



Minnesota College  
Athletic Conference

# VOLLEYBALL

Minnesota College Athletic Conference

News Release

1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mcac-sports.com](http://www.mcac-sports.com)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 8  
October 20, 2009

## MCAC Northern Division Conference Standings

### Overall Record

	W	L	Win. %	W	L	Pct
Hibbing	21	12	0.636	11	3	0.786
Central Lakes	15	9	0.625	11	3	0.786
Mesabi Range	16	9	0.640	10	4	0.714
Northland	17	7	0.708	9	5	0.643
Rainy River	14	11	0.560	7	7	0.500
Itasca	11	11	0.500	6	8	0.429
Vermilion	7	17	0.292	2	12	0.143
Fond Du Lac	2	14	0.125	0	14	0.000

### MCAC Record

<b>Hitter of the Week</b> <b>Samantha Lindfors</b> <b>Hibbing</b>	Lindfors, from Hinckley, MN last week had a total 3.83 kills per game average for the Cardinals.
<b>Setter of the Week</b> <b>Kelly Hams</b> <b>Hibbing</b>	Hams, from International Falls, MN last week had 112 assists for a 9.3 assist per game average for the Cardinals.
<b>Libero of the Week</b> <b>Breanna Chamernick</b> <b>Hibbing</b>	Chamernick, from Hinckley, MN last week had 70 digs for a 5.83 dig per game average for the Cardinals.

## Last Week Game Results

Date	Your College	1	2	3	4	5	Oppon.	1	2	3	4	5
10/17	Hibbing	25	25	25			Central Lakes	21	23	22		
10/15	Ridgewater	25	27	25			Hibbing	21	25	22		
10/15	Rochester	25	25	25			Hibbing	23	21	22		
10/15	Rochester	25	17	26	25		Central Lakes	20	25	24	17	
10/15	Ridgewater	25	26	25			Central Lakes	14	24	16		
10/14	Mesabi Range	25	25	25			Fon du Lac	9	11	22		
10/13	Hibbing	25	25	25			Northland	21	22	19		
10/13	Itasca	25	25	25			Vermilion	12	13	18		
10/13	Central Lakes	22	27	25	25	15	Rainy River	25	29	18	17	11

The MCAC a NJCAA Division III Conference with teams located throughout Minnesota.

Anoka Ramsey-Central Lakes-Fond Du Lac-Itasca-Mesabi Range-Minnesota West-Northland-MSCTC Fergus Falls-Ridgewater-Rochester-Vermilion



Minnesota College  
Athletic Conference

# VOLLEYBALL

Minnesota College Athletic Conference

News Release

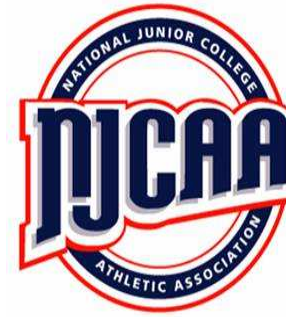
1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mcac-sports.com](http://www.mcac-sports.com)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 8  
October 20, 2009

<b>Week 1</b>	<b>Hitter of the Week</b> Brenda Olson Vermilion	<b>Setter of the Week</b> Kelly Hams Hibbing	<b>Libero of the Week</b> No Nominations
<b>Week 2</b>	<b>Hitter of the Week</b> Kelly Hams Hibbing	<b>Setter of the Week</b> Caitlin Stackpool Mesabi Range	<b>Libero of the Week</b>
<b>Week 3</b>	<b>Hitter of the Week</b> Britt Finson Rainy River	<b>Setter of the Week</b> Danika Stelton Rainy River	<b>Libero of the Week</b> Krista Perushek Mesabi Range
<b>Week 4</b>	<b>Hitter of the Week</b> Breanna Chamernick Hibbing	<b>Setter of the Week</b> Kelly Hams Hibbing	<b>Libero of the Week</b> Andrea Miller Hibbing
<b>Week 5</b>	<b>Hitter of the Week</b> Hanna Lashmett Mesabi Range	<b>Setter of the Week</b> Caitlin Stackpool Mesabi Range	<b>Libero of the Week</b> Molly Magner Northland

<b>Week 6</b>	<b>Hitter of the Week</b> Sam Alberts Rainy River	<b>Setter of the Week</b> Katie Hood Itasca	<b>Libero of the Week</b> Krystle Hamilton Central Lakes
<b>Week 7</b>	<b>Hitter of the Week</b> Kelsey Wirtanen Hibbing	<b>Setter of the Week</b> Rachel Pfeffer Central Lakes	<b>Libero of the Week</b> Jenny Pederson Fond Du Lac

The MCAC a NJCAA Division III Conference with teams located throughout Minnesota.

Anoka Ramsey-Central Lakes-Fond Du Lac-Itasca-Mesabi Range-Minnesota West-Northland-MSCTC Fergus Falls-Ridgewater-Rochester-Vermilion

# Northern Division Statistics

## TEAM STATS (OVERALL TO DATE)

	<b>Kills/G</b>	<b>Assist/G</b>	<b>Aces/G</b>	<b>Blocks/G</b>	<b>Digs/G</b>
Central Lakes	10.6	8.7	2.0	2.4	13.9
Fond Du Lac	6.6	5.4	1.3	1.9	12.0
Hibbing	11.1	9.7	1.9	1.6	19.3
Itasca	12.5	11.9	2.0	1.5	20.4
Mesabi Range	9.5	8.2	1.4	1.9	14.9
Northland	10.2	8.8	3.0	2.3	8.5
Rainy River	9.8	8.4	2.1	0.9	17.7
Vermilion	6.3	5.8	1.8	1.3	11.2

## Serving Aces/Games

Name	G	SA	SA/G
Whitney Langen(NL)	78	51	0.65
Amanda Christianson(NL)	76	46	0.61
Jessica Vanderplaats(NL)	78	46	0.59
Sam Alberts(RR)	69	39	0.57
Erica Feldewerd(CL)	85	45	0.53
Katie Hood(IT)	76	39	0.51
Cally Tinkess(RR)	82	42	0.51
Kelsey Wirtanen(HI)	89	43	0.48
Angie Muhvich(VE)	66	29	0.44
Rachel Pfeffer(CL)	56	22	0.39

## Attack PCT

Name	<b><u>G</u></b>	<b><u>K</u></b>	<b><u>ERR</u></b>	<b><u>ATT</u></b>	<b><u>PCT</u></b>
Whitney Langen(NL)	78	264	46	505	0.43
Amanda Christianson(NL)	76	251	59	516	0.37
Rachel Pfeffer(CL)	71	65	14	146	0.35
Kelsey Wirtanen(HI)	89	225	65	461	0.35
Jenna Terhaar(CL)	85	201	46	542	0.29
Erica Feldewerd(CL)	85	259	80	673	0.27
Brittany Wiseth(NL)	78	116	36	303	0.26
Sam Alberts(RR)	69	209	75	524	0.26
Daisha VanOverbeke(HI)	62	141	34	419	0.26
Breanna Chamernick(HI)	100	217	73	564	0.26
Chrystal Olson(MR)	86	219	63	611	0.26

## Kills/Game

Name	G	Kills	Kills/G
Whitney Langen(NL)	78	264	3.4
Amanda Christianson(NL)	76	251	3.3
Erica Feldewerd(CL)	85	259	3.0
Sam Alberts(RR)	69	209	3.0
Gina Bounds(IT)	65	190	2.9
Britt Finsson(RR)	82	236	2.9
Hanna Lashmett(MR)	86	245	2.8
Samantha Lindfors(HI)	100	263	2.6
Misty Flynn(IT)	76	194	2.6
Chrystal Olson(MR)	86	219	2.5
Kelsey Wirtanen(HI)	89	225	2.5

# Northern Division Statistics

## Digs/Game

Name	G	Digs	Digs/G
Breanna Chamernick(HI)	100	513	5.1
Cally Tinkess(RR)	82	315	3.8
Molly Magner(NL)	71	272	3.8
Kayla Blom(MR)	86	324	3.8
Erica Feldewerd(CL)	85	308	3.6
Krystle Hamilton(CL)	74	263	3.6
Sam Alberts(RR)	69	225	3.3
Misty Flynn(IT)	76	226	3.0
Kelsey Wirtanen(HI)	89	263	3.0
Katie Hood(IT)	76	224	2.9
Krista Perushek(MR)	86	252	2.9
Baylea Wendt(RR)	82	236	2.9
Britt Finnson(RR)	82	235	2.9

## Blocking Avg

Name	G	Blocks	Blocks/G
Karissa Gustafson(FDL)	51	49	1.0
Kirstie Grill(CL)	88	74	0.8
Elora Meisner(CL)	87	69	0.8
Kaitlyn Roerick(CL)	73	48	0.7
Whitney Langen(NL)	78	49	0.6
Chrystal Olson(MR)	86	54	0.6
Brittany Wiseth(NL)	78	47	0.6
Hanna Lashmett(MR)	86	46	0.5
Tomi McDonald(VE)	59	30	0.5
Daisha VanOverbeke(HI)	62	27	0.4
Misty Flynn(IT)	76	31	0.4
Kelsey Wirtanen(HI)	89	33	0.4
Vanessa Aultman(MR)	82	30	0.4

## Setting Assists/Game

Name	G	Asst	Asst/G
Katie Hood(IT)	76	678	8.9
Kelly Hams(HI)	99	810	8.2
Rachel Pfeffer(CL)	71	577	8.1
Danika Stelton(RR)	82	632	7.7
Caitlin Stackpool(MR)	86	644	7.5
Jessica Vanderplaats(NL)	78	371	4.8
Sarah Mann(VE)	64	285	4.5
Jessie Minotte(FDL)	50	219	4.4



Minnesota College  
Athletic Conference

# VOLLEYBALL

Minnesota College Athletic Conference

News Release

1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mcac-sports.com](http://www.mcac-sports.com)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 8  
October 20, 2009

## MCAC Southern Division Conference Standings

	Overall Record			MCAC Record		
	W	L	Pct	W	L	Pct
Ridgewater	30	4	0.882	12	0	1.000
Rochester	24	3	0.889	10	2	0.833
Riverland	11	13	0.458	7	5	0.583
Fergus Falls	14	11	0.560	7	5	0.583
Anoka-Ramsey	5	13	0.278	4	8	0.333
Minnesota West	3	20	0.130	2	11	0.154
St. Cloud Tech	2	16	0.111	0	12	0.000

## Last Week Game Results

Date		1	2	3	4	5		1	2	3	4	5
10/15	Rochester	25	17	26	25		Central Lakes	20	25	24	17	
10/15	Rochester	25	25	25			Hibbing	23	21	22		
10/15	Ridgewater	25	26	25			Hibbing	21	24	22		
10/15	Ridgewater	25	26	25			Central Lakes	14	24	16		
10/14	Rochester	25	25	25			MSCTC-FF	18	21	15		
10/14	Ridgewater	25	11	25	25		MN West	7	25	18	16	
10/14	Anoka Ramsey	25	22	23	25	15	St. Cloud Tech	21	25	25	23	11
10/14	Riverland	25	25	25	25		W. Wisconsin	20	17	27	16	
10/13	Ridgewater	25	25	25			Rochester	21	17	16		
10/12	MN West	17	19	15			USF JV	25	25	25		

**Hitter of the Week**  
**Amanda Hammarstedt**  
**Anoka Ramsey**

Hammarstedt, from Onamia, MN last week averaged 3.6 kills per game last week.

**Setter of the Week**

**No Nominations**

**Libero of the Week**

**No Nominations**

The MCAC is a NJCAA Division III Conference with teams located throughout Minnesota.

Central Lakes-Fond Du Lac-Itasca-Mesabi Range-Minnesota West-Northland-MSCTC Fergus Falls-Ridgewater-Rochester-Vermilion



Minnesota College  
Athletic Conference

# VOLLEYBALL

Minnesota College Athletic Conference

News Release

1450 Collegeway, Worthington MN 56187

Phone 507-372-3487 Fax 507-372-5803

Justin Heckenlaible, Conference Coordinator

Web: [www.mcac-sports.com](http://www.mcac-sports.com)

Email: [justin.heckenlaible@mnwest.edu](mailto:justin.heckenlaible@mnwest.edu)



Release Number 8  
October 20, 2009

<b>Week 1</b>	<b>Hitter of the Week</b> Brianna Jacobson Ridgewater	<b>Setter of the Week</b> No Nominations	<b>Libero of the Week</b> No Nominations
<b>Week 2</b>	<b>Hitter of the Week</b> Nicole Carrison MSCTC-FF	<b>Setter of the Week</b> Krissy Schemmel Riverland	<b>Libero of the Week</b> Brandi Bodin Ridgewater
<b>Week 3</b>	<b>Hitter of the Week</b> Kyle Dykes Roch. Emily Roelike Ridgewater	<b>Setter of the Week</b> Darcie Listul Ridgewater	<b>Libero of the Week</b> Jennifer Henke Rochester
<b>Week 4</b>	<b>Hitter of the Week</b> Alyssa Franzen Rochester	<b>Setter of the Week</b> No Nominations	<b>Libero of the Week</b> Katie Williams Riverland
<b>Week 5</b>	<b>Hitter of the Week</b> Macy Mckay Ridgewater	<b>Setter of the Week</b> Courtney Lermon Rochester	<b>Libero of the Week</b> No Nominations

<b>Week 6</b>	<b>Hitter of the Week</b> Stephanie Neuman Riverland	<b>Setter of the Week</b> No Nominations	<b>Libero of the Week</b> Jennifer Henke Rochester
<b>Week 7</b>	<b>Hitter of the Week</b> Kate Krogh Riverland	<b>Setter of the Week</b> Courtney Lermon Rochester	<b>Libero of the Week</b> Emily Liljestrand MSCTC-FF

The MCAC is a NJCAA Division III Conference with teams located throughout Minnesota.

Central Lakes-Fond Du Lac-Itasca-Mesabi Range-Minnesota West-Northland-MSCTC Fergus Falls-Ridgewater-Rochester-Vermilion

# Southern Division Statistics

## TEAM STATISTICS

	Kills/G	Assist/G	Aces/G	Blocks/G	Digs/G
Anoka Ramsey	9.2	8.7	2.1	0.9	14.7
Fergus Falls	8.5	8.1	1.9	1.7	16.6
Minnesota West	7.8	7.0	1.5	1.3	17.4
Ridgewater	11.6	10.3	2.1	2.7	13.6
Riverland	8.5	7.3	1.2	1.7	20.3
Rochester	11.8	10.7	2.3	3.3	15.8
St. Cloud Tech.	7.6	6.8	1.3	2.6	10.2

## Serving Aces/Games

Name	G	SA	SA/G
Darcie Listul(RW)	80	47	0.59
Katy Jung(AR)	63	29	0.46
Nicky Carrison(FF)	82	37	0.45
Brianna Jacobson(RW)	94	39	0.41
Janaye Boser(AR)	63	26	0.41
Courtney Lermon(RO)	79	31	0.39
Vanessa Lawrenz(RO)	80	31	0.39
Reiley Dahlberg(AR)	63	23	0.37
Abbie Curry(RI)	72	26	0.36
Anna Kotten(SC)	61	21	0.34
Jennifer Henke(RO)	80	27	0.34

## Attack PCT

Name	G	K	ERR	ATT	PCT
Nicky Carrison(FF)	82	252	31	535	0.41
Amanda Hammarstedt(AR)	63	143	22	349	0.35
Macy McKay(RW)	79	165	41	412	0.30
Stephanie Tillman(RW)	88	209	66	496	0.29
Brianna Jacobson(RW)	81	182	57	439	0.28
Emily Roelike(RW)	81	232	69	601	0.27
Kylie Dykes(RO)	80	167	60	408	0.26
Danielle Sowada(SC)	61	136	53	324	0.26
Kayla Smith(RO)	63	99	38	258	0.24
Ashley McStott(SC)	61	91	40	221	0.23

## Kills/Game

Name	G	Kills	Kills/G
Nicky Carrison(FF)	82	252	3.1
Stephanie Neumann(RI)	60	177	3.0
Emily Roelike(RW)	81	232	2.9
Alyssa Franzen(RO)	76	217	2.9
Stephanie Tillman(RW)	88	209	2.4
Amanda Hammarstedt(AR)	63	143	2.3
Danielle Sowada(SC)	61	136	2.2
Brianna Jacobson(RW)	94	199	2.1
Macy McKay(RW)	79	165	2.1
Kylie Dykes(RO)	80	167	2.1
Janaye Boser(AR)	63	131	2.1

# Southern Division Statistics

## Digs/Game

Name	G	Digs	Digs/G
Rachel Pavelko(MW)	69	376	5.4
Jennifer Henke(RO)	80	394	4.9
Kate Krogh(RI)	77	310	4.0
Emily Liljestrand(FF)	74	282	3.8
Krissy Schemmel(RI)	57	216	3.8
Sarah Suby(MW)	66	244	3.7
Katie Williams(RI)	74	273	3.7
Emily Roelike(RW)	81	255	3.1
Brandi Bodin(RW)	91	283	3.1
Amanda Hammarstedt(AR)	63	190	3.0

## Blocking Avg

Name	G	Blocks	Blocks/G
Kylie Dykes(RO)	80	101	1.3
Brianna Jacobson(RW)	94	86	0.9
Janine Atkinson(RO)	80	63	0.8
Stephanie Tillman(RW)	88	64	0.7
Ashley McStott(SC)	61	44	0.7
Brooke Dunsmoor(SC)	58	38	0.7
Nicky Carrison(FF)	82	48	0.6
Macy McKay(RW)	79	44	0.6
Elly Schmitz(MW)	69	35	0.5
Amanda Hammarstedt(AR)	63	30	0.5

## Setting Assists/Game

Name	G	Asst	Asst/G
Darcie Listul(RW)	80	735	9.2
Courtney Lermon(RO)	79	705	8.9
Krissy Schemmel(RI)	57	384	6.7
Leah Riley(MW)	69	434	6.3
Brittany Fautsch(SC)	40	245	6.1
Ashley Sangrait(SC)	24	140	5.8
Megan Helmrichs(AR)	58	267	4.6
Cassie Edwards(RW)	25	108	4.3
Linsey Strom(FF)	82	336	4.1
Nora Maxwell(AR)	63	247	3.9