



Home of the Huskies

# St. Cloud State University HUSKY ATHLETICS

Athletic Media Relations - Volleyball Update

Contact: Celest Stang 320-308-2141 or crstang@stcloudstate.edu



## Upcoming Games:

### #3 Concordia-St. Paul

Sept. 5, 2006

St. Cloud State at Conc.-St. Paul, 7:00 pm  
St. Paul, Minn. - Gangelhoff Center

### Bemidji State University

Sept. 12, 2006

St. Cloud State at Bemidji State, 7:00 pm

### 2006 SCSU Schedule

Date	Opponent	Time/Result
8/25	@ N. Michigan	L, 1-3
8/25	vs. Mich. Tech	W, 3-1
8/26	vs. Lake Superior	W, 3-0
8/26	vs. Abilene Christian	L, 2-3
8/30	@ SW MN State	L, 0-3
9/1	vs. Northern St.	L, 1-3
9/1	vs. Dickinson St.	L, 2-3
9/2	vs. MSU, Moorhead	L, 0-3
9/2	vs. Mary	L, 2-3
9/5	@ Conc.-St. Paul	7 pm
9/12	@ Bemidji State	7 pm
9/15	North Dakota*	7 pm
9/17	Winona State	1 pm
9/19	MN Crookston	7 pm
9/22	MN State Mankato*	7 pm
9/23	Augustana*	4 pm
9/26	@ Upper Iowa	6 pm
9/27	@ Winona State	7 pm
9/30	Nebraska-Omaha*	4 pm
10/3	Conc.-St. Paul	7 pm
10/10	Bemidji State	7 pm
10/13	@ Augustana*	7 pm
10/14	@ MN St. Mankato*	7 pm
10/17	SW MN State	7 pm
10/20	at MN Duluth*	7 pm
10/21	South Dakota*	4 pm
10/28	at North Dakota*	7 pm
10/30	MN Duluth*	7 pm
11/3	at South Dakota*	7 pm
11/4	at Nebraska-Omaha*	4 pm

(all games are listed as Central Time)

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

## 2006 SCSU VOLLEYBALL NEWS

Release Date: Sept. 5, 2006



**ON THE ROAD AGAIN:** The St. Cloud State University volleyball team (2-3, 0-0 NCC) will travel to St. Paul, Minn., on Tuesday, September 5, for a non-conference match against the #3 Concordia-St. Paul University Golden Bears (7-1, 0-0 NSIC). The match is scheduled for 7:00 p.m. in the Gangelhoff Center on the campus of Concordia-St. Paul.

**VOLLEYBALL AT UND EXTREME CROSSOVER TOURNEY:** The Husky volleyball team dropped four non-conference matches in the UND Northern Extreme Crossover Tournament on Friday and Saturday, Sept. 1 and 2.

The Huskies dropped their first match on Sept. 1st to Northern State in four games by scores of 27-30, 18-30, 31-29, 28-30. In the night cap SCSU dropped a heart-break loss in five games to Dickinson State. SCSU won the first two games by scores of 30-23 and 30-27. Dickinson rallied back to win the last three games of the match by scores of 30-25, 30-23 and 15-11.

Saturday, Sept. 2nd, the Huskies fell against MSU, Moorhead in three games (27-30, 17-30, 28-30) and dropped their third five-game match of the season to the University of Mary in their final match of the tournament (28-30, 30-19, 30-32, 30-21, 15-17).

**SCSU VS. SMSU:** Marshall, Minn.: The Southwest Minnesota State University Mustang volleyball team (4-1, 0-0 NSIC) downed the St. Cloud State University Huskies (2-3, 0-0 NCC) in three straight games on Wednesday, August 30, by scores of 30-21, 30-26, 30-22. SCSU still leads the overall series with SMSU 20 games to nine, despite losing the last three matches to the Mustangs. Senior outside hitter Lindsey Gothe (Elk River) led the Huskies with nine kills and seven digs. Junior hitter Kristi Pangrac (Bowlus) totaled seven kills in the front row and sophomore middle hitter Rebecca Zenefski (Champlin) sparked the Huskies with six kills and four blocks on the night. Sophomores Emily Baldwin (Savage) and Danielle Stump (Jackson) collected 19 digs together in the back row, respectively.



**GOLDEN BEARS OUTLOOK:** Coach by Brady Starky, who is in his third season at Concordia-St. Paul, the Golden Bears are off to a 7-1 overall start in 2006. Ranked third in the latest CSTV/AVCA Top 25 Poll, Concordia-St. Paul has been led by senior middle hitter Kelsey Kyro (Minneapolis) this season. Kyro has tallied 126 kills (4.50/game) in 28 games played and leads her team with a .407 kill percentage. First year setter Maggie McNamara (Zumbrota) leads the Golden Bears' offense with 411 set assists on the season and is fourth on the team with 64 digs.



Mickow

**SCSU HEAD COACH PATRICIA MICKOW:** Patricia Mickow is in her fourth season at St. Cloud State University during the 2006 season. In just her second season at SCSU in 2004, Mickow guided the Huskies to the NCAA Division II tournament for the first time since 1995. The Huskies placed third in the always rugged North Central Conference that season and also gained a solid 19-12 overall record under Mickow's direction. In her fourth year at SCSU, Mickow owns a 40-59 record and in her college coaching career of 18 seasons, Mickow owns a 283-319 record.



ASSISTANT COACH:



ASSISTING IN 2006: Jenifer Odette is in her 12th season as an assistant coach with the Huskies. Her responsibilities as the Huskies' top assistant include being the lead recruiter and running the strength and conditioning program. She works primarily with the middle and right side hitters. Odette played volleyball at North Dakota State University from 1984 to 1987 as a right side hitter. In her senior season

Odette NDSU posted a 44-8 record. She was an All-Conference, All-Region and All-American selection as a senior and in 1986 the Bison advanced to the NCAA Division II Final Four.

2006 NCC PRESEASON PICKS: The 2006 NCC Preseason Volleyball Coaches Poll was released on August 15 and picked the SCSU Huskies to finish in fifth place in a tie with North Dakota after both teams received 19 votes in the poll. Minnesota Duluth was picked to three-peat as the NCC Champions after gathering six of the seven first-place votes and totaling 48 points.

TEAM CAPTAINS: Senior outside hitter Lindsey Gothe (Elk River, South Dakota State transfer), senior setter Sierra Nowak (Marshfield, Wis.) and senior middle hitter Deanna Pieper (Williams) will share the team's captain responsibilities for the 2006 season.

2005 RECORD: The SCSU Huskies finished the 2005 season with an 8-21 overall record and a seventh place finish in the North Central Conference with a 2-10 record. Graduating senior Angie Mayers was named to the 2005 All-NCC team and Jamie Schlagel, another graduating senior, was named to the 2005 All-NCC Honorable Mention team.

St. Cloud State University Quick Facts

- Location: St. Cloud, Minn.
Founded: 1869
Enrollment: 16,000
President: Dr. Roy Saigo
Director of Athletics: Dr. Morris Kurtz
National Affiliation: NCAA Division II
Conference: North Central Conference
Nickname: Huskies
Colors: Cardinal Red and White
Gymnasium: Halenbeck Hall
First Year of Volleyball: 1969
All-Time Record: 643-496
Head Coach: Patricia Mickow (4th Season)
Career Record: 281-312 (18th Season)
SCSU Record: 38-52 (4th Season)
Mickow's Phone: 320-308-3140
Mickow's Email: pamickow@stcloudstate.edu
Assistant Coach: Jenifer Odette (12th Season)
Letterwinners Returning/Lost: 11/6
2005 Record: 8-21 (2-10 NCC; 7th)



2006 SCSU Volleyball Roster

Table with 6 columns: #, Name, Yr., Ht, Pos, Hometown. Lists 20 players including Rebecca Zenefski, Sierra Nowak, Kelly Lynn Isaacson, etc.

Alphabetical Roster

- 5 Emily Baldwin
10 Ann Deutsch
7 Lindsey Gothe
19 Rossi Hammer
3 Kelly Lynn Isaacson
20 Michaela Jones
12 Alecia Lunde
2 Sierra Nowak
9 Kristi Pangrac
4 Andrea Pieper
16 Deanna Pieper
6 Shanna Seidel
18 Kristin Speedling
15 RaeAnne Stanley
14 Danielle Stump
11 Christa Swenson
1 Rebecca Zenefski

Pronunciation Guide

- Andreaana (And-ree-nah)
Deutsch (Doi-tch)
Gothe (Gah-thee)
Lunde (Lund-ee)
Mickow (Mick-oh)
Michaela (Mick-a-lah)
Sierra Nowak (See-air-a No-wack)
Pangrac (Pan-grack)
Pieper (Pie-per)
Rossi (Rah-see)
Seidel (Sigh-del)
Speedling (Speed-ling)
Zenefski (Za-nef-ski)

NEED INFO?

For information about SCSU Volleyball, please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The volleyball contact at SCSU for 2006 is Celest Stang You can contact her via email at crstang@stcloudstate.edu

IMPORTANT NUMBERS:

SCSU Ticket Office: 320-308-2137
SCSU AMR Office: 320-308-2141

WEBSITES:

To obtain complete information about SCSU volleyball this season, please go to the Husky Home Page at

www.stcloudstate.edu/athletics

For information on the North Central Conference, please check out the league website at

www.northcentralconference.org



MORE NEWS AND NOTES...

SENIOR SETTER SPARK: SCSU's senior co-captain and setter Sierra Nowak (Marshfield, Wis.) has been steering the ship for the Huskies in 2006. In 36 games played, Nowak has tallied 413 set assists and 39 kills for a .260 hitting percentage and is second in the NCC in assists per game with 11.47.



Nowak

GOTHE INCHING ON CAREER LADDER: Senior outside hitter Lindsey Gothe (Elk River, South Dakota State) needs just 39 digs to break into the top ten list in the history of SCSU's volleyball program. This past weekend at the UND Northern Extreme Crossover Tournament, Gothe tallied 64 kills, three serving aces, 62 digs and three total blocks.

PANGRAC ON A ROLL: Kristi Pangrac (Bowlus) is currently is second on the team with 114 kills in 2006 and leads the Huskies with a .307 hitting percentage. A junior right side hitter, Pangrac has hit better than .500 in two matches, including the Huskies most recent match against Mary where Pangrac tallied a team-leading 21 kills and a .613 hitting percentage.



Pangrac

DEFENSIVE DUO: Sophomore defensive specialists Danielle Stump (Jackson) and Emily Baldwin (Savage, Southwest Minnesota State), continue to be defensive sparks for the Huskies in 2006. Stump has collected 38 digs on the season and is fifth on the team. Baldwin ranks second on the team with 101 digs and is tied for second on the team with seven serving aces.

"ACE" ANDREANA: Andreana Pieper (Williams) has gained confidence in her jump serve in 2006 after cashing in on 12 serving aces in 2006 alone. The sophomore defensive specialist has served up 35 aces in her career here at SCSU.

Career Record Watch

Digs:

- 1. Leah Herrboldt - 1,365 (2001-04)
2. Cami Selbitshka - 1,159 (1993-96)
3. Megan Hardy - 1,104 (2001-04)
4. Melissa Wright - 1,021 (1997-00)

13. Lindsey Gothe - 806 (2004-present)



Gothe

Huskies in the NCC

Hitting Percentage:

- 8. Kristi Pangrac, JR - .307

Kills (Min. 2.00 per game):

- 5. Lindsey Gothe, SR - 3.56/game
8. Kristi Pangrac, JR - 3.17/game

Assists (Min. 5.00 per game):

- 2. Sierra Nowak, SR - 11.47/game

Service Aces (Min. 0.10 per game):

- 7. Andreana Pieper, SO - 0.36/game

Blocks (Min. 1.00 per game):

- 4. Rebecca Zenefski, SO - 1.08/game

2006 Season Highs at SCSU

INDIVIDUAL SEASON HIGHS

- Kills: 21, Lindsey Gothe vs. Dickinson St. (9/1/06)
21, Kristi Pangrac vs. Mary (9/2/06)
Sets: 60, Sierra Nowak vs. Mary (9/2/06)
Digs: 25, Lindsey Gothe vs. Northern St. (9/1/06)
Total Blocks: 5, R. Zenefski vs. Lake Superior (8/26/06)
Aces: 4, Andreana Pieper vs. Lake Sup. (8/26/06)
4, Emily Baldwin vs. Abilene Christian (8/26/06)
4, Rossi Hammer vs. N. Michigan (8/25/06)
Kill Pct.: .613, Krist Pangrac vs. Mary (9/2/06)
.556, Sierra Nowak at SW MN St. (8/30/06)
.500, Kristi Pangrac vs. Mich. Tech (8/25/06)

TEAM SEASON HIGHS

- Kills: 73 vs. Dickinson State (9/1/06)
73 vs. Mary (9/2/06)
72 vs. Michigan Tech (8/25/06)
Sets: 67 vs. Dickinson State (9/1/06)
Digs: 88 vs. Northern State (9/1/06)
Total Blocks: 14.5 vs. Northern State (9/1/06)
Aces: 9, two times (vs. Abilene, 8/26/06- NMU, 8/25/06)
Kill Pct.: .430 vs. Lake Superior (8/26/06)

NCAA ACTION: The 2004 Husky volleyball team returned to the NCAA's for the first time since 1995. SCSU has also gained NCAA bids in 1993, 1988, 1985. The Huskies have made a total of five appearances in NCAA post-



HUSKIES VS. THIS WEEK'S OPPONENT:

Concordia-St. Paul University and Bemidji State University

Table with 4 columns: Opponent, Date, Series Record, Series Started. Rows for Concordia-St. Paul and Bemidji State University.



**2006 CSTV/AVCA DII  
Top 25 Coaches Poll  
Sept. 5, 2006**

Rank	School (1st-Place Votes)	Total Points
1	Tampa (21)	891
2	Grand Valley State (6)	844
3	Concordia-St. Paul	823
4	Truman	742
5	Minnesota Duluth	723
6	Florida Southern	677
7	Cal State-San Bernardino	615
8	UC San Diego	609
9	Washburn	545
10	Central Missouri State	526
11	Nebraska-Kearney	468
12	Nebraska-Omaha	450
13	North Alabama	428
14	BYI-Hawaii (1)	407
15	Central Washington	395
16	Cal State-L.A.	382
17	Rockhurst	353
18	Seattle Pacific	256
19	Florida Gulf Coast	245
20	Hillsdale (1)	231
21	Southwest Minn. State	212
22	Findlay	202
23	SIU-Edwardsville	124
24	Chico State	102
25	Ferris State	76

**Others Receiving Votes and listed on two or more ballots:** Lock Haven 57; Northern Michigan 53; Chaminade 48; Cal Poly Pomona 45; Seattle University 36; Wayne State (Neb.) 29; Abilene Christian 25; Hawai'i Pacific 22; Barry 14; Dowling 13; West Texas A&M 8; California University of Pennsylvania 4; Wingate 4. Five schools were listed on only one ballot.

**Dropped out:** Hawai'i Pacific (13), Cal Poly Pomona (14), Lock Haven (15), Abilene Christian (20), Dowling (25)

**Next Poll:** September 11, 2006

**2005 Final North  
Central Regional Poll  
Nov. 9, 2005**

Rank	School (1st-Place Votes)	DII Record
1	Concordia-St. Paul	24-4
2.	Nebraska-Omaha	18-6
3.	Minnesota Duluth	23-3
4.	Wayne State (Neb.)	22-8
5.	MSU, Moorhead	21-4
6.	Southwest MN State	21-6
7.	Augustana (SD)	14-11
8.	Northern State	10-14
9.	South Dakota	10-16
10.	North Dakota	12-12



**2006 NCC Standings (as of Sept. 5)**

TEAM	NCC			Overall		
	W	L	Pct.	W	L	Pct.
Nebraska-Omaha	0	0	.000	7	0	1.000
Minnesota Duluth	0	0	.000	7	1	.875
Minnesota State	0	0	.000	7	1	.875
North Dakota	0	0	.000	4	4	.500
South Dakota	0	0	.000	3	5	.375
Augustana	0	0	.000	2	6	.250
<b>St. Cloud State</b>	<b>0</b>	<b>0</b>	<b>.000</b>	<b>2</b>	<b>7</b>	<b>.222</b>

**UPCOMING NCC SCHEDULE**

Tuesday, September 5

SW MN St. at MN Duluth, 6 p.m.  
Neb.-Omaha at Wayne State, 7 p.m.  
**St. Cloud State at Conc.-St. Paul, 7 p.m.**

Thursday, September 7

North Dakota at SW MN State, 7 p.m.

Friday, September 8

Neb.-Omaha vs. Fort Hays St., 9 a.m.  
South Dakota at Washburn, 9 a.m.  
Minnesota St. vs. Emporia St., 9 a.m.  
MN Duluth vs. North Alabama, 11 a.m.  
Neb.-Omaha vs. Truman St., 1 p.m.  
Minnesota St. at Washburn, 3 p.m.  
MN Duluth vs. Emporia St., 5 p.m.  
South Dakota vs. Fort Hays St., 5 p.m.  
Augustana vs. NW Missouri St., 7 pm.

Saturday, September 9

MN Duluth vs. NW Missouri St., 9 a.m.  
Neb.-Omaha at Washburn, 9 a.m.  
Augustana vs. Pittsburg St., 11 a.m.  
South Dakota vs. Emporia St., 11 a.m.  
Minnesota St. vs. Fort Hays St., 11 a.m.  
MN Duluth vs. Truman St., 1 p.m.  
Augustana vs. Fort Hays St., 1 p.m.  
Neb.-Omaha vs. Emporia St., 3 p.m.  
Minnesota St. vs. NW Missouri St., 3 p.m.  
South Dakota vs. Pittsburg St., 5 p.m.

**2006 NCC Preseason Coaches Poll**

August 15, 2006

TEAM	1	2	3	4	5	6	7	Total
Minnesota Duluth	6	1	0	0	0	0	0	48
Augustana	0	3	2	1	1	0	0	35
Nebraska-Omaha	0	3	1	2	0	0	1	32
Minnesota State	1	0	2	1	1	2	0	28
North Dakota	0	0	1	1	2	1	2	19
<b>St. Cloud State</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>19</b>
South Dakota	0	0	0	2	1	1	2	15

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



St. Cloud State Volleyball 2006  
St. Cloud State Overall Individual Statistics (as of Sep 05, 2006)  
All matches

Overall record: 2-7 Conf: 0-0 Home: 0-0 Away: 0-2 Neutral: 2-5

##	Name	GP	MP	MS	ATTACK				SET				SERVE					
					K	K/Game	E	TA	Pct	A	A/Game	TA	Pct	SA	SA/Gm	SE	TA	Pct
9	Kristi Pangrac	36	9	-2	114	3.17	36	254	.307	7	0.19	5	1.400	0	0.00	0	0	.000
2	Sierra Nowak	36	9	-5	39	1.08	12	104	.260	413	11.47	164	2.518	7	0.19	5	17	.706
1	Rebecca Zenefski	36	9	-4	65	1.81	26	178	.219	0	0.00	3	.000	2	0.06	2	0	.000
7	Lindsey Gothe	36	9	-5	128	3.56	60	323	.211	3	0.08	4	.750	9	0.25	5	23	.783
16	Deanna Pieper	36	9	-5	102	2.83	48	280	.193	0	0.00	1	.000	5	0.14	4	16	.750
18	Kristin Speedling	13	5	-1	22	1.69	11	74	.149	0	0.00	1	.000	0	0.00	0	0	.000
5	Emily Baldwin	32	8	-3	21	0.66	11	72	.139	2	0.06	2	1.000	7	0.22	11	22	.500
11	Christa Swenson	5	2	-0	0	0.00	0	0	.000	0	0.00	0	.000	2	0.40	0	0	.000
4	Andreana Pieper	33	9	-4	0	0.00	0	4	.000	8	0.24	9	.889	12	0.36	8	30	.733
12	Alecia Lunde	5	1	-0	5	1.00	6	22	-.045	0	0.00	4	.000	0	0.00	0	0	.000
19	Rossi Hammer	9	4	-1	12	1.33	16	48	-.083	0	0.00	0	.000	4	0.44	2	0	.000
6	Shanna Seidel	17	5	-0	0	0.00	1	5	-.200	0	0.00	2	.000	3	0.18	4	25	.840
15	RaeAnne Stanley	1	1	-0	0	0.00	2	5	-.400	0	0.00	0	.000	0	0.00	0	0	.000
14	Danielle Stump	16	5	-0	0	0.00	3	4	-.750	2	0.12	0	.000	1	0.06	1	0	.000
ST. CLOUD STATE.....		36	9	-9	508	14.11	232	1373	.201	435	12.08	195	2.231	52	1.44	42	133	.684
Opponents.....		36	9	-9	565	15.69	213	1456	.242	501	13.92	203	2.468	62	1.72	79	119	.336

##	Name	G	RECEIPT			DIG		BLOCKING					
			RE	TA	Pct	DIG	Dig/G	BS	BA	Total	E/Game	BE	BHE
9	Kristi Pangrac	36	0	0	.000	13	0.36	2	23	25	0.69	9	3
2	Sierra Nowak	36	0	1	1.000	76	2.11	4	6	10	0.28	7	9
1	Rebecca Zenefski	36	1	0	.000	6	0.17	6	33	39	1.08	11	3
7	Lindsey Gothe	36	11	30	.633	105	2.92	2	17	19	0.53	6	0
16	Deanna Pieper	36	1	1	.000	20	0.56	5	24	29	0.81	10	0
18	Kristin Speedling	13	1	0	.000	9	0.69	1	2	3	0.23	3	0
5	Emily Baldwin	32	8	33	.758	101	3.16	1	3	4	0.12	2	0
4	Andreana Pieper	33	12	25	.520	89	2.70	0	0	0	0.00	0	0
11	Christa Swenson	5	4	0	.000	12	2.40	0	1	1	0.20	0	0
12	Alecia Lunde	5	0	1	1.000	4	0.80	0	3	3	0.60	0	0
19	Rossi Hammer	9	3	2	-.500	9	1.00	1	4	5	0.56	1	2
6	Shanna Seidel	17	3	14	.786	33	1.94	0	0	0	0.00	0	0
15	RaeAnne Stanley	1	0	0	.000	1	1.00	0	0	0	0.00	0	0
14	Danielle Stump	16	9	0	.000	38	2.38	0	0	0	0.00	0	0
TEAM		9											
ST. CLOUD STATE.....		36	62	110	.436	516	14.33	22	116	80.0	2.22	49	17
Opponents.....		36	52	130	.600	523	14.53	48	117	106.5	2.96	26	18



2006 St. Cloud State University Match Results (2-3 overall, 0-0 NCC)

Date	Opponent	Res	Score	Game scores
Aug 25	Northern Michigan\$	L	1-3	(16-30, 30-22, 23-30, 12-30)
Aug 25	Michigan Tech\$	W	3-1	(30-26, 27-30, 30-26, 30-28)
Aug 26	Lake Superior St.\$	W	3-0	(30-21, 30-25, 31-29)
Aug 26	Abilene Christian\$	L	2-3	(30-25, 30-25, 24-30, 24-30, 14-16)
Aug 30	at SW MN State	L	0-3	(21-30, 26-30, 22-30)
Sep 1	vs. Northern State#	L	1-3	(27-30, 18-30, 31-29, 28-30)
Sep 1	vs. Dickinson State#	L	2-3	(30-23, 30-27, 25-30, 23-30, 11-15)
Sep 2	vs. MSU, Moorhead#	L	0-3	(27-30, 17-30, 28-30)
Sep 2	vs. Mary#	L	2-3	(28-30, 30-19, 30-32, 30-21, 15-17)

\$ Northern Michigan University Tournament  
# UND Northern Extreme Crossover Tournament