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# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations - Volleyball

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### THIS WEEK'S MATCHES:

#### Sept 2:

@ SOUTHWEST MN STATE  
INVITATIONAL; MARSHALL, MN  
SCSU VS. NW COLL, 2 P.M.  
SCSU VS. SMSU, 6 P.M.

#### Sept 3:

SCSU VS. UM-CROOKSTON, 9 A.M.  
SCSU VS. CHADRON ST., 3 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.	2 pm
9/2	at Southwest MN St.	6 pm
9/3	vs UM-Crookston	9 am
9/3	vs Chadron State Coll.	3 pm
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: 1-1  
2005 NCC Record: 0-0  
AVCA National Ranking: NA  
NCAA Regional Ranking: NA

## 2005 SCSU VOLLEYBALL TEAM NEWS

Release Date: Aug. 29, 2005



**THIS WEEK'S MATCHES:** St. Cloud (1-1 overall) will face four teams at the Southwest Minnesota State University Invitational September 2-3. On Friday, September 2, they will play Northwestern College (IA) at 2 pm and tournament host Southwest Minnesota State at 6 pm. They will resume play Saturday morning with a 9 am match against the University of Minnesota-Crookston, wrapping up the tournament against Chadron State at 3 pm. All matches will be held in the P.E. Gym in Marshall, MN.

**LAST WEEK'S RESULTS:** The Huskies finished with a split at the UND Northern Extreme Tournament in Grand Forks, ND last weekend. They gained a win in the first appearance of the season against Upper Iowa University Friday afternoon, 3-0. SCSU was led offensively by senior middle blocker Angie Mayers with 13 kills. On the outside, senior Jamie Schlagel chipped in 10 additional kills. Leading the defense was first-year Andrenna Pieper, Monica Ashburn, and Schlagel with 12 digs each. The Huskies dropped a close match to Minnesota State, Moorhead 3-0, with each game being decided by 2 points. Outside hitters Lindsey Gothe and Schlagel had 11 kills each, while middle Deanna Pieper had 10. Andrenna Pieper led the defense with 15 digs. Monica Ashburn had 80 set 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](http://www.StCloudState.edu/athletics)



## MORE NEWS AND NOTES...

**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.

**THIS WEEK'S OPPONENTS:** The Huskies will open series against two new opponents at the Southwest MN State Invitational this weekend, Northwestern College and Chadron State. St. Cloud will also play tournament host Southwest Minnesota State Friday night. The Huskies lead the series with the Mustangs 26-20, having won their last meeting in 2004 in a 3-1 decision, but splitting overall 2005 appearances. The Mustangs finished 22-10 overall last season, making their second Division II playoff appearance. They also received 6 votes in the AVCA Top 25 Preseason Poll. SCSU maintains a slight 6-5 edge in the series against UM-Crookston, but are on a current two season, three-game winning streak against the Golden Eagles.

**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. Rachel Olson – 4539 (1997-00)
- 10. Monica Ashburn – 560 (2004-present)**

#### Digs:

1. Leah Herrboldt - 1365 (2001-04)
2. Cami Selbitschka – 1159 (1993-96)
3. Megan Hardy – 1104 (2201-04)
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)
- 15. Jamie Schlagel – 1995 (2002-present)**

#### Kills:

1. Cami Selbitschka – 1567 (1993-96)
2. Kim Pellmann – 1322 (1996-99)
5. Leah Herrboldt – 1186 (2001-04)
- 20 Jamie Schlagel – 685 (2002-present)**

#### Block Assists:

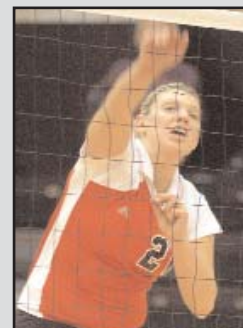
1. Sheri Mandell – 529 (\*1986-89)
2. Swen Minnema – 388 (1992-95)
2. Kim Pellmann – 388 (1996-99)
- 10. Angie Mayers – 217 (200-present)**

#### 2005 Individual Season Highs at SCSU

- Kills: 13 (13-1-25) 3g Angie Mayers vs UIU (Aug. 26, 2005)  
 Sets: 43 (3g) Monica Ashburn vs UIU (Aug. 26, 2005)  
 Digs: 15 (3g) Andrenna Pieper vs MSUM (Aug. 26, 2005)  
 Total Blocks: 8 (1 BS, 7 BA) Deanna Pieper vs MSUM (Aug. 26, 2005)  
 Aces: 3 Jamie Schlagel vs MSUM (Aug. 26, 2005)  
 Kill Pct. (min. 12 TA): .643 (9-0-14) Kristi Pangrac vs UIU (Aug. 26, 2005)

#### 2005 TEAM SEASON HIGHS AT SCSU

- Kills: 52 (52-17-132) vs Upper Iowa Univ. (Aug. 26, 2005)  
 Sets: 47 (3g) vs Upper Iowa Univ. (Aug. 26, 2005)  
 Kill %: .265 (52-17-132) vs Upper Iowa Univ. (Aug. 26, 2005)  
 Digs: 62 (3g) vs Minn. State Moorhead (Aug. 26, 2005)  
 Blocks: 9.0 (3g) vs Minn. State Moorhead (Aug. 26, 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

Team	Points	Record	PW
1 Nebraska-Kearney (15)	845	40-1	3
2 Truman (6)	803	37-1	2
3 Barry (13)	767	34-1	1
4 Minnesota Duluth	746	27-5	4
5 Cal State San Bernardino	722	27-4	5
6 Concordia-St. Paul	673	32-3	7
7 Central Missouri State	614	31-7	10
8 Hawai'i Pacific	577	21-4	13
9 Tampa	573	24-6	14
10 Fort Hays State	550	31-5	11
11 Northern Michigan (1)	513	26-1	12
12 Central Washington	509	24-7	9
13 UC San Diego	489	30-2	6
14 Grand Valley State	410	27-7	15
15 Florida Southern	373	28-9	17
16 Northwood (Mich.)	366	21-10	18
17 Ferris State	295	24-7	20
18 Washburn	261	29-7	16
19 Rockhurst	186	26-10	23
20 Chaminade	165	17-7	19
21-tie Armstrong Atlantic State	149	29-8	21
21-tie Augustana (S.D.)	149	17-10	24
23 North Alabama	129	24-7	22
24 Lock Haven	102	25-4	25
25 Ashland	81	26-6	NR

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

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

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.
Augustana.....	0	0	.000	4	0	1.000
Nebraska-Omaha.....	0	0	.000	3	1	.750
North Dakota.....	0	0	.000	2	1	.667
South Dakota.....	0	0	.000	2	1	.667
Minnesota Duluth....	0	0	.000	2	2	.500
Minnesota State.....	0	0	.000	2	2	.500
St. Cloud State.....	0	0	.000	1	1	.500

### Upcoming NCC Schedule

#### Thursday, Sept. 1

North Dakota vs. Bemidji State, 5 pm

#### Friday, September 2

North Dakota at Alaska-Anchorage, 11 am  
Minnesota Duluth vs Hillsdale, 12 Noon  
South Dakota vs. Pittsburg State (MO), 2 pm  
St. Cloud State vs. Northwestern College (IA), 2 pm  
Minnesota St. vs. St. Xavier, 3 pm  
Augustana vs. Lock Haven, 3:30 pm  
Nebraska-Omaha vs. Findlay, 3:30 pm  
Minnesota Duluth vs. Ferris St., 4 pm  
North Dakota vs. Hawaii-Hilo, 5 pm  
St. Cloud State vs. Southwest Minn. St., 6 pm  
South Dakota vs Northwest Missouri St., 6 pm  
Minnesota St. vs. Indianapolis, 7 pm  
Augustana vs Central Missouri St., 7:30 pm  
Nebraska-Omaha vs Tampa, 7:30 pm

#### Saturday, September 3

Minnesota St. vs. Saginaw Valley St., 9 am  
St. Cloud State vs. UM, Crookston, 9 am  
Minnesota Duluth vs. Lake Superior St., 10 am  
South Dakota at Missouri Western (MO), 10 am  
Minnesota St. vs Wisconsin-Parkside, 1 pm  
South Dakota vs. Emporia St. (MO), 2 pm  
St. Cloud State vs Chadron State Coll. (NE), 3 pm  
Minnesota Duluth at Grand Valley St., 4 pm  
North Dakota at Alaska Anchorage Tourney, TBA  
Nebraska-Omaha at Colorado Premier Tourney, TBA  
South Dakota at Missouri Western St. Tourney, TBA



**For ticket information, please call**

**1-877-SCSUTIX or 320-308-2137**

### SCSU's Probable Starters for This Week

Setter:	10 Monica Ashburn
Rightside:	9 Kristi Pangrac
Middle Hitter:	11 Angie Mayers
Middle Hitter:	16 Deanna Pieper
Leftside:	7 Lindsey Gothe
Leftside:	20 Jamie Schlagel
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 Aug 29, 2005)**  
**All matches**

<b>RECORD:</b>	<b>OVERALL</b>	<b>HOME</b>	<b>AWAY</b>	<b>NEUTRAL</b>
<b>ALL MATCHES.....</b>	<b>( 1-1 )</b>	<b>( 0-0 )</b>	<b>( 0-0 )</b>	<b>( 1-1 )</b>
<b>CONFERENCE.....</b>	<b>( 0-0 )</b>	<b>( 0-0 )</b>	<b>( 0-0 )</b>	<b>( 0-0 )</b>
<b>NON-CONFERENCE.....</b>	<b>( 1-1 )</b>	<b>( 0-0 )</b>	<b>( 0-0 )</b>	<b>( 1-1 )</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
10	Monica Ashburn	6	8	1.33	0	19	.421	80	13.33	0	1	0.00	0	20	3.33	0	4	4	0.67	0	0
9	Kristi Pangrac	6	17	2.83	7	36	.278	0	0.00	0	0	0.00	0	2	0.33	0	3	3	0.50	1	0
11	Angie Mayers	6	17	2.83	4	47	.277	1	0.17	4	2	0.67	0	6	1.00	0	2	2	0.33	0	0
7	Lindsey Gothe	6	19	3.17	7	49	.245	2	0.33	0	2	0.00	1	17	2.83	0	1	1	0.17	0	0
20	Jamie Schlagel	6	21	3.50	12	64	.141	2	0.33	5	4	0.83	1	24	4.00	0	2	2	0.33	0	0
16	Deanna Pieper	6	18	3.00	12	47	.128	0	0.00	0	0	0.00	0	3	0.50	2	8	10	1.67	1	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
17	Kristin Speedling	1	0	0.00	0	4	.000	0	0.00	0	0	0.00	0	0	0.00	0	0	0	0.00	0	1
5	Amy Jo Glomski	6	0	0.00	0	1	.000	0	0.00	0	4	0.00	0	19	3.17	0	0	0	0.00	0	0
12	Meghan McGee	1	0	0.00	1	4	-.250	0	0.00	1	0	1.00	0	1	1.00	0	0	0	0.00	0	0
4	Andrenna Pieper	6	0	0.00	1	2	-.500	1	0.17	3	5	0.50	1	27	4.50	0	0	0	0.00	0	0
	#TM																				
	ST. CLOUD STATE.....	6	100	16.67	44	273	.205	86	14.33	13	18	2.17	3	119	19.83	2	20	12.0	2.00	2	1
	Opponents.....	6	77	12.83	30	227	.207	62	10.33	3	12	0.50	13	116	19.33	4	18	13.0	2.17	2	9

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.....	100	77	Aug 26	vs MSUM	L	0-3	28-30,29-31,29-31	-
Errors.....	44	30						
Total Attacks.....	273	227						
Attack Pct.....	.205	.207						
Kills/Game.....	16.7	12.8						
SET.....								
Assists.....	86	62						
Assists/Game.....	14.3	10.3						
SERVE.....								
Aces.....	13	3						
Errors.....	18	12						
Aces/Game.....	2.2	0.5						
SERVE RECEPTIONS.....								
Errors.....	3	13						
Errors/Game.....	0.5	2.2						
DEFENSE.....								
Digs.....	119	116						
Digs/Game.....	19.8	19.3						
BLOCKING.....								
Block Solo.....	2	4						
Block Assist.....	20	18						
Total Blocks.....	12.0	13.0						
Blocks Per Game...	2.0	2.2						
Block Errors.....	2	2						
BALL HANDLING ERRORS	1	9						
ATTENDANCE.....								
Total.....	0	0						
Dates/Avg Per Date	0/0	0/0						
Neutral site #/Avg	2/0							
Current win streak	0	-						
Home win streak...	0	-						