



# 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 7:

**SCSU VS. AUGUSTANA 7 PM**

@ Elmen Center, Sioux Falls, SD

#### Oct 8:

**SCSU VS. NORTH DAKOTA, 4 PM**

@ Betty Engelstad Center, Grand Forks, ND

### 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	7 pm
10/8	at North Dakota	4 pm
10/11	SW MINN. STATE	7 pm
10/15	at #4 MN Duluth	4 pm
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: 5-12

2005 NCC Record: 0-4

### 2005 SCSU VOLLEYBALL TEAM NEWS

Release Date: October 4, 2005



**THIS WEEK'S MATCHES:** The Huskies (5-12, 0-4 NCC) will visit two neighboring states this weekend as they continue conference play. They will first head to Sioux Falls, SD to play Augustana (9-7, 1-3 NCC) on Friday night at 7 pm. On Saturday afternoon, they will face North Dakota (9-7, 2-1 NCC) at the Betty Engelstad Center in Grand Forks, ND.

**LAST WEEK'S RESULTS:** St. Cloud went 1-2 in play last week, with losses to Minnesota Crookston and Minnesota Duluth and a win against Upper Iowa University. The match against the Screaming Eagles went into four games, with scores of 30-24, 20-30, 28-30, and 27-30. The Huskies were led by Jamie Schlagel with 16 kills and five service aces. In the three-game win against Upper Iowa (30-22, 30-18, 30-24), four SCSU players had double digit figures in the kill column; Kristi Pangrac with 13, Lindsey Gothe and Jamie Schlagel with 12 each, and Deanna Pieper with 11. The team hit a solid .423 clip on the night, their best showing of the season. They also totalled 10 service aces, including an additional 5 from Schlagel. The Huskies put on a good showing in Saturday's match with fourth-ranked Minnesota Duluth, but were unable to maintain consistent play to take a game away from the Bulldogs. SCSU jumped out to an early 5-0 lead in game 1 and still held the lead at the 14-12 mark. They hung around for a few more points until UMD's offense picked up the pace, while SCSU made untimely errors. This was the trend the rest of the match, with the score remaining close until the midpoint of each game, and then the Bulldogs took over to finish things off. Game scores were 30-10, 30-20, 30-19 in favor of UMD. Kristi Pangrac led the team with 9 kills and two blocking assists. Angie Mayers had 6 kills and two total blocks. Amy Jo Glomski had a team high 10 digs, while Sierra Nowak and Andreana Pieper each served two aces.

**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 35-43 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 273-298 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: *Augustana College* had been ranked nationally all season, typically in the low 20's, until this week's poll, when they fell off of the standings. The Vikings have gone just 1-3 in the NCC, with their only conference win coming against SCSU, 3-1. The Huskies will look to extend AC's losing streak to four games and leave the team winless on their home turf. The Vikings suffered a major loss two weeks ago with the career-ending injury of two-time All-NCC selection and the 2002 Freshman of the Year, setter Angie Hummel. Hummel had been named the NCC's Setter of the Week four times during the first five weeks of the season. The team is led by Abby McDonald with 247 kills and a .244 average this season. McDonald is second in the NCC for kills with a 4.36 average. *North Dakota* has seen marked improvements over last year's 9-21, 0-12 finish. They are currently 9-7 on the season and 2-1 in the NCC with wins against South Dakota and Augustana. They are led by Aileen Cahill with 224 kills and 209 digs this season. Freshman Shelly Francis now claims a second place spot in the NCC for blocks with 69.0 total and a 1.15 block per game average. SCSU leads the series with UND, 35-20.

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.

NOW SERVING...: Jamie Schlagel currently leads the NCC in ace serves with a 0.55 ace per game average. Through 55 games played, Schlagel has used her powerful jumpserve to dish up 30 aces. She totalled 5 aces in each of last week's matches against Minnesota Crookston and Upper Iowa. As a team, the Huskies lead all NCC schools for aces with 121 on the season for a 2.05 average.

### RECAP OF SCSU'S LEADERS:

Through 17 matches played this season, here are your SCSU team leaders:

Kills: Jamie Schlagel, 161

Attack Pct (min 100 att.): Kristi Pangrac, .247 (70-31-158)

Assists: Monica Ashburn, 413

Aces: Jamie Schlagel, 30

Digs: Lindsey Gothe, Andreana Pieper, 174

Blocks: Deanna Pieper, 65 total (10 solo, 55 assists)

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 – 893 (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)
13. Jamie Schlagel – 2355 (2002-present)

#### Kills:

1. Cami Selbitschka – 1567 (1993-96)
2. Kim Pellmann – 1322 (1996-99)
5. Leah Herrboldt – 1186 (2001-04)
- 20 Jamie Schlagel – 825 (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 – 261 (200-present)

#### 2005 Individual Season Highs at SCSU

Kills: 18 (18-4-35) 4g Angie Mayers vs Chadron St. (Sept. 3, 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



D. Pieper



**MORE NEWS AND NOTES...**

**TOP DOGS:** Did you know that senior Jamie Schlagel led the Huskies last fall with 55 service aces and was second on the team with 312 kills...Angie Mayers led the club in 2004 with 147 total blocks and 128 block assists.

**SISTER ACT:** Junior middle blocker Deanna Pieper is the older sister of freshman libero Andreana Pieper. Sophomore setter Monica Ashburn is the younger sister of former SCSU player Lindsay Ashburn (2001-04), who is now the head coach at St. Cloud Cathedral H.S.

**2005 CSTV/AVCA Division II National Poll (Oct. 3)**

Team	Points	Record	PW
1 Truman (31)	870	19-1	1
2 Nebraska-Kearney(3)	820	17-1	2
3 Minnesota Duluth (1)	796	15-2	4
4 Tampa	708	16-2	6
5 Hawai'i Pacific	700	12-1	7
6 Cal State San Bernardino	693	12-3	2
7 Concordia-St. Paul	677	15-4	5
8 North Alabama	636	16-1	8
9 Cal Poly Pomona	584	16-0	18
10 Washburn	572	18-1	9
11 Central Washington	501	12-3	11
12 Florida Southern	469	17-2	12
13 UC San Diego	463	13-3	10
14 Abilene Christian	411	14-3	14
15 Grand Valley State	365	14-4	15
16 Cal State L.A.	357	14-1	17
17 Central Missouri State	352	14-7	13
18 Seattle Pacific	264	11-5	16
19 Lock Haven	153	15-4	24
20 Ferris State	149	14-5	19
21 BYU-Hawai'i	147	13-1	22
22 Rockhurst	121	15-3	21
23 Minnesota State-Moorhead	107	14-3	25
24 Southwest Minnesota State	88	15-3	NR
25 Barry	69	10-7	20

Others receiving points and listed on two or more ballots: Florida Gulf Coast 54; Cal State Bakersfield 41; Wayne State (Neb.) 41; Nebraska-Omaha 34; Seattle 27; Ashland 22; Harding 18; Southern Illinois-Edwardsville 15; Augustana (S.D.) 13; Emporia State 13; Northern Michigan 10

**2005 North Central Conference Volleyball Preseason Coaches Poll**

Team	Total	Current 2005 Place
Minnesota Duluth	46	1st
Augustana	38	5th
Nebraska-Omaha	36	2nd
St. Cloud State	31	7th
South Dakota	20	6th
North Dakota	14	3rd
Minnesota State	11	4th

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

**2005 North Central Conference Standings**

TEAM	NCC		Overall	
	W-L	Pct.	W-L	Pct.
Minnesota Duluth....	4-0	1.000	15-2	.882
Nebraska-Omaha.....	4-0	1.000	11-4	.733
North Dakota.....	2-1	.667	9-7	.563
Minnesota State.....	2-2	.500	7-8	.467
Augustana.....	1-3	.250	9-7	.563
South Dakota.....	0-3	.000	5-12	.294
St. Cloud State.....	0-4	.000	5-12	.294

Upcoming NCC Schedule

Tuesday, October 4  
 Minnesota Duluth at Michigan Tech, 7 pm  
 Nebraska-Omaha at NW Missouri St., 7 pm

Friday, October 7  
 \*St. Cloud St. at Augustana, 7 pm  
 \*Minnesota St. at North Dakota, 7 pm

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



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SCSU's Probable Starters for This Week

Setter: 10 Monica Ashburn  
 Setter: 2 Sierra Nowak  
 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

**DID YOU KNOW?:** Jamie Schlagel led the NCC last year (overall games played) with .49 aces per game...Angie Mayers was 4th in the league with 1.26 blocks per game...SCSU's .205 hitting rate was 2nd in the league last year.



St. Cloud State Volleyball 2005  
 St. Cloud State Combined Team Statistics (as of Oct 03, 2005)  
 All matches

<b>RECORD:</b>	<b>OVERALL</b>	<b>HOME</b>	<b>AWAY</b>	<b>NEUTRAL</b>
<b>ALL MATCHES.....</b>	<b>( 5-12)</b>	<b>( 2-3 )</b>	<b>( 0-5 )</b>	<b>( 3-4 )</b>
<b>CONFERENCE.....</b>	<b>( 0-4 )</b>	<b>( 0-3 )</b>	<b>( 0-1 )</b>	<b>( 0-0 )</b>
<b>NON-CONFERENCE.....</b>	<b>( 5-8 )</b>	<b>( 2-0 )</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	31	9	0.29	3	17	.353	161	5.19	5	5	0.16	0	41	1.32	0	0	0	0.00	1	12
10	Monica Ashburn	59	20	0.34	5	60	.250	413	7.00	11	13	0.19	1	141	2.39	0	10	10	0.17	1	23
9	Kristi Pangrac	27	70	2.59	31	158	.247	3	0.11	0	0	0.00	1	12	0.44	1	12	13	0.48	2	2
20	Jamie Schlagel	55	161	2.93	67	424	.222	22	0.40	30	33	0.55	2	76	1.38	3	21	24	0.44	3	6
11	Angie Mayers	59	159	2.69	81	455	.171	5	0.08	21	19	0.36	2	32	0.54	4	46	50	0.85	3	2
18	Kristin Speedling	38	64	1.68	34	183	.164	3	0.08	0	0	0.00	6	25	0.66	0	13	13	0.34	4	2
16	Deanna Pieper	59	129	2.19	71	377	.154	2	0.03	1	0	0.02	2	12	0.20	10	55	65	1.10	10	3
12	Meghan McGee	48	68	1.42	39	243	.119	3	0.06	1	2	0.02	11	32	0.67	0	22	22	0.46	0	1
7	Lindsey Gothe	59	116	1.97	87	433	.067	6	0.10	15	22	0.25	21	174	2.95	1	21	22	0.37	6	0
14	Danielle Stump	5	0	0.00	0	0	.000	1	0.20	0	1	0.00	1	1	0.20	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
1	Rebecca Zenefski	23	9	0.39	11	28	-.071	87	3.78	3	4	0.13	0	28	1.22	0	5	5	0.22	1	15
5	Amy Jo Glomski	59	0	0.00	2	11	-.182	6	0.10	12	25	0.20	18	146	2.47	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	Andrea Pieper	56	0	0.00	5	12	-.417	11	0.20	22	27	0.39	29	174	3.11	0	0	0	0.00	0	1
TEAM		12																			
ST. CLOUD STATE.....		59	805	13.64	437	2406	.153	724	12.27	121	152	2.05	106	896	15.19	19	205	121.5	2.06	31	68
Opponents.....		59	828	14.03	347	2246	.214	735	12.46	105	116	1.78	119	1021	17.31	34	174	121.0	2.05	45	66

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.....	805	828	Aug 26	vs MSUM	L	0-3	28-30,29-31,29-31	-
Errors.....	437	347	Sep 02	vs Northwestern (Iowa)	L	1-3	31-29,24-30,26-30,21-30	33
Total Attacks.....	2406	2246	Sep 02	at SW Minnesota State	L	0-3	22-30,22-30,11-30	178
Attack Pct.....	.153	.214	Sep 03	vs Minnesota-Crookston	W	3-1	18-30,30-24,31-29,30-24	25
Kills/Game.....	13.6	14.0	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.....	724	735	Sep 10	vs MSUM	L	1-3	16-30,31-29,20-30,27-30	42
Assists/Game.....	12.3	12.5	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.....	121	105	* Sep 17	#17 AUGIE	L	1-3	31-33,30-26,8-30,17-30	217
Errors.....	152	116	Sep 20	at #6 Concordia Universit	L	0-3	18-30,19-30,26-30	198
Attempts.....	759	853	* Sep 23	at MSU	L	0-3	31-33,23-30,30-32	358
Serve Pct.....	.800	.864	* Sep 24	NEBRASKA-OMAHA	L	0-3	14-30,25-30,16-30	203
Aces/Game.....	2.1	1.8	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.....	106	119	* Oct 01	#4 UMD	L	0-3	19-30,20-30,19-30	416
Errors/Game.....	1.8	2.0						
Attempts.....	763	653						
Reception Pct.....	.861	.818						
DEFENSE.....								
Digs.....	896	1021						
Digs/Game.....	15.2	17.3						
BLOCKING.....								
Block Solo.....	19	34						
Block Assist.....	205	174						
Total Blocks.....	121.5	121.0						
Blocks Per Game...	2.1	2.1						
Block Errors.....	31	45						
BALL HANDLING ERRORS	68	66						
ATTENDANCE.....								
Total.....	1471	1072						
Dates/Avg Per Date	5/294	5/214						
Neutral site #/Avg	7/26							
Current win streak	0	-						
Home win streak...	0	-						