

2014 MIAC Volleyball Preview and Preseason Coaches' Poll

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2014 MIAC Conference Preview

ST. PAUL, Minn. -- In terms of excitement and parity throughout the standings, it doesn't get much better than volleyball in the Minnesota Intercollegiate Athletic Conference (MIAC). A year ago, the final standings featured co-champs at the top, and all but one team finished tied with at least one other squad. The result was intense races for the title and six postseason bids, and outstanding matches throughout the conference season.

As the conference's 12 teams prepare to begin the season, optimism is high throughout the MIAC that the same stellar product will return to the court in 2014. Actually, with all the talent back, the upcoming campaign could somehow be even better. A year ago, the MIAC had six teams with at least 19 overall wins, and all 12 teams won at least eight matches.

In 2013, a pair of teams with opposite pedigrees shared the conference title with near-perfect 10-1 conference records. It marked the seventh year in a row St. Thomas (30-3) had won at least a share of the MIAC crown, while it was the very first time Augsburg (29-5) found itself at the top of the standings. Saint Benedict (27-4) and Concordia (19-11) tied for third, just a game behind the co-champs, at 9-2 to give the league a formidable top four.

Saint Mary's (24-9) and Hamline (19-13) also made the MIAC Playoffs and tied for fifth place with 6-5 conference records, and Bethel (14-15, 5-6 MIAC) claimed the final spot in the conference's postseason tournament, edging out both Macalester (13-14, 4-7 MIAC) and Gustavus (11-20, 4-7 MIAC) by a single match. The league's final three teams all tied for 10th place as Carleton (13-14), St. Catherine (9-22) and St. Olaf (8-20) each went 1-10 in MIAC play.

In 2014, the elite teams still look elite, as St. Thomas, Augsburg and Saint Benedict look to be factors on the national stage, and Concordia, Bethel and Saint Mary's also have high hopes for the MIAC Playoffs and beyond. In addition, the middle and bottom of the standings all feature teams that appear to be improved and hungry for more in 2014. Parity could be at an all-time high, and the quality of play continues to ascend to new heights, making the entire 2014 MIAC volleyball season a can't-miss event.

FAMILIAR TRIO AT THE TOP

A year ago, the MIAC certainly had plenty of talent from top to bottom, but co-champs St. Thomas and Augsburg and third-place Saint Benedict emerged as the class of the conference, and the MIAC coaches expect the same trio of talented teams to lead the way again in 2014. The Tommies were picked to win their eighth-straight MIAC championship by finishing atop the 2014 MIAC Volleyball Preseason Coaches' Poll, but Augsburg and Saint Benedict were right behind and each also received a first-place vote.

The Tommies took 10 of the 12 available first-place votes and claimed the top spot in the poll with 120 points. The Auggies and Blazers split the other two first-place votes, with Augsburg edging Saint Benedict for the No. 2 spot by a single point, 106-105. The other three predicted Playoff qualifiers (top six) were also closely grouped together, as Concordia finished fourth (80), Bethel was fifth (77) and Saint Mary's grabbed the No. 6 spot (70).

The MIAC coaches also expect Gustavus and Hamline to be in the mix for postseason bids in 2014, as the Gusties finished seventh in the poll with 65 points and the Pipers came in eighth with 60 points. Only 15 points separated the final four teams in the poll as well, as Carleton received 34 points, Macalester got 29, St. Catherine had 27 and St. Olaf rounded out the rankings with 19 points.

THREE IN TOP 16

The Tommies, Blazers and Auggies aren't only receiving preseason love from the MIAC coaches. They've captured the attention of Division III coaches in the nation, and all three will open the 2014 season ranked in the top 16 nationally. In the American Volleyball Coaches' Association (AVCA) Division III Coaches Top 25 Preseason Poll the Tommies are ranked fifth, Saint Benedict is ninth and Augsburg is ranked No. 16. All three reached the NCAA Tournament a year ago and St. Thomas is just two years removed from winning the national title, so it's no surprise to see the MIAC's top teams receive that level of respect on the national level.

COACHING STABILITY

It was a quite offseason on the coaching front in the MIAC, which speaks to the stability and success of the volleyball programs in the conference. A year ago, only one coaching change was made - Becky Egan took over at Hamline - and prior to that, the last wave of coaching movement happened in 2010, when half the schools in the league all hired new head coaches. It's pretty remarkable that there has only been one MIAC head coaching change between the 2010 season and today.



Concordia's Tim Mosser and St. Olaf's Cindy Book continue to be the deans of the group, as both enter their 22nd season as head coach at their respective institutions. Saint Mary's Mike Lester is entering season No. 17 with the Cardinals, Carleton's Heidi Jaynes is starting her 16th campaign, Bethel's Gretchen Hunt is heading into her 14th season and St. Thomas' Thanh Pham is beginning season No. 12.

Augsburg's Jane Becker, Gustavus' Rachelle Sherden, Macalester's Annie Doman, Saint Benedict's Nicole Hess and St. Catherine's Corey Phelps were all part of the wave of change that swept through the MIAC in 2010, and all are beginning their fifth season at their current posts.

WHO TO WATCH FOR

Not only is the MIAC's biggest star back for her senior season, but she could make conference history in 2014. St. Thomas' Kelly Foley became just the third player to win consecutive MIAC Player-of-the-Year honors in 2012 and 2013 as a sophomore and a junior, and this season the star hitter has an opportunity to be the MIAC's first-ever three-time MVP. Foley begins her final campaign with 1,323 career kills and a .358 hitting percentage, and she's been a dominant force at the net since she debuted in 2011.

However, Foley isn't alone in her quest for a fourth conference title and second national championship in three years. All-American outside hitter Jill Greenfield (1,080 career kills) and All-MIAC hitter Sara Atkinson (535 career kills) are also back, and Pham's loaded roster has talent back at nearly every position. Even in a conference as talented as the MIAC, St. Thomas appears to be the cream of the crop.

But the other defending MIAC champs have plenty to be excited about in their first-ever title defense. MIAC and Region Coach-of-the-Year Jane Becker welcomes back star RS Ashley Peper, who earned All-American honors a year ago as a sophomore. Hitter Colleen Ourada also returns, as does DS Mackensie Menke, but the Auggies will have the tough task of replacing star setter Emily McCourt and libero Kalelyn Berens.

Saint Benedict loses All-American hitter Lexi Alm, but plenty of talent is back to put Hess's team in the title hunt - and top 10 nationally - once again. The Blazer offense runs through All-American setter Taya Kockelman, and fellow seniors Lexi Rinde (OH) and Victoria Nass (DS) are also back to give Saint Benedict a deep, veteran team.

Concordia graduated a pair of All-MIAC hitters, but two-time All-MIAC hitter Kynndyl Ross leads a strong group of returners focused on a return to the postseason. Mosser's team also welcomes back 2012 MIAC Rookie-of-the-Year Olivia Wangensteen and sophomore setter Mandy Mercil. Bethel's young squad made the MIAC Playoffs a year ago, and seems poised to take another big step forward in 2014 behind 2013 MIAC Rookie-of-the-Year Carlee Hoppee, fellow sophomore Katie Lubben (setter) and junior hitter Kali Johnson.

Saint Mary's reached the MIAC Playoff semifinals a year ago and, despite losing All-MIAC setter Lexi Assimos to graduation, has high hopes to return to the postseason in 2014. Juniors Alex Peterson (OH) and Lex Krogstad (libero) and senior Mary Nordick (MH) are back to give Lester's team a tremendous nucleus. Gustavus will aim to get back in the Playoff picture in 2014 with nearly every key piece back, including seniors Alyssa Taylor (All-MIAC MH) and Paige Breneman (DS).

In Egan's first season at Hamline, the Pipers won a school-record 19 matches and stunned the league with a run to the Playoffs. All-MIAC honorees Sam Greeney-Hamlin and Molly Hurre graduated, but MIAC Co-Defensive Player-of-the-Year Lynsey Reimer is back for her senior season, and will team up with fellow seniors Stephanie Kapu (MB) and Paige Walters (OH) to try and continue the Piper resurgence. Carleton has high hopes for a bounce-back year in 2014 with All-MIAC libero Camille Benson back to lead the defense, and setter Alicia Flatt and hitter Karen Halls also back in the lineup.

Macalester graduated star hitter Laura Avena, but hopes to continue its ascension behind sophomore hitters Brooke Hunter and Cora Trout and senior leader Hannah Rehak. The St. Catherine offense is in great shape with senior setter Karsee Knutson back to set up hitters Abigail Palmer and Jana Christensen. St. Olaf welcomes back nearly its full lineup, and key players at each position, led by setter Kersten Bork, middle Maggie Prunty and defensive ace Abby Slack.

CIRCLE THESE DATES

Fans don't have much longer to wait, as MIAC volleyball begins in earnest Friday with a full slate of 23 matches. MIAC teams will open at weekend nonconference tournaments over the season's first few weeks to tune up for conference play, which starts with all 12 teams in action at 7 p.m. on Wednesday, Sept. 17.

The final day of MIAC play is set for Saturday, Nov. 1, and the conference title and Playoff bids could very well come down to that final day of action. The 2014 MIAC Volleyball Playoffs will follow with quarterfinals on Tuesday, Nov. 4, semifinals on Thursday, Nov. 6 and the championship on Saturday, Nov. 8.

Throughout the conference campaign, there will be marquee matchups every week. One of the most anticipated showdowns will take place on Oct. 22 at 7 p.m. when last season's co-champs meet in their 2014 matchup. Augsburg will travel across the metro to St. Thomas in a match that could again carry title implications. Two other teams that hope to contend - Saint Benedict and Concordia - will meet in a high-stakes match on the season's final day, as the Cobbers host the Blazers at 3 p.m. on Nov. 1 to close the 2014 season.

Saint Mary's and Bethel can both benefit their Playoff hopes when they square off head-to-head on the Cardinals' home court Sept. 24 at 7 p.m. Two other teams with postseason aspirations meet in a key showdown in St. Paul at 7 p.m. on Oct. 3 when Gustavus visits Hamline.

St. Olaf and Carleton both hope to ascend the standings in 2014, and their cross-town rivalry meeting is always appointment viewing. This season, they'll play in the final weekend, as the Oles host the Knights at 7 p.m. on Oct. 31. A key St. Paul showdown will also happen late in the season, as St. Catherine will host Macalester at 3 p.m. on Oct. 25 as the two rivals will battle for bragging rights and a chance to move up the standings into postseason contention.

A CLOSER LOOK

The rest of the 2014 MIAC Volleyball Preview contains complete results from the 2014 Preseason Coaches' Poll, a video from MIAC Media, helpful links and a preview for each team submitted by their sports information director. The MIAC web site - www.miacathletics.com - will be an outstanding source for MIAC volleyball news, schedules, scores, stats and more throughout the 2014 season.

Visit the [MIAC scoreboard](#) on game days to follow all the action, and download the [MIAC mobile app](#) to have all the information with you anywhere you travel. Also, connect to the conference on its [Facebook](#), [Twitter](#) and [YouTube](#) pages for updates and interaction all season long.

2014 MIAC Volleyball Preseason Coaches' Poll

Coaches voted for every team in the conference except their own team. Points were assigned for each vote (11 for first, 10 for second, etc.) Teams are ranked in order of highest point total to lowest with vote totals listed and first-place votes shown in parentheses.

2014 MIAC Volleyball Preseason Coaches' Poll		
Rank	Institution	Total
1.	St. Thomas (10)	120
2.	Augsburg (1)	106
3.	Saint Benedict (1)	105
4.	Concordia	80
5.	Bethel	77
6.	Saint Mary's	70
7.	Gustavus	65
8.	Hamline	60
9.	Carleton	34
10.	Macalester	29
11.	St. Catherine	27
12.	St. Olaf	19

2014 MIAC Volleyball Playoffs

The 2014 MIAC Playoffs will feature the top six teams in the conference standings playing in a high-seed-host, single-elimination postseason tournament. The two top seeds will receive a bye to the semifinal round, while the No. 3 seed will host the No. 6 seed, and the No. 4 seed will host the No. 5 seeds during the quarterfinals, which will be held Tuesday, Nov. 4. The No. 3/6 winner will play at the No. 2 seed and the No. 4/5 winner will play at the No. 1 seed during the semifinals, which are scheduled for Thursday, Nov. 6. The championship match is set for Saturday, Nov. 8, with the two semifinal winners meeting on home court of the top remaining seed. All MIAC Volleyball Playoff matches will start at 7 p.m. The winner will receive the MIAC's automatic bid to the 2014 NCAA Division III Volleyball Tournament.

| [MIAC Volleyball Playoffs Websites](#) | [2013](#) | [2014](#) |

MIAC Volleyball Links

| [2014 MIAC Schedule](#) | [2013 MIAC Statistics](#) | [MIAC Recordbook](#) | [MIAC Archives](#) |

Team-by-Team Previews

| [AUG](#) | [BU](#) | [CAR](#) | [CON](#) | [GAC](#) | [HU](#) | [MAC](#) | [CSB](#) | [SCU](#) | [SMU](#) | [STO](#) | [UST](#) |



AUGSBURG | [Auggies' volleyball home page](#) |

Head Coach

- Jane Becker (Fifth season)

A Year Ago

- 10-1 MIAC (Co-Champions) | 29-5 Overall

In the 2013 Postseason

- MIAC Playoff Semifinals, L 3-1 to Saint Benedict
- NCAA Division III National Playoffs: W 3-1 vs. Pacific Lutheran in first round, L 3-1 at St. Thomas in second round.

Top Returners

- Ashley Peper (RS, JR | AVCA First-team All-American, AVCA All-Central Region, All-MIAC in 2013; Led MIAC with 507 kills, 4.49 kills per-set, 564.0 points, 5.0 points per-set in 2013; Has recorded 847 kills (3.89 kps), .301 attack pct., 546 digs (2.50 dps) and 119 blocks (29 solo, 0.55 bps) in 62 career matches)
- Colleen Ourada (OH, SR | AVCA Third-team All-American, AVCA All-Central Region, All-MIAC in 2013; Led MIAC with 1,160 attacks and 33 solo blocks in 2013; Has recorded 1,182 kills (3.26 dps), .214 attack pct., 733 digs (2.02 dps) and 250 blocks (74 solo, 0.69 bps in 104 career matches)
- Mackensie Menke (DS, SR | Ranked third on team with 290 digs and 2.54 digs per-set in 2013; Has recorded 753 career digs in 89 career matches (2.48 dps)

Key Losses

- Emily McCourt (S | AVCA Second-team All-American, AVCA All-Central Region, All-MIAC three times, school-record 4,192 assists in 119 career matches)
- Katelyn Berens (Libero | 1,237 digs in 93 career matches)
- Taylor Trautman (MH | 1.64 kills and 0.75 blocks per-set in 2013)

By the Numbers

- 16: Augsburg's preseason national ranking in the 2014 American Volleyball Coaches Association Division III poll, the first time in program history that Augsburg has been ranked in the AVCA's preseason national poll. Augsburg was ranked as high as No. 13 nationally last year and finished the season ranked No. 16.
- 7: The Division III national ranking for right-side hitter Ashley Peper in kills per-set, a MIAC-leading 4.49 total. Peper also ranked No. 9 nationally in points per-set (4.99) and No. 12 in total kills (507).
- 1,182: Career kills for Colleen Ourada, Augsburg's all-time leader in the category. She also holds Augsburg's school record for attack attempts (3,343), while ranking second in career kills per-set (3.26) and 10th in career attack percentage (.214). She also ranks third in school history in career total blocks (250) and second in career solo blocks (74).

Did You Know?

- Augsburg earned American Volleyball Coaches Association Team Academic Award honors in the 2013-14 school year with a 3.38 team grade-point average. Eighteen Auggies had cumulative 3.00 or better GPAs in 2013, with six achieving 3.50 or better cumulative GPAs.



BETHEL | [Royals' volleyball home page](#) |

Head coach

- Gretchen Hunt (14th season)

A Year Ago

- 5-6 MIAC (Seventh place) | 14-15 Overall

Top Returners

- Carlee Hoppe (OH, So. | 2013 MIAC Rookie of the Year, 2013 MIAC All-Conference, 3.86 kills per set)
- Kali Johnson (OH, Jr. | 98 games played, 4.47 digs per set)
- Katie Lubben (S, So. | 26 matches played, 69 sets played, 3.41 assists per set, 1.14 digs per set)

Key Losses

- Nicole Ackatz (OH | 99 games played, 3.35 points per set, 2.93 kills per set, .209 hitting percentage)
- Ashlyn Hucky (S | 29 matches played, 17 starts, 7.18 assists per set, 1.47 digs per set, .280 hitting percentage)
- Kari Blom (MB | 15 starts, 61 games played, 1.70 points per set, 1.03 kills per set, 0.62 blocks per set)

By the Numbers

- 3.86: 2013 MIAC Rookie of the Year, Carlee Hoppe, finished her first season with 3.86 kills per set. Hoppe's average not only ranked No. 2 among all MIAC athletes, but also No. 31 nationwide.
- 14: Gretchen Hunt begins her 14th season as the Royals head volleyball coach. In her time at Bethel, Hunt has amassed a 228-176 career record. Only four other coaches have been in the league longer than Hunt.
- 17: Coach Hunt welcomed 17 newcomers to the 2014 Bethel squad. Among the new recruits are 15 freshmen and two transfers.

Did You Know?

- Bethel University's volleyball team will take part in four different weekend tournaments throughout the 2014 campaign. The Royals will kick off their season with the Puget Sound Premier in Tacoma, Washington, which is several blocks away from junior Kali Johnson's home.

Off the Court

- Sophomore Carlee Hoppe spent the summer across the United States with FCA Volleyball, as she teamed up with players across the country to not only enhance their game, but also to become a better leader. The student-athletes trained at Huntington Beach, California before flying to South Carolina to lead a weeklong camp for youth volleyball players. They then retreat back to California for additional training, which will prepare them for their respective upcoming seasons.

CARLETON | [Knights' volleyball home page](#) |

**Head coach**

- Heidi Jaynes (16th season)

A Year Ago

- 1-10 MIAC (T-10th place) | 13-14 Overall

Top Returners

- Camille Benson (Libero, Jr. | All-MIAC, paced conference players and ranked 3rd in Division III with 6.3 digs per set)
- Alicia Flatt (Setter, Sr. | ranks fourth in team history with 2157 assists after tying for the team lead in 2013; ranked

second on the squad with 214 digs)

- Karen Halls (Right Side, Sr. | paced Carleton with 2.39 kills and 0.76 blocks per set in 2013)

Key Losses

- Rachel Johnson (Middle Hitter | led squad with .303 attack percentage and was second at 1.98 kills per set)
- Sami Kemper (Outside Hitter | fourth on team with 112 kills and 0.38 blocks per set)
- Chloe Nelson (Defensive Specialist | 150 digs in limited action)

By the Numbers

- 18.06: Carleton was second among MIAC squads and 34th in the nation with 18.06 digs per set.
- 17: Seventeen of Carleton's 27 matches in 2013 lasted only three sets. The Knights went 8-9 in those contests.
- .200: Carleton was one of four MIAC squads (also Augsburg, Hamline, and St. Ben's) to go undefeated in 2013 when posting an attack percentage of at least .200.

Did You Know?

- As a rookie in 2013, Caroline Duke was the only MIAC player to surpass both 150 kills and 50 assists on the season. She paced the Knights with 32 service aces; tied for the team lead with 416 assists; and ranked third on the squad with 202 digs, 180 kills, and 46 blocks

Off the Court

- Carleton earned another AVCA Team Academic award for the 2013-14 academic year. Since 2002, Carleton has picked up the honor 12 times, two more than any other MIAC program.

**CONCORDIA** | [Cobbers' volleyball home page](#) |**Head coach**

- Tim Mosser (22nd Season)

A Year Ago

- 9-2 MIAC (T-3rd place) | 19-11 Overall

In the 2013 Postseason

- MIAC postseason results (lost to St. Mary's in MIAC Quarterfinals)

Top Returners

- Kynndyl Ross (RSH, Sr. | Two-time All-MIAC, 7th in the MIAC in kills in 2013, had at least 10 kills in 9 of 11 MIAC matches in 2013)
- Olivia Wangenstein (OH, Jr. | 2012 MIAC Rookie of the Year,)
- Mandy Mercil (S, So. | Led the team in assists in 2013)

Key Losses

- Kayla Hampton (MH | 2013 MIAC All-Conference, third in the MIAC in total blocks and assist blocks)
- Angie Waller (OH | | 2013 MIAC All-Conference, In the top 10 in the MIAC in digs and service aces)

By the Numbers

- 12: Concordia has had 12 MIAC All-Conference honorees in the past five seasons
- 24: Concordia won't play their first match at until Sept. 24
- 584: Cobber senior Kynndyl Ross has 584 kills in her three-year career in maroon and gold.

Did You Know?

- Concordia senior Kelly Reed owns over 50 bottles of nail polish.

**GUSTAVUS** | [Gusties' volleyball home page](#) |**Head coach**

- Rachelle Sherden (Fifth season)

A Year Ago

- 4-7 MIAC (T-8th place) | 11-20 Overall

Top Returners

- Alyssa Taylor (Middle Hitter, Senior) | 2013 All-Conference performer ...Gustavus's top offensive player last season...Played in all 31

matches and 116-of-117 sets...Led team with a total of 350 kills...Was offered a team-high 891 attack opportunities and finished with a team-best hitting percentage of .249.

- Paige Breneman (Defensive Specialist, Senior) | Played in all 31 matches and 113 of the team's total sets...Led the Gustavus defense and ranked fourth in the MIAC in digs with 568...Averaged 5.03 digs per set, which also ranked fourth in the league.

By the Numbers

- 1,517: The number of digs senior libero Paige Breneman has accumulated during her Gustavus career. Breneman heads into her final season of collegiate volleyball ranked second in school history in digs. Emily Klein '09 holds the program digs record with 2,329.
- 4: The number of Gustavus players who finished the season with 200 or more digs last season. Followed by Paige Breneman's 568 digs, Hayley Zweber recorded 272, Becca Woodstra had 212, and Kendra Weege tallied 206.
- 41.75: The number of assists Rachel Arnold - who served as the backup setter for the majority of the season - averaged per match over Gustavus's last four contests of the 2013 season.

Did You Know?

- First-year assistant coach Cassie Weaver, a 2014 graduate of Concordia University, St. Paul, joined head coach Rachelle Sherden's staff as the result of Gustavus receiving an NCAA Division III Ethnic Minority and Women's Grant. The Division III Ethnic Minority and Women's Internship Grant (Division III Internship) provides funding for entry-level administrative positions at Division III institutions and conference offices to encourage access, recruitment, selection and the long-term success of ethnic minorities and women. Weaver will also serve as the Assistant Director for Marketing within the athletic department.

Off the Court

- The Gustavus volleyball took an international service-training trip to the Central American country of Nicaragua this past June. To go along with playing three friendly matches against the Nicaragua National Team, the Gusties also spent time volunteering and serving the Nicaraguan communities. Thanks to their fundraising effort entitled, "Backpacks For Nicaragua," which began earlier in the spring, the Gusties were able to provide more than 250 backpacks, school supplies, and other sporting good items to the non-profit organization Terre Des Hommes.



HAMLINE | [Pipers' volleyball home page](#) |

Head coach

- Becky Egan (Second season)

A Year Ago

- 6-5 MIAC (T-5th place) | 19-13 Overall

Top Returners

- Stephanie Kaup (MB, Sr, second on team in 2013 with 266 kills)
- Lynsey Reimer (DS, Sr, led team with 586 digs, MIAC Co-Defensive Player of Year, Co-Capt.)
- Paige Walters (OH, Sr, Three year regular, 163 Kills last year, Co-Capt.)

Key Losses

- Sam Greeney-Hamlin (All-MIAC, led team with 324 kills)
- Molly Hurtle (All-MIAC, led team with 973 assists)

By the Numbers

- 4: Seniors (all saw considerable action last year)
- 13: players back from last season's team
- 19: number of HU wins that tied a school record

Did You Know?

- Molly Hurtle, who had a successful senior season (her only year here) in 2013, will be one of Becky Egan's assistants this year.

Off the Court

- Five players made the MIAC Academic All-Conference team last fall. Three of those players – Michelle Mattke, Jamie Rubbelke and Paige Walters – return for 2014.

MACALESTER | [Scots' volleyball home page](#) |



Head coach

- Anne Doman (5th season)

A Year Ago

- 4-7 MIAC (8th place) | 13-14 Overall

Top Returners

- Brooke Hunter (So., OH | 2.81 K/Set, .211 Hitting%)
- Hannah Rehak (Sr., MH | 1.53 K/Set, .212 Hitting%, 0.80 Blk/Set)
- Cora Trout (So., DS | 299 Digs, 3.93 Dig/Set)

Key Losses

- Laura Avena (RS | 3.59 K/Set, .274 Hitting%, 256 Digs, 0.48 Blk/Set)
- Kasey McMaster (S | 7.86 Asst/Set, .372 Hitting%, 0.33 Blk/Set)
- Bailey Rehnberg (DS | 1.69 Dig/Set, 0.24 SA/Set)

By the Numbers

- 13: Number of wins in 2013, matching the combined win total of 2011 and 2012
- 9: The Scots showed how friendly the home court was last season by going 9-5 in the Leonard Center.

Did You Know?

- Macalester's 19 players come from 12 different states and one other country.

Off the Court

- Macalester College head volleyball coach Annie Doman worked and coached an international volleyball tour that consisted of NCAA Division III players from across the United States this past May. Doman's squad not only competed against local Costa Rican teams, but also took on the USA Under-23 national team while overseas. Doman and her squad also participated in local community service projects throughout the country, worked with local youth groups and participated as staff in several volleyball clinics.

SAINT BENEDICT | [Blazers volleyball home page](#) |



Head coach

- Nicole Hess (Fifth season)

A Year Ago

- 9-2 MIAC (T-3rd place) | 27-4 Overall

In the 2013 Postseason

- Finished 2nd behind St. Thomas (MIAC Playoffs)
- 2nd round in NCAA Tournament

Top Returners

- Taya Kockelman (Setter, Senior | 3rd team All-American, 1st Team AVCA All-Region, All-MIAC)
- Lexi Rinde (Outside Hitter, Senior | All-American Honorable Mention, 1st Team AVCA All-Region, All-MIAC)
- Victoria Nass (Defensive Specialist, Senior)

Key Losses

- Lexi Alm (Outside Hitter | All-American Honorable Mention, 1st team AVCA All-Region, 1,329 kills for CSB)
- Chelsea Rachel (Outside Hitter)

By the Numbers

- 6: The number of NCAA Tournament appearances in the last seven seasons.
- 2: The number of consecutive seasons with 25 or more wins.
- 2: The number of starters lost from last season.

Did You Know?

- Coach Hess recorded her 150th win in 2013.

Off the Court

- The Blazers were named AVCA Team Academic Award Recipients.

ST. CATHERINE | [Wildcats' volleyball home page](#) |



Head coach

- Corey Phelps (Fifth season)

A Year Ago

- 1-9 MIAC (T-10th place) | 8-22 Overall

Top Returners

- Karsee Knutson (S, Sr. | MIAC Setter-of-the-Week, Oct. 15; led team in assists, service aces)
- Abigail Palmer (OH, So. | 2nd on team in kills, 2nd on team in kills per set, 3rd on team in digs)
- Jana Christensen (OH, Sr. | Led team in kills and kills per set)

By the Numbers

- 60: Karsee Knutson's 60 assists in the Wildcats' win over Carleton on Oct. 9 was the most in a match by an MIAC setter this season and 21st by a Division III setter for a five-set match. Her total was also the most by a Wildcat setter in a single match since 2005.
- 0: The Wildcats didn't graduate any seniors and return an experienced veteran group for the 2014 season.

Off the Court

- The Wildcats earned the AVCA Team Academic Award for the sixth year in a row. Seven Wildcats also earned Academic All-MIAC honors.



SAINT MARY'S | [Cardinals' volleyball home page](#) |

Head coach

- Mike Lester (17th season)

A Year Ago

- 6-5 MIAC (T-5th Place) | 24-9 Overall

In The Postseason

- MIAC Tournament: at Concordia (W, 3-1), at St. Thomas (L, 3-1)

Top Returners

- Alex Peterson (5-11, Jr., OH | 33 MP, 423 Kills, 3.68 kps, 93 Digs, 43 Blocks; First-Team All-MIAC)
- Lex Krogstad (5-4, Jr., Libero | 33 MP, 93 Assists, 19 Aces, 559 Digs; 559 digs rank 4th all-time; 1062 digs in 2 years)
- Mary Nordick (6-3, Sr., MH | 32 MP, 252 Kills, 2.31 kps, 14 Digs, 108 Blocks)

Key Losses

- Lexi Assimos (33 MP, 1,197 assists, 128 Kills, .334 Attack %, 295 Digs — all tops among MIAC setters; 2-time All-MIAC First-Team)
- Kaylee Bunne (32 MP, 113 Kills, 13 Assists, 22 Aces, 75 Digs, 60 Blocks)

By The Numbers

- 11: The Cardinals, who lost back-to-back matches just once last season, put together a school record-tying 11-match winning streak in 2013. The 11 straight wins equaled the feat originally set by the 2000 Cardinal team en route to qualifying for the NCAA Division III national tournament
- 23: Alex Peterson (Harmony, Minn.) closed out her first season as a Cardinal in style, equaling her career high with 23 kills against top-seeded and fourth-ranked St. Thomas in the MIAC playoff semifinals. Peterson's 23 kills against St. Thomas on Nov. 7 and vs. Central (Iowa) on Oct. 4 were the most by a Cardinal this season and the most since Kara Grant recorded 26 kills against Clarke on Sept. 30, 2011.
- 24: The Cardinals — who made their first MIAC playoff appearance since 2010 — closed out the season with 24 wins, the second-most in program history. Saint Mary's 24 wins were the most since the Cardinals set the school record with 27 en route to their first-ever MIAC regular-season title and a berth in the NCAA Division III national tournament.

Did You Know?

- The Cardinals won 13 straight regular-season tournament matches and finished with a 16-3 record in their five regular-season tournaments in 2013.

Off The Court

- Along with boasting a trio of players — Kayle Bunne (LeRoy, Minn.), Lexi Assimos (Northbrook, Ill.) and Molly Grover (Zumbrota, Minn.) — on the Academic All-MIAC Team, the Cardinals also earned the 2013-2014 AVCA Team Academic Award.



ST. OLAF | [Oles' volleyball home page](#) |

Head coach

- Cindy Book (22nd season)

A Year Ago

- 1-10 MIAC (T-10th place) | 8-20 Overall

Top Returners

- Kersten Bork (Setter, Jr. | 9.15 assists/set, 180 digs)
- Maggie Prunty (MB, Sr. | 241 kills, which led team... 2.51 kills/set... hit .260)
- Abby Slack (DS, So. | Team-high 422 digs in 2013)

Key Losses

- Kelly Heissel (OH | 2.34 kills/set, 202 digs)

By the Numbers

- 4: St. Olaf plays just four times at home in the team's first 24 contests. The team opens the season with two matches at Skoglund Center on August 29 before playing 10 straight on the road. The team has two home MIAC contests late in September before going on the road for 10 more before returning home Oct. 24.

ST. THOMAS | [Tommies' volleyball home page](#) |

Head coach



- Thanh Pham (12th season)

A Year Ago

- 10-1 MIAC (Co-Champions) | 30-3 Overall

In the 2013 Postseason

- MIAC postseason results (2-0, 1st)
- NCAA postseason results (2-1, region runner-up)

Top Returners

- Kelly Foley (MB, Sr., | 2X All-America, MIAC Player of the Year; Career: 1,323 kills, 358 attack%)
- Jill Greenfield (OH, Sr., | All-America; Career: 47 double-doubles in kills/digs, 1,080 kills, 1,387 digs)
- Sara Atkinson (OH, Sr., | All-MIAC; 535 kills, 137 total blocks last two seasons)

Key Losses

- Paige Brimeyer (OH | All-America, four-year contributor)
- McKenna Reagan (DS | All-MIAC, two-year contributor)

By the Numbers

- 4: UST match defeats over the last two seasons, in 74 overall contests
- 10: Nationally-ranked Division III teams on Tommies' 2014 schedule
- 23: Consecutive UST match wins over Wisconsin Intercollegiate Athletic Conference programs before a 3-1 loss to Stevens Point in the 2013 regional finals

Did You Know?

- St. Thomas has been included in the top AVCA top-25 rankings for 106 of the last 107 polls, including 44 in a row. The Tommies start 2014 ranked No. 5.

Off the Court

- Led by Academic All-America candidates Foley (3.74 gpa) and Greenfield (3.87 gpa), St. Thomas received the AVCA Team Academic Award for 2013-14, its eighth honor in the last 13 seasons.

[MIAC Volleyball Home Page](#)