



# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations - Volleyball

Home of the Huskies  
www.StCloudState.edu/athletics

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### THIS WEEK'S MATCHES:

#### Oct 18:

**SCSU VS. WINONA STATE, 7 PM**

@ McCown Gym, Winona, MN

#### Oct 21:

**SCSU VS. NORTH DAKOTA, 7 PM**

@ Halenbeck Hall, St. Cloud, MN

#### Oct 22:

**SCSU VS. MINNESOTA STATE, 4 PM**

@ Halenbeck Hall, St. Cloud, MN

### 2005 St. Cloud State Schedule

8/26	at UND Northern Extreme Tour.	
8/26	vs. Upper Iowa	W, 3-0
8/26	vs MSU, Moorhead	L, 0-3
9/2-3	at SMSU Tournament	
9/2	vs Northwestern Coll.	L, 1-3
9/2	at Southwest MN St.	L, 0-3
9/3	vs UM-Crookston	W, 3-1
9/3	vs Chadron State Coll.	W, 3-1
9/9-10	at NCC/NSIC Crossover	
9/9	at Northern State	L, 2-3
9/10	vs #24 MSU, Moorhead	L, 1-3
9/10	vs Wayne State	L, 0-3
9/13	BEMIDJI STATE	W, 3-0
9/17	#22 AUGUSTANA	L, 1-3
9/20	at #6 Conc.-St. Paul	L, 0-3
9/23	at MSU, Mankato	L, 0-3
9/24	NEBRASKA-OMAHA	L, 0-3
9/27	at UM-Crookston	L, 1-3
9/29	UPPER IOWA	W, 0-3
10/1	#4 MN DULUTH	L, 0-3
10/7	at Augustana	L, 1-3
10/8	at North Dakota	L, 1-3
10/11	#24 SW MINN. STATE	L, 1-3
10/15	at #4 MN Duluth	L, 0-3
10/18	at Winona State	7 pm
10/21	NORTH DAKOTA	7 pm
10/22	MSU, MANKATO	4 pm
10/25	at Bemidji State	7 pm
11/1	Northern State	7 pm
11/4	at South Dakota	7 pm
11/5	at Nebraska-Omaha	6 pm
11/12	SOUTH DAKOTA	4 pm

For complete ticket information, please call the SCSU Ticket Office at 1-877-SCSUTIX or 320-308-2137

#### THE SCSU RECORD

2005 Overall Record: 5-16

2005 NCC Record: 0-7

### 2005 SCSU VOLLEYBALL TEAM NEWS

Release Date: October 18, 2005



**THIS WEEK'S MATCHES:** The Huskies (5-16, 0-7 NCC) look forward to three matches this weekend, one on the road against non-conference Winona State on Tuesday and two conference matches this weekend at Halenbeck Hall. On Friday night, they will matchup with North Dakota and on Saturday afternoon, they will face Minnesota State.

**LAST WEEK'S RESULTS:** St. Cloud fell to two nationally ranked teams last week, #24 Southwest Minnesota State on Tuesday and #3 Minnesota Duluth on Saturday. In Tuesday's match, the Huskies hung on throughout most of the night, putting up a fight in games 1 and 2 and taking game three. Throughout the first three games of the match, SCSU hit .225, an improvement on most previous matches played this season. They were strong at the net, gaining 14.0 team blocks in the four games. The Huskies were led by middle blockers Deanna Pieper and Angie Mayers. Pieper had 14 kills and six block assists, while Mayers had 12 kills, six block assists, and one solo block. Kristi Pangrac also added 11 kills. Lindsey Gothe led the team in attack percentage with .333 (10-3-21). Jamie Schlagel had 12 digs. Game scores were 30-27, 30-21, 25-30, and 30-15 in favor of the Mustangs. In Saturday's conference matchup with #3 Minnesota Duluth, the Bulldogs proved their dominance, taking SCSU in three quick games, 30-17, 30-14, 30-19. SCSU hit .109 (21-16-101), while UMD swung at a .343 clip (51-15-105). Angie Mayers led the team with 10 kills. Gothe had a team high 11 digs and setters Monica Ashburn and Rebecca Zenefski had 14 and 9 assists, respectively.

**2004 RESULTS:** The Huskies completed their best record since 1996, with a solid 19-12 overall record and a third place mark of 7-5 in the always rugged North Central Conference. SCSU was ranked eighth in the final NCAA regional poll, and the Huskies received their first NCAA tournament bid since 1995 last fall. At the 2004 NCAA North Central Regional tournament in St. Paul, the Huskies lost in first round play to eventual regional champion Minnesota Duluth by a 3-0 tally.



**THE COACH:** Patricia Mickow is in her third season at St. Cloud State University during the 2005 season. In just her second year, Mickow posted an 19-12 overall record (the Huskies' best finish since 1996), and she currently owns a 35-47 record during her tenure at SCSU. Mickow comes to St. Cloud State University from Bemidji State University, where she served for one season as the head coach of the Beavers' volleyball program. A 1986 graduate of Gustavus Adolphus College, Mickow received a master of science degree in physical education from Winona State in 1992. Mickow also coached at Mayville State and Mount Marty College during her career, and she currently owns a 273-300 career record.

**ASSISTANT COACHING STAFF:** Assisting Mickow in 2005 is former North Dakota State All-American Jenifer (Barber) Odette, who is in her 11th season with the Huskies. First-year graduate assistant Steve Novacek will also work with the Huskies this fall.

**For the latest on SCSU Athletics, check out the Husky Homepage**  
[www.StCloudState.edu/athletics](http://www.StCloudState.edu/athletics)



## MORE NEWS AND NOTES...

THIS WEEK'S OPPONENTS: *Winona State* (12-13, 2-7 NSIC) has historically struggled against St. Cloud State, having won just 5 of 37 matches against the Huskies. They are led by Kaylan Lati, who has accumulated an impressive 329 kills this season. Setter Lisa Dobie has 1,073 assists and 92 kills. The Huskies should be aware of Kiersten Arendt, who has served for 34 aces this season, tying her with SCSU's leader, Jamie Schlagel. SCSU will face *North Dakota* for the second time in as many weeks on Friday night. UND is 10-10 overall and 3-4 in the NCC, good for fifth place. Aileen Cahill leads the squad with 272 kills, while Shelly Francis tops the team with 86 blocks. SCSU suffered a disappointing four-game loss in the teams' first meeting of the season, but leads the series 35-21. SCSU's final matchup of the week will come against *Minnesota State* on Saturday afternoon. The Mavericks have improved to a third place standing in the NCC with a 9-10 overall and 4-3 NCC record. The Mavericks took the Huskies in four games at the Taylor Center earlier this season, and SCSU will look to even the score at Halenbeck Hall. MSU is on a two-game slide, dropping both games on their home court to CSP and South Dakota. Mandy Reuter and Tiffany Graham top MSU's kill list with 249 and 235 kills respectively. Graham and Dana Ostertag lead the team with a combined 158 total blocks. Cassie Wolpern has a team high 327 digs. SCSU maintains a lead in the series record, 51-32.

TEAM CAPTAINS: Senior Angie Mayers, a resident of St. Cloud and graduate of nearby ROCORI H.S., and senior Jamie Schlagel have been named as the team's co-captains for 2005. Of note, Schlagel is the niece of SCSU men's basketball coach Kevin Schlagel and the cousin of men's basketball assistant Cory Schlagel.

SERVE'S UP: Jamie Schlagel continues to lead the conference in service aces with 34 total and a .49 average. As a team, SCSU is second in the conference for aces with 135 served up in 74 games (1.82 average).

LEADING THE STATS: Topping SCSU's stats are:  
Kills: Angie Mayers, 222  
Attack % (min. 100 att.): Kristi Pangrac, .248 (107-43-258)  
Assists: Monica Ashburn, 522  
Aces: Jamie Schlagel, 34  
Digs: Lindsey Gothe, 223  
Total Blocks: Deanna Pieper, 85

NCAA ACTION: The Huskies gained their first NCAA bid since 1995 last season. SCSU has also gained NCAA bids in 1993, 1988 and 1985. The Huskies made it to the Elite 8 in 1995, and have made a total of five appearances in NCAA postseason play.

## 2005 SCSU Volleyball Roster

No.	Name	YR	HT	POS	HOME
1	Rebecca Zenefski	FY	6-0	S/RS	Champlin, MN
2	Sierra Nowak	Jr	5-9	S	Marshfield, WI
4	Andrenna Pieper	FY	5-7	DS/L	Williams, MN
5	Amy Jo Glomski	FY	5-4	DS	Kellogg, MN
7	Lindsey Gothe	Jr	5-10	OH	Elk River (SDSU)
9	Kristi Pangrac	So	6-1	RS	Bowlus, MN
10	Monica Ashburn	So	5-8	S	Hector, MN
11	Angie Mayers	Sr	5-11	MH/OH	Cold Spring, MN
12	Meghan McGee	Jr	5-11	OH	Watertown, WI
14	Danielle Stump	FY	5-4	DS/L	Jackson, MN
15	RaeAnne Stanley	Jr	5-11	MH/OH	Alexandria, MN
16	Deanna Pieper	Jr	6-1	MH	Williams, MN
18	Kristin Speeding	FY	6-0	RS	Kellogg, MN
19	Kelly Lynn Issacson	FY	5-11	OH	Eden Prairie, MN
20	Jamie Schlagel	Sr	5-10	RS/OH	North Branch, MN

Head Coach: Patricia Mickow

Assistants: Jenifer Odette, Steve Novacek

### Career Record Watch at SCSU

#### Set Assists:

1. Heather Modean – 4546 (1993-96)
2. Rachael Olson – 4539 (1997-00)
8. Monica Ashburn – 1,002 (2004-present)

#### Digs:

1. Leah Herrboldt - 1365 (2001-04)
2. Cami Selbitschka – 1159 (1993-96)
3. Megan Hardy – 1104 (2001-04)
4. Melissa Wright – 1021 (1997-00)

#### Kill Attempts:

1. Cami Selbitschka – 3792 (1993-96)
2. Kathy Davis – 3530 (1985-88)
3. Leah Herrboldt – 3392 (2001-04)
12. Jamie Schlagel – 2444 (2002-present)

#### Kills:

1. Cami Selbitschka – 1567 (1993-96)
2. Kim Pellmann – 1322 (1996-99)
5. Leah Herrboldt – 1186 (2001-04)
- 20 Jamie Schlagel – 854 (2002-present)

#### Block Assists:

1. Sheri Mandell – 529 (\*1986-89)
2. Swen Minnema – 388 (1992-95)
2. Kim Pellmann – 388 (1996-99)
6. Angie Mayers – 275 (200-present)

#### 2005 Individual Season Highs at SCSU

Kills: 22 (22-7-43) 4g Angie Mayers vs UND (Oct. 8, 2005)  
Sets: 43 (3g) Monica Ashburn vs UIU (Aug. 26, 2005)  
Digs: 33 (5g) Andrenna Pieper vs Northern State (Sept. 9, 2005)  
Total Blocks: 8 (1 BS, 7 BA) Deanna Pieper vs MSUM (Aug. 26, 2005)  
8 (1 BS, 7 BA) Deanna Pieper vs UMC (Sept. 3, 2005)  
Aces: 5 Jamie Schlagel vs UMC (9/27/05), UIU (9/29/05)  
Kill Pct. (min. 12 TA): .643 (9-0-14) Kristi Pangrac vs UIU (Aug. 26, 2005)

#### 2005 TEAM SEASON HIGHS AT SCSU

Kills: 69 (69-48-247) vs. Northern State, Sept. 9, 2005  
Sets: 62 (5g) vs. Northern State, Sept. 9, 2005  
Kill %: .423 (64-12-123) vs. Upper Iowa, Sept. 29, 2005  
Digs: 113 (5g) vs. Northern State, Sept. 9, 2005  
Blocks: 14.5 (4g) vs UM, Crookston, Sept. 3, 2005



Ashburn



### 2005 North Central Regional Poll (Oct. 6)

Team	Points	Record	PW
1 Minnesota Duluth	15-2	9-0	-
2 Concordia-St. Paul	15-4	9-2	-
3 Nebraska-Omaha	11-4	7-0	-
4 Southwest Minnesota State	13-3	10-2	-
5 Wayne State (Nebraska)	16-4	9-2	-
6 Minnesota State Moorhead	14-3	10-3	-
7 North Dakota	8-6	7-4	-
8 Augustana (South Dakota)	9-7	2-6	-
9 South Dakota	5-12	4-9	-
10 Northern State	6-8	6-4	-

\*\*The NCAA Regional Polls are updated weekly on Wednesday evenings. Teams receiving the top eight rankings in the final poll will advance to the North Central Region tournament.

### 2005 CSTV/AVCA Division II National Poll (Oct. 17)

Team	Points	Record	PW
1 Nebraska-Kearney (29)	855	22-1	2
2 Minnesota Duluth (3)	831	18-2	3
3 Hawai'i Pacific (1)	807	17-1	4
4 Tampa (1)	749	19-2	5
5 Concordia-St. Paul	697	19-4	6
6 Cal Poly Pomona	683	19-0	8
7 North Alabama	673	24-1	7
8 Washburn	650	25-1	9
9 Truman	609	20-4	1
10 Florida Southern	512	23-2	12
11 Central Washington	505	15-3	10
12 Cal State L.A.	502	18-1	13
13 Abilene Christian	435	20-3	14
14 UC San Diego	423	19-4	16
15 Cal State San Bernardino	386	12-6	11
16 Central Missouri State	376	17-7	17
17 Grand Valley State	332	15-4	15
18 Seattle Pacific	265	15-5	18
19 Lock Haven	227	24-4	19
20 BYU-Hawai'i	207	14-3	21
21 Rockhurst	175	20-3	22
22 Minnesota State-Moorhead	128	19-3	23
23 Cal State Bakersfield	87	15-6	25
24-tie Ferris State	80	17-7	20
24-tie Southwest Minn. State	80	18-4	24

Others receiving points and listed on two or more ballots: Florida Gulf Coast 34; Emporia State 26; Seattle 19; Barry 10; Northwood (Mich.) Nebraska-Omaha 7; Southern Illinois-Edwardsville 2

### 2005 North Central Conference Standings

TEAM	NCC		Overall	
	W-L	Pct.	W-L	Pct.
Minnesota Duluth....	5-0	1.000	18-2	.900
Nebraska-Omaha.....	5-1	.833	14-5	.737
Minnesota State.....	4-3	.571	9-10	.474
Augustana.....	3-4	.429	11-8	.579
North Dakota.....	3-4	.429	10-10	.500
South Dakota.....	2-3	.400	8-12	.400
St. Cloud State.....	0-7	.000	5-16	.238

#### Upcoming NCC Schedule

##### Tuesday, October 18

Augustana at Wayne St., 7 pm  
 Minnesota St. at SW Minnesota St., 7 pm  
 Bemidji St. at North Dakota, 7 pm  
 St. Cloud St. at Winona St., 7 pm

##### Friday, October 21

\*Augustana at South Dakota, 7 pm  
 \*Minnesota Duluth at Nebraska-Omaha, 7 pm  
 \*North Dakota at St. Cloud St., 7 pm

##### Saturday, October 22

\*Minnesota St. at St. Cloud St., 4 pm  
 \*Nebraska-Omaha at Augustana, 7 pm  
 \*Minnesota Duluth at South Dakota, 8 pm



### 2005 North Central Conference Volleyball Preseason Coaches Poll

Team	Total	Current 2005 Place
Minnesota Duluth	46	1st
Augustana	38	4th
Nebraska-Omaha	36	2nd
St. Cloud State	31	7th
South Dakota	20	6th
North Dakota	14	5th
Minnesota State	11	4rd

Note: Points were awarded 7 for 1st, 6 for 2nd, etc.

**For ticket information, please call  
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#### SCSU's Probable Starters for This Week

Setter: 10 Monica Ashburn  
 Setter: 1 Rebecca Zenefski  
 Middle Hitter: 11 Angie Mayers  
 Middle Hitter: 16 Deanna Pieper  
 Rightside: 9 Kristi Pangrac  
 Rightside: 20 Jamie Schlagel  
 Leftside: 7 Lindsey Gothe  
 Leftside: 18 Kristin Speedling  
 Libero: 5 Amy Jo Glomski  
 Defensive Spec. 4 Andreana Pieper

\*\*\* Starters subject to change



St. Cloud State Volleyball 2005  
 St. Cloud State Combined Team Statistics (as of Oct 18, 2005)  
 All matches

<b>RECORD:</b>	<b>OVERALL</b>	<b>HOME</b>	<b>AWAY</b>	<b>NEUTRAL</b>
<b>ALL MATCHES.....</b>	<b>( 5-16 )</b>	<b>( 2-4 )</b>	<b>( 0-8 )</b>	<b>( 3-4 )</b>
<b>CONFERENCE.....</b>	<b>( 0-7 )</b>	<b>( 0-3 )</b>	<b>( 0-4 )</b>	<b>( 0-0 )</b>
<b>NON-CONFERENCE.....</b>	<b>( 5-9 )</b>	<b>( 2-1 )</b>	<b>( 0-4 )</b>	<b>( 3-4 )</b>

##	STATS SUMMARY	ATTACK					SET		SERVE			DIG		BLOCKING							
		G	K	K/G	E	TA	Pct	A	A/G	SA	SE	SA/G	RE	DIG	D/G	BS	BA	Total	B/G	BE	BHE
2	Sierra Nowak	39	12	0.31	4	22	.364	194	4.97	5	7	0.13	0	49	1.26	0	1	1	0.03	2	14
9	Kristi Pangrac	42	107	2.55	43	258	.248	6	0.14	0	0	0.00	1	23	0.55	1	22	23	0.55	3	3
10	Monica Ashburn	74	21	0.28	7	67	.209	522	7.05	13	19	0.18	1	168	2.27	0	10	10	0.14	1	33
20	Jamie Schlagel	70	190	2.71	84	513	.207	22	0.31	34	45	0.49	2	98	1.40	4	31	35	0.50	6	6
11	Angie Mayers	74	222	3.00	105	603	.194	5	0.07	21	19	0.28	3	34	0.46	5	60	65	0.88	3	4
18	Kristin Speedling	42	67	1.60	36	196	.158	4	0.10	0	0	0.00	7	30	0.71	0	14	14	0.33	4	2
16	Deanna Pieper	74	163	2.20	89	481	.154	2	0.03	1	0	0.01	2	23	0.31	10	75	85	1.15	13	3
12	Meghan McGee	58	76	1.31	43	278	.119	4	0.07	1	2	0.02	14	35	0.60	0	25	25	0.43	0	1
7	Lindsey Gothe	74	138	1.86	105	512	.064	10	0.14	17	27	0.23	21	223	3.01	1	27	28	0.38	7	0
5	Amy Glomski	4	0	0.00	0	1	.000	1	0.25	0	0	0.00	0	14	3.50	0	0	0	0.00	0	0
4	Andrena Pieper	4	0	0.00	0	1	.000	0	0.00	0	1	0.00	0	3	0.75	0	0	0	0.00	0	0
19	Rossi Hammer	1	0	0.00	0	0	.000	0	0.00	0	0	0.00	0	0	0.00	0	0	0	0.00	0	0
6	Kelley Larkin	2	0	0.00	0	0	.000	1	0.50	0	0	0.00	0	1	0.50	0	0	0	0.00	0	0
12	Megan McGee	2	2	1.00	3	12	-.083	0	0.00	0	0	0.00	0	2	1.00	0	2	2	1.00	0	0
1	Rebecca Zenefski	30	9	0.30	12	29	-.103	116	3.87	6	7	0.20	0	32	1.07	0	5	5	0.17	1	19
18	Kistin Speedling	2	1	0.50	2	7	-.143	1	0.50	0	0	0.00	0	3	1.50	0	1	1	0.50	1	0
5	Amy Jo Glomski	67	0	0.00	2	13	-.154	7	0.10	14	27	0.21	23	166	2.48	0	0	0	0.00	0	1
19	Kelly Lynn Issacson	2	0	0.00	1	4	-.250	0	0.00	0	0	0.00	0	0	0.00	0	0	0	0.00	0	0
4	Andrena Pieper	67	0	0.00	6	17	-.353	11	0.16	22	27	0.33	38	195	2.91	0	0	0	0.00	0	1
14	Danielle Stump	10	0	0.00	1	1	-1.000	1	0.10	1	2	0.10	1	5	0.50	0	0	0	0.00	0	0
TEAM												14									
ST. CLOUD STATE.....		74	1008	13.62	543	3016	.154	907	12.26	135	184	1.82	127	1105	14.93	21	273	157.5	2.13	43	87
Opponents.....		74	1079	14.58	432	2846	.227	975	13.18	126	139	1.70	133	1287	17.39	42	228	156.0	2.11	57	80

TEAM STATISTICS	SCSU	OPP	DATE	OPPONENT	W/L	SCORE	SCORE-BY-GAME	ATTEND
ATTACK.....			Aug 26	vs UIU	W	3-0	30-17,30-18,30-25	-
Kills.....	1008	1079	Aug 26	vs MSUM	L	0-3	28-30,29-31,29-31	-
Errors.....	543	432	Sep 02	vs Northwestern (Iowa)	L	1-3	31-29,24-30,26-30,21-30	33
Total Attacks.....	3016	2846	Sep 02	at SW Minnesota State	L	0-3	22-30,22-30,11-30	178
Attack Pct.....	.154	.227	Sep 03	vs Minnesota-Crookston	W	3-1	18-30,30-24,31-29,30-24	25
Kills/Game.....	13.6	14.6	Sep 03	vs Chadron State (Neb.)	W	3-1	28-30,30-23,30-16,30-22	39
SET.....			Sep 09	at Northern State (SD)	L	2-3	29-31,30-28,30-22,23-30,9-15	123
Assists.....	907	975	Sep 10	vs MSUM	L	1-3	16-30,31-29,20-30,27-30	42
Assists/Game.....	12.3	13.2	Sep 10	vs WSC	L	0-3	26-30,19-30,27-30	45
SERVE.....			Sep 13	BSUVB	W	3-0	30-21,30-19,30-27	327
Aces.....	135	126	* Sep 17	#17 AUGIE	L	1-3	31-33,30-26,8-30,17-30	217
Errors.....	184	139	Sep 20	at #6 Concordia Universit	L	0-3	18-30,19-30,26-30	198
Attempts.....	1004	1173	* Sep 23	at MSU	L	0-3	31-33,23-30,30-32	358
Serve Pct.....	.817	.882	* Sep 24	NEBRASKA-OMAHA	L	0-3	14-30,25-30,16-30	203
Aces/Game.....	1.8	1.7	Sep 27	at Minnesota-Crookston	L	1-3	24-30,30-20,28-30,27-30	215
SERVE RECEPTIONS.....			Sep 29	UIU	W	3-0	30-22,30-18,30-24	308
Errors.....	127	133	* Oct 01	#4 UMD	L	0-3	19-30,20-30,19-30	416
Errors/Game.....	1.7	1.8	* Oct 07	at AUGIE	L	1-3	25-30,23-30,31-29,19-30	553
Attempts.....	1066	874	* Oct 08	at UND	L	1-3	23-30,30-26,28-30,22-30	344
Reception Pct.....	.881	.848	Oct 11	#24 SW MINNESOTA STATE	L	1-3	27-30,21-30,30-25,15-30	267
DEFENSE.....			* Oct 15	at #3 UMD	L	0-3	17-30,14-30,19-30	755
Digs.....	1105	1287						
Digs/Game.....	14.9	17.4						
BLOCKING.....								
Block Solo.....	21	42						
Block Assist.....	273	228						
Total Blocks.....	157.5	156.0						
Blocks Per Game...	2.1	2.1						
Block Errors.....	43	57						
BALL HANDLING ERRORS	87	80						
ATTENDANCE.....								
Total.....	1738	2724						
Dates/Avg Per Date	6/290	8/340						
Neutral site #/avg	7/26							