



VOLLEYBALL

Minnesota College Athletic Conference

News Release

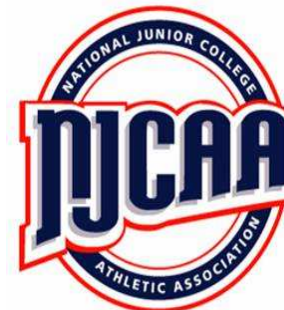
1450 Collegeway, Worthington MN 56187

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

Justin Heckenlaible, Conference Coordinator

Web: www.mnwest.edu/mccc

Email: justin.heckenlaible@mnwest.edu



Release Number 1

August 27, 2008

MCAC Northern Division Conference Standings

	Overall Record			MCAC Record		
	W	L	Win. %	W	L	Pct
Northland	2	2	0.500	0	0	0
Hibbing	2	2	0.500	0	0	0
Mesabi Range	1	3	0.250	0	0	0
Itasca	1	3	0.250	0	0	0
Rainy River	0	4	0.000	0	0	0
Vermilion	0	0	0.000	0	0	0
Central Lakes	0	0	0.0000	0	0	0

Last Week's Games Results

8/23/08	Mesabi Range	25 25	Rainy River	10	14
8/23/08	MSCTC-Fergus Falls	25 25	Mesabi Range	17	20
8/23/08	Rochester	25 16 20	Northland	20	25 18
8/23/08	Anoka Ramsey	25 25 15	Northland	27	10 10
8/23/08	Northland	25 25	Itasca	17	10
8/23/08	Northland	25 25	Mesabi	16	22
8/23/08	Hibbing	25 25	Mesabi	22	23
8/23/08	MNCTC	25 25	Hibbing	12	23
8/23/08	Anoka-Ramsey	25 25	Hibbing	22	12
8/23/08	Hibbing	25 25	Rainy River	23	14
8/23/08	Anoka/Ramsey	25 25	Itasca	19	22
8/23/08	Rochester	25 25	Itasca	18	18
8/23/08	Itasca	21 25 17	Rainy River	25	16 15

Hitter of the Week

Sarah Micheals
Northland

Micheals is from Thief River Falls, MN and last week for the Pioneers in 4 matches recorded 29 kills with a hitting percentage of .333 in help them to a 2-2 record last week

Setter of the Week

Jessica Vanderplaats
Northland

Vanderplaats is from Hendrum, MN and last week for the Pioneers she had 66 assists and 15 digs to help her team go 2-2 last week.

Libero of the Week

Rachel Perushek
Mesabi Range

Perushek is from Eveleth, MN and last week for the Norse she collected 56 digs and 3 aces in 4 matches last week.

The MCAC, is a member of NJCAA Division III with teams located throughout Minnesota.

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

TEAM STATISTICS

	Kills/G	Assist/G	Aces/G	Blocks/G	Digs/G
Mesabi Range	8.5	6.875	1.5	1.875	20.75
Northland	11	8.3	1.9	1.4	8
Hibbing	9.62	8.37	1.87	2.25	20
Itasca	9.2	7.7	0.6	1.4	13.9
Vermilion	0	0	0	0	0
Rainy River	0	0	0	0	0

Serving Aces/Games

Name	G	SA	SA/G
Breanna Chamernick(HI)	8	5	0.6
Leigha Curfman(NL)	10	5	0.5
Shawna Rogalla(NL)	10	5	0.5
Ashley Palmer(HI)	8	4	0.5

Attack PCT

Name	G	K	ERR	ATT	PCT
Lauren Daniels(NL)	10	20	4	42	38.1%
Misty Flynn(IT)	9	22	4	52	34.6%
Whitney Langen(NL)	10	25	7	54	33.3%
Sarah Michaels(NL)	10	29	8	63	33.3%
Lindsay Jacobson(HI)	7	18	3	50	30.0%
Krystal Ramfjord(HI)	3	2	0	7	28.6%
Alyssa Amic(MR)	8	14	3	41	26.8%
Breanna Chamernick(HI)	8	18	6	53	22.6%
Monica McAllister(RR)	9	23	6	98	17.3%
Kelly Hams(HI)	8	8	4	25	16.0%

Kills/Game

Name	G	Kills	Kills/G
Sarah Michaels(NL)	10	29	2.9
Brittany Black(IT)	9	25	2.8
Lindsay Jacobson(HI)	7	18	2.6
Monica McAllister(RR)	9	23	2.6
Whitney Langen(NL)	10	25	2.5
Misty Flynn(IT)	9	22	2.4
Breanna Chamernick(HI)	8	18	2.3
Erienne Bright(HI)	6	13	2.2
Carley Lake(RR)	9	18	2.0
Samantha Lindfors(HI)	4	7	1.8

Digs/Game

Name	G	Digs	Digs/G
Rachel Perushek(MR)	8	56	7.0
Micki Nogowski(RR)	9	52	5.8
Breanna Chamernick(HI)	8	41	5.1
Tasha Johnson(RR)	9	39	4.3
Kayla Blom(MR)	8	32	4.0
Monica McAllister(RR)	9	35	3.9
Erienne Bright(HI)	6	23	3.8
Krystal Ramfjord(HI)	3	11	3.7
Jade Martire(IT)	9	31	3.4
Ashley Palmer(HI)	8	20	2.5
Kelsi Kiecker(NL)	10	18	1.8
Leigha Curfman(NL)	10	18	1.8
Jessica Vanderplaats(NL)	9	15	1.7

Setting Assists/Game

Name	G	Asst	Asst/G
Kelly Hams(HI)	8	67	8.4
Jessica Vanderplaats(NL)	9	66	7.3
Caitlin Stackpool(MR)	8	50	6.3
Chelsea Shields(IT)	9	41	4.6
Tasha Johnson(RR)	9	40	4.4

Blocking Avg

Name	G	Blocks	Blocks/G
Erienne Bright(HI)	6	6	1.00
Sarah Michaels(NL)	10	9	0.90
Jessie Larson(MR)	8	6	0.75
Samantha Lindfors(HI)	4	3	0.75
Carley Lake(RR)	9	6	0.67
Shawna Rogalla(NL)	10	5	0.50



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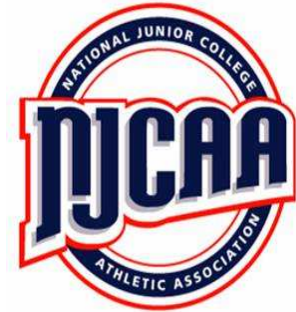
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MCAC Southern Division Conference Standings

	Overall Record			MCAC Record		
	W	L	Pct	W	L	Pct
Rochester	4	0	1.000	0	0	0
Anoka-Ramsey	3	1	0.750	0	0	0
Minnesota West	1	3	0.250	0	0	0
Riverland	0	0	0.000	0	0	0
Ridgewater	0	0	0.000	0	0	0
Fergus Falls	0	0	0.000	0	0	0

Last Week's Games Results

8/22/08	MN West	19	22		Lake Michigan	25	25	
8/22/08	MN West	13	23		Vincennes	25	25	
8/23/08	AR	25	25		Itasca	19	22	
8/23/08	AR	25	25	15	Northland	27	10	10
8/23/08	AR	25	25		Hibbing	22	12	
8/23/08	RCTC	25	16	20	Northland	20	25	18
8/23/08	RCTC	25	25		Itasca	18	18	
8/23/08	RCTC	25	25		Anoka Ramsey	17	22	
8/23/08	RCTC	18	25	15	MSCTC-FF	25	20	13
8/23/08	MN West	25	18	15	Highland	21	25	13
8/23/08	MN West	20	20		Harper	25	25	

Hitter of the Week
Jakki Lindberg
Anoka Ramsey

Lindberg is from Cambridge, MN and last week for the Golden Rams 17 kills in helping Anoka Ramsey go 3-1 in their matches last week.

Setter of the Week
Jane Smith

No Nominations

Libero of the Week
Jane Smith
Minnesota West

No Nominations

The MCAC, is a member of NJCAA Division III with teams located throughout Minnesota.

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

Team Statistics

	Kills/G	Assist/G	Aces/G	Blocks/G	Digs/G
Rochester	12.4	11.85	4	2.43	22.6
Minnesota West	7.44	7.33	2	3.78	10.78
Rochester	NR	NR	NR	NR	NR
Fergus Falls	NR	NR	NR	NR	NR
Ridgewater	DNP	DNP	DNP	DNP	DNP
Riverland	DNP	DNP	DNP	DNP	DNP

Serving Aces/Games

Name	G	SA	SA/G
Jakki Lindberg(AR)	7	9	1.290
Megan Hambleton(AR)	7	8	1.140
Rachel Pavelko(MW)	9	6	0.667

Attack PCT

Name	G	K	ERR	ATT	PCT
Dinah Xaphakdy(MW)	9	5	0	7	0.714
Jakki Lindberg(AR)	7	17	2	68	0.221
Amanda Murray(MW)	9	13	10	43	0.070

Kills/Game

Name	G	Kills	Kills/G
Jordan Noska(AR)	7	33	4.71
Ashley King(RO)	10	27	2.70
Jakki Lindberg(AR)	7	17	2.42
Sam Sikkink(RO)	9	20	2.20
Meghan Cronberg(MW)	9	19	2.11
Laura Holt(RO)	9	17	1.90
Kayla Wichern(MW)	9	16	1.78
Amanda Murray(MW)	9	13	1.44

Digs/Game

Name	G	Digs	Digs/G
Megan Hambleton(AR)	7	36	5.14
Sarah Smith(AR)	7	32	4.57
Vanessa Lawrenz(RO)	10	45	4.50
Jakki Lindberg(AR)	7	29	4.14
Hayley Blade(RO)	8	24	3.00
Rachel Pavelko(MW)	9	22	2.44
Kristi Winter(MW)	9	20	2.22
Dinah Xaphakdy(MW)	9	16	1.78
Kiah Vik(MW)	8	14	1.75

Blocking Avg

Name	G	Blocks	Blocks/G
Kayla Wichern(MW)	9	12	1.3
Dinah Xaphakdy(MW)	9	10	1.1
Jessica Cichy(AR)	7	7	1.0
Kylie Dykes(RO)	9	9	1.0

Setting Assists/Game

Name	G	Asst	Asst/G
Becky Schoenecker(AR)	7	74	10.57
Darci Heikes(RO)	10	85	8.50
Dinah Xaphakdy(MW)	9	57	6.33