



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

Season Complete

2006 SCSU Results

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	L, 0-3
9/12	@ Bemidji State	W, 3-0
9/15	North Dakota*	L, 1-3
9/17	Winona State	W, 3-2
9/19	MN Crookston	W, 3-0
9/22	MN St. Mankato*	L, 2-3
9/23	Augustana*	L, 1-3
9/26	@ Upper Iowa	W, 3-1
9/27	@ Winona State	L, 1-3
9/30	Nebraska-Omaha*	L, 0-3
10/3	Conc.-St. Paul	L, 0-3
10/10	Bemidji State	W, 3-0
10/13	@ Augustana*	L, 0-3
10/14	@ MN St. Mankato*	L, 2-3
10/17	SW MN State	L, 0-3
10/20	@ MN Duluth*	L, 0-3
10/21	South Dakota*	W, 3-0
10/28	@ North Dakota*	L, 1-3
10/30	MN Duluth*	L, 0-3
11/3	at South Dakota*	L, 2-3
11/4	at Nebraska-Omaha*	L, 0-3

(all games are listed as Central Time)

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



2006 SCSU VOLLEYBALL NEWS

Final Release: Dec. 14, 2006



SCSU SEASON COMPLETE: The SCSU volleyball team (8-22, 1-11 NCC) suffered a 3-0 match loss to #19 University of Nebraska-Omaha on Saturday, Nov. 4, to complete its 2006 regular season play in the Sapp Fieldhouse. The Huskies finished the 2006 season tied for sixth in the NCC with a 1-11 record and tallied an overall 8-22 mark.

2006 FINAL RECORD: The Husky volleyball team competed its season 8-22 overall and 1-11 in the North Central Conference.

HUSKY SITUATIONS: SCSU was 2-10 on the road in 2006 and 4-7 at home in Halenbeck Hall.

GOTHE GAINS ACADEMIC AWARD: Lindsey Gothe, a senior outside hitter from Elk River, Minn., was named to the 2006 *ESPN The Magazine* Academic All-District 5 Third Team for the first time in her career. Gothe is also a two-time All-North Central Conference Academic choice.



Pangrac

PANGRAC HONORED: SCSU's junior right side hitter Kristi Pangrac (Bowlus) has been showered with awards for her efforts during the 2006 season. Earlier this season, Pangrac was named to the All-North Central Conference Academic team and was also the lone Husky named to the All-NCC first team for the first time in her career. Pangrac rounded out her awards being named to the Daktronics, Inc. All-North Central Region second team on Monday, Nov. 6, which marks the first Husky since 2004 to earn such an honor. This year, Pangrac led the Huskies with 397 kills (3.54 kpg) and a .389 hitting percentage. Pangrac will forego her senior season at SCSU and finishes her career at SCSU ranked 12th on the all-time kills per game list (2.79 in 285 games) and 12th on the all-time attacking percentage list with a .275 overall hitting percentage (796-279-1879).

SCSU ALL-NCC ACADEMIC PLAYERS: A trio of SCSU volleyball athletes were named to the 2006 Academic All-NCC volleyball team. Those student-athletes included senior Lindsey Gothe (Elk River), a community health major, senior Sierra Nowak (Marshfield, Wisc.), a community disorders major and junior Kristi Pangrac (Bowlus), an aviation major.

HUSKY NCC HONOR ROLL: The Huskies had seven individuals named to the second annual 2006 NCC Commissioner's Academic Honor Roll. Seniors Lindsey Gothe and Sierra Nowak are two-time awardees as is junior Kristi Pangrac. Rounding out the Husky list are: Kelly Isaacson, So.; Andreana Pieper, So.; Kristin Speedling, So.; and Rebecca Zenefski, So.



Mickow

SCSU HEAD COACH PATRICIA MICKOW: Patricia Mickow completed her fourth season at St. Cloud State University with an 8-22 (1-11 NCC/T-6th) overall record in 2006. 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. After four years at SCSU, Mickow owns a 46-74 record and in her college coaching career of 18 seasons, Mickow owns a 289-334 record.



ASSISTANT COACH:



Odette

ASSISTING IN 2006: Jenifer Odette completed her 12th season as an assistant coach with the Huskies in 2006. 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 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) shared 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: 289-334 (18 Seasons)
SCSU Record: 46-74 (4 Seasons)
Mickow's Phone: 320-308-3140
Mickow's Email: pamickow@stcloudstate.edu
Assistant Coach: Jenifer Odette (12th Season)
Letterwinners Returning/Lost from 2005: 11/6
2006 Record: 8-22 (1-11 NCC; T-6th)



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

- Andrea (And-ree-nah)
Deutsch (Doi-tch)
Goth (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...



Gothe

GOTHE FINISHES CAREER AT 1,000 X TWO: SCSU's senior outside hitter Lindsey Gothe (Elk River) completed her four-year collegiate career with 1,093 kills and 1,290 digs. At SCSU alone, Gothe leaves ranking fourth on the all-time digs list at SCSU with 1,029 digs in 329 games played in the black and red.

Lindsey Gothe, a 2004 transfer from SDSU, finished her career at SCSU with 842 kills and 1,029 digs in three seasons. Gothe now ranks 15th on the all-time kills list at SCSU and fourth on the all-time digs list. This season, Gothe tallied career highs of 21 kills (9/1/06 vs. Dickinson State), a .545 attack percentage (9/19/06 vs. Minnesota Crookston), 58 total attempts (9/17/06 vs. Winona State) and 25 digs (9/1/06 vs. Northern State).

Sierra Nowak had a career season, tallying a career season-high 1,206 set assists and 96 kills in 106 games played. Nowak dished out a career match-high 64 set assists against Winona State on Sept. 17, 2006 and 19 digs against Dickinson State on Sept. 1, 2006. Nowak was named North Central Conference Co-Setter of the Week on Sept. 17, 2006, for the first time in her career. Nowak leaves SCSU ranked sixth on the all-time assists list with 1,717 in 204 games played.



Nowak



Pangrac

Kristi Pangrac led the Huskies with 397 kills (3.54 kpg) and a .389 hitting percentage in 2006. Pangrac charted five personal match-highs in 2006, including a .650 hitting percentage (8/26/06 vs. Lake Superior), 22 kills twice (9/22/06 vs. Minnesota State and 10/14/06 at Minnesota State), 46 total attack attempts (9/22/06), matched a career-high of five digs (9/15/06 vs. North Dakota) and tallied nine total blocks (9/1/06 vs. Northern State). Pangrac will forego her senior season at SCSU and finishes her career at SCSU ranked 12th on the all-time kills per game list (2.79 in 285 games) and 12th on the all-time attacking percentage list with a .275 overall hitting percentage (796-279-1879). This season, Pangrac was named to the All-NCC team, the All-NCC Academic team and to the 2006 Daktronics, Inc. All-North Central Region volleyball second team for the first time in her career.

Deanna Pieper had a personal-best season in 2006 as she totaled 313 kills (2.79 kpg) and a team-leading 97 total blocks. On Sept. 26, Pieper hit a career best .500 at Upper Iowa and she tallied a career-high 20 kills against Minnesota State Mankato on Oct. 14, 2006. Pieper completes her collegiate career at SCSU with 561 kills, 108 digs and 219 total blocks.



D. Pieper

2006 SCSU Team Awards

- Most Valuable Player: Lindsey Gothe, SR
Most Valuable Offensive Player: Kristi Pangrac, JR
Co-Most Valuable Defensive Player: Lindsey Gothe, SR
Co-Most Valuable Defensive Player: Andrea Pieper, SO
Rookie of the Year: Shanna Seidel, FY

Career Record Watch



Gothe

- Digs: 1. Leah Herrboldt - 1,365 (2001-04)
2. Cami Selbitschka - 1,159 (1993-96)
3. Megan Hardy - 1,104 (2001-04)
4. Lindsey Gothe - 1,029 (2004-2006)
5. Melissa Wright - 1,021 (1997-00)

- Digs Per Game: 1. Megan Hardy - 3.82 (289 games) - 01-04
2. Leah Herrboldt - 3.42 (399 games) - 2001-04
3. Kathy Davis - 3.37 (260 games) - 1985-88
4. Andrea Thul - 3.13 (210 games) - 1998-99
5. Lindsey Gothe - 3.13 (329 games) - 2004-2006

- Assists: 1. 4546 - Heather Modean (381 games) - 1993-96
2. 4539 - Rachael Olson (407 games) - 1996-00
3. 2817 - Marja Lust (285 games) - 1991-93
4. 2816 - Kari Turkowski (384 games) - 2000-03
5. 2770 - Nancy Thompson (136 games) - 1983-86
6. 1717 - Sierra Nowak (204 games) - 2003-2006
7. 1694 - Janis Holter (311 games) - 1986-89

- Kills Per Game: 1. 16.25 - Terri Deaton (4 games) - 1984-86
2. 5.75 - Kathy Davis (260 games) - 1985-88
3. 3.85 - Cami Selbitschka (407 games) - 1993-96
12. 2.79 - Kristi Pangrac (285 games) - 2004-2006

- Kills Percentage: 1. .433 - Becky Stream (804-186-1427) - 1982-85
2. .359 - Courtney Powers (801-196-1687) - 1993-96
3. .342 - Julie Blosssey (554-114-1285) - 1984-85
12. 2.79 - Kristi Pangrac (285 games) - 2004-2006

Huskies in the NCC

- Hitting Percentage: 6. Kristi Pangrac, JR - .297
Kills (Min. 2.00 per game): 7. Kristi Pangrac, JR - 3.54/game
11. Lindsey Gothe, SR - 3.21/game
14. Deanna Pieper, SR - 2.79/game
Assists (Min. 5.00 per game): 3. Sierra Nowak, SR - 11.38/game
Blocks (Min. 0.50 per game): 6. Deanna Pieper, SR - 0.87/game
10. Rebecca Zenefski, SO - 0.81/game
Digs (Min. 1.00 per game): 8. Andrea Pieper, SO - 3.73/game

2006 Season Highs at SCSU

- INDIVIDUAL SEASON HIGHS
Kills: 22, Kristi Pangrac at Minnesota State (10/14/06)
22, Kristi Pangrac vs. Minnesota State (9/22/06)
Sets: 64, Sierra Nowak vs. Winona State (9/17/06)
Digs: 28, Andrea Pieper at Minnesota State (10/14/06)
Total Blocks: 6, D. Pieper vs. South Dakota (10/21/06)
Aces: 4, Andrea Pieper at Minnesota State (10/14/06)
4, Andrea 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.: .625, Rebecca Zenefski at BSU (9/12/06)
.625, Sierra Nowak at Upper Iowa (9/26/06)
TEAM SEASON HIGHS
Kills: 75 vs. Winona State (9/17/06)
Sets: 73 vs. Winona State (9/17/06)
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, three times (vs. Abilene, 8/26/06- NMU, 8/25/06 - at Minnesota State, 10/14/06)
Kill Pct.: .430 vs. Lake Superior (8/26/06)



2006 CSTV/AVCA DII Top 25 Coaches Final Poll

Rank	School (1st-Place Votes)	Total Points
1	Tampa (36)	900
2	Minnesota Duluth	851
3	North Alabama	827
4	Concordia-St. Paul	770
5	UC San Diego	752
6	Truman	721
7	Cal State-San Bernardino	669
8	Florida Gulf Coast	645
9	Florida Southern	599
10	Ashland	557
11	West Texas A&M	527
12	Hillsdale	504
13	Grand Valley State	480
14	SIU-Edwardsville	441
15	BYU-Hawaii	375
16	Chico State	347
17	Central Missouri	328
18	Seattle Pacific	278
19	Cal State-L.A.	258
20	Wayne State (Neb.)	223
21	Lock Haven	165
22	Nebraska-Omaha	151
23	Washburn	122
24	Dowling	88
25	SW Minnesota State	61

Others Receiving Votes and listed on two or more ballots: Rockhurst 25; Mesa State 17; Lewis 5; Metro State 4. Three schools were listed on only one ballot for a total of 10 points.

Dropped out: None

Next Poll: Preseason 2007

2006 North Central Regional Poll Oct. 25, 2006

Rank	School	Overall	In-Region
1.	MN Duluth	24-2	12-0
2.	Conc.-St. Paul	28-2	20-1
3.	Neb.-Omaha	17-6	6-4
4.	SW MN State	25-6	16-5
5.	Wayne St. (Neb.)	24-6	14-4
8.	Augustana (SD)	13-11	9-5
7.	MN State Mankato	15-11	9-8
8.	Northern State	15-11	11-9
9.	North Dakota	13-9	10-7
9.	MN St. Moorhead	14-10	8-9



2006 NCC Standings (as of Nov. 11)

TEAM	NCC			Overall		
	W	L	Pct.	W	L	Pct.
Minnesota Duluth	12	0	1.000	27	3	.900
Nebraska-Omaha	8	4	.667	21	6	.778
Augustana	8	4	.667	14	13	.519
Minnesota State	6	6	.500	17	12	.586
North Dakota	6	6	.500	15	11	.577
St. Cloud State	1	11	.083	8	22	.267
South Dakota	0	11	.083	6	22	.214

2006 NCC Team Statistics - as of Nov. 11, 2006

	G	Kills	Errs	Total	Pct.
Hitting Percentage					
6. St. Cloud State	112	1564	752	4346	.187
Opponent Hitting %					
7. St. Cloud State	112	1727	676	4400	.239
Assists					
6. St. Cloud State	112	1424	12.71		
Kills					
6. St. Cloud State	112	1564	13.96		
Blocks					
7. St. Cloud State	112	40	340	210.0	1.88
Serving Aces					
7. St. Cloud State	112	129	1.15		
Digs					
7. St. Cloud State	112	1633	14.58		

Husky All-NCC Academic Team...

2006 SCSU All-NCC Academic Players

Lindsey Gothe	SR	Outside Hitter	Elk River, Minn.
Sierra Nowak	SR	Setter	Marshfield, Wisc.
Kristi Pangrac	JR	Right Side	Bowlus, Minn.

Husky NCC Commissioner's Academic Team...

2006 SCSU NCC Commissioner's Academic Honor Roll Players

Lindsey Gothe	SR	Outside Hitter	Elk River, Minn.
Sierra Nowak	SR	Setter	Marshfield, Wisc.
Kristi Pangrac	JR	Right Side	Bowlus, Minn.
Kelly Isaacson	SO	Middle	Eden Prairie, Minn.
Andreana Pieper	SO	Libero	Williams, Minn.
Kristin Speedling	SO	Right Side	Kellogg, Minn.
Rebecca Zenefski	SO	Middle	Champlin, Minn.

Husky All-NCC Team...

2006 SCSU All-NCC Players

Kristi Pangrac	JR	Right Side	Bowlus, Minn.
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Husky Weekly Honor Roll...

2006 NCC Player of the Week Honors

Sierra Nowak	Setter of the Week	9/18/06
Kristi Pangrac	Offensive POW	9/18/06



#15 JUNIOR RAE ANNE STANLEY: As a junior, Stanley charted a season high of three kills twice during 2006... appeared in 15 games, recording 11 kills, seven digs and two set assists on the outside.

#1 SOPHOMORE REBECCA ZENEFSKI: Zenefski appeared in 111 games for the Huskies and tallied 169 kills (1.60) and 75 set assists...Zenefski charted a season high 11 kills against the University of Mary on Sept. 2 and dished out a season high 48 set assists against Augustana College on Sept. 23...the sophomore middle hitter finished the season second on the team with 90 blocks.

#3 SOPHOMORE KELLY LYNN ISAACSON: Isaacson did not appear in a game for the Husky squad in 2006.

#4 SOPHOMORE ANDREANA PIEPER: Voted team Co-Most Valuable Defensive Player, A. Pieper led the Huskies with 399 digs as the libero in 2006...she totaled a season high of 28 digs at Minnesota State on Oct. 14 and a season high of four aces twice in 2006 (8/26/06 - Lake Superior, 10/14/06 - Minnesota State)... Pieper completed her sophomore campaign with two kills, 36 set assists and 27 serving aces in 107 games played.

#5 SOPHOMORE EMILY BALDWIN: A transfer from Southwest Minnesota State, Emily Baldwin appeared in 71 games for head coach Patricia Mickow...tallied 37 kills, 20 set assists, 15 serving aces and 209 digs in 2006...on Sept. 5, Baldwin recorded a season high nine kills against Concordia-St. Paul.

#11 SOPHOMORE CHRISTA SWENSON: Swenson, a transfer from Augustana College, appeared in 52 games for the Huskies in 2006...tallied 112 digs in the back row and nine serving aces behind the end line...dished out a season high three set assists against South Dakota on Oct. 21.

#14 SOPHOMORE DANIELLE STUMP: A vocal leader on the court, Stump saw action in 30 games for the Huskies in 2006... tallied a season high 19 digs against Michigan Tech on Aug. 25... recorded 57 digs and one serving ace during her sophomore campaign.

#18 SOPHOMORE KRISTIN SPEEDLING: Saw action in 17 games during sophomore season in 2006... recorded 23 kills, one set assist, nine digs and four blocks...tallied a season high eight kills twice during the season (9/1/06 - Northern State; 9/1/06 - Dickinson State).

#6 FIRST YEAR SHANNA SEIDEL: Named team Rookie of the Year after recording 151 digs, 14 serving aces, eight set assists and two kills in 2006...charted a career high 12 digs on Sept. 17 against Winona State in a 3-2 Husky victory...appeared in 88 games and tallied a .940 serving percentage.

#10 FIRST YEAR ANN DEUTSCH: Deutsch made her way into the Husky line-up in the later part of the season, appearing in 56 games on the outside...tallied a season high 10 kills four times during the season...completed 2006 with 98 kills (.105), 20 digs and 15 total blocks.

#12 FIRST YEAR ALECIA LUNDE: Lunde appeared in five games for the Huskies before taking a red shirt season...tallied five kills and three block assists against the University of Mary on Sept. 2, 2006.

#19 FIRST YEAR ROSSI HAMMER: Tallied a career high 11 kills against Winona State on Sept. 17...appeared in 29 games as a first year and totaled 37 kills, four serving aces, 15 digs and 14.0 blocks in 2006.

#20 FIRST YEAR MICHAELA JONES: Jones saw action in 13 games as a middle hitter for Coach Mickow's squad...swung for a career high five kills against Augustana on Sept. 23...tallied 10 kills, two digs and six blocks in the black and red.

