



MINNESOTA STATE Athletics

For Immediate Release
Subject: Volleyball

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2005 MINNESOTA STATE PROSPECTUS

As the saying goes, "out with the old, in with the new." And this season, a lot of things will be new for the Minnesota State University volleyball program.

With the entrance of a new coaching staff led by **Dennis Amundson**, the Mavericks will begin the 2005 season on a quest to improve upon last season's 10-17 overall and 3-9 North Central Conference records.

"Our main goal this season is to focus on the process of volleyball," said Amundson, who will begin this season as the seventh volleyball coach in Minnesota State history, replacing seven-year head coach **Doug Tully**. "With a brand new staff and new players, there will be a lot to teach and learn. Our long-term goals will be woven into everything we do."

In addition to Amundson and new assistant coach **Heather Bitz** (NDSU '03), the Mavericks will be joined by new graduate assistant coach **Lori Rittenhouse** (Wisconsin '03) and volunteer assistant coach **Jamie Skadeland** (North Dakota '05).

But although many unfamiliar faces will make up this season's MSU coaching staff, a few familiar faces will return to the court.

The Mavericks only graduated three players last season and will return senior middle blocker **Tiffany Graham**, who was an All-NCC and Academic All-NCC honorable mention selection last season after posting a team-high 127 blocks and .321 hitting percentage. Graham was also selected to the 2005 Daktronics All-North Central Region Second Team.

Returning alongside Graham will be sophomore middle blocker **Megan Stroud**, who recorded 121 kills and 99 blocks in 2004, in addition to junior outside hitter **Cassie Wolpern**, an All-NCC honorable mention selection a year ago after leading MSU with 361 kills.

"We'll have a very young team," Amundson said, noting the Mavericks will rely on six other returners and look to ten promising newcomers. "Many athletes played last year, but we'll conduct an open competition where the best performers will play. With the new players and new staff, we plan to take baby steps while still focusing on the process of getting better everyday."

"My staff is composed of three young, eager women who want to learn how to coach. My problem will be holding them back. They'll model the championship behavior I want my players to learn."

Minnesota State will open its season on its home court when it hosts the AmericInn Back to School Bash August 26-27. Teams involved in the tournament will be Saginaw Valley, Bemidji State and Michigan Tech, and MSU opens play on August 26 at 3 p.m. against Saginaw Valley.



Call the **Maverick Sports Hotline** at (507) 380-9785 or (800) 920-9785 (Minnesota only) for MSU scores, schedules and interviews. The Maverick Sports Hotline is brought to you courtesy of Midwest Wireless. Midwest Wireless is the **Official Communications Sponsor of MSU Athletics**.

QUICK FACTS

Location	Mankato, Minn.
Founded	1868
Enrollment	14,009
Nickname	Mavericks
Colors	Purple and Gold
Facility	Bresnan Arena in Taylor Center
Affiliation	NCAA Division II
Conference	North Central
All-time Record	569-488-8 (.538)
NCAA Tournament Appearances	4
	(1990, 2001, 2002, 2003)
All-time NCAA Tournament Record	2-4
President	Dr. Richard Davenport
Director of Athletics	Kevin Buisman
AD Phone	(507) 389-6111
Head Coach	Dennis Amundson
Alma Mater	St. Cloud State '69
Record at MSU	0-0 (first year)
Career Record	0-0 (first year)
Amundson's Phone	(507) 389-2673
Amundson's Email	dennis.amundson@mnsu.edu
Assistant Coach	Heather Bitz
Alma Mater	North Dakota State '03
Bitz's Email	heather.bitz@mnsu.edu
Graduate Assistant Coach	Lori Rittenhouse
Alma Mater	Wisconsin '03
Rittenhouse's Email ..	loririttenhouse@hotmail.com
Volunteer Assistant Coach	Jamie Skadeland
Alma Mater	North Dakota '05
Skadeland's Email	jskad15@hotmail.com
2004 Overall Record	10-17
2004 NCC Record (Finish)	3-9 NCC (6th)
Starters Returning	3
Starters Lost	3
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AC Fax	(507) 389-1923
Website	www.msumavericks.com



2004 RESULTS

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Result</u>
Aug. 27	Wisconsin-Parkside#	Mankato, Minn.	W, 3-1
Aug. 27	Central Washington#	Mankato, Minn.	L, 3-2
Aug. 28	Winona State#	Mankato, Minn.	W, 3-1
Aug. 28	Michigan Tech#	Mankato, Minn.	W, 3-1
Sept. 3	Sonoma State^	San Bernardino, Calif.	L, 3-2
Sept. 3	CSU-San Bernardino^	San Bernardino, Calif.	L, 3-0
Sept. 4	Fort Hays State^	San Bernardino, Calif.	L, 3-0
Sept. 4	Abilene Christian^	San Bernardino, Calif.	L, 3-1
Sept. 10	Wayne State!	Aberdeen, S.D.	L, 3-1
Sept. 11	Concordia (St. Paul)!	Aberdeen, S.D.	L, 3-0
Sept. 11	Minnesota, Crookston!	Aberdeen, S.D.	W, 3-0
Sept. 17	Upper Iowa	Fayette, Iowa	W, 3-0
Sept. 24	St. Cloud State*	Mankato, Minn.	L, 3-2
Sept. 24	Minnesota Duluth*	Mankato, Minn.	L, 3-1
Oct. 1	South Dakota*	Vermillion, S.D.	L, 3-0
Oct. 2	Nebraska-Omaha*	Omaha, Neb.	L, 3-0
Oct. 8	North Dakota*	Grand Forks, N.D.	W, 3-1
Oct. 9	Augustana*	Sioux Falls, S.D.	W, 3-1
Oct. 15	Concordia (St. Paul)	St. Paul, Minn.	L, 3-0
Oct. 16	South Dakota*	Mankato, Minn.	L, 3-1
Oct. 19	Winona State	Mankato, Minn.	W, 3-1
Oct. 23	St. Cloud State*	St. Cloud, Minn.	L, 3-1
Oct. 26	Southwest Minnesota State	Mankato, Minn.	W, 3-1
Oct. 30	Minnesota Duluth*	Duluth, Minn.	L, 3-1
Nov. 6	Augustana*	Mankato, Minn.	L, 3-0
Nov. 10	North Dakota*	Mankato, Minn.	W, 3-0
Nov. 13	Nebraska-Omaha*	Mankato, Minn.	L, 3-0

Home matches in **bold** and played at Bresnan Arena in Taylor Center

* North Central Conference match

AmericInn Back to School Bash match

^ California State-San Bernardino Tournament match

! NCC/NSIC Crossover match

All games listed in Central Time

2005 SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Aug. 26	Saginaw Valley#	Mankato, Minn.	3:00 p.m.
Aug. 26	Bemidji State#	Mankato, Minn.	8:00 p.m.
Aug. 27	Saginaw Valley#	Mankato, Minn.	3:00 p.m.
Aug. 27	Michigan Tech#	Mankato, Minn.	8:00 p.m.
Sept. 2	St. Xavier^	Romeoville, Ill.	3:00 p.m.
Sept. 2	University of Indianapolis^	Romeoville, Ill.	7:00 p.m.
Sept. 3	Saginaw Valley^	Romeoville, Ill.	9:00 a.m.
Sept. 3	UW-Parkside^	Romeoville, Ill.	1:00 p.m.
Sept. 10	MSU Moorhead!	Aberdeen, S.D.	2:00 p.m.
Sept. 10	Minnesota-Crookston!	Aberdeen, S.D.	7:00 p.m.
Sept. 11	Northern State!	Aberdeen, S.D.	4:00 p.m.
Sept. 23	St. Cloud State*	Mankato, Minn.	7:30 p.m.
Sept. 24	Minnesota Duluth*	Mankato, Minn.	7:00 p.m.
Sept. 30	Nebraska-Omaha*	Omaha, Neb.	7:00 p.m.
Oct. 1	South Dakota*	Vermillion, S.D.	7:00 p.m.
Oct. 7	North Dakota*	Grand Forks, N.D.	7:00 p.m.
Oct. 8	Augustana*	Sioux Falls, S.D.	7:00 p.m.
Oct. 11	Concordia-St. Paul	Mankato, Minn.	7:00 p.m.
Oct. 15	South Dakota*	Mankato, Minn.	7:00 p.m.
Oct. 18	Southwest Minnesota State	Marshall, Minn.	7:00 p.m.
Oct. 23	St. Cloud State*	St. Cloud, Minn.	7:00 p.m.
Oct. 27	Upper Iowa	Mankato, Minn.	7:00 p.m.
Oct. 29	Minnesota Duluth*	Duluth, Minn.	7:00 p.m.
Nov. 1	Winona State	Winona, Minn.	7:00 p.m.
Nov. 5	Augustana*	Mankato, Minn.	7:00 p.m.
Nov. 11	North Dakota*	Mankato, Minn.	7:30 p.m.
Nov. 12	Nebraska-Omaha*	Mankato, Minn.	7:00 p.m.
Nov. 17-19	NCAA Division II Regional Tourney	TBA	
Dec. 1-3	NCAA Division II National Tourney	TBA	

Home matches in **bold** and played at Bresnan Arena in Taylor Center

* North Central Conference match

AmericInn Back To School Bash match

^ Lewis Tournament match

! NCC/NSIC Crossover Tournament match

All games listed in Central Time

2005 ROSTER

<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Ht.</u>	<u>Yr.</u>	<u>Hometown/High School/Previous School</u>
1	Stef Sandstrom	S	5-8	So.-R	Andover, Minn./Blaine
2	Megan Stroud	MB	6-0	So.-R	Winterset, Iowa/Winterset
7	Cassie Wolpern	OH	5-10	Jr.	Belle Plaine, Minn./Belle Plaine/University of San Diego
8	Tiffany Graham	MB	6-0	Sr.	Woodbury, Minn./New Life Academy
9	Lane TenCate	OH	5-9	Jr.	Oglivie, Minn./Oglivie
12	Erin Anderson	S	5-7	So.	New Richland, Minn./New Richland-Hartland-Ellendale-Geneva
13	Dana Ostertag	RS	6-1	So.	Oshkosh, Wis./Oshkosh North
14	Mandy Reuter	OH	5-11	Jr.	Maple Plain, Minn./Orono
15	Cortney Reese	L/DS	5-7	Jr.	Swea, Iowa/Swea
17	Jill Randall	OH	5-10	Fr.-R	White Bear Lake, Minn./White Bear Lake
18	Courtney VanDeVelde	MB	6-0	Fr.-R	Inver Grove Heights, Minn./Simley
	Jenn Green	OH	5-10	Fr.	Waverly, Iowa/Waverly-Shell Rock
	Carley Heckmann	MH/OH	5-10	Fr.	Norwood, Minn./Mayer Lutheran
	Ally Kwikkel	MH	6-0	Fr.	Waverly, Iowa/Waverly-Shell Rock
	Ashley Nachreiner	OH	6-0	Fr.	Round Rock, Texas/Round Rock
	Lisa Rohret	OH	5-9	Fr.	Adel, Iowa/Adel-Eesoto-Minburn
	Deondra Thilmony	L/DS	5-7	Fr.	Mandan, N.D./Mandan
	Nicole Thom	OH	5-8	Fr.	Mayville, Wis./Mayville
	Danielle Zimmerman	MB	6-0	Fr.	Wellsburg, Iowa/Grundy Center

Head Coach: Dennis Amundson

Graduate Assistant Coach: Lori Rittenhouse

Assistant Coach: Heather Bitz

Volunteer Assistant Coach: Jamie Skadeland

2005 INDIVIDUAL STATISTICS

<u>Name</u>	<u>G</u>	[-----ATTACK-----]					[-- SET--]		[---SERVE-----]				[---DIG---][-----BLOCKING-----]					<u>BHE</u>		
		<u>K</u>	<u>K/G</u>	<u>E</u>	<u>TA</u>	<u>Pct.</u>	<u>A</u>	<u>A/G</u>	<u>SA</u>	<u>SE</u>	<u>SA/G</u>	<u>RE</u>	<u>D</u>	<u>D/G</u>	<u>BS</u>	<u>BA</u>	<u>TB</u>		<u>B/S</u>	<u>BE</u>
Erin Anderson	19	1	0.05	0	2	.500	0	0.00	3	5	0.16	2	50	2.63	0	0	0	0.00	0	
Tiffany Graham	101	335	3.32	105	716	.321	8	0.08	27	40	0.27	1	82	0.81	23	104	127	1.26	13	
Mandy Reuter	83	195	2.35	85	580	.190	11	0.13	8	7	0.10	10	115	1.39	3	32	35	0.42	10	
Melanie Jude	101	110	1.09	63	305	.154	1185	11.73	28	28	0.28	1	263	2.60	5	53	58	0.57	2	3
Megan Stroud	101	121	1.20	70	344	.148	3	0.03	0	0	0.00	1	18	0.18	12	87	99	0.98	15	
Cassie Wolpern	93	361	3.88	205	1071	.146	18	0.19	25	44	0.27	30	263	2.83	0	36	36	0.39	3	
Stef Sandstrom	101	5	0.05	3	16	.125	35	0.35	43	49	0.43	9	287	2.84	0	0	0	0.00	0	
Michelle West	89	251	2.82	168	887	0.94	25	0.28	27	36	0.30	31	314	3.53	2	21	23	0.26	3	
Dana Ostertag	69	106	1.54	73	363	0.91	21	0.30	0	0	0.00	1	38	0.55	4	44	48	0.70	5	
Kari Sanstrom	80	0	0.00	1	5	-.200	15	0.19	19	23	0.24	62	322	4.03	0	1	1	0.01	0	

TEAM

13

Minnesota State	101	1485	14.70	773	4289	.166	1321	13.08	180	233	1.78	161	1752	17.35	49	378	238.00	2.36	51	6
Opponents	101	1451	14.37	651	4163	.192	1298	12.85	161	182	1.59	180	1768	17.50	43	442	264.0	2.61	55	9

2005 TEAM STATISTICS

STATISTIC **MSU** **OPPONENT**

ATTACK

Kills	1485	1451
Errors	773	651
Total Attacks	4289	4163
Attack Pct	.166	.192
Kills/Game	14.7	14.4

SET

Assists	1321	1298
Assists/Game	13.1	12.9

SERVE

Aces	180	161
Errors	233	182
Aces/Game	1.8	1.6

SERVE RECEPTIONS

Errors	161	180
Errors/Game	1.6	1.8

STATISTIC **MSU** **OPPONENT**

DEFENSE

Digs	1752	1768
Digs/Game	17.3	17.5

BLOCKING

Block Solo	49	43
Block Assist	378	442
Total Blocks	238.0	264.0
Blocks/Game	2.4	2.6
Block Errors	51	55

BALL HANDLING ERRORS ...

	64	97
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ATTENDANCE

Total	3380	2780
Dates/Avg Per Date	12/282	9/309
Neutral Site #/Avg	6/61	-
Current Win Streak	0	-
Home Win Streak	0	-