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ST. CLOUD STATE UNIVERSITY

Athletic Media Relations - Volleyball

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THIS WEEK'S MATCHES:

Sept. 8

ST. CLOUD STATE

(5-2, 0-0 NCC)

vs. Winona State - 7 p.m.

Sept. 10-11:

at North Central Region Crossover
in Aberdeen, S.D.

Sept. 10 - vs. #1 Concordia-SP, 11 am

Sept. 10 - vs. MSU, Moorhead, 4 pm

Sept. 11 - vs. Wayne State, 2 pm

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	7:00 p.m.
9/10-11	Cross Over Tourn.	TBA
Sept. 14	at Bemidji State	7:00 p.m.
Sept. 18	Augustana College*	7:00 p.m.
Sept. 24	at MSU, Mankato*	7:30 p.m.
Sept. 25	Nebraska-Omaha*	7:00 p.m.
Sept. 28	Minnesota-Crookston	7:00 p.m.
Oct. 2	Minnesota-Duluth*	2:00 p.m.
Oct. 6	Bemidji State	7:00 p.m.
Oct. 8	at Augustana*	5:00 p.m.
Oct. 9	at North Dakota*	7:00 p.m.
Oct. 14	Northern State	7:00 p.m.
Oct. 16	at Minnesota-Duluth*	4:00 p.m.
Oct. 19	Southwest MN	7:00 p.m.
Oct. 22	North Dakota*	7:00 p.m.
Oct. 23	MSU, Mankato*	7:00 p.m.
Oct. 26	Concordia-St. Paul	7:00 p.m.
Nov. 5	at South Dakota*	7:00 p.m.
Nov. 6	at Nebraska-Omaha*	6:00 p.m.
Nov. 9	at Southwest MN St.	7:00 p.m.
Nov. 13	South Dakota*	7:00 p.m.
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: Sept. 7, 2004



THE HOME OPENER: The St. Cloud State University volleyball team (5-2) will open its 2004 home season on Wednesday, Sept. 8, with a 7 p.m. match against non-conference foe Winona State University (4-4). The match will be held in Halenbeck Hall, and for complete ticket information, please call 1-877-SCSUTIX or 320-308-2137. To end the weekend, SCSU will travel to the annual North Central Region Crossover on Sept. 10-11. The tournament will be held in Aberdeen, S.D. and hosted by Northern State. SCSU will open tournament play on Sept. 10, with an 11 a.m. match against #1 nationally ranked Concordia-St. Paul (7-1). Later in the day, SCSU will play MSU, Moorhead (7-0) at 4 p.m. To complete the weekend, SCSU will play Wayne State College (5-2).

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 6h 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 a 16-21 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 255-281 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.

NUMBER CHANGE: Please be aware that Monice Ashburn will be wearing #14 for the remainder of the season. Some of the early rosters (including the media guide) released by SCSU had her wearing #19.

VOLLEYBALL ON THE AIR: KVSC FM 88.1 will provide coverage of selected SCSU volleyball matches this season. Check out KVSC on the web at www.kvsc.org.

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



MORE NEWS AND NOTES...

TWO WINS LAST WEEK: The Huskies are off to their best start since 1999 with a 5-2 record. SCSU gained two of those wins last week including a 30-24, 30-26, 25-30, 28-30, 15-6 win at Northern State University on Aug. 31, and a 30-25, 30-27, 30-18 win over Michigan Tech on Sept. 4, at the Northern Michigan Tournament in Marquette. In between, the Huskies dropped a 30-18, 30-25, 30-14 loss at #14 ranked Northern Michigan on Sept. 3. In the match at NSU, the Huskies were led by the play of senior Leah Herrboldt, who had 17 kills and 18 digs. Lindsey Gothe added 17 kills and 14 digs, while Angie Mayers added 14 kills in the five-game marathon. Sierra Nowak posted 29 assists in the match along with 14 digs, while RaeAnne Stanley had 15 digs. In the match vs. MTU, junior Jamie Schlagel issued 15 kills in the match to pace the Huskies, while Herrboldt added nine kills and seven digs. Gothe, a sophomore transfer from SDSU, added seven kills and 14 digs. Nowak charted 24 sets in the match and Maria Ankrum had eight digs. To complete the charge, Monica Ashburn had seven digs. In the match against NMU, Nowak led the Huskies with 18 sets and Gothe had five kills and nine digs.



Gothe

GREAT START FOR SCSU: SCSU is currently 5-2, and this marks the team's best seven-match start since 1999. In that season, SCSU opened with an 8-1 record before ending the campaign at 12-17. Of note, SCSU's 11 win last year under the leadership of coach Patricia Mickow was the team's most since the 1999 season.

UP TO SECOND: Leah Herrboldt moved into second place on the SCSU career list with 1026 career digs. She moves past Melissa Wright, who had 1021 from 1997-2000. Cami Selbitschka is the team's all-time leader with 1159 from 1993-96. Last year, Leah Herrboldt posted 375 digs and that total ranks third best in team history for digs in a season. Of note, Megan Hardy's 646 career digs are 17th on the charts. Herrboldt also moved up to 12th on the SCSU career charts with 913 kills. She moves ahead of Jane Backes, who had 908 from 2000-03. For kill attempts, Herrboldt now ranks 10th with 2624 during her stellar career in St. Cloud.

OTHER NOTES: Leah Herrboldt and Lindsey Gothe hit team season-highs with 17 kills apiece in the win over NSU on 8/31...Sierra Nowak set a team-high this year with 29 assists vs. NSU, while Jamie Schlagel and Angie Mayers each had five total blocks (a team-high in 2004) vs. NSU...Schlagel also hit a team season-high with a .542 hitting rate vs. MTU on Sept. 4.

UP NEXT FOR SCSU: SCSU will travel to Bemidji State on Sept. 14 for a 7 p.m. On Sept. 18, the Huskies will open the NCC season with a 7 p.m. home match against Augustana College.

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
6	Kelley Larkin	So.	6-0	OH	Williamsburg, Mich.
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	Cami Selbitschka	1993-96	1159
2	Leah Herrboldt	2001-	1026
3	Melissa Wright	1997-00	1021
17	Megan Hardy	2001-	646
21	Lindsay Ashburn	2001-	546

Kill Attempts:

1	Cami Selbitschka	1993-96	3792
2	Kathy Davis	1985-88	3530
10	Leah Herrboldt	2001-	2624

Kills

1	Cami Selbitschka	1993-96	1567
2	Kim Pellmann	1996-99	1322
12	Leah Herrboldt	2001-	913



Herrboldt

Season Record Watch at SCSU

Digs:

1	Krista Hartung	1995	458
3	Leah Herrboldt	2003	375
9	Lindsay Ashburn	2003	339
10	Megan Hardy	2002	337
19	Leah Herrboldt	2002	289

2004 INDIVIDUAL SEASON HIGHS AT SCSU

Kills: 17 (17-13-45) 5g Leah Herrboldt at NSU (Aug 31, 2004)
17 (17- 6-42) 5g Lindsey Gothe at NSU (Aug 31, 2004)

Sets: 29 (5g) Sierra Nowak at NSU (Aug 31, 2004)

Digs: 22 (5g) Leah Herrboldt vs NSU (Aug 27, 2004)

Total Blocks: 5 (1- 4) Angie Mayers at NSU (Aug 31, 2004)

5 (0- 5) Jamie Schlagel at NSU (Aug 31, 2004)

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

Kill Pct. (min. 12 TA): .542 (15- 2-24) Jamie Schlagel at MTU (9/4/04)

2004 TEAM SEASON HIGHS AT SCSU

Kills: 70 (70-39-216) 5g at NSU (Aug 31, 2004)

Sets: 64 (5g) at NSU (Aug 31, 2004)

Kill Percentage: .345 (41-12- 84) vs UIU (Aug 28, 2004)

Digs: 99 (5g) vs NSU (Aug 27, 2004)

Blocks: 11.0 at NSU (Aug 31, 2004)

Aces: 19 vs UIU (Aug 28, 2004)



2004 AVCA (Pre-Season) Division II National Poll

Team	Points	Record	PW
1 Concordia-St. Paul (9)	811	30-4	2
2 UC San Diego (8)	779	25-5	6
3 Nebraska-Kearney (2)	722	31-7	7
4 North Alabama (10)	717	33-7	1
5 Barry (3)	716	24-4	8
6 Tampa	698	31-4	4
7 CS-San Bernardino (2)	695	29-5	3
8 Truman	629	31-5	10
9 Western Washington	565	27-8	5
10 Grand Valley State	551	24-2	9
11 North Florida	504	31-4	13
12 Hawai'i Pacific	478	17-9	15
13 Central Missouri State	430	26-11	16
14 Northern Michigan	419	26-1	18
15 Metro	418	27-6	11
16 Augustana (S.D.)	407	22-8	14
17 Minnesota Duluth	368	26-5	17
18 BYU-Hawai'i (1)	218	20-2	NR
19 Minnesota State, Mankato	211	20-9	20
20 Rockhurst	188	31-13	19
21 St. Edward's	181	31-7	23
22 Pittsburg State	148	26-8	21
23 Wheeling Jesuit	100	38-3	22
24 Lock Haven	82	31-5	24
25 Fort Hays State	81	25-7	25

Others receiving points and listed on two or more ballots: West Texas A&M 68; Northern Kentucky 48; Abilene Christian 21; Northwood (MI) 20; Cal State Bakersfield 17; Washburn 16; Cal State L.A. 12; Findlay 11; Southern Illinois-Edwardsville 10; Armstrong Atlantic State 3; South Dakota 3; Queens (NY) 3; Florida Southern 2.

2004 North Central Conference Volleyball Preseason Coaches Poll

Team	Total
Augustana	44
Minnesota Duluth	44
Minnesota State	30
South Dakota	27
Nebraska-Omaha	23
North Dakota	18
St. Cloud State	10

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

OPPONENT FACTS: The Huskies will battle Winona State (4-4) on Sept. 8. A long-time opponent dating back to 1969, SCSU is 32-5 vs. the Warriors, and last year they gained a 30-24, 30-24, 30-25 at Halenbeck Hall. SCSU owns a 6-game winning streak vs. WSU dating back to 1998. The last time SCSU played Winona State at Halenbeck Hall was in 2000, and the Huskies won 3-1...in 2003, Concordia-St. Paul (7-1) was the runner-up at the NCAA championships and SCSU is 1-3 vs. the Bears since 1975. SCSU has lost three the last three meetings vs. CSP in 2003, 2002 and 2001. CSP lost its lone match of the season to UC-San Diego this past weekend, before rebounding with a win over North Alabama...SCSU is 35-5 vs. MSU, Moorhead since 1972. Last year, SCSU gained a 3-1 win over MSU...SCSU is 5-5 vs. Wayne State, and is fresh from a 3-1 win over the Wildcats at the Crossover in 2003.

2004 North Central Conference Standings

TEAM	NCC			Overall		
	W	L	PCT	W	L	Pct.
Minnesota Duluth....	0	0	.000	5	1	.833
St. Cloud State.....	0	0	.000	5	2	.714
Augustana.....	0	0	.000	5	3	.625
Nebraska-Omaha.....	0	0	.000	5	3	.625
North Dakota.....	0	0	.000	5	4	.556
Minnesota State.....	0	0	.000	3	5	.375
South Dakota.....	0	0	.000	3	6	.333

NCC Matches This Week

Wednesday, September 8

Winona St. at SCSU, 7 p.m.

Friday, September 10

North Central Region Crossover

UND vs. Wayne St., 11 a.m.

UNO vs. Northern St., 11 a.m.

SCSU vs. Concordia-SP, 11 a.m.

USD vs. Wayne St., 2 p.m.

UMD vs. UM-Crookston, 2 p.m.

Augie vs. Concordia-SP, 4 p.m.

SCSU vs. MSU, Moor., 4 p.m.

UNO vs. Wayne St., 7 p.m.

UMD vs. Northern St., 7 p.m.

Saturday, September 11

North Central Region Crossover

UND vs. Winona St., 10 a.m.

UMD vs. SMSU, 10 a.m.

Bemidji St. vs. Augie, 10 a.m.

USD vs. UM-Crookston, Noon

MSU vs. Concordia-SP, Noon

UND vs. SMSU, 2 p.m.

UNO vs. Bemidji St., 2 p.m.

Augie vs. Northern St., 4 p.m.

MSU vs. Minn.-Crookston, 4 p.m.

USD vs. Minn. St.-Moor., 4 p.m.



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

SCSU's Probable Starters for This Week

Setter

#2 Sierra Nowak

Outside Hitter

4 Leah Herrboldt, #7 Lindsey Gothe

Middle Hitter

11 Angie Mayers

Right Side

#20 Jamie Schlagel, #12 Meghan McGee

Libero

#8 Maria Ankrum