



# VOLLEYBALL

## Minnesota College Athletic Conference

### News Release

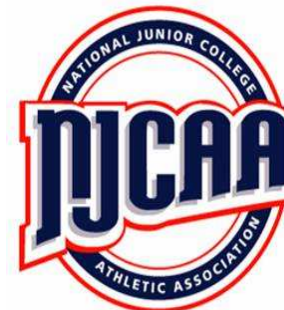
1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mnwest.edu/mcac](http://www.mnwest.edu/mcac)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 9 October 21, 2008

### MCAC Northern Division Conference Standings

#### Overall Record

#### MCAC Record

	W	L	Win. %	W	L	Pct
Hibbing	23	13	0.639	10	2	0.833
Northland	20	3	0.870	9	3	0.750
Central Lakes	15	15	0.500	9	3	0.750
Itasca	14	11	0.560	6	6	0.500
Mesabi Range	9	16	0.360	6	6	0.500
Rainy River	3	19	0.136	2	10	0.167
Vermilion	0	16	0.000	0	12	0.000

### Last Week's Games Results

Date	College	1	2	3	4	College	1	2	3	4
10/13/08	Central Lakes	24	25	25	25	Rainy River	26	16	17	15
10/14/08	Hibbing	25	25	25		Vermilion	4	14	10	
10/15/08	Northland	25	25	25		Itasca	22	15	17	
10/17/08	Harper	25	25	22	25	Central Lakes	17	18	25	22
10/17/08	Carl Sandberg	25	25	25		Central Lakes	21	23	18	
10/17/08	Kalamazoo	25	25	25		Central Lakes	10	19	13	
10/18/08	Central Lakes	25	25	25		South Suburban	21	19	13	
10/18/08	Rock Valley	25	25	19	25	Central Lakes	18	17	25	20

The MCAC, is a member of NJCAA Division III with teams located throughout Minnesota.

Central Lakes-Fond Du Lac -Itasca—Mesabi Range—Northland—Rainy River—Vermilion-Minnesota West—MSCTC Fergus Falls—Ridgewater—Rochester



# VOLLEYBALL

## Minnesota College Athletic Conference

### News Release

1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mnwest.edu/mcac](http://www.mnwest.edu/mcac)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 9      October 21,2008



#### Hitter of the Week

Whitney Langen-MH  
Northland

Langen, from Kennedy, MN last week averaged 3 kills per game in leading the Pioneers in a win over Itasca.

#### Setter of the Week

No Nominations

#### Libero of the Week

Breanna Chamernick  
Hibbing

Chamernick, from Hibbing, MN last week had 18 total digs for a 6 dig/game average to help Hibbing to a win to clinch the Northern Division



### Past Northern Division Players of the Week

Week	Hitter of the Week	Setter of the Week	Libero of the Week
Week 1	Sarah Micheals Northland	Jessica Vanderplaats Northland	Rachel Perushek Mesabi Range
Week 2	Shawna Rogalla Northland	Caitlin Stackpool Mesabi Range	Kelsi Kiecker Northland
Week 3	Whitney Langen Northland	Caitlin Stackpool Mesabi Range	Breanna Chamernick Hibbing
Week 4	Misty Flynn Itasca	Kelly Hams Hibbing	Breanna Chamernick Hibbing
Week 5	Racheal Jacobsen Mesabi Range	Caitlin Stackpool Mesabi Range	Rachel Perushek Mesabi Range
Week 6	Jessie Larson Mesabi Range	Caitlin Stackpool Mesabi Range	Rachel Perushek Mesabi Range
Week 7	Lindsay Jacobson Hibbing	Monica McAllister Rainy River	Breanna Chamernick Hibbing
Week 7	Samantha Alberts Rainy River	Kelsi Kiecker Northland	Jenny Fransten Northland

The MCAC, is a member of NJCAA Division III with teams located throughout Minnesota.

Central Lakes-Fond Du Lac -Itasca—Mesabi Range—Northland—Rainy River—Vermilion-Minnesota West—MSCTC Fergus Falls—Ridgewater—Rochester

## Team Statistics

	Kills/G	Assist/G	Aces/G	Blocks/G	Digs/G
Central Lakes	10.0	8.5	1.9	3.4	13.1
Hibbing	10.5	9.4	2.0	2.2	19.6
Itasca	9.7	9.0	0.7	0.3	19.0
Mesabi Range	9.3	8.2	1.6	1.6	14.2
Northland	11.3	10.7	3.0	2.0	16.7
Rainy River	7.1	6.2	1.7	1.0	18.0
Vermilion	4.6	4.0	1.0	0.9	8.3

### Attack PCT

Name	G	K	ERR	ATT	PCT
Misty Flynn(IT)	71	182	45	430	0.319
Whitney Langen(NL)	85	214	50	527	0.311
Alexa Hoffman(CL)	88	178	55	414	0.297
Shayna Foote(CL)	93	201	56	497	0.292
Gina Bounds(IT)	71	143	42	377	0.268
Lindsay Jacobson(HI)	101	225	49	662	0.266
Erienne Bright(HI)	81	154	48	401	0.264
Daisha VanOverbeke(HI)	100	147	33	453	0.252
Sarah Michaels(NL)	85	173	65	441	0.245
Rachel Voeltz(CL)	93	182	61	511	0.237

### Setting Assists/Game

Name	G	Asst	Asst/G
Kelly Hams(HI)	97	870	9.0
Caitlin Stackpool(MR)	71	539	7.6
Chelsea Shields(IT)	63	386	6.1
Monica McAllister(RR)	65	282	4.3
Andrea Wynn(CL)	83	348	4.2
Shayna Foote(CL)	93	387	4.2
Kym Wassink(VE)	39	152	3.9
Breaane Gjovik(IT)	66	242	3.7
Kelsi Kiecker(NL)	84	251	3.0
Chelsea Gray(NL)	68	194	2.9

### Kills/Game

Name	G	Kills	Kills/G
Samantha Alberts(RR)	55	176	3.2
Roshael Jacobsen(MR)	55	157	2.9
Misty Flynn(IT)	71	182	2.6
Whitney Langen(NL)	85	214	2.5
Brittany Black(IT)	71	176	2.5
Samantha Lindfors(HI)	92	223	2.4
Nicole Beckel(RR)	39	87	2.2
Lindsay Jacobson(HI)	101	225	2.2
Shayna Foote(CL)	93	201	2.2
Jessie Larson(MR)	71	147	2.1

### Blocking Avg

Name	G	Blocks	Blocks/G
Rachel Voeltz(CL)	93	86	0.9
Erienne Bright(HI)	81	72	0.9
Alexa Hoffman(CL)	88	67	0.8
Erin Jugasek(CL)	93	67	0.7
Whitney Langen(NL)	85	56	0.7
Sarah Michaels(NL)	85	46	0.5
Carley Lake(RR)	65	33	0.5
Daisha VanOverbeke(HI)	100	49	0.5
Jessie Larson(MR)	71	32	0.5
Jenna Villebrun(MR)	70	28	0.4
Sasha Magner(NL)	50	18	0.4

### Serving Aces/Games

Name	G	SA	SA/G
Jessica Vanderplaats(NL)	80	46	0.58
Lindsay Jacobson(HI)	101	60	0.59
Carley Lake(RR)	65	31	0.48
Kelly Hams(HI)	97	46	0.47
Roshael Jacobsen(MR)	55	26	0.47
Chelsea Gray(NL)	68	32	0.47
Shayna Foote(CL)	93	41	0.44
Nicole Beckel(RR)	35	14	0.40
Jenny Fransten(NL)	75	28	0.37
Tiffany Mullins(VE)	46	11	0.24

### Digs/Game

Name	G	Digs	Digs/G
Breanna Chamernick(HI)	104	680	6.5
Rachel Perushek(MR)	71	300	4.2
Sam Alberts(RR)	55	217	3.9
Nicole Beckel(RR)	39	149	3.8
Micki Nogowski(RR)	65	247	3.8
Kayla Blom(MR)	69	256	3.7
Monica McAllister(RR)	61	212	3.5
Ashley Palmer(HI)	102	344	3.4
Sam Boyer(CL)	81	265	3.3
Kelly Hams(HI)	97	276	2.8
Jenny Fransten(NL)	75	212	2.8



# VOLLEYBALL

## Minnesota College Athletic Conference

### News Release

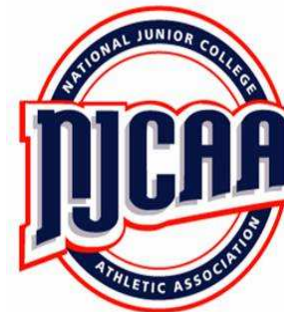
1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mnwest.edu/mcac](http://www.mnwest.edu/mcac)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 9      October 21, 2008

### MCAC Southern Division Conference Standings

	Overall Record			MCAC Record		
	W	L	Pct	W	L	Pct
Rochester	24	3	0.889	9	1	0.900
Ridgewater	19	7	0.731	9	1	0.900
Anoka-Ramsey	14	15	0.483	4	6	0.400
Fergus Falls	12	13	0.480	3	7	0.300
Minnesota West	10	19	0.345	3	7	0.300
Riverland	11	14	0.440	2	8	0.200

### Last Week's Games Results

Date		1	2	3	4	5		1	2	3	4	5
10/15/08	Ridgewater	25	25	25	25		MN West	21	12	27	20	
10/15/08	Anoka Ramsey	25	25	25			Riverland	17	20	20		
10/15/08	Rochester	25	23	25	26	15	MSCTC-FF	23	25	16	24	
10/16/08	Harper CC	26	25	25			Ridgewater	24	19	22		
10/17/08	Ridgewater	16	25	17	25	17	Rock Valley	25	16	25	21	15
10/17/08	McHenry CC	25	25	25			Ridgewater	23	18	22		
10/18/08	Carl Sandburg CC	25	25	25			Ridgewater	10	22	21		
10/18/08	Ridgewater	13	24	25	25	15	South Suburban	25	26	16	10	11

The MCAC, is a member of NJCAA Division III with teams located throughout Minnesota.

Central Lakes-Fond Du Lac -Itasca—Mesabi Range—Northland—Rainy River—Vermilion-Minnesota West—MSCTC Fergus Falls—Ridgewater—Rochester

## Team Statistics

	Kills/G	Assist/G	Aces/G	Blocks/G	Digs/G
Anoka Ramsey	10.0	9.7	2.6	2.3	15.7
Fergus Falls	8.3	6.7	1.7	2.0	17.0
Minnesota West	9.9	8.9	2.2	2.8	16.6
Rochester	11.1	10.0	2.0	2.4	14.3
Ridgewater	11.1	9.4	2.8	2.4	13.1
Riverland	8.9	7.4	2.2	1.3	20.5

## Attack PCT

Name	G	K	ERR	ATT	PCT
Stephanie Tillman(RW)	72	187	35	406	0.374
Ashley Kunz(MW)	64	1	0	3	0.333
Tiffany Preuss(RI)	74	106	21	267	0.318
Jordan Olerud(RW)	72	172	39	435	0.306
CalieAnn Rittenour(FF)	78	201	48	514	0.298
Leah Miller(RW)	74	161	46	391	0.294
Laura Holt(RO)	71	129	40	314	0.283
Kayla Wichern(MW)	86	285	79	732	0.281
Kayla Smith(RO)	73	88	31	218	0.261
Brooke Monson(RI)	62	152	49	399	0.258

## Kills/Game

Name	G	Kills	Kills/G
Jordan Noska(AR)	84	364	4.3
Kayla Wichern(MW)	86	285	3.3
Ashley King(RO)	82	258	3.1
Meghan Cronberg(MW)	86	253	2.9
Stephanie Tillman(RW)	72	187	2.6
CalieAnn Rittenour(FF)	78	201	2.6
Bobbie Meier(RO)	80	206	2.6
Brooke Monson(RI)	62	152	2.5
Jordan Olerud(RW)	72	172	2.4
Ashley Lau(RI)	74	171	2.3

## Digs/Game

Name	G	Digs	Digs/G
Emily Liljestrand(FF)	73	361	4.9
Ashley Lau(RI)	74	328	4.4
Kate Krogh(RI)	70	301	4.3
Vanessa Lawrenz(RO)	81	329	4.1
Krissy Schemmel(RI)	74	277	3.7
Kiah Vik(MW)	82	292	3.6
Brittany Nelson(FF)	78	274	3.5
Sarah Smith(AR)	84	284	3.4
Megan Hambleton(AR)	84	269	3.2
Tiffany Preuss(RI)	74	236	3.2

## Setting Assists/Game

Name	G	Asst	Asst/G
Darci Heikes(RO)	71	646	9.1
Carina Fesenmaier(RW)	79	704	8.9
Dinah Xaphakdy(MW)	86	687	8.0
Becky Schoenecker(AR)	84	459	5.5
Krissy Schemmel(RI)	74	289	3.9
Sarah Smith(AR)	84	286	3.4
Tiffany Preuss(RI)	74	251	3.4
Deveny Moore(FF)	78	257	3.3
Linsey Strom(FF)	78	215	2.8
Julie Klegin(RO)	32	63	2.0

## Serving Aces/Games

Name	G	SA	SA/G
Carina Fesenmaier(RW)	79	70	0.886
Sarah Smith(AR)	84	60	0.714
Krissy Schemmel(RI)	74	37	0.500
Ashley Lau(RI)	74	36	0.486
Megan Hambleton(AR)	84	40	0.476
Dinah Xaphakdy(MW)	86	39	0.453
Jordan Noska(AR)	84	38	0.452
Jakki Lindberg(AR)	84	37	0.440
Darci Heikes(RO)	71	30	0.423
Vanessa Lawrenz(RO)	81	34	0.420

## Blocking Avg

Name	G	Bloc ks	Blocks/G
Jordan Noska(AR)	84	65	0.8
Ally Rotert(MW)	83	60	0.7
Stephanie Tillman(RW)	72	51	0.7
Nicole Carrison(FF)	78	53	0.7
Kylie Dykes(RO)	74	47	0.6
Kayla Wichern(MW)	86	50	0.6
Laura Holt(RO)	71	38	0.5
Becky Schoenecker(AR)	84	40	0.5
Carri Roline(AR)	84	38	0.5
Brooke Monson(RI)	62	27	0.4



# VOLLEYBALL

## Minnesota College Athletic Conference

### News Release

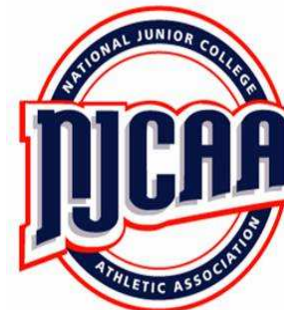
1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mnwest.edu/mcac](http://www.mnwest.edu/mcac)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 9

October 21, 2008



#### Hitter of the Week

Bobbie Meier-OH  
Rochester

Meier, from Burnsville, MN last week had 16 kills for a 4 kill/game average and a .357 hitting percentage to help the Yellowjackets defeat MSCTC-FF.



#### Setter of the Week

Darci Heikes  
Rochester-S

Heikes, from Rochester, MN last week had 42 set assists for a 10.5 average and also 12 kills to help the Yellowjackets defeat MSCTC-FF.

#### Libero of the Week

No Nominations

### Past Southern Division Players of the Week

<i>Week 1</i>	<b>Hitter of the Week</b> Jakki Lindberg Anoka Ramsey	<b>Setter of the Week</b> No Nominations	<b>Libero of the Week</b> No Nominations
<i>Week 2</i>	<b>Hitter of the Week</b> Leah Miller Ridgewater	<b>Setter of the Week</b> Krissy Schemmel Riverland	<b>Libero of the Week</b> No Nominations
<i>Week 3</i>	<b>Hitter of the Week</b> CalieAnn Rittenour MSCTC-Fergus Falls	<b>Setter of the Week</b> Dinah Xaphakdy Minnesota West	<b>Libero of the Week</b> Sarah Smith Anoka Ramsey
<i>Week 4</i>	<b>Hitter of the Week</b> Kayla Wichern Minnesota West	<b>Setter of the Week</b> Darci Heikes Rochester	<b>Libero of the Week</b> Vanessa Lawrenz Rochester
<i>Week 5</i>	<b>Hitter of the Week</b> Stephanie Tillman Ridgewater	<b>Setter of the Week</b> No Nominations	<b>Libero of the Week</b> Darci Listul Ridgewater
<i>Week 6</i>	<b>Hitter of the Week</b> Jordan Noska Sophomore, Anoka Ramsey	<b>Setter of the Week</b> Darci Heikes Freshman, Rochester	<b>Libero of the Week</b> No Nominations
<i>Week 7</i>	<b>Hitter of the Week</b> Brooke Monson Sophomore, Riverland	<b>Setter of the Week</b> Tiffany Preuss Riverland	<b>Libero of the Week</b> No Nominations
<i>Week 8</i>	<b>Hitter of the Week</b> No Nominations	<b>Setter of the Week</b> Darci Heikes Rochester	<b>Libero of the Week</b> Emily Liljestrand MSCTC-Fergus Falls

The MCAC, is a member of NJCAA Division III with teams located throughout Minnesota.

Central Lakes-Fond Du Lac -Itasca—Mesabi Range—Northland—Rainy River—Vermilion-Minnesota West—MSCTC Fergus Falls—Ridgewater—Rochester