



ST. CLOUD STATE UNIVERSITY

Athletic Media Relations - Volleyball

Home of the Huskies
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Team Contact: Melissa Wolf (wome9902@stcloudstate.edu)
Ph: (320) 308-2141 • Fax: (320) 308-2099



THIS WEEK'S MATCHES:

@ NCC/NSIC CROSSOVER TOURNEY;
ABERDEEN, SD

Sept 9:

SCSU VS. NORTHERN ST., 7 P.M.

Sept 10:

SCSU VS. MSU MOORHEAD, 12 NOON

SCSU VS. WAYNE ST., 4 P.M.

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	7 pm
9/10	vs MSU, Moorhead	12 Noon
9/10	vs Wayne State	4 pm
9/13	BEMIDJI STATE	7 pm
9/17	AUGUSTANA	4 pm
9/20	at Conc.-St. Paul	7 pm
9/23	at MSU, Mankato	7 pm
9/24	NEBRASKA-OMAHA	4 pm
9/27	at UM-Crookston	7 pm
9/29	UPPER IOWA	7 pm
10/1	UMD	4:30 pm
10/7	at Auugustana	7 pm
10/8	at North Dakota	4 pm
10/11	SW MINN. STATE	7 pm
10/15	at UMD	4 pm
10/18	at Winona State	7 pm
10/21	NORTH DAKOTA	7 pm
10/22	MSU, MANKATO	4 pm
10/25	at Bemdji 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: 3-3
2005 NCC Record: 0-0
AVCA National Ranking: NA
NCAA Regional Ranking: NA

2005 SCSU VOLLEYBALL TEAM NEWS

Release Date: September 6, 2005



THIS WEEK'S MATCHES: St. Cloud (3-3 overall) will wrap up preseason play with the annual NCC/NSIC Crossover Tournament, held this year at Northern State in Aberdeen, SD. Their first match of the tournament will take place at 7 pm on Friday, Sept. 9 against host Northern State. The Huskies will look to avenge a prior loss to MSU, Moorhead in the 12 noon game on Saturday, Sept. 10, and will wrap up the tournament against Wayne State at 4 pm.

LAST WEEK'S RESULTS: The Huskies split wins and losses at the Southwest Minnesota State/Burger King Classic last weekend in Marshall, MN. The squad dropped two games on Friday, Sept. 2 to Northwestern College, 1-3, and Southwest Minnesota State, 0-3. The Huskies struggled on both offense and defense and committed too many unforced errors to gain ground in the matches. They recovered on Saturday, however, to even the weekend record with a pair of wins against UM-Crookston, 3-1, and Chadron State College, 3-1. Of note, senior Jamie Schlagel was named to the SMSU Burger King 2005 All-Tournament team. Schlagel totalled 40 kills, 7 aces, 15 digs, and 8 blocking assists throughout the tournament.

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 will begin 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 an 30-31 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 269-291 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.

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.

**For the latest on SCSU Athletics, check out the Husky Homepage
www.StCloudState.edu/athletics**



MORE NEWS AND NOTES...

THIS WEEK'S OPPONENTS: The Huskies will have their work cut out for them this weekend as they enter the NCC/NSIC Crossover Tournament and face three hearty Northern Sun Conference competitors. St. Cloud is 3-6 all-time against Northern State. Early last season, however, the Huskies broke a 4-game losing streak with the Wolves, who are 1-4 this season. In the second match of the annual tournament, SCSU will have an opportunity to redeem themselves against a tough MSU, Moorhead team. MSUM (8-0) has toppled teams thus far in the season, gaining 3-game wins in 5 of their 8 matches, and winning in four games in the remaining matches. They defeated SCSU 3-0 in the second match of the season. To wrap up the Crossover and pre-season tournament play, the Huskies will face Wayne State (8-1). SCSU maintains a slight edge in the 11-game series record against WSC (6-5), has gained consecutive wins in the last two years, and has won 7 of the last 9 battles.

NCC HONOR ROLL: SCSU players selected to the 2004 All-NCC squad include first team selections Leah Herrboldt and Jamie Schlagel, while Megan Hardy and Angie Mayers gained All-NCC Honorable Mention accolades. Hardy was also selected as the 2004 NCC Defensive Specialist of the Year award winner. This marks the second time a SCSU player has captured this elite conference award.

MORE HONORS FOR THE HUSKIES: Angie Mayers was named to the 2004 AVCA Division II All-North Central Region team as an honorable mention selection. Megan Hardy was also named to the NCC All-Academic team last fall, while Mayers and Leah Herrboldt gained 2004 NCC All-Academic Honorable Mention notice.

BY THE NUMBERS: The Huskies will welcome back 10 letterwinners in 2005. Those players include Schlagel, Mayers, Kristi Pangrac, Sierra Nowak, Lindsey Gothe, Deanna Pieper, Monica Ashburn, RaeAnne Stanley, Meghan McGee and Kelley Larkin. The team will lose six letterwinners, including standouts Megan Hardy, Leah Herrboldt and Lindsay Ashburn. Of note, Mickow will bring back five starters. Schlagel gained All-NCC honors last year and Mayers was an All-Region and All-NCC Honorable Mention selection in 2004.

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
2	Sierra Nowak	Jr	5-9	S	Marshfield, WI
3	Rossi Hammer	FY	5-10	OH	Buffalo, MN
4	Andrenna Pieper	FY	5-7	DS/L	Williams, MN
5	Amy Jo Glomski	FY	5-4	DS	Kellogg, MN
6	Kelley Larkin	Jr	6-0	OH	Williamsburg, MI
7	Lindsey Gothe	Jr	5-10	OH	Elk River (SDSU)
8	Rebecca Zenefski	FY	6-0	S/RS	Champlin, MN
9	Kristi Pangrac	So	6-1	RS	Bowlus
10	Monica Ashburn	So	5-8	S	Hector
11	Angie Mayers	Sr	5-11	MH/OH	Cold Spring
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
16	Deanna Pieper	Jr	6-1	MH	Williams, MN
17	Kristin Speeding	FY	6-0	RS	Kellogg, MN
19	Kelly Lynn Issacson	FY	5-11	OH	Eden Prairie
20	Jamie Schlagel	Sr	5-10	RS/OH	North Branch

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 – 658 (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 – 2101 (2002-present)

Kills:

1. Cami Selbitschka – 1567 (1993-96)
2. Kim Pellmann – 1322 (1996-99)
5. Leah Herrboldt – 1186 (2001-04)
- 20 Jamie Schlagel – 725 (2002-present)

Block Assists:

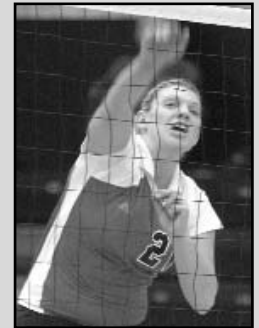
1. Sheri Mandell – 529 (*1986-89)
2. Swen Minnema – 388 (1992-95)
2. Kim Pellmann – 388 (1996-99)
9. Angie Mayers – 229 (200-present)

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: 17 (4g) Andrenna Pieper vs Chadron St. (Sept. 3, 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: 4 Jamie Schlagel vs Chadron State (Sept. 3, 2005)
 Kill Pct. (min. 12 TA): .643 (9-0-14) Kristi Pangrac vs UIU (Aug. 26, 2005)

2005 TEAM SEASON HIGHS AT SCSU

- Kills: 65 (65-27-150) vs Chadron State, Sept. 3, 2005
 Sets: 55 (4g) vs Chadron St. and UMC, Sept. 3, 2005
 Kill %: .265 (52-17-132) vs Upper Iowa Univ. (Aug. 26, 2005)
 Digs: 62 (3g) vs Minn. State Moorhead (Aug. 26, 2005)
 Blocks: 14.5 (4g) vs UM, Crookston, Sept. 3, 2005



Schlagel



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: 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 AVCA (Pre-Season) Division II National Poll

Table with 4 columns: Team, Points, Record, PW. Lists 25 teams and their respective statistics for the 2005 AVCA Division II National Poll.

Others receiving points and listed on two or more ballots: Abilene Christian 39; Cal State L .A. 36; Florida Gulf Coast 35; Minnesota State-Moorhead 30; Nebraska-Omaha 29; Metro State 28; Hillsdale 19; Findlay 14; Mesa State 14; Queens (N.Y.) 12; Dowling 7; Southern Illinois-Edwardsville 6; Southwest Minnesota State 6; Cal State Bakersfield 4

2005 North Central Conference Volleyball Preseason Coaches Poll

Table with 3 columns: Team, Total, Current 2005 Place. Lists 6 teams and their poll results.

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

2005 North Central Conference Standings

Table with 7 columns: TEAM, W, L, PCT, W, L, Pct. Shows conference standings for 8 teams.

Upcoming NCC Schedule

Tuesday, September 6 Northern St. at South Dakota, 7 pm

Friday, September 9

Crossover Classic, Aberdeen SD South Dakota vs. MN-Crookston, 11 am Minnesota Duluth vs. Wayne St., 11 am Nebraska-Omaha vs. Bemidji St, 11 am Minnesota St. vs. MN St, Moorhead, 2 pm North Dakota vs. Winona St., 2 pm South Dakota vs. Bemidji St., 4 pm Minnesota Duluth vs. SW Minnesota St., 4 pm Nebraska-Omaha vs. Concordia-St. Paul, 4 pm Minnesota St. vs. MN-Crookston, 7 pm St. Cloud State vs. Northern St., 7 pm Augustana vs. MN St, Moorhead, 7 pm

Saturday, September 10

South Dakota vs. Concordia-St. Paul, 10 am Augustana vs. Winona St., 10 am Nebraska-Omaha vs. MN-Crookston, 12 Noon North Dakota vs. Wayne St., 12 Noon St. Cloud State vs. MN St., Moorhead, 12 Noon Augustana vs. Concordia-St. Paul, 2 pm Minnesota Duluth vs. Winona St., 2 pm St. Cloud State vs. Wayne St., 4 pm Minnesota St. vs. Northern St., 4 pm North Dakota vs. SW Minnesota St., 4 pm



For ticket information, please call 1-877-SCSUTIX or 320-308-2137

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: 17 Kristin Speedling Leftside/Rightside: 20 Jamie Schlagel Leftside: 7 Lindsey Gothe Leftside: 12 Meghan McGee Libero: 4 Andrenna Pieper Defensive Spec. 5 Amy Jo Glomski *** 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 Sep 06, 2005)
 All matches

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL MATCHES.....	(3-3)	(0-0)	(0-1)	(3-2)
CONFERENCE.....	(0-0)	(0-0)	(0-0)	(0-0)
NON-CONFERENCE.....	(3-3)	(0-0)	(0-1)	(3-2)

#	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	9	2	0.22	0	3	.667	42	4.67	0	3	0.00	0	9	1.00	0	0	0	0.00	0	5
10	Monica Ashburn	21	13	0.62	3	30	.333	178	8.48	3	2	0.14	0	53	2.52	0	7	7	0.33	0	9
9	Kristi Pangrac	11	23	2.09	9	55	.255	0	0.00	0	0	0.00	0	6	0.55	0	5	5	0.45	2	0
11	Angie Mayers	21	60	2.86	23	152	.243	4	0.19	13	7	0.62	1	8	0.38	0	14	14	0.67	0	1
17	Kristin Speedling	9	15	1.67	6	42	.214	2	0.22	0	0	0.00	0	5	0.56	0	4	4	0.44	2	1
16	Deanna Pieper	21	52	2.48	27	134	.187	0	0.00	1	0	0.05	0	3	0.14	6	23	29	1.38	3	2
20	Jamie Schlagel	21	61	2.90	31	170	.176	11	0.52	12	10	0.57	2	39	1.86	0	10	10	0.48	0	2
12	Meghan McGee	16	24	1.50	12	81	.148	0	0.00	1	2	0.06	4	17	1.06	0	6	6	0.38	0	0
7	Lindsey Gothe	21	50	2.38	41	158	.057	3	0.14	5	14	0.24	6	55	2.62	0	6	6	0.29	3	0
14	Danielle Stump	3	0	0.00	0	0	.000	1	0.33	0	1	0.00	0	1	0.33	0	0	0	0.00	0	0
8	Rebecca Zenefski	6	2	0.33	2	5	.000	13	2.17	0	0	0.00	0	7	1.17	0	2	2	0.33	1	6
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
4	Andrena Pieper	19	0	0.00	1	3	-.333	4	0.21	9	12	0.47	12	63	3.32	0	0	0	0.00	0	0
5	Amy Jo Glowski	21	0	0.00	1	3	-.333	2	0.10	5	9	0.24	5	38	1.81	0	0	0	0.00	0	0
TEAM																					
ST. CLOUD STATE.....		21	302	14.38	156	836	.175	260	12.38	49	60	2.33	32	304	14.48	6	77	44.5	2.12	11	26
Opponents.....		21	273	13.00	108	723	.228	230	10.95	32	45	1.52	49	338	16.10	11	70	46.0	2.19	21	35

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.....	302	273	Aug 26	vs MSUM	L	0-3	28-30,29-31,29-31	-
Errors.....	156	108	Sep 02	vs Northwestern (Iowa)	L	1-3	31-29,24-30,26-30,21-30	33
Total Attacks.....	836	723	Sep 02	at SW Minnesota State	L	0-3	22-30,22-30,11-30	178
Attack Pct.....	.175	.228	Sep 03	vs Minnesota-Crookston	W	3-1	18-30,30-24,31-29,30-24	25
Kills/Game.....	14.4	13.0	Sep 03	vs Chadron State (Neb.)	W	3-1	28-30,30-23,30-16,30-22	39
SET.....								
Assists.....	260	230						
Assists/Game.....	12.4	11.0						
SERVE.....								
Aces.....	49	32						
Errors.....	60	45						
Aces/Game.....	2.3	1.5						
SERVE RECEPTIONS.....								
Errors.....	32	49						
Errors/Game.....	1.5	2.3						
DEFENSE.....								
Digs.....	304	338						
Digs/Game.....	14.5	16.1						
BLOCKING.....								
Block Solo.....	6	11						
Block Assist.....	77	70						
Total Blocks.....	44.5	46.0						
Blocks Per Game...	2.1	2.2						
Block Errors.....	11	21						
BALL HANDLING ERRORS	26	35						
ATTENDANCE.....								
Total.....	0	178						
Dates/Avg Per Date	0/0	1/178						
Neutral site #/Avg	5/19							
Current win streak	2	-						
Home win streak...	0	-						