

2005 MIAC VOLLEYBALL PREVIEW

The 2005 MIAC volleyball season gets underway with non-conference games beginning September 1. Conference play begins September 14, with teams competing against each other one time in MIAC play.

Three MIAC teams are represented in the top 25 of the CSTV/AVCA preseason coach's poll. Concordia tops the list of MIAC teams, ranking 15th, followed by Carleton at 17 and St. Benedict at 18. The coaches in the MIAC voted the Blazers of St. Benedict and their five returning starters and 11 returning letterwinners to the top of class in their preseason poll. St. Thomas returning 4 starters to go along with 10 letterwinners grabs the second spot followed by last season's conference tournament champion Concordia. Rounding out the top five is Carleton and Macalaster.

The MIAC Volleyball Playoffs will use the same format as last year and all playoff games will begin at 7:00p.m. The top six teams from the MIAC regular season again qualify for the playoffs. Quarterfinals will take place on Tuesday, November 1. The #1 and #2 seeds will host semifinal matches on Thursday, Nov. 3 and the highest remaining seed will host the championship match Saturday, Nov. 5. The winner of the playoff will receive the MIAC's automatic bid to the NCAA Tournament.

2005 MIAC Preseason Volleyball Coaches Poll

(First Place Votes in Parentheses)

- 1. Saint Benedict (6)
- 2. St. Thomas (2)
- 3. Concordia (3)
- 4. Carleton (1)
- 5. Macalester
- 5. Saint Mary's
- 7. Gustavus
- 8. Bethel
- 9. St. Olaf
- 10. Hamline
- 11. St. Catherine
- 12. Augsburg

Inside The Numbers

- 1** - Number of MIAC regular season volleyball titles in Carleton history. Carleton's 22 victories in 2004 was its most since 1988 and its .909 conference winning percentage was a new school record.
- 2** - The number of home losses by Concordia over the last two seasons. The Cobbers are a combined 21-2 at home during the '03 and '04 seasons.
- 3.99** - Average number of kills per game for Lauren Eberhart of Macalaster. Eberhart's 3.99 kills per game in 2004 makes her the leading returner in kills for the 2005 season.
- 15** - Number of returning letterwinners from last season's Saint Mary's team that went 21-10, the most of any team in the MIAC.
- 562** - Number of wins by St. Olaf co-head coach Cindy Book, putting her 7th in all-time wins in Div III.

2005 MIAC Volleyball Playoffs		
Quarterfinals Tuesday, November 1 #6 @ #3 - 7:00pm #5 @ #4 - 7:00pm Byes: #1, #2	Semifinals Thursday, November 3 Winner #3/6 @ #2 - 7:00pm Winner #4/5 @ #1 - 7:00pm	Championship Saturday, November Championship - 7:00pm

Augsburg College		
Head Coach:	Jessica Phillips (1st - AUG (3rd overall) / 0-0 at AUG)	
2004 Record:	9-16 (1-10 MIAC / 10th)	

Key Returners:	<p>Billie Painschab (Sr./MH/5-11/Howard Lake, Minn./Howard Lake-Waverly HS), led team in kills (257, 3.10 KPG), blocks (65, 19 solo, 0.78 BPG) and attack percentage (.249) in 2004.</p> <p>Linnea Evans (Sr./OH,S/5-10/Kenyon, Minn./Kenyon-Wanamingo HS), 204 kills (2.87 KPG), .100 attack percentage, 22 blocks (1 solo), 231 digs (3.25 DPG), 26 aces in 2004.</p> <p>Alexis Johnson (Sr./S/5-3/Oakdale, Minn./North St. Paul HS), led team in setting (807 assists, 10.09 APG), added 24 aces, 193 digs (2.14 DPG) and 13 blocks in 2004.</p> <p>Sarah Bradley (So./OH/5-7/International Falls, Minn.), 180 kills (2.20 KPG), .151 attack percentage, 23 blocks (1 solo) and team-highs of 39 service aces and 270 digs in 2004.</p> <p>Katie LaGrave (So./MH/5-11/Okinawa, Japan/Kadena HS), 47 kills (1.15 KPG) and 15 blocks (2 solo) in 2004.</p> <p>Haley Bower (So./LIB,S/5-6, Brainerd, Minn.), 14 blocks, 14 service aces and 110 digs in 2004.</p> <p>Returning Starters/Letterwinners: 4/9</p>
Season Preview:	<p>New head coach Jessica Phillips has a promise for fans of Augsburg College volleyball this season.</p> <p>"Our goal is to always be the scrappiest team in the gym, the team that goes for every ball. We'll keep the ball off the floor and compete on every play," Phillips said. "With this team, our wins are going to come from outworking our opponents and ball control. We don't have a huge lineup, so the focus this season is going to be on those two things."</p> <p>And with that focus, the first-year Auggie mentor hopes to help the team improve from last season's 9-16 overall record and 1-10 mark in the competitive Minnesota Intercollegiate Athletic Conference.</p> <p>Augsburg returns three-year starters Billie Painschab (Sr., Howard Lake, Minn./Howard Lake-Waverly HS) and Linnea Evans (Sr., Kenyon, Minn./Kenyon-Wanamingo HS) to the 2005 lineup, two players who have developed into strong team leaders.</p> <p>"This year, our leadership is going to be a key," Phillips said. "Linnea and Billie are great people to have in the leadership roles. I don't think I could have inherited two better leaders. It's a great position to walk into. They've expressed to me how excited they are for the season ... They're excited for what we can accomplish. I've put a lot of responsibility on their shoulders, but only because I can and I know they can handle it."</p> <p>Painschab has developed into a solid middle hitter, leading the team last year in both hitting (257 kills, 3.10 per game, .249 attack percentage) and blocking (65/19 solo). Evans, an outside hitter, has become a strong all-around player, contributing 204 kills (2.87 per game) and 22 blocks last season, to go along with 231 digs and 26 service aces.</p> <p>"Billie will definitely be one of our go-to players. I'm hoping she can continue to stand out as one of the better players in the conference. She's going to get a lot of balls passed her way this year, and that's what she wants," Phillips said. "Linnea, with her experience, has developed a lot of good shots. She's a smart player. She's got good ball control, which is huge out of the left-side position. We want to put someone there who can not only terminate the play, but also play defense and pass well."</p> <p>Alexis Johnson (Sr., Oakdale, Minn./North St. Paul HS) returns for her second season as Augsburg's primary setter, after averaging 10.09 sets per game last season. With a transition to a "6-2" offense in the works, Phillips hopes to allow Johnson to also develop as a hitter and blocker, along with transitioning Haley Bower (So., Brainerd, Minn.) from the right side to the setting position.</p> <p>Another solid all-around player, Sarah Bradley (So., International Falls, Minn.) returns as an outside hitter. She averaged 2.20 kills per game in her freshman season, while leading the team in digs (270) and service aces (39). Katie LaGrave (So., Okinawa, Japan/Kadena HS) saw more time in the lineup as the season progressed last year, becoming a strong compliment to Painschab in the middle.</p> <p>Outside hitter Britt Bogner (Sr., Burnsville, Minn./Apple Valley HS) also returns to the lineup, along with sophomore outside hitters Kristina Lurken (So., Kenyon, Minn./Kenyon-Wanamingo HS) and libero Emma Sutton (So., Chicago, Ill./Mother McAuley HS).</p> <p>Complete Augsburg preview can be found at: http://www.augsburg.edu/athletics/volleyball/0506preview.html</p>

Bethel University	
Head Coach:	Gretchen Hunt (5th season / 76-56 overall)
2004 Record:	10-20 (4-7 MIAC / Tied 8th)

Key Returners:	<p>Kimmie Moehring (Sr., OH, 5-10), MIAC All-Conference</p> <p>Katie Snyder (Sr., S, 5-8)</p> <p>Lisa (Otto) Murphy (Sr., MB, 5-9)</p> <p>Lauren Paist (Sr., Utility, 5-8)</p> <p>Liz Glesne (So., OH, 5-10)</p> <p>Kayla Smith (So., Libero, 5-6)</p> <p>Returning Starters/Letterwinners: 5 (plus libero)/10</p>
Season Preview:	<p>After a disappointing 10-20 season, the Royals are looking to use their mix of experienced returners and athletic newcomers to rebound to the top of the MIAC Conference. After qualifying for the MIAC Tournament in each of Coach Gretchen Hunt's first three seasons, the Royals finished in a tie for 8th in 2004. However, as they return five starters, plus their libero, and ten letter winners, the Royals look to once again challenge for the conference title.</p> <p>Leading the way are senior captains Kimmie Moehring (OH, Minnetonka), Katie Snyder (S, Alexandria), Lisa Murphy (MB, Plymouth/Southwest Christian), Lauren Paist (Utility, Wheaton, IL.) and Joyanne Johnston (Opp., Worthington). As a three-year starter and the sole All-MIAC selection for the Royals in 2004, Moehring will have a lot of responsibility on her shoulders. "Kimmie is our anchor in many ways," says Hunt. "She is one of the best defensive players I've ever seen, and brings so much experience to the floor." Moehring finished last season with 438 digs. Also a three-year starter, Snyder will lead the Royals' offense from the setter position. Snyder finished 2004 with a team leading 1,166 assists. According to Hunt, "Katie is a great leader at the setter position and I will really look to her to run the show on the floor this year." Paist and Murphy (formerly Lisa Otto) both have two years as starters under their belts and played big roles for Bethel at the end of the 2004 season. "Lisa was our most efficient hitter at the end of the season and Lauren established herself as one of our better blockers and servers," says Hunt. Johnston has not seen much action on the floor, but is one of the quiet leaders on the team. "Joy loves the game of volleyball and is a servant to her teammates. She will play an important 'behind-the-scenes' role."</p> <p>Two underclassmen who made big impacts as freshmen also return. Kayla Smith (Libero, Lakeville) and Liz Glesne (OH, Underwood) both ended the season as starters. Glesne led the Royals in kills, with 363 and Smith led in digs with 5.36 per game. Both were some of the top performers at their position in the MIAC. Other returning players who look to challenge for Varsity time include Amy Anderson (OH, Alexandria), Pam Feltmann (S/Opp., Young America/Mayer Lutheran), Alissa Martin (MB, Williams Bay, WI.), and Laura Naig (S., Kasson).</p> <p>There are a few newcomers to the Royal line-up that could make an immediate impact in 2005. Transfer students Nicole Murphy (Jr., Irondale; Wartburg College), Angie Nies (So., Alexandria; Minnesota State Community and Technical College at Fergus Falls), and Christa Crabtree (So., Fergus Falls; Concordia-Moorhead College) will add immediate depth and experience at their positions. In addition to the transfer students, a couple familiar faces will be making a return to the Royals after a season off. Sophomore Lindsay Flowers (MB/Opp., Kirkland, WA.) is also returning after a year away to rehabilitate an injury. "Lindsay is a gifted volleyball player with a great knowledge of the game," says Hunt. "She brings positive energy, experience, and leadership to the court."</p> <p>As for the freshmen, Stephanie Brandt (Arrowhead H.S., WI.) should immediately challenge for playing time at the outside hitter position. "Steph is an explosive athlete with a powerful swing," according to Coach Hunt. "I look for her to push a lot of upperclassmen for playing time." In addition, there is a trio of middle blockers that will get an opportunity for playing time with the loss of two middle blockers from the 2004 team. Lauren Darrell (Woodbury/New Life Academy), who is a sophomore at Bethel but a first-year volleyball player and Jennifer Stoa (Brooklyn Park/Concordia Academy) will both be in competition for immediate playing time.</p> <p>Rounding out the list of newcomers is Amber Beasley (S. Medina/West Lutheran), Chelsea Falck (OH, Abundant Life, WI.), Lauren McConkey (MB, St. Clair), and Karina Roe, (S, Long Prairie-Grey Eagle).. Arnstrom, Beasley, Falck, and Roe have garnered All-Conference honors in their respective conferences and were multi-sport athletes in high school. McConkey has only played volleyball for a year but is a highly decorated basketball athlete that was able to transfer her athletic ability to volleyball, as she was a conference leader in blocks her first year.</p> <p>Complete Bethel preview can be found at: http://cas.bethel.edu/athletics/Volleyball/2005/preview.html</p>

Carleton College		
Head Coach:	Heidi Luehmann Jaynes (7th season / 85-76 overall)	

2004 Record:	22-3 (10-1 MIAC / 1st)	
Key Returners:	<p>Danielle Hargreaves (Jr./OH/Brandon, Manitoba/Vincent Massey HS), Second on team with 3.07 kills and 3.60 digs/game in 2004 and third in points with 3.47/game, Winnipeg Sun Player of the Year in 2002-03</p> <p>Alivia Bryan (Sr./MH/Eugene, Ore./Winston Churchill), third on team with 2.94 kills and blcoks with 0.75/game in 2004; More than tripled kill output and doubled block output from 2003 total last season.</p> <p>Jamie Lykken (Sr./L/Edina, Minn.) 2004 All-MIAC, led team with 5.25 digs/game in 2004; Set school record with 39 digs in single match in 2004; One of only two Knights to ever finish season with more than 5.00 digs/game; Ranked fourth in MIAC in digs per game and seventh in aces per game; Has 1,001 career digs.</p> <p>Heather LaChapelle (So./S/Eagan, Minn.) 2004 MIAC First-Year Player of the Year; Set Carleton single-season record of 10.45 assists/game as first-year player; Set single-match record with 67 assists in 2004; Ranked eighth in MIAC in assists per game; Led Eagan HS to Minnesota Class 4A State title in 2003.</p> <p>Returning Starters/Letterwinners: 4 /12</p>	
Season Preview:	<p>Entering the 2004 season, the Carleton College volleyball program had posted three straight seasons of improved overall records and MIAC finishes. Last season witnessed the Knights making the final ascent to the top of the conference standings, as they won the program's first conference title, posted their best winning percentage in more than two decades and were nationally ranked for the bulk of the season. The summit, in essence, had been reached.</p> <p>Fast forward to the start of the 2005 campaign. The Knights, with three returning starters and their starting libero back, plus a talented group of newcomers, look to remain on top and add another banner to the wall of West Gym. They'll enter the season ranked 17th in the American Volleyball Coaches Association's (AVCA) pre-season top 25 poll.</p> <p>If Carleton is going to become only the fifth MIAC school to repeat at regular-season volleyball champions, it must do so without graduated seniors Katie Freeman, Beth Freeman and Sarah Barrow. Katie Freeman paced the Knights in kills the past two seasons and was a two-time All-MIAC and 2004 AVCA All-America honorable mention pick. Beth Freeman, an 2004 AVCA All-American third team pick, and Barrow were forces at the net that must be replaced. All three were four-year starters for head coach Heidi Jaynes, who repeated as MIAC coach of the year in 2004 and added 2004 AVCA regional coach of the year honors as well. She needs only 15 wins to reach the 100-win mark in her career entering the season.</p> <p>"The best thing those three did for us is they built some tradition here and they were really great leaders," Jaynes said of her three graduating seniors. "That trickled down to the players who will be captains this year. We have some great freshmen coming in but also some really good sophomores and juniors. Losing those three seniors is a big deal but we have some kids who have worked hard to step into those roles."</p> <p>The Knights do return 12 letterwinners from a 22-3 squad that won 10 of their 11 conference matches. Highlighting the returnees is outside hitter Danielle Hargreaves (Jr./Brandon, Manitoba/Vincent Massey Collegiate). She ranked second on the team with 3.07 kills per game and second with 3.60 digs per game. Senior Alivia Bryan (Eugene, Ore./Winston Churchill) posted a breakout junior campaign, ranking third on the 2004 club with 2.94 kills per game and third in blocks with 0.75/game. She more than tripled her kill output and doubled her block output from 2003.</p> <p>Setter Heather La Chapelle (So./Eagan, Minn.) is also back a year after setting a Carleton single season record with 10.45 assists/game en route to earning the MIAC's first-year player of the year honors. Carleton's starting libero, senior Jamie Lykken (Edina, Minn.), earned All-MIAC honors a year ago as she averaged 5.25 digs per game. She ranked fourth in the conference in digs and seventh in aces and reached the 1,000-dig plateau for her career.</p> <p>Jaynes pointed to the senior class as a key once again for the Knights, and in particular Lykken. "She'll run the whole back row defensively and she's just a great leader," Jaynes said. "Alivia has worked hard over the summer and she's excited for her senior year." Jaynes expects Bryan to have another outstanding season, along with fellow senior Jess Black (Greenwood, Colo./Cherry Creek).</p> <p>Complete Carleton preview can be found at: http://apps.carleton.edu/athletics/?sport=267&module=content&id=132797</p>	

Concordia College		
Head Coach:	Tim Mosser (13th season / 223-163 overall)	
2004 Record:	24-4 (9-2 MIAC / 2nd)	

Key Returners:	<p>Becca Shane, 2004 All-American, All-Region middle hitter</p> <p>Emily Gilbertson, Led team in digs per game in 2004</p> <p>Michelle Honek, 144 kills in 2004</p> <p>Returning Starters/Letterwinners: 2 /8</p>
Season Preview:	<p>The tendency in writing a preview of the 2005 Concordia volleyball team would be to use the over-used, rah-rah cliché "We don't rebuild, we reload." However, in 2005 that might be exactly the case for the Cobbers as they get set to embark on the first season without the crew of players who started all four years in a Concordia uniform. Lost to graduation were 2004 MIAC Most Valuable Player Jessica Walden, four-time All-MIAC performer Jacki Barten and perhaps the very lifeblood of the team in 1,000 kill and dig all-star Amy Fitzner. Despite this huge blow to the Cobber volleyball ship, head coach Tim Mosser remains optimistic for the prospects of the 2005 voyage. "We might make some mistakes early in the season but in the end, I think we'll be right in the middle of the title race," said Mosser.</p> <p>The biggest reason for the exuberance of Mosser can be found in the 6-2 frame of All-American Becca Shane. Shane has matured into the most feared middle hitter in the conference. She led the team in kills last season with 376 and in her first two seasons of competition has amassed 736 winners. Joining Shane on the frontline will be sophomore two-sport athlete Michelle Honek. Honek progressed slowly in her freshman season in 2004 but finished with a flourish as she recorded double-digit kill totals in three of her last five matches against MIAC opponents. The Shane/Honek tandem will provide a strong hull for the Cobber ship in the beginning of the year. The ability of Concordia to cut through the treacherous waters of the MIAC will depend on how quickly the frontline newcomers figure out the speed of the college game.</p> <p>Another potential iceberg in the waters could be finding a replacement for all-everything setter Jessica Walden. Walden finished her career as the school's all-time assist leader and led the Cobbers in assists for four consecutive seasons. Mosser never had to worry about long stretches of sub-par offense because of Walden's ability to control the tempo of a match and her leadership qualities on the court. Most likely, the job of running the Cobber offense will fall on the shoulders of a first-year player. A quartet of would-be helmsmen have the high school credentials to assume the starting role. Alyssa Dahl was the MVP and captain of the Willmar High School team last year, Jill Hance was the captain and all-conference setter at Benilde-St. Margaret's High School, while Anna Tinkham was a three-year all-conference performer at Fisher High School and Jen VanBenthuyzen was a three-time all-conference player at Prior Lake High School.</p> <p>Those four will be joined by several other candidates as Mosser will try to find the best fit for the team before the first MIAC match against St. Thomas on September 14.</p> <p>Complete Cobber preview can be found at: http://www.cord.edu/dept/sports/fall/vb/preview.php</p>

<u>Gustavus Adolphus College</u>		
Head Coach:	Kari Eckheart (9th season/ 119-113 overall)	
2004 Record:	19-7 (8-3 MIAC / Tied 3rd)	
Key Returners:	<p>Bri Alsides, 241 digs, 35 service aces (0.36/game)</p> <p>Andrea Kron, 290 kills (2.96/game), 53 total blocks (0.54/game)</p> <p>Jennifer Thelemann, 143 kills (1.66/game), 59 total blocks (0.69/game)</p> <p>Becca Thompson, 173 kills (1.99/game), 71 total blocks (0.82/game)</p> <p>Returning Starters/Letterwinners: 3/8</p>	

Season Preview:	<p>Gustavus Adolphus College volleyball coach Kari Eckheart hopes her 2005 squad can build from a 2004 season that saw them fall one win shy of the 20-win plateau but make their first Minnesota Intercollegiate Athletic Conference Tournament appearance since 2000. If they are to do so, it will be with a line-up high on talent, but relatively low on experience. Gustavus enters the season with one senior on the roster.</p> <p>The 2005 roster will look significantly different from a year ago as seven first-year players emerged from pre-season drills with jerseys. Despite plenty of new faces this season, the goal will remain the same. "We want to be in the top six in the conference and make the MIAC Tournament. I don't want to put a number of wins out there, we just want to be in the tournament," Coach Eckheart commented.</p> <p>Among the losses to graduation for the Gusties are defensive specialist Sue Dailey and two-time All-MIAC selection Rachel Batalden. Last season's other all-conference selection, Tara Houlihan (Senior, Sioux Falls, S.D.) will be studying abroad during the fall semester.</p> <p>Replacing Batalden, Houlihan, Dailey and Anne Osthus, who did not return to the team, will be no small task for the Gusties. However, with experienced youngsters returning from last season there is optimism. "Offensively we are going to be strong. We have some experienced hitters and I also expect that we will do well blocking the ball," Eckheart commented.</p> <p>Eckheart expects that junior Rachelle Jakobs (Montevideo, Minn.) will step in at setter in place of Batalden. Sophomore Bri Alsides is a candidate to step up and fill one of the defensive specialist positions. Alsides recorded 241 kills last season.</p> <p>Sophomores Andrea Kron (Cold Spring, Minn.) and Jennifer Thelemann (Le Sueur, Minn.) return to the outside hitter and right side hitter positions, respectively. Lone senior Kristi Forsythe (Forest Lake, Minn.) will compete for time at outside hitter.</p> <p>In the middle, junior Becca Thompson (Mankato, Minn.) returns, while Jami Moseng (Sophomore, Montevideo, Minn.) and incoming first-year Kelsey Aamlid (Sioux Falls, S.D.) will compete for the other middle position. First-year Emily Klein (Red Wing, Minn.) is slated to step in at libero following a very productive pre-season camp.</p> <p>Despite the loss of six letter-winners, the Gusties have begun to build a nucleus of young talent. Gustavus travels west to open the season, venturing to Oregon to participate in the Boxer Kickoff Invitational hosted by Pacific University. Viterbo will open the 2005 home schedule September 9, while the Gusties are at Hamline September 14 for their first MIAC test.</p> <p>Complete Gustavus preview can be found at: http://www.gustavus.edu/oncampus/athletics/news.cfm?view=home&id=1495</p>
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Hamline University	
Head Coach:	Gina Rollie (3rd season / 23-31 overall)
2004 Record:	11-16 (1-10 MIAC / Tied 10th)
Key Returners:	<p>Dana Luiken (Jr./MB/6-0/Chatfield, Minn./Chosen Valley) led Pipers with 233 kills, .181 hitting percentage, 41 aces, 69 blocks</p> <p>Angie Asmus (So./S/5-9/Plymouth, Minn./Wayzata) 880 assists (third-highest season total in Hamline history), 53 aces</p> <p>Jenna Witt (Jr./DS/L/5-6/Champlin, Minn. /Champlin Park) 530 digs, 39 aces</p> <p>Shelby Hyllengren (So./OH/5-9/Cannon Falls, Minn.) 211 kills (third on the team), .147 hitting percentage</p> <p>Returning Starters/Letterwinners: 3/10</p>

Season Preview:	<p>With the 2005 Pipers growing into a mature and experienced group with several returners, head volleyball coach Gina Rollie hopes to implement a new offense that will allow the Pipers to move up in the competitive MIAC.</p> <p>Rollie hopes to install a three-middle offense to allow the Pipers to keep their most productive players on the court.</p> <p>"This should provide more options offensively and challenge other teams to prepare a little differently for us," Rollie said.</p> <p>The system rewards multi-skilled athletes, but is more complicated than schemes run in the past.</p> <p>"We are trying to get our best players on the floor," Rollie said. "We feel like we have some versatile players – not dominating at one thing, but good all-around players. Offensively, it will help us get the ball to our better hitters. It allows us to get (juniors) Dana (Luiken) and Heather (Rich) the ball in a variety of locations along the net."</p> <p>Luiken, a two-year starter at middle hitter, led the Pipers in kills last season with 223. She was also excellent with the serve, delivering 41 aces. The Chatfield, Minn. native posted 10 or more kills in eight matches in 2004 with the Pipers going 7-1 in those matches. Hamline finished the season with an 11-16 record, 1-10 in the MIAC.</p> <p>Feeding Luiken the ball will be sophomore setter Angie Asmus (Plymouth, Minn.). As a first-year, Asmus dished out 880 assists – the third highest season total in Hamline history. Asmus also led the team and was third in the MIAC with 53 service aces. She did all of this after severely breaking a finger halfway through the season. Rollie believes that a healthy Asmus could have a breakout year.</p> <p>"The year of experience will help Angie the most," Rollie said. "She comes back stronger and smarter and more comfortable with the people around her."</p> <p>Complete Hamline preview can be found at:http://www.hamline.edu/hamline_info/athletics/volleyball/2005/outlook.html</p>
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Macalester College		
Head Coach:	Steph Schleuder (8th year at MAC / 108-91 overall at MAC) (30th season overall / 669-376)	
2004 Record:	11-16 (5-6 MIAC / 7th)	
Key Returners:	Lauren Eberhart (Jr./OH/Madelia, Minn.) 3.99 kills/game, .239 hitting pct., 2nd in MIAC in kills Maggie Buttermore (Sr./MH/Lincoln, Neb./East) 2.44 kills/game, .290 hitting pct., 0.94 blk/game, 2.21 digs/game Returning Starters/Letterwinners: 4/9	

Season Preview:	<p>After coming up just one position short of qualifying for the post-season conference playoffs, the Scots are determined to reach the post-season in 2005 under eighth-year head coach Stephanie Schleuder. Three-time MIAC defensive player of the year May Lin Kessenich graduated so back-row play will be a concern going into the season, but the Scots return five starters and bring in some recruits capable of stepping in right away.</p> <p>Mac is led at the net by veterans Lauren Eberhart (Jr., Madelia, Minn.) and Maggie Buttermore (Sr., Lincoln, Neb. / East). Eberhart ranked second in the MIAC in kills per game as a sophomore and should once again be one of the league's most-feared hitters. Buttermore led the team in blocks and hitting percentage, and is also reliable in the back row and serving. Last season Eberhart spiked 4.0 kills per game with a .239 hitting percentage. Buttermore added 2.4 kills, 0.94 blocks and 2.2 digs as a .290 hitter.</p> <p>Bonnie Driscoll (Jr., LeMars, Ia. / Gehlen Catholic) provided 2.4 kills per game and Stephanie Nelson (Jr., St. Paul, Minn. / Highland Park) was second on the team in blocks with 0.58 per game. Kari Tanaka (So., Bloomington, Minn. / Kennedy) and Briana Keefe-Oates (So., Encinitas, Calif. / San Dieguito Academy) shared setting duties a year ago and enjoyed solid frosh campaigns. Keefe-Oates provided 8.9 assists per game and Tanaka averaged 7.3. Kate Heidinger (Jr., Albion, Ill. / Edwards County) and Deni Batchvarova (Sr., Pleven, Bulgaria / Mathematical) should compete for the libero position vacated by Kessenich. Kate Fahje (So., Waukesha, Wis. / South) should move up to the varsity and see action on the right side for the Scots.</p> <p>Coach Schleuder has brought in a strong crop of recruits who will challenge for playing time right away. Leading the way will be Michigan State transfer Andrea Hansen (Jr., Andover, Minn. / Anoka) and Sonia Muzikarova (Fy., Bratislava, Slovakia / Bilikova).). Hansen played in about a third of Michigan State's total games last year and averaged 0.81 blocks per game. She was a .260 hitter with 1.45 kills per game.</p> <p>Complete Macalester preview can be found at: http://www.macalester.edu/athletics/volleyball/news/05_outlook.html</p>
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College of Saint Benedict Head Coach: Michelle Swanson-Blaeser (6th season / 73-66 overall) 2004 Record: 18-4 (8-3 MIAC / Tied 3rd)	
Key Returners:	<p>Shantelle Needham (Sr./OH/5-10)</p> <p>Beth Schiller (Sr./S/5-6)</p> <p>Teri Knapper (Jr./MB/5-11) All-MIAC</p> <p>Ashley Pinckney (Sr./RS/6-0)</p> <p>Laura Zwach (Jr./Libero/5-2)</p> <p>Returning Starters/Letterwinners: 5/11</p>
Season Preview:	<p>After compiling an 18-4 overall record last season the 2005 Blazer volleyball team, ranked first in the MIAC pre-season coaches poll and 18th in the CSTV/AVCA NCAA Division III preseason poll, will be looking to live up to early expectations.</p> <p>Seniors Beth Schiller, Shantelle Needham and Ashley Pinckney represent a strong senior class that will be the source of leadership for the Blazers.</p> <p>Juniors Teri Knapper, Laura Zwach, Jessica Nokleby and Alicia Reif will also give the Blazers another group of experienced athletes.</p> <p>Tessie Reinsch, Theresa Naumann, Emily Stessman and Jenna Haler represent a talented sophomore class that will factor heavily in the Blazers' success and give the team depth at several positions.</p> <p>The strong returning class will be complemented by a talented first-year class made up of Christina Hawn, Nicole Hjelmgren, Kylee Knutson, Kati Wendlandt, Cherise Rundles, Jessica Ranallo and Jennifer Ranallo who will be looking to contribute to a strong Blazer team at all positions.</p>

College of St. Catherine Head Coach: Nicole Hess (3rd season / 6-47 overall) 2004 Record: 3-25 (1-10 MIAC / Tied 10th)	
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Key Returners:	<p>Amy Pommerening (Sr./Right Side/Menasha, WI)</p> <p>Emily Van Hon (So./S/Fairfax, MN)</p> <p>Returning Starters/Letterwinners:7/7</p>
Season Preview:	<p>With the addition of nine new players and a strong returning core, things are looking up for the St. Kate's volleyball program. The Wildcats return seven players, all of which played in every match last season. Collectively, they hope to improve on their 10th place finish in the conference and become more competitive overall. For the first time in many years the team's roster will have no vacancies.</p> <p>Not only is Head Coach Nicole Hess excited about the numbers, but also about the talented student-athletes that will be entering into her gym. The chemistry that last year's Wildcats possessed is something that Hess hopes will continue this season. The coaching staff is optimistic with second year captains Amy Pommerening (SR, Menasha, WI) and Bridget Holman (JR, Springfield, MN) returning to lead the team. In addition, the return of 2004 team MVP Emily Van Hon (SO, Fairfax, MN) should help add to the leadership of the Wildcats.</p> <p>St. Kate's opens their 2005 campaign on September 1st at Crown College (7:00pm) and begins conference play at home on September 14th against the St. Benedict Blazers (7:00pm).</p>

Saint Mary's University	
Head Coach:	Mike Lester (9th season / 139-88 overall)
2004 Record:	21-10 overall (7-4 MIAC / 6th)
Key Returners:	<p>Megan Roesler (Jr./MH/St. Paul, Minn./Cretin-Derham Hall) 266 kills, 2.54 kpg; .333 attack %; 19 aces</p> <p>Desiree Larson (Sr./L/Blaine, Minn./Centennial) 507 digs</p> <p>Lisa Engdahl (Sr./OH/North Branch, Minn./North Branch) 210 kills, 2.44 kpg</p> <p>Returning Starters/Letterwinners: 3/15</p>
Season Preview:	<p>As the parent of a toddler, Saint Mary's University volleyball coach Mike Lester has probably spent his fair share of time reading nursery rhymes to his son, Jaxon.</p> <p>As he begins preparation for the upcoming season, however, Lester is beginning to feel like he is the main character in one of Mother Goose's famous rhymes.</p> <p>And while Lester's roster certainly isn't quite as bare as Old Mother Hubbard's cupboard, it is in need of some re-stocking.</p> <p>Gone are six, four-year regulars in the Cardinal lineup — including all-conference and all-region selections Ashley Dingels and Tessa Stranik.</p> <p>In their place are 15 returning letterwinners and a group of talented, albeit inexperienced, newcomers.</p> <p>"When you look at this year's roster, the first thing you notice is that Tessa (Stranik), Ashley (Dingels), Kirstan (Rouzer), Tracy (Koertgen), Katie (Christensen) and Molli (Melton) are missing — and right away you think, 'wow, we've lost a lot,' " said Lester, whose graduated senior class compiled a 73-49 record and qualified for four straight Minnesota Intercollegiate Athletic Conference tournaments during their playing careers. "But what most people don't realize is, despite the loss of those six seniors, we still return players at every position that have started or played significant roles the past year or two."</p> <p>Players like starting libero Desiree Larson (Blaine, Minn.), and regulars Megan Roesler (St. Paul, Minn.), Lisa Engdahl (North Branch, Minn.), Molli Dant (Forest City, Iowa), and Beth Schubert (Naperville, Ill.).</p> <p>"It's tough to replace a senior class like we had last year," said Lester, whose team went 21-10 a year ago. "But I like what I've seen from the players we've got returning. They had a great spring and have worked hard over the summer."</p> <p>Complete Saint Mary's preview can be found at: http://sports.smumn.edu/volleyball/2005/newsletter/vbpreview.html</p>

St. Olaf College	
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Head Coaches:	Traci Cook (3th season / 47-50 overall) Cindy Book (24th season / 562-251 overall)
2004 Record:	13-18 (4-7 MIAC / Tied 8th)
Key Returners:	<p>Audrey Volstad (Jr./Hanley Falls, Minn./Yellow Medicine East)</p> <p>Danica Finseth (Sr./Chatfield, Minn./Chosen Valley)</p> <p>Ashley Dennis (Jr./Billings, Minn./Skyview)</p> <p>Andrea Otteman (Jr./Ames, Iowa)</p> <p>Returning Starters/Letterwinners: 4/6</p>
Season Preview:	<p>When the St. Olaf volleyball team takes the floor in 2005-06, the Oles will be sporting gold jerseys for the first time since the mid-80's. Co head coaches Cindy Book and Traci Cook are hoping that the return to gold will mirror a return towards the top of the MIAC standings, a place they have not been the last two seasons.</p> <p>The Oles have good reason to believe this fall will be better for the black and gold, who had 18 consecutive winning seasons from 1984-2002.</p> <p>The Oles return four starters including once All-MIAC middle and captain Danica Finseth (Sr., Chatfield, Minn./Chosen Valley). Finseth eclipsed 1,000 career kills last season and was an all-league pick in 2003.</p> <p>"Danica has long been an anchor of this team," said Cook. "She is an outstanding student-athlete and person."</p> <p>All-conference setter Audrey Volstad (Jr., Hanley Falls, Minn./Yellow Medicine East) and the Ole's leading attacker from 2004, Andrea Otteman (Jr., Ames, Iowa), are back as well. Otteman was ninth in the MIAC with a team-high 3.20 kills/game and Volstad was third in the MIAC with 11.97 set assists a contest.</p> <p>Ashley Dennis (Jr., Billings, Mont./Skyview) also returns outside. Dennis, in her first year as a starter, averaged 2.20 kills and 3.10 digs a game in 2004.</p> <p>Book and Cook hope that they can get Finseth support in the middle. Jessica Leven (Fy, Cedar Rapids, Iowa/Xavier) and Christine Brook (Fy, Centennial, Colo./Cherry Creek) are great candidates to fill the void. The 6-2 Brook and 6-0 Leven were each all-state selections.</p> <p>"We have an awesome returning core group of Finseth, Volstad, Otteman, and Dennis," said Book, who is ninth all-time in Division III coaching wins. "We hope that, with their leadership, they can pull the newcomers along to the top."</p> <p>First years Mackensie Tappe (New Richland, Minn./NRHEG), Megan Dolan (Lincoln, Neb./Southeast) and Anna Olson (Williston, Minn.) could also break into the lineup in 2005.</p> <p>St. Olaf opens at the UW-LaCrosse Invitational against Luther College on Fri., Sept. 2. The Oles play three more games in LaCrosse before playing in the Augsburg Invitational the following weekend in Minneapolis. The Oles commence their conference and home schedule with Macalester College Wed., Sept, 14 at 7 p.m.</p> <p>Complete St. Olaf preview can be found at: http://fusion.stolaf.edu/athletics//index.cfm?fuseaction=NewsDetails&id=429</p>

University of St. Thomas	
Head Coach:	Thanh Pham (3rd season / 44-20 overall at UST)
2004 Record:	20-14 (8-3 MIAC / Tied 3rd)
Key Returners:	<p>Ann Eibensteiner (Sr./MB/5-11) All-MIAC; 2004: 111 games, 170 kills (1.53 kpg), 142 digs, 151 blocks, 28 aces.</p> <p>Rachelle Dosch (Jr./OH/5-7) All-MIAC; 2004: 122 games, 385 kills (3.16 kpg), 390 digs, 77 blocks, 26 aces.</p> <p>Erica Wetzel (Sr./OH/5-9) 3-year starter; Career: 304 games, 932 kills, 1,137 digs, 131 blocks, 97 aces</p> <p>Sarah Rainey (Jr./S/5-8) 2004: 111 games, 10.29 apg, 162 digs, 20 blocks, 24 aces.</p> <p>Returning Starters/Letterwinners: 4 (plus Libero)/10</p>

Season Preview:	<p>UST secured the school's sixth consecutive 20-win volleyball season in 2004 with its 20-14 finish. The Toms tied for third in the conference with an 8-3 MIAC record, including three five-game losses. In the MIAC playoffs, they won a first-round match over Gustavus but were eliminated in the semifinals by Carleton.</p> <p>Third-year Coach Thanh Pham graduated an All-American hitter in Amie Lee Aschenbeck and had another player leave school, but returns 10 of his top 13 players. Senior Erika Wetzel needs 68 kills to reach 1,000 on her career.</p> <p>Top freshmen include setter Molly Conway of Cedar Falls, Iowa, DS Katie Kramer of Rocori HS, MB Katie McCaffrey of Fort Collins, Colo., and OH Jenna Pont (FR, OH, 5-10), Omaha (Neb.) Skutt HS.</p> <p>The 2005 Tommies will play another strong non-conference schedule. They open the season with four matches in the New York University tournament, Sept. 2-3. They'll face NYU (40-7, fourth-place NCAA finisher in 2004), SUNY-Geneseo (25-16) and UW-Stevens Point (21-14) in the first rounds.</p> <p>Other 20-win teams from last year on the Tommies' schedule include UW-Oshkosh (22-11), Central (Iowa) (28-9) and UW-River Falls (24-11). Besides New York City, the Tommies will play tournaments at St. Mary's, Wartburg and Simpson (Iowa), and UW-River Falls.</p> <p>UST faces five conference powers in the first 18 days of its MIAC schedule, beginning Sept. 14 at No. 15-ranked Concordia. Their first home match is Sept. 21 at home vs. No. 18-ranked St. Ben's. The Blazers and Tommies were picked first and second in the MIAC Coaches' preseason poll.</p> <p>New assistant coaches for UST are Dave Manka and Brad Voosen. Last year's top assistant coach, Dennis Amundson, was hired as head coach at Minnesota State Mankato. Dave Orren also will return as an assistant.</p> <p>The Tommies had tryouts and cut the varsity and junior varsity to 27 player.</p> <p>Complete St. Thomas preview can be found at: http://www.stthomas.edu/tommies/shared/shownews.cfm?ArticleID=3636</p>
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2004 - [Standings](#), [Results](#), [Awards](#), [Final Stats](#), [Season Preview](#)

2003 - [Standings](#), [Results](#), [Awards](#), [Final Stats](#), [Season Preview](#), [Preseason Poll](#)

2002 - [Standings](#), [Results](#), [Awards](#), [Final Stats](#), [Players of the Week](#), [Season Preview](#)

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