



ST. CLOUD STATE UNIVERSITY

Athletic Media Relations - Volleyball

Home of the Huskies
www.StCloudState.edu/athletics

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THIS WEEK'S MATCHES:

Nov 1:

SCSU VS. NORTHERN STATE, 7 PM

@ Halenbeck Hall, St. Cloud, MN

Nov 4:

SCSU VS. SOUTH DAKOTA, 7 PM

@ DakotaDome, Vermillion, SD

Nov 5:

SCSU VS. NEB.-OMAHA, 6 PM

@ Sapp Fieldhouse, Omaha, NE

2005 St. Cloud State Schedule

8/26	at UND Northern Extreme Tourn.	
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	L, 0-3
10/21	NORTH DAKOTA	L, 1-3
10/22	MSU, MANKATO	L, 2-3
10/25	at Bemidji State	L, 2-3
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: 5-20

2005 NCC Record: 0-9

2005 SCSU VOLLEYBALL TEAM NEWS

Release Date: November 1, 2005



THIS WEEK'S MATCHES: SCSU (5-20, 0-9 NCC) will host a non-conference match against Northern State on Tuesday at 7 pm. The Huskies are on the road this weekend, playing South Dakota on Friday night at 7 and Nebraska-Omaha on Saturday at 6.

LAST WEEK'S RESULTS: The Huskies fell to an improved Bemidji State(3-27, 0-11 NSIC) last Tuesday night in Bemidji. The Beavers posted 12.0 team blocks, including seven assists and one solo block from Brittney Carlson, in the five-game match. The Huskies had 12 more kills in the match than BSU, upping their season high to 79 kills, but they committed 37 errors for a resulting .222 hitting percentage. Angie Mayers posted 20+ kills for the second time this season, finishing with 23 kills. Mayers also had four block assists. Jamie Schlagel swung for 18 kills, had two service aces, and 15 digs. Also in double digit kills were Lindsey Gothe with 12 and Deanna Pieper with 11. Gothe and Monica Ashburn led the team with 16 digs each. Switching to a 5-1 offensive system, Ashburn picked up 62 assists. The final game scores were 29-31, 30-22, 25-30, 30-28, and 14-16 with BSU on top.

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 35-50 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**



MORE NEWS AND NOTES...

THIS WEEK'S OPPONENTS: *Northern State* (14-13, 6-7 NSIC) met SCSU at the Crossover Tournament early this season in a five-game, rally-filled match. The teams combined for 470 attack attempts and over 230 digs. The win went to Northern State, who has since managed to keep their season record above the .500 level. They are led by Chelsey Deibert with an average 2.85 kills per game and Katie Hegge with 551 digs. The Wolves have a 7-3 lead in matches played against the Huskies. On Friday night, SCSU will face *South Dakota* in the first of two matches to be played this year. USD maintains an 8-15, 2-6 NCC record. Kristen Miller has 390 kills and 261 digs, both team highs for the season. Angela Prochaska leads in blocking with 72 total blocks. The Huskies split matches with the Coyotes last season and lead the series 28-10. SCSU will take on the Mavericks of *Nebraska-Omaha* on Saturday night, the second meeting between the two teams this season. UNO currently ranks 2nd in the NCC with a record of 17-6, 8-1 NCC. UNO came up with a big win over Minnesota Duluth two weeks ago, handing the Bulldogs just their third loss of the season and ending an undefeated NCC record. The win boosted UNO to a #24 national ranking. The Mavericks defeated SCSU handily in their first meeting, with scores of 30-14, 30-25, and 30-16. Ashley Freeman had 15 kills on the night.

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.

HOLDING HER GROUND: Jamie Schlagel tops the NCC list for service aces for the fifth consecutive week, having served 43 aces this season for a .49 ace-per-game average. Schlagel has gained a top spot 7 of the 9 weeks, otherwise finishing third and second.

SCSU IN THE NCC:

Kristi Pangrac: 6th for Hitting Percentage, .276
Monica Ashburn: 7th for assists, 7.33 avg/game
Jamie Schlagel: 1st for aces, .49 avg/game
Deanna Pieper: 5th for blocks, 1.13 avg/game

TEAM: Hitting %: 6th, .165
Assists: 6th, 12.58 avg/game
Kills: 6th, 13.89 avg/game
Blocks: 6th, 2.12 avg/game
Aces: 2nd, 1.75 avg/game
Digs: 7th, 14.88 avg/game

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 – 1147 (2004-present)

Digs:

1. Leah Herrboldt - 1365 (2001-04)
2. Cami Selbitschka – 1159 (1993-96)
3. Megan Hardy – 1104 (2001-04)
4. Melissa Wright – 10 (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 – 2574 (2002-present)

Kills:

1. Cami Selbitschka – 1567 (1993-96)
2. Kim Pellmann – 1322 (1996-99)
5. Leah Herrboldt – 1186 (2001-04)
- 20 Jamie Schlagel – 904 (2002-present)

Block Assists:

1. Sheri Mandell – 529 (*1986-89)
2. Swen Minnema – 388 (1992-95)
2. Kim Pellmann – 388 (1996-99)
5. Angie Mayers – 287 (2002-present)

2005 Individual Season Highs at SCSU

Kills: 23 (23-6-47) 5g Angie Mayers vs Bemidji St. (Oct. 25, 2005)
Sets: 62 (5g) Monica Ashburn vs Bemidji St. (Oct. 25, 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: 79 (79-37-189) vs. Bemidji St., Oct. 25, 2005
Sets: 74 (5g) vs. Bemidji St., Oct. 25, 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. 19)

Team	Overall W-L	Region Record
1 Minnesota Duluth	18-2	11-0
2 Concordia-St. Paul	19-4	13-2
3 Nebraska-Omaha	14-5	9-1
4 Southwest Minnesota St.	16-4	13-3
5 Wayne State (Neb.)	17-7	10-5
6 Minnesota St.-Moorhead	17-3	13-3
7 North Dakota	9-9	8-7
8 South Dakota	7-12	6-9
9 Northern State	8-9	8-5
10 Minnesota State Mankato	8-10	5-7

**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. 31)

Team	Points	Record	PW
1 Nebraska-Kearney (34)	873	27-1	1
2 Hawai'i Pacific (1)	831	20-1	2
3 Tampa	789	21-2	3
4 Concordia-St. Paul	755	23-4	4
5 Minnesota Duluth	724	22-3	5
6 North Alabama	712	29-1	6
7 Washburn	688	31-1	7
8 Truman	633	25-4	8
9 Cal State L.A.	598	20-1	9
10 Cal Poly Pomona	550	21-2	11
11 Abilene Christian	497	25-3	13
12 Florida Southern	440	28-3	10
13 Central Missouri State	433	22-8	14
14 Central Washington	427	18-4	12
15 Cal St. San Bernardino	404	16-6	15
16 Seattle Pacific	342	19-5	18
17 UC San Diego	333	18-5	17
18 Grand Valley State	271	23-5	16
19 Lock Haven	243	27-4	19
20 Rockhurst	195	24-4	20
21 BYU-Hawai'i	183	18-3	21
22 Cal State Bakersfield	166	17-6	22
23 Minnesota St.-Moorhead	115	22-4	23
24 Nebraska-Omaha	91	17-6	24
25 Florida Gulf Coast	29	24-2	NR

Others receiving points and listed on two or more ballots:
Northern Michigan 17; Southwest Minnesota State 12; Ferris State 7; Seattle 5; Harding 4; Emporia State 2

2005 North Central Conference Standings

TEAM	NCC		Overall	
	W-L	Pct.	W-L	Pct.
Minnesota Duluth....	8-1	.889	22-3	.880
Nebraska-Omaha.....	8-1	.889	17-6	.739
Minnesota State.....	5-4	.556	11-12	.478
Augustana.....	4-5	.444	13-10	.565
North Dakota.....	4-5	.444	12-12	.500
South Dakota.....	2-6	.333	8-15	.348
St. Cloud State.....	0-9	.000	5-20	.200

Upcoming NCC Schedule

Tuesday, November 1

Minnesota St. at Winona St., 7 pm
North Dakota at Minnesota-Crookston, 7 pm
Northern St. at St. Cloud St., 7 pm
MW Missouri St. at South Dakota, 7 pm

Friday, November 4

*Augustana at Minnesota Duluth, 7 pm
*St. Cloud St. at South Dakota, 7 pm

Saturday, November 5

*St. Cloud St. at Nebraska-Omaha, 6 pm
*Augustana at Minnesota St, 7 pm
*North Dakota 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	3rd

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: 12 Meghan McGee
Libero: 14 Danielle Stump
Defensive Spec. 4 Andreana Pieper
*** Starters subject to change



St. Cloud State Volleyball 2005
 St. Cloud State Combined Team Statistics (as of Oct 31, 2005)
 All matches

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL MATCHES.....	(5-20)	(2-6)	(0-10)	(3-4)
CONFERENCE.....	(0-9)	(0-5)	(0-4)	(0-0)
NON-CONFERENCE.....	(5-11)	(2-1)	(0-6)	(3-4)

#	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	40	12	0.30	4	22	.364	198	4.95	5	7	0.12	0	50	1.25	0	1	1	0.03	2	14
9	Kristi Pangrac	59	151	2.56	54	351	.276	9	0.15	0	0	0.00	1	29	0.49	3	30	33	0.56	4	6
10	Monica Ashburn	91	30	0.33	9	89	.236	667	7.33	17	24	0.19	1	195	2.14	0	10	10	0.11	1	40
11	Angie Mayers	91	284	3.12	130	741	.208	10	0.11	21	22	0.23	3	38	0.42	5	72	77	0.85	3	4
20	Jamie Schlagel	87	240	2.76	108	643	.205	26	0.30	43	57	0.49	3	128	1.47	6	38	44	0.51	7	6
18	Kristin Speedling	48	70	1.46	38	210	.152	4	0.08	0	0	0.00	7	33	0.69	0	14	14	0.29	4	3
16	Deanna Pieper	91	201	2.21	116	599	.142	5	0.05	1	1	0.01	2	28	0.31	12	91	103	1.13	17	3
12	Meghan McGee	67	88	1.31	49	314	.124	4	0.06	2	3	0.03	16	49	0.73	0	26	26	0.39	1	2
7	Lindsey Gothe	91	176	1.93	120	607	.092	15	0.16	19	27	0.21	24	274	3.01	2	39	41	0.45	7	1
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	Andrenna Pieper	7	0	0.00	0	4	.000	0	0.00	0	1	0.00	1	8	1.14	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	42	9	0.21	13	34	-.118	176	4.19	10	10	0.24	0	43	1.02	0	5	5	0.12	1	27
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	Andreana Pieper	80	0	0.00	6	20	-.300	14	0.17	23	29	0.29	40	217	2.71	0	0	0	0.00	0	1
14	Danielle Stump	27	0	0.00	2	4	-.500	7	0.26	4	14	0.15	11	75	2.78	0	0	0	0.00	0	1
TEAM																					
ST. CLOUD STATE.....		91	1264	13.89	657	3676	.165	1145	12.58	159	223	1.75	150	1354	14.88	28	329	192.5	2.12	50	109
Opponents.....		91	1343	14.76	511	3478	.239	1206	13.25	149	176	1.64	157	1522	16.73	48	284	190.0	2.09	69	100

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.....	1264	1343	Aug 26	vs MSUM	L	0-3	28-30,29-31,29-31	-
Errors.....	657	511	Sep 02	vs Northwestern (Iowa)	L	1-3	31-29,24-30,26-30,21-30	33
Total Attacks.....	3676	3478	Sep 02	at SW Minnesota State	L	0-3	22-30,22-30,11-30	178
Attack Pct.....	.165	.239	Sep 03	vs Minnesota-Crookston	W	3-1	18-30,30-24,31-29,30-24	25
Kills/Game.....	13.9	14.8	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.....	1145	1206	Sep 10	vs MSUM	L	1-3	16-30,31-29,20-30,27-30	42
Attempts.....	1726	1684	Sep 10	vs WSC	L	0-3	26-30,19-30,27-30	45
Assist Pct.....	.663	.716	Sep 13	BSUVB	W	3-0	30-21,30-19,30-27	327
Assists/Game.....	12.6	13.3	* Sep 17	#17 AUGIE	L	1-3	31-33,30-26,8-30,17-30	217
SERVE.....			Sep 20	at #6 Concordia Universit	L	0-3	18-30,19-30,26-30	198
Aces.....	159	149	* Sep 23	at MSU	L	0-3	31-33,23-30,30-32	358
Errors.....	223	176	* Sep 24	NEBRASKA-OMAHA	L	0-3	14-30,25-30,16-30	203
Attempts.....	1353	1546	Sep 27	at Minnesota-Crookston	L	1-3	24-30,30-20,28-30,27-30	215
Serve Pct.....	.835	.886	Sep 29	UIU	W	3-0	30-22,30-18,30-24	308
Aces/Game.....	1.7	1.6	* Oct 01	#4 UMD	L	0-3	19-30,20-30,19-30	416
SERVE RECEPTIONS....			* Oct 07	at AUGIE	L	1-3	25-30,23-30,31-29,19-30	553
Errors.....	150	157	* Oct 08	at UND	L	1-3	23-30,30-26,28-30,22-30	344
Errors/Game.....	1.6	1.7	Oct 11	#24 SW MINNESOTA STATE	L	1-3	27-30,21-30,30-25,15-30	267
Attempts.....	1405	1193	* Oct 15	at #3 UMD	L	0-3	17-30,14-30,19-30	755
Reception Pct.....	.893	.868	Oct 18	at WSU	L	0-3	30-32,31-33,24-30	236
DEFENSE.....			* Oct 21	UND	L	1-3	18-30,19-30,30-24,27-30	304
Digs.....	1354	1522	* Oct 22	MSU	L	2-3	29-31,32-30,30-28,22-30,11-15	322
Digs/Game.....	14.9	16.7	Oct 25	at BSUVB	L	2-3	29-31,30-22,25-30,30-28,14-16	305
BLOCKING.....								
Block Solo.....	28	48						
Block Assist.....	329	284						
Total Blocks.....	192.5	190.0						
Blocks Per Game...	2.1	2.1						
Block Errors.....	50	69						
BALL HANDLING ERRORS	109	100						
ATTENDANCE.....	2264	2265						