



Minnesota College
Athletic Conference

2009 MCAC Volleyball

All-State 1st Team:

Stephanie Tillman-Ridgewater

Emily Roelike-Ridgewater

Alyssa Franzen-Rochester

Macy McKay-Ridgewater

Nicky Carrison-MSCTC-FF

Breanna Chamernick-Hibbing

Erica Feldewerd-Central Lakes

Whitney Langen-Northland

All-State 2nd Team:

Kylie Dykes-Rochester

Courtney Lermon-Rochester

Darcie Listul-Ridgewater

Jennifer Henke-Rochester

Amanda Hammarstedt-Anoka Ramsey

Caitlin Stackpool-Mesabi Range

Hanna Lashmett-Mesabi Range

Samantha Alberts-Rainy River