



Minnesota College
Athletic Conference

VOLLEYBALL

Minnesota College Athletic Conference

News Release

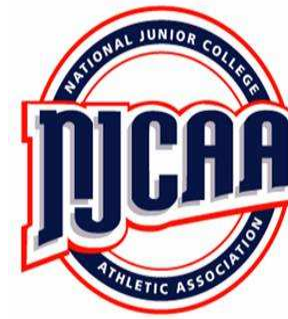
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Release Number 1
August 31, 2010

MCAC Northern Division Conference Standings

Team	Overall Record			MCAC Record		
	W	L	Pct	W	L	Pct
Vermilion	2	0	1.000	0	0	0.000
Itasca	3	1	0.750	0	0	0.000
Hibbing	2	2	0.500	0	0	0.000
Central Lakes	2	2	0.500	0	0	0.000
Mesabi Range	1	3	0.250	0	0	0.000
Rainy River	1	3	0.250	0	0	0.000
Northland	0	2	0.000	0	0	0.000

Games and scores since last report

Date	Winning Team	1	2	3	4	5	Losing Team	1	2	3	4	5
8/28/10	M-State FF	27	25	10			Itasca	25	27	15		
8/28/10	Itasca	23	25	7			Anoka Ramsey	25	18	15		
8/28/10	Itasca	25	25				Mesabi Range	19	20			
8/28/10	Itasca	25	26				Hibbing	23	24			
8/28/10	Rochester	25	25				Hibbing	16	13			
8/28/10	Hibbing	25	25				Rainy River	8	20			
8/28/10	Hibbing	25	18	15			Riverland	14	25	11		
8/28/10	Itasca	25	26				Hibbing	23	24			
8/28/10	Rainy River	19	25	18			Riverland	25	13	16		
8/28/10	Hibbing	25	25				Rainy River	8	20			
8/28/10	Rochester	25	25				Rainy River	15	22			
8/28/10	M-State FF	25	21	15			Rainy River	20	25	7		
8/28/10	Anoka Ramsey	21	25	15			Mesabi Range	25	14	10		
8/28/10	M-State FF	25	20	15			Mesabi Range	15	25	11		
8/28/10	Mesabi Range	16	25	15			Riverland	25	22	12		
8/28/10	Central Lakes	25	16	23	25	15	Bismarck State	23	25	25	21	9
8/28/10	Ellsworth, IA	28	25	22	25		Central Lakes	26	17	25	16	
8/28/10	Vermilion	25	25	25			Gogebic	20	18	7		
8/28/10	Ellsworth	21	25	25	25		Northland	25	21	21	13	
8/28/10	Bismarck	24	25	25	25		Northland	26	13	20	17	
8/27/10	Rochester	25	25	25			Central Lakes	19	22	19		
8/27/10	Central Lakes	25	25	24	25		Dakota College	18	22	26	16	
8/27/10	Vermilion	25	25	21	19	16	Gogebic	21	22	25	25	14

The MCAC, a NJCAA Division III Conference with teams located throughout Minnesota.

Anoka Ramsey-Central Lakes-Fond Du Lac-Hibbing-Itasca-Mesabi Range-Minnesota West-Northland-MSCTC Fergus Falls-Rainy River-Ridgewater-Rochester-St. Cloud Tech-Vermilion



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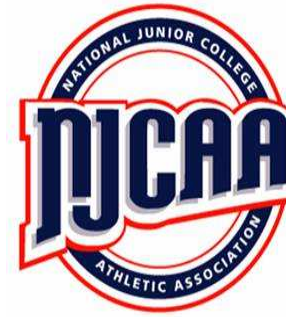
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MCAC Athletes of the Week

<p><u>Hitter of the Week</u> Kelsey Wirtanen Hibbing</p>	<p>Kelsey nailed 36 kills as the Cardinals finished 2-2 for the week. After recording 10 kills in a 2-1 win over Rainy River she added 11 kills in a 2-1 victory over Riverland. Wirtanen also averaged 3.9 digs per game. She is a graduate of Hibbing High School.</p>
<p><u>Setter of the Week</u> Sarah Mann Vermilion</p>	<p>Sarah directed her team to a 2-0 week after a pair of wins (3-2) and (3-0) over Gogebic. Sarah collected 33 and 26 set assists respectively while adding 16 digs and 5 serving aces. Mann is a graduate of Cumberland (WI) High School.</p>
<p><u>Libero of the Week</u> No Nominees</p>	
<p><u>All-Around Player of the Week</u> Ashley Roder Vermilion</p>	<p>Ashley displayed her versatility in a pair of wins over Gogebic. In the first match she had 10 kills with a .450 hitting percentage. As a libero in match two, she recorded 18 digs and six ace serves, and was 38-42 from the serve line. Roder's hometown is Montevideo, MN.</p>

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Northern Division Statistics

TEAM STATS

	Kills/G	Assist/G	Serving Aces/G	Blocks/G	Digs/G
Central Lakes	9.2	7.3	1.8	2.5	13.8
Hibbing	9.9	8.4	1.8	2.2	14.6
Itasca	11.3	10.2	2.1	3.6	15.1
Mesabi Range	7.1	5.5	1.4	1.6	9.1
Northland	5.7	5.4	1.1	2.8	16.4
Rainy River	8.3	6.7	1.0	2.0	10.3
Vermilion	10.0	8.8	3.6	2.6	15.1

INDIVIDUAL STATS

Attack PCT

Name	Games	Kills	Errors	Attempts	PCT
Jessica Dvergsten(IT)	10	42	8	74	0.459
Melissa Nyberg(HI)	9	23	2	48	0.438
Ashley Collman(IT)	10	24	2	54	0.407
Ashley Roder(VE)	8	11	2	24	0.375
Kiersten Apel(HI)	7	6	2	11	0.364
Kelsey Wirtanen(HI)	9	36	7	85	0.341
Brenda Olson(VE)	8	1	0	3	0.333
Cally Tinkess(RR)	10	30	8	67	0.328
Chrystal Olson(MR)	11	22	5	52	0.327
Danika Stelton(RR)	10	10	4	19	0.316

Serving Aces/Games

Name	Games	SA	SA/G
Ashley Roder(VE)	8	8	1.00
Katie Hood(IT)	10	9	0.90
Angie Muhvich(VE)	8	6	0.75
Melissa Nyberg(HI)	9	6	0.67
Lauren Peterson(MR)	11	7	0.64
Sarah Mann(VE)	8	5	0.63
Hayley Kelly(VE)	8	5	0.63
Megan Rakow(CL)	13	7	0.54
Leigh Peterson(IT)	10	5	0.50
Brittany Wiseth(NL)	8	4	0.50

Northern Division Statistics

INDIVIDUAL STATS

Kills/Game

Name	Games	Kills	Kills/G
Jessica Dvergsten(IT)	10	42	4.2
Kelsey Wirtanen(HI)	9	36	4.0
Cally Tinkess(RR)	10	30	3.0
Melissa Widman(CL)	16	44	2.8
Melissa Nyberg(HI)	9	23	2.6
Kaylee Stangland(VE)	7	17	2.4
Ashley Collman(IT)	10	24	2.4
Hannah Larson(VE)	8	19	2.4
Haylee Gates(RR)	10	21	2.1

Setting Assists/Game

Name	Games	Asst	Asst/G
Kasey Palmer(HI)	7	63	9.0
Sarah Mann(VE)	8	59	7.4
Rachel Pfeffer(CL)	16	110	6.9
Danika Stelton(RR)	10	64	6.4
Chelsea Hendrickson(HI)	2	12	6.0
Katie Hood(IT)	10	54	5.4
Catherine Whetzel(NL)	8	42	5.3
Sophi Schjenken(IT)	10	32	3.2
Kassandra Bjorgo(MR)	10	28	2.8
Keanna Karulak(MR)	11	28	2.5

Digs/Game

Name	Games	Digs	Digs/G
Jessica Fontes(NL)	8	37	4.6
Kelsey Wirtanen(HI)	9	35	3.9
Halet Teie(NL)	8	31	3.9
Ashley Roder(VE)	8	28	3.5
Melissa Widman(CL)	16	55	3.4
Andrea Miller(HI)	9	29	3.2
Megan Rakow(CL)	13	41	3.2
Sadie Scholl(VE)	8	25	3.1
Eiely Berg(NL)	8	25	3.1
Leigh Peterson(IT)	10	31	3.1
Cally Tinkess(RR)	10	31	3.1

Blocking Avg

Name	Games	Blocks	Blocks/G
Carolyn Newstrom(HI)	3	4	1.3
Hannah Larson(VE)	8	9	1.1
Randa Glazier(IT)	10	10	1.0
Amber Honadel(VE)	2	2	1.0
Alyssa Levar(VE)	1	1	1.0
Kaitlyn Roerick(CL)	16	15	0.9
Jessica Dvergsten(IT)	10	9	0.9
Ashley Collman(IT)	10	9	0.9
Jessica Fontes(NL)	8	7	0.9



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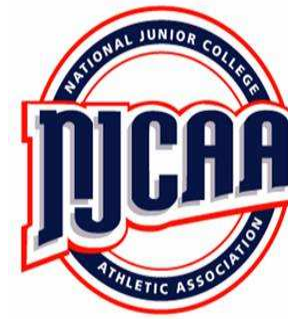
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MCAC Southern Division Conference Standings

Team	Overall Record			MCAC Record		
	W	L	Pct	W	L	Pct
Rochester	6	0	1.000	0	0	0.000
Ridgewater	4	0	1.000	0	0	0.000
Anoka-Ramsey	5	1	0.833	0	0	0.000
Fergus Falls	2	2	0.500	0	0	0.000
Riverland	0	4	0.000	0	0	0.000
Minnesota West	0	0	0.000	0	0	0.000
St. Cloud Tech	0	0	0.000	0	0	0.000

Games and scores since last report

Date	Winning Team	1	2	3	4	5	Losing Team	1	2	3	4	5
8/28/10	Rochester	25	25				Hibbing	16				
8/28/10	Rochester	25	25				Riverland	16	23			
8/28/10	Rochester	25	25				Rainy River	15	22			
8/28/10	Rochester	25	17	15			Anoka Ramsey	22	25	9		
8/28/10	Anoka Ramsey	21	25	15			Mesabi Range	25	14	10		
8/28/10	Anoka Ramsey	25	18	15			Itasca	23	25	7		
8/28/10	Anoka Ramsey	21	25	15			M-State FF	25	14	9		
8/28/10	Rainy River	19	25	18			Riverland	25	13	16		
8/28/10	Rochester	25	25				Riverland	16	23			
8/28/10	Hibbing	25	18	15			Riverland	14	25	12		
8/28/10	Mesabi	16	25	15			Riverland	26	22	11		
8/28/10	Itasca	25	27	15			M-State FF	27	25	10		
8/28/10	M-State FF	25	22	15			Mesabi	15	25	10		
8/28/10	M-State FF	25	21	15			RR	20	25	7		
8/28/10	Ridgewater	25	25	25			Dawson CC	15	23	8		
8/28/10	Ridgewater	25	25	25			Dakota College	11	19	16		
8/27/10	Rochester	25	25	25			Central Lakes	16	22	19		
8/27/10	Rochester	25	25	25			Dakota College	19	15	7		
8/27/10	Anoka Ramsey	13	19	25	25	15	Ellsworth	25	25	20	21	12
8/27/10	Anoka Ramsey	25	25	25			Dawson	7	9	22		
8/27/10	Ridgewater	25	25	19	25		Rock Valley	12	21	25	22	
8/27/10	Ridgewater	25	26	22	25		NIACC	15	24	25	20	

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MCAC Athletes of the Week

<p><u>Hitter of the Week</u> Alysha Reinhardt Anoka Ramsey</p>	<p>Alysha, a 6'2 middle blocker, totaled 80 kills in 117 attempts for a .607 hitting average as Anoka Ramsey went 5-1 to open the season. She had a week high 17 kills vs. M-State FF and added 15 in a 2-1 loss to Rochester. Reinhardt is a graduate of Coon Rapids H.S.</p>
<p><u>Setter of the Week</u> Kristie Tessmer Anoka Ramsey</p>	<p>Kristie handed out 112 assists as Anoka Ramsey finished 5-1 during the week. Kristie recorded 25 assists in a hard fought 3-2 win over Ellsworth, IA followed by 22 in a three game sweep of Dawson, MT. Tessmer is from St. Michael, MN.</p>
<p><u>Libero of the Week</u> Sarah Smith Anoka Ramsey</p>	<p>Sarah led the defensive effort for the 5-1 Golden Rams with 73 digs from her back row spot. In the season opener vs. Ellsworth, Smith had 25 digs. Sarah averaged 3.7 digs/game over 20 games. Smith is a graduate of Big Lake High School.</p>
<p><u>All-Around Player of the Week</u> Macy McKay Ridgewater</p>	<p>Macy used a solid all-around effort in helping Ridgewater to a 4-0 mark during the opening week. The 5'11 right side hitter recorded 36 kills and a .492 hitting percentage while also adding 41 digs, 12 set assists, and 7 ace serves. McKay is from Granite Falls, MN.</p>

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Southern Division Statistics

TEAM STATISTICS

	Kills/G	Assist/G	Aces/G	Blocks/G	Digs/G
Anoka Ramsey	10.4	10.2	2.5	2.3	12.6
Fergus Falls	7.6	7.8	1.6	1.3	9.8
Minnesota West	0.0	0.0	0.0	0.0	0.0
Ridgewater	12.2	10.6	2.1	1.8	14.3
Riverland	7.7	6.1	0.9	1.9	19.3
Rochester	11.1	2.7	10.2	1.6	11.0

INDIVIDUAL STATS

Attack PCT

Name	Games	Kills	Errors	Attempts	PCT
Alysha Reinhardt(AR)	20	80	9	117	0.607
Macy McKay(RW)	13	36	5	63	0.492
Kathryn Kuecker(RO)	15	58	19	115	0.339
Emily Roelike(RW)	11	36	12	72	0.333
Amanda Hammarstedt(AR)	20	43	10	103	0.320
Stephanie Wurzer(AR)	20	35	12	83	0.277
Marie Morem(RO)	15	31	14	65	0.262
Stephanie Loverink(RL)	11	32	10	93	0.237
Hattie Russell(FF)	12	19	6	55	0.236
MiKayla Valvick(RO)	10	15	4	49	0.224

Serving Aces/Games

Name	Games	SA	SA/G
Loryn Poole(RL)	3	3	1.00
Megan Schroeder(RO)	14	13	0.93
Kristie Tessmer(AR)	20	18	0.90
Jacey Anderson(RO)	15	9	0.60
Abby Halter(RW)	11	6	0.55
Macy McKay(RW)	13	7	0.54
Sarah Smith(AR)	20	10	0.50
Hattie Russell (FF)	12	6	0.50
Bethany Peterson(AR)	20	9	0.45
Janaye Boser(AR)	20	6	0.30

Southern Division Statistics

INDIVIDUAL STATS

Kills/Game

Name	Games	Kills	Kills/G
Alysha Reinhardt(AR)	20	80	4.0
Kathryn Kuecker(RO)	15	58	3.9
Emily Roelike(RW)	11	36	3.3
Stephanie Loverink(RL)	11	32	2.9
Macy McKay(RW)	13	36	2.8
Megan Schroeder(RO)	14	31	2.2
Amanda Hammarstedt(AR)	20	43	2.2
Marie Morem(RO)	15	31	2.1
Stephanie Wurzer(AR)	20	35	1.8
Hattie Russell(FF)	12	19	1.6

Setting Assists/Game

Name	Games	Asst	Asst/G
Molly Hurrle(RW)	13	119	9.2
Courtney Lermon(RO)	10	84	8.4
Jill Oftedahl(RO)	7	44	6.3
Kristie Tessmer(AR)	20	112	5.6
Heather LaBelle(AR)	20	84	4.2
Hattie Russell(FF)	12	35	2.9
Brittney Dahl(RL)	11	30	2.7
Emily Johnson(FF)	12	32	2.7

Digs/Game

Name	Games	Digs	Digs/G
Katie Williams(RL)	11	43	3.9
Brandi Bodin(RW)	14	54	3.9
Jennifer Henke(RO)	15	56	3.7
Stephanie Loverink(RL)	11	41	3.7
Sarah Smith(AR)	20	73	3.7
Mercedes Miklya(RL)	11	36	3.3
Jordyn Campbell(FF)	12	35	2.9
Janaye Boser(AR)	20	52	2.6
Courney Lermon(RO)	10	23	2.3
Amanda Hammarstedt(AR)	20	41	2.1

Blocking Avg

Name	Games	Blocks	Bks/G
Alysha Reinhardt(AR)	20	22	1.1
Stephanie Wurzer(AR)	20	17	0.9
Jessica Reuvers(RL)	11	7	0.6
Emily Maas(RO)	15	9	0.6
Amanda Hammarstedt(AR)	20	11	0.6
Robin Arjes(RL)	11	6	0.5
Marie Morem(RO)	15	8	0.5
Brianna Jacobson(RW)	14	7	0.5
Stephanie Loverink(RL)	11	5	0.5
Heather LaBelle(AR)	20	9	0.5