 12th place finish. They return all of last year's team and Coach Dorst, entering into only her 2nd season as Head Coach, feels the experience the team has gained will help them move up in the conference.

Saint Mary's Univ	<u>ersity</u>			
Head Coach:	Mike Lester (5th season, 83-53)			
2001 Record:	17-14 overall / 8-3 MIAC (3rd-tie)			
Key Returners:	Tracy Koertgen (RS, Fr., Crystal Lake, Ill. / 341 kills, .288 attack Ashley Dingels (MH, So., Gibbon, Minn. / 262 kills, .260 attack Kirstan Rouzer (MH, So., Comstock, Wis. / 242 kills, .207 attack Melissa Cowan (S, Sr., Algonquin, Ill. / 1370 set assists, 71 acc	ack %, 78 blocks) ttack %, 47 aces, 304 digs)		

Season Preview:

The schedule says that the season ends the end of October.

The regular season, that is.

Lately, for the Saint Mary's University volleyball team, there hasn't been anything regular about the Cardinals' seasons.

In 2000, SMU won its first-ever Minnesota Intercollegiate Athletic Conference regular-season championship and qualified for the NCAA Division III national tournament.

Last year, the Cardinals were again working a little overtime, as SMU qualified for MIAC post-season tournament, where they were eliminated in the second round by Bethel and St. Thomas.

And, despite the loss of starters Rhonda Thibault, Leslie Nicholls and Maisa Rouzer, coach Mike Lester and the Cardinals don't expect to be packing away their equipment when the regular-season officially ends on Oct. 30.

In fact, Lester figures that, when the 2002 MIAC Tournament kicks off on Nov. 5, his team's season will just be getting started.

"Every person on this team wants to make sure that this season lasts as long as possible - they want to be playing longer than last year's team did, and that team played on the final day of the conference tournament," said Lester.

Achieving that goal would mean the Cardinals would be playing in their second NCAA Division III national tournament in the last three years.

"Our goal is to get back to the NCAA tournament," Lester said. "Is that a realistic goal? I believe it is - but we've got a lot of work to do if we are going to get there."

Part of the reason for Lester's guarded optimism is the loss of four-year letterwinners Nicholls, Thibault and Rouzer. After all, replacing the team's leaders in kills (Thibault, 378), digs (Nicholls, 405) and blocks (Thibault, 87) is certainly reason for concern.

Fortunately, a tough schedule - loaded with regionally and nationally ranked opponents - will give the Cardinals a taste of collegiate volleyball at the highest level.

"We are going to face some very, very good teams," said Lester, whose team opens its season Aug. 30-31 at the Elmhurst Tournament. "Hopefully, that will work out to our advantage."

Complete preview can be found at: sports.smumn.edu/volleyball/2002/newsletter/vbpreview.html

St. Olaf College				
Head Coach:	Traci Cook (1st season)			
2001 Record:	25-4 (10-1 MIAC / 1st-tie)			
Key Returners:				
Season Preview:	Lead by a solid senior class of Brie Mattson (Anoka, Minn), Shannah Olson, (Elk River, Minn.) and Emily Gankow Wold (Cross Plains, WI), the St. Olaf volleyball team has once again set their sights on a MIAC championship in 2002. Graduating All-American middle Nicole Trnka and Katie Allenson an outstanding right side and captain, some might think this as a lofty goal, but the returning Oles feel up to the task. Look for new talent to ignite the Ole offense this year with the addition of Erin Mercer, Danica Finseth (MH), and Ashley Novak (OH), along with sparks provided by returning starters like Veronica Cherne (sophomore, Bloomington, Minn) and Andrea Cuff (junior, Bellevue, WA.) The Ole volleyball team has excellent depth this year, which will help as they try to fight their way to another championship in November.			

Head Coach: Cole Tallman (4th season at UST, 64-30 overall / 26-7 MIAC) 17-year career record 539-170 (.760)
2000 Record: 22-8 overall (8-3 MIAC /tie 3rd place)

Key Returners:

Katie Reynolds, SR, 6-2, OH, Mora (1st Tm. All-Region, 3X All-MIAC, Career: 1,203 kills, 1001 digs, 284 blocks) Jane Gibbs, JR, 5-10, Setter, Lakeville (2001: led NCAA D-III in assists Kristin Pins, JR, 5-10, MB, Dubuque, Ia. (2001: school-record 194 block assists)

Season Preview:

The 2001 St. Thomas volleyball team finished 22-8 and broke 14 school records. Coach Cole Tallman's Tommies placed third in both the 12-team MIAC regular-season race and the six-team post-season tournament. The 2002 Tommies have higher aspirations. It starts with nine returners, led by All-Region OH Katie Reynolds and All-MIAC setter Jane Gibbs -- two of five returning first-team All-MIAC honorees. The Toms also boast a strong recruiting class, including two transfers and three 2001 Minnesota high school all-staters. UST received the No. 25 national ranking in the AVCA preseason poll. The Tommies also were picked first in the MIAC preseason coaches' poll.

Reynolds, an All-America candidate, will look to join an elite group of four-time All-MIAC honorees. She earned first-team All-Central Region honors last season after breaking St. Thomas season records for kills, kills per game, and digs. Reynolds played all 30 games in 2001 and ranked ninth nationally with 5.19 kills per game while hitting .332. She's already surpassed 1,200 kills and 1,000 digs on her career, and needs 390 kills in 2002 to become the school career leader. She has played in 91 of a possible 93 career matches, and the Tommies are 64-29 in her three-year era.

Gibbs led the nation in assists per game (14.28) and also had 40 service aces and averaged 3.39 digs a game last season. Her 1,371 assists and 14.28 apg were both school records for one season.

Other veterans expected to play key roles include senior OH Tessa Pritts, who used off season conditioning to increase her vertical jump by 4.5 inches; four junior s -- MB Kristin Pins, OH Emily Buehler, Opposite Amanda Guralski and Setter/BR Bridget Tyrell; and two -- sophomores MB Amie Lee Aschenbeck and Opposite Callie Peotter.

Tallman, who has a 17-year coaching record of 539-170 (.760), said the Tommies' depth is outstanding, enhanced by five newcomers.

"Jenny Jeffrey is a talented setter returning to the St. Paul area after a season at St. Mary's, and Jennifer Lymburner joins the Tommies after two years at St. Benedict," Tallman said. "Lymburner has already challenged for playing time at the opposite position since arriving on campus. Our freshman class includes three members of the 2001 Minnesota All State Team - (5-9 MB) Ann Eibensteiner (Sauk Centre HS) is making an impact with her intensity and all-around play; 5-8 OH Erika Wetzel (Champlin Park HS), continues to replicate her senior year success when she was one of the most dynamic attackers and defenders in the Twin Cities; and (6-1 Opposite) Lisa Yonke (Apple Valley HS) is an outstanding player in all aspects of the game."

Besides the always-tough MIAC foes, this year's Tommie schedule includes traditional NCAA Division III top-20 powers Wellesley (2001 NCAA Final Four), Emory, Central, Cal-Hayward, UW-River Falls, Mount St. Joseph, Springfield, Ithaca and ex Division II power Texas Lutheran, making its first appearance at the UST Invitational.

"With outstanding players and coaches, the MIAC will always be a constant challenge, with parity being the key word this season." Tallman said.

2001 - Standings, Results, Awards, Final Stats, Players of the Week, Season Preview

2001 MIAC Final Standings

	MIAC		Overall
		Pts	
Bethel *	10-1	20	25-10
St. Olaf *	10-1	20	25-4
St. Thomas *	8-3	16	22-7
Saint Mary's *	8-3	16	16-14
Concordia *	7-4	14	10-17
Saint Benedict *	6-5	12	12-15
<u>Macalester</u>	5-6	10	8-17
<u>Augsburg</u>	4-7	8	12-18
<u>Carleton</u>	4-7	8	16-10
<u>Gustavus</u>	3-8	6	7-15

 Hamline
 1-10
 2
 4-23

 St. Catherine
 0-11
 0
 3-20

* Clinched Playoff Berth