



ST. CLOUD STATE UNIVERSITY

Athletic Media Relations - Volleyball

Home of the Huskies
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THIS WEEK'S MATCHES:

Nov. 18

ST. CLOUD STATE

(19-11, 7-5 NCC)

vs.

Minnesota-Duluth

2:30 p.m.

(NCAA Division II North
Central Regional
Tournament @
Concordia-St. Paul)



2004 St. Cloud State Schedule

| Date | Opponent | Time/Result |
|----------|----------------------|-------------|
| 8/27-28 | UND Tournament | TBA |
| | Colo. School Mines | W, 3-0 |
| | Northern State | L, 3-2 |
| | Upper Iowa | W, 3-0 |
| | UM-Crookston | W, 3-0 |
| Aug. 31 | at Northern State | W, 3-2 |
| Sept. 3 | at Northern St. | L, 3-0 |
| Sept. 4 | vs. Michigan Tech | W, 3-0 |
| Sept. 8 | Winona State | W, 3-1 |
| Sept. 10 | Concordia-SP | L, 3-0 |
| Sept. 10 | MSU, Moorhead | L, 3-1 |
| Sept. 11 | Wayne State | W, 3-0 |
| Sept. 14 | at Bemidji State | W, 3-0 |
| Sept. 18 | Augustana College* | L, 3-1 |
| Sept. 24 | at MSU, Mankato* | W, 3-2 |
| Sept. 25 | Nebraska-Omaha* | W, 3-1 |
| Sept. 28 | Minnesota-Crookston | W, 3-0 |
| Oct. 2 | Minnesota-Duluth* | L, 3-0 |
| Oct. 6 | Bemidji State | W, 3-0 |
| Oct. 8 | at Augustana* | L, 3-1 |
| Oct. 9 | at North Dakota* | W, 3-0 |
| Oct. 14 | Northern State | W, 3-0 |
| Oct. 16 | at Minnesota-Duluth* | L, 3-0 |
| Oct. 19 | Southwest MN | L, 3-1 |
| Oct. 22 | North Dakota* | W, 3-2 |
| Oct. 23 | MSU, Mankato* | W, 3-1 |
| Oct. 26 | Concordia-St. Paul | L, 3-2 |
| Nov. 5 | at South Dakota* | W, 3-2 |
| Nov. 6 | at Nebraska-Omaha* | W, 3-1 |
| Nov. 9 | at Southwest MN St. | W, 3-1 |
| Nov. 13 | South Dakota* | L, 3-2 |
| 11/18-21 | NCAA Regionals | TBA |
| 12/2-4 | NCAA Elite Eight | TBA |

* NCC match

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

2004 SCSU VOLLEYBALL TEAM NEWS

Release Date: Nov. 15, 2004



THIS WEEK'S MATCHES: The St. Cloud State University volleyball team (19-11, 7-5 NCC) will make its first NCAA Division II postseason tournament appearance since 1995, when it travels to Concordia University-St. Paul on Thursday, Nov. 18, for a 2:30 p.m. match against Minnesota-Duluth (23-4, 10-2 NCC). SCSU is seeded #8 at the North Central regional, while UMD is seeded #1. The other teams involved on Nov. 18, include #4 Nebraska-Omaha and #5 Augustana at Noon, #3 South Dakota and #6 SW Minnesota State at 5 p.m. and #2 Concordia and #7 MSU, Moorhead at 7:30 p.m. This will be a single-elimination tournament, with the winners of the Noon and 2:30 p.m. match playing at 6 p.m. on Friday, Nov. 19, and the winners of the 5 p.m. and 7:30 p.m. matches playing at 8:30 p.m. on Nov. 19. The title match will take place at 7:30 p.m. on Saturday, Nov. 20. All matches will be played at Concordia's Gangelhoff Center in St. Paul. The winner will advance to the NCAA Division II Elite 8 on Dec. 2-4.

2003 RESULTS: The Huskies finished their season with an 11-19 overall mark and a 3-11 mark in the North Central Conference. SCSU finished 6th in the North Central Conference.



SCSU COACH PATRICIA MICKOW: Patricia Mickow will begin her second season at St. Cloud State University during the 2004 season. In her first year, Mickow posted an 11-19 overall record, and she currently owns an 80-30 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 269-290 career record.

ASSISTANT COACHING STAFF: Assisting Mickow in 2004 is former North Dakota State All-American Jenifer (Barber) Odette, who is in her 10th season with the Huskies. Second-year graduate assistant Lindsey Johnsen will also work with the Huskies this fall.

2004 TEAM CAPTAIN: The team captain for the 2004 season will be senior libero Megan Hardy. She is a native of Sioux Falls, S.D. and a graduate of Lincoln H.S. Hardy gained North Central Conference All-Academic Honorable Mention accolades in 2003, and currently ranks among SCSU's top 17 players for digs on the all-time career charts.

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.

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



MORE NEWS AND NOTES...

HUSKIES AT THE DANCE: SCSU has not advanced to regional play since making it to the Elite 8 in 1995. In that season, SCSU gained a 3-0 win over Morningside and a 3-1 win over Northern Colorado to gain a trip to the Elite 8. The regional was held at Fargo, N.D. that year. At the NCAA finals, the Huskies lost a tough 3-0 decision to host Barry in first round play in Miami Shore, Fla...the Huskies have also made trips to the NCAA North Central Regional in 1993 (lost to Northern Colorado 3-1) and 1988 (lost to NDSU, 3-1). In 1985, the Huskies received a bid to the NCAA West Regional and lost 3-0 to California-Northridge.

BEST RECORD SINCE 1996: With 19 wins this season, SCSU has posted its best season record since going 20-11 in 1996. SCSU has also clinched a third place finish in the NCC, which is the team's best league finish since placing second in 1995. Not too bad for a team picked seventh in the NCC's pre-season poll this year.

FINAL WEEK SPLIT: To complete the final week of regular season play, SCSU posted a 3-1 win at Southwest Minnesota State on Nov. 9, and dropped a 3-2 decision to South Dakota at home on Nov. 13. At SMSU, the Huskies gained a 22-30, 30-25, 30-20, 30-24 win. SCSU was paced by Angie Mayers with 14 kills and 13 block assists. Leah Herrboldt tossed in 12 kills and 15 digs, while Lindsey Gothe tallied 10 kills and 17 digs. Jamie Schlagel notched 12 kills and two aces in the match, and Megan Hardy had 18 digs. Marcia Ankrum led the setters with 31 assists and Monica Ashburn had 21 sets...in play against USD, the Huskies fell 31-29, 25-30, 30-24, 28-30, 13-15 at Halenbeck. The Husky hitters were led by Kristi Pangrac with 17 kills, followed by Angie Mayers with 16 and Lindsey Gothe with 14. Megan Hardy had a stellar night, totalling 35 of the Huskies' 113 digs. Marcia Ankrum and Monica Ashburn split the set assists at 32 each.



Hardy

RECORDBOOK UPDATE: In 2004, Megan Hardy (2nd at 445), Leah Herrboldt (3rd at 406) and Lindsey Gothe (tied for 5th at 375) make up SCSU's top five spots in the team's recordbook for digs in a season...Angie Mayers currently ranks 5th in the team records with 124 block assists this year. She also ranks 6th with 142 total blocks this season...Leah Herrboldt now ranks 5th in the team records with 1,180 career kills and third with 3,370 career attempts. She is first in the team records with 1,355 digs, while Megan Hardy is third with 1,091 career digs.

LATEST REGIONAL POLL: Here is the latest NCAA Division II North Central Regional poll released on Nov. 10: 1 Concordia-St. Paul, 2 Minnesota Duluth, 3 South Dakota, 4 Nebraska-Omaha, 5 Augustana (South Dakota), 6 Southwest Minnesota State, 7 Minnesota State Moorhead, 8 St. Cloud State, 9 Wayne State (Nebraska), 10 Minnesota State Mankato, 11 Minnesota-Crookston & 12 Bemidji State

2004 SCSU Volleyball Roster

| No | Name | Yr | HT | Pos | Hometown |
|----|-------------------|-------|------|--------|----------------------|
| 1 | Danielle Kohut | Sr. | 5-9 | S/DS | Hafford, Sask |
| 2 | Sierra Nowak | So. | 5-9 | Setter | Marshfield, Wis. |
| 3 | Marcia Ankrum | Jr. | 5-7 | Setter | Tracy, MN |
| 4 | Leah Herrboldt | Sr. | 5-8 | OH | Elk River |
| 5 | Lindsay Ashburn | Sr. | 5-9 | OH | Hector |
| 7 | Lindsey Gothe | So. | 5-10 | OH | Elk River (SDSU) |
| 8 | Maria Ankrum | Jr. | 5-7 | OH/DS | Tracy |
| 9 | Kristi Pangrac | FY | 6-1 | MH/OH | Bowlus/Upsala H.S. |
| 10 | Megan Hardy | Sr. | 5-5 | S/DS | Sioux Falls, S.D. |
| 11 | Angie Mayers | Jr. | 5-11 | MH/OH | Cold Spring (ROCORI) |
| 12 | Meghan McGee | So. | 5-11 | OH | Watertown, Wis. |
| 14 | Monica Ashburn | FY | 5-8 | Setter | Hector |
| 15 | RaeAnne Stanley | So. | 5-11 | MH/OH | Alexandria |
| 16 | Deanna Pieper | So. | 6-1 | MH | Williams, Minn. |
| 17 | Kristin Speedling | FY | 6-0 | RS | Kellogg |
| 18 | Angela Knobloch | FY | 6-0 | MH | Beresford, S.D. |
| 20 | Jamie Schlagel | Soph. | 5-10 | RS/MH | North Branch (H.S.) |

Head Coach: Patricia Mickow

Assistants: Jenifer Odette, Lindsey Johnsen

Career Record Watch at SCSU

Set Assists:

1. Heather Modean - 4546 (1993-96)
2. Rachael Olson - 4539 (1997-00)

Digs:

| | | | |
|----|------------------|---------|------|
| 1 | Leah Herrboldt | 2001- | 1355 |
| 2 | Cami Selbitschka | 1993-96 | 1159 |
| 3 | Megan Hardy | 2001- | 1091 |
| 4 | Melissa Wright | 1997-00 | 1021 |
| 21 | Lindsay Ashburn | 2001- | 566 |

Kill Attempts:

| | | | |
|---|------------------|---------|------|
| 1 | Cami Selbitschka | 1993-96 | 3792 |
| 2 | Kathy Davis | 1985-88 | 3530 |
| 3 | Leah Herrboldt | 2001- | 3370 |

Kills

| | | | |
|---|------------------|---------|------|
| 1 | Cami Selbitschka | 1993-96 | 1567 |
| 2 | Kim Pellmann | 1996-99 | 1322 |
| 5 | Leah Herrboldt | 2001- | 1180 |



Herrboldt

Season Record Watch at SCSU

Digs:

| | | | |
|----|-----------------|------|-----|
| 1 | Krista Hartung | 1995 | 458 |
| 2 | Megan Hardy | 2004 | 445 |
| 4 | Leah Herrboldt | 2003 | 406 |
| 5 | Lindsey Gothe | 2004 | 375 |
| 5 | Leah Herrboldt | 2003 | 375 |
| 10 | Lindsay Ashburn | 2003 | 339 |
| 11 | Megan Hardy | 2002 | 337 |

2004 INDIVIDUAL SEASON HIGHS AT SCSU

Kills: 24 (24- 9-50) 4g Leah Herrboldt vs MSU (Oct 23, 2004)

Sets: 33 (5g) Marcia Ankrum at Minnesota State (Sep 24, 2004)

33 (4g) Marcia Ankrum vs Minnesota State (Oct 23, 2004)

33 (5g) Marcia Ankrum vs Concordia St. Paul (Oct 26, 2004)

Digs: 35 (5g) Megan Hardy vs. USD (Nov. 13, 2004)

Total Blocks: 15 (1-14) Angie Mayers at Winona (Sept. 8, 2004)

Aces: 10 Jamie Schlagel at Colo. Mines (Aug 27, 2004)

Kill Pct. (min. 12 TA): .586 (19- 2-29) Jamie Schlagel at UND (10/9/04)

2004 TEAM SEASON HIGHS AT SCSU

Kills: 72 (72-47-227) 5g vs South Dakota (Nov 13, 2004)

Sets: 68 (5g) vs South Dakota (Nov 13, 2004)

Kill Percentage: .350 (51- 9-120) at Wayne State (NE) (Sep 11, 2004)

Digs: 113 (5g) vs South Dakota (Nov 13, 2004)

Blocks: 20.0 vs North Dakota (Oct 22, 2004)



2004 AVCA (Nov. 9, 2004) Division II National Poll

| Team | Points | Record | PW |
|-----------------------------|--------|--------|----|
| 1 Nebraska-Kearney (33) | 873 | 32-0 | 1 |
| 2 UC San Diego (1) | 831 | 26-1 | 2 |
| 3 Truman (1) | 811 | 30-0 | 3 |
| 4 Concordia-St. Paul | 767 | 27-1 | 4 |
| 5 Barry | 739 | 25-1 | 5 |
| 6 Cal State San Bernardino | 700 | 22-3 | 6 |
| 7 North Florida | 660 | 25-5 | 7 |
| 8 Minnesota Duluth | 596 | 20-4 | 9 |
| 9 Tampa | 589 | 19-4 | 8 |
| 10 Central Missouri State | 559 | 28-5 | 10 |
| 11 Central Washington | 512 | 25-0 | 12 |
| 12 Fort Hays State | 490 | 27-3 | 13 |
| 13 Hawai'i Pacific | 474 | 18-2 | 14 |
| 14 Grand Valley State | 433 | 24-5 | 11 |
| 15 Northern Michigan | 366 | 21-5 | 15 |
| 16 Washburn | 363 | 27-5 | 16 |
| 17 Florida Southern | 304 | 25-7 | 17 |
| 18 North Alabama | 257 | 21-6 | 19 |
| 19 Northwood (Mich.) | 224 | 19-8 | 20 |
| 20 Ferris State | 170 | 22-6 | 22 |
| 21 Armstrong Atlantic State | 128 | 27-6 | 24 |
| 22 Rockhurst | 119 | 24-8 | 21 |
| 23 Augustana (S.D.) | 113 | 16-9 | 23 |
| 24 Minnesota State-Moorhead | 84 | 22-6 | 17 |
| 25 Chaminade | 47 | 15-6 | 25 |

Others receiving points and listed on two or more ballots:
Abilene Christian 28; Ashland 26; Harding 22; South Dakota 14;
Nebraska-Omaha 11; Western Washington 11; Queens (N.Y.)
11; Cal Poly Pomona 9; Cal State Bakersfield 7; Dowling 7;
Southern Illinois-Edwardsville 3

2004 North Central Conference Volleyball Preseason Coaches Poll

| Team | Total | Actual 2004 Place |
|------------------|-------|-------------------|
| Augustana | 44 | T-3rd |
| Minnesota Duluth | 44 | 1st |
| Minnesota State | 30 | 6th |
| South Dakota | 27 | 2nd |
| Nebraska-Omaha | 23 | 5th |
| North Dakota | 18 | 7th |
| St. Cloud State | 10 | T-3rd |

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

OPPONENT FACTS: SCSU will face UMD for the third time this season. In the two previous encounters, SCSU lost 30-20,30-27,30-22 at UMD on Oct. 16, and lost 30-24,30-25,30-25 at SCSU on Oct. 2...the Bulldogs owns a 54-37 series edge against SCSU, which dates back to 1969. A tough draw for the Huskies as of late, the last time SCSU defeated UMD was a 3-2 win on 9/29/95 at Halenbeck Hall...in their first year in the NCC, Minnesota-Duluth claimed the conference title with a 10-2 record under the leadership of third year coach Jim Boos...hitter Callie Zwettler is a UMD team leader with 473 kills and 308 digs. Vicky Braegelmann has 308 kills for UMD this year, while Greta Lisakka is the top playmaker with 1,282 sets this year. Overall, UMD is 23-4 and it gained an 8th place ranking in the latest AVCA coaches poll, which was released on Nov. 9...at last year's regional (hosted by Concordia), the Bulldogs lost a 3-2 decision to NCC opponents North Dakota. Of note, Concordia-St. Paul lost in last year's title match to North Alabama.

2004 North Central Conference Standings

| TEAM | NCC | | | Overall | | |
|----------------------|-----|----|------|---------|----|------|
| | W | L | PCT | W | L | Pct. |
| Minnesota Duluth.... | 10 | 2 | .833 | 23 | 4 | .852 |
| South Dakota..... | 9 | 3 | .750 | 17 | 13 | .567 |
| ST. CLOUD STATE.... | 7 | 5 | .583 | 19 | 11 | .633 |
| Augustana..... | 7 | 5 | .583 | 17 | 9 | .654 |
| Nebraska-Omaha..... | 6 | 6 | .500 | 16 | 10 | .615 |
| Minnesota State..... | 3 | 9 | .250 | 10 | 17 | .370 |
| North Dakota..... | 0 | 12 | .000 | 9 | 21 | .300 |

NCC Results Last Week

Tuesday, Nov. 9

UMD 3, Concordia-St. Paul 2 27-30, 23-30, 30-28, 30-25, 15-13

St. Cloud State 3, Southwest Minnesota State 1 22-30, 30-25, 30-20, 30-24

Friday, Nov. 12

* UMD 3, Nebraska-Omaha 0 30-25, 30-24, 30-25

*Augustana 3, South Dakota 0 30-28, 30-26, 30-22

*Minnesota State 3, North Dakota 0 30-21, 31-29, 30-25

Saturday, Nov. 13

*Minnesota Duluth 3, North Dakota 0 30-26, 30-22, 30-21

*Nebraska-Omaha 3, Minnesota State 0 30-26, 30-24, 30-27

*South Dakota 3, St. Cloud State 2 29-31, 30-25, 24-30, 30-28, 15-13



NCAA Regional Matches This Week

Thursday, Nov. 18 - at Concordia-St. Paul

Match 1 - #4 UNO vs. #5 Augustana, Noon

Match 2 - #1 Minnesota-Duluth vs. #8 ST. CLOUD STATE, 2:30 p.m.

Match 3 - #3 South Dakota vs. #6 SW Minnesota State 5 p.m.

Match 4 - #2 Concordia vs. #7 MSU, Moorhead, 7:30 p.m.

Friday, Nov. 19 - at Concordia-St. Paul

Match 5 - Winner of Match 1 vs. Winner Match 2, 6 p.m.

Match 6 - Winner of Match 3 vs. Winner Match 4, 8:30 p.m.

Saturday, Nov. 20 - at Concordia-St. Paul

Title Match at 7:30 p.m.

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

SCSU's Probable Starters for This Week

Setter

#3 Marcia Ankrum, #14 Monica Ashburn, or #2 Sierra Nowak

Outside Hitter

4 Leah Herrboldt, #7 Lindsey Gothe

Middle Hitter

11 Angie Mayers, #5 Lindsay Ashburn or #9 Kristi Pangrac

Right Side

#20 Jamie Schlagel

Libero

#10 Megan Hardy

SCSU's NCC Players of the Week in 2004

Sept. 20 -- Jamie Schlagel

Nov. 8 -- Angie Mayers

DID YOU KNOW?: Jamie Schlagel led the NCC this year (overall games played) with .49 aces per game...Angie Mayers was 4th in the league with 1.26 blocks per game...Megan Hardy was second in the NCC with 5.30 digs per game...SCSU's .205 hitting rate was 2nd in the league this year.