



Minnesota College  
Athletic Conference

## **2009 MCAC Volleyball**

### **Southern All Division 1<sup>st</sup> Team:**

Stephanie Tillman-Ridgewater

Emily Roelike-Ridgewater

Alyssa Franzen-Rochester

Macy McKay-Ridgewater

Nicky Carrison-MSCTC-FF

Kylie Dykes-Rochester

Courtney Lermon-Rochester

Darcie Listul-Ridgewater

### **Southern All Division 2<sup>nd</sup> Team:**

Jennifer Henke-Rochester

Amanda Hammarstedt-Anoka Ramsey

Krissy Schemmel-Riverland

Stephanie Neumann-Riverland

Danielle Sowada-St. Cloud Tech.

Emily Liljestrand-MSCTC-FF

Rachel Pavelko-Minnesota West

Linsey Strom-MSCTC-FF