

THIS WEEK IN CENTRAL MISSOURI

JENNIES VOLLEYBALL



Home - vs. No. 3 Emporia State University - September 23 - 7 p.m.

Away - at No. 6 Washburn University - September 25 - 7 p.m.

Away - at Fort Hays State University - September 26 - 3 p.m.

2009 Central Missouri Jennies Volleyball Schedule

August

28-29 University of West Florida Invitational
 28 vs. Eckerd College (Fla.)W, 3-0
 28 vs. Flagler CollegeW, 3-0
 29 vs. No.1 Concordia University (St. Paul) . . .L, 1-3
 29 vs. No.15 University of West FloridaW, 3-0

September

4-5 Colorado Premier Challenge
 4 vs. No. 19 Lewis (Ind.)W, 3-0
 4 vs. No. 3 West Texas A&MW, 3-2
 5 vs. No. 15 West FloridaW, 3-0
 5 vs. No. 1 Concordia University (St. Paul) . . .L, 0-3
 9 at Rockhurst University (Kan.)W, 3-0
11-12 Peggy Martin Challenge (by Comfort Inn)
11 vs. St. Mary'sW, 3-0
11 vs. Pittsburg State*L, 0-3
12 vs. Edinboro (Pa.)W, 3-0
12 vs. University of Missouri (St. Louis)W, 3-0
 15 at Southwest Baptist University*W, 3-0
18 vs. Missouri Southern State University* . . .W, 3-0
23 vs. No. 3 Emporia State University* .7 p.m.
 25 at No. 6 Washburn University*7 p.m.
 26 at Fort Hays State University*3 p.m.

October

2-3 Pittsburg State University Classic
 2 vs. Abilene Christian2 p.m.
 2 vs. Pittsburg State University*6 p.m.
 3 vs. Dallas Baptist University1 p.m.
 3 vs. Newman University4:30 p.m.
 7 at Truman State University*7 p.m.
9 vs. Northwest Missouri State University* . . .7 p.m.
10 vs. Missouri Western State University* . . .6:30 p.m.
 13 at Missouri Science & Tech.7 p.m.
15 vs. University of Nebraska-Omaha* .7:15 p.m.
21 vs. Southwest Baptist University*7 p.m.
 23 at Missouri Southern State University*7 p.m.
 28 at Emporia State University*7 p.m.
30 vs. Washburn University*7 p.m.
31 vs. Fort Hays State University*6:30 p.m.

November

4 vs. Truman State University7 p.m.
 6 at Northwest Missouri State University* . . .7 p.m.
 7 at Missouri Western State University*7 p.m.
 13 at University of Nebraska-Omaha*7 p.m.

* - MIAA match. p.m.
 All home matches in **bold** at Multipurpose Building

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AVCA NO. 9 JENNIES, 12-3, 2-1 MIAA

MIAA Conference Play - The Jens traveled to Bolivar, Mo. to face Southwest Baptist University last Wednesday. UCM held a commanding lead in the series with SBU, losing only once to the Bearcats in the 50 match history. UCM would get its first conference win, 3-0 (25-18, 25-12, 25-20).

In the second game, UCM jumped out to a 7-3 lead before going on a six-point run pushing the margin to 10 points, 13-3. Caitlin Pankratz tied her season high in kills (7) with three of them in the first game. She also hit .538 for the match with 36 assists.

In the third set, SBU was up 3-2 before a five-point run pushed it to 8-2. The Jens committed only seven errors in the match, four of them in the third. UCM rallied after being down 20-16 in the final set. On Taylor Krejci's service they scored the last nine points to win 25-20.

Paula Harris was responsible for five kills in the third set, four of them during Krejci's serve. Harris led the team in kills (12), Abby Gruenbacher finished with 10 kills in the match. Kelsey Ortwerth pitched in 14 digs and two service aces, the second match in a row she was in double digit digs.

On Friday the Jens hosted MSSU. In the first game the Lions led by three, 10-7, before UCM rallied to make it 11-10 during Ortwerth's serve. From there the Jens remained ahead.

UCM put together a five point run to start the second game. Quickly the score ballooned out of reach for the Lions when a six point rally made it 12-5. Many MSSU attacks were met with blocks from the Jennies who had 16 block assists in the match (eight total). Caitlin Pankratz led the way with six block assists in the match.

With the score 10-9 Jens in the third match, Piontek's squad circled the wagons and went in for the kill. Despite a pair of MSSU timeouts the Jennies kept scoring. The Lions only had sideouts three times during a 15-6 run for the home team.

Harris and Allie Huffman led the team in kills with 10 apiece. Rachel Fister had 16 digs and a service ace. Ortwerth tallied three service aces. Pankratz also contributed 30 assists and six kills, hitting .429. As a team, UCM had seven service aces and hit .254.

Landscaping - The season is still relatively untouched with only a few matches being played, but that will change after this week's conference play gets into full swing. Six teams are ranked in the AVCA Top-25 Poll, and all of them will get a chance to play another rank opponent this week. The battle of ranked conference foes will begin when No. 3 Emporia State comes to Warrensburg and No. 18 Nebraska-Omaha will host No. 6 Washburn at the same time Wednesday night. Friday UCM travels to WU. On Saturday the action continues as No. 21 Pittsburg State will travel to No. 20 Truman, and Emporia will host UNO.

Emporia has one of the best setters in the league, Ting Liu. She has been MIAA specialist of the week twice already this season. Washburn has a bevy of hitters, that can make defense tough for any team. Hitters like Mollie Lacy and Breanna Lewis. ESU and WU have control of the top two spots for every team offensive category. Defensive teams like the Jennies will have to be playing their best volleyball to hold these potent offenses at bay.

Collectively, the top six in the conference hold an MIAA record of 14-4 (73-15 overall), Washburn, Emporia, and UNO remain undefeated.

The Opponents:

No. 3 Emporia State University - Undeclared this season (13-0) with a record of 3-0 in the MIAA. Last season the Lady Hornets placed second in the NCAA Regional, with a record of 34-4. UCM lost on both meetings with them last year, 3-1 in September, and 3-0 in October. UCM still leads in the series 40-4. Junior Setter Ting Liu and senior outside hitter Arica Shepard are the top returners for the Lady Hornets. Head Coach Bing Xu is in his fifth season with ESU. He holds a record of 113-37 in that time, his only collegiate head coaching experience.

Washburn University - WU is Another undefeated conference foe at 15-0, 3-0 MIAA. Washburn tied for fifth in the NCAA Regional last season, with a record of 30-6. UCM won two of three meetings with the Lady Blues, 3-0 in September, and 3-0 again when the Jens knocked off the No. 10 ranked Lady Blues in the South Central Regional. WU got the best of UCM in October defeating the Jens 3-0. Head Coach Chris Herron is in his eighth season with Washburn. He has an overall record of 229-44, and a career record of 304-73 in his 11 years of coaching experience. The Jennies hold the series lead 43-9.

Fort Hays State University - So far the Tigers have had a rough start at 4-12 overall, 1-3 in the conference. With six conference opponents ranked in the top-25 it's not going to get any easier. Last season they managed two wins in conference (2-18), with an overall record of 9-25. First year Head Coach Kurt Kohler is hoping to transfer his success at the community college level to the MIAA. Before assuming the athletic director's position for the last two and a half years, Kohler coached three years at the community college level for an overall record of 89-44. Returning from last season are outside hitter Lilian Rezende, Libero Katelyn Lapham, and rightside hitter Lydia Karnopp. UCM leads the series 10-1.

Unstoppable Force Meets Immovable Object - Look for the match on Wednesday to be a litmus test for the Jens defense. Emporia leads the conference in kills (14.67/set), hitting percentage (.281), and assists (13.58/set). Clearly they are an offensive force. Central is not far behind in those categories, but the Jennies are the league leaders in blocks (2.67/set), and digs (16.9/set). UCM is the best statistical defensive team in the conference.

UCM Jennies by the numbers

- 19 MIAA championships won by the Jennies
- 26 Number of consecutive NCAA tournament appearances
- 31 All-Americans the Jennies have produced
- 37 Highest number of consecutive matches won
- 275 Consecutive weeks in the AVCA Top-25 Coaches Poll
- 2000 The last year the Jennies won the MIAA Championship

UCM League Leaders

<u>MIAA Blocks Leaders</u>					
	<u>Sets</u>	<u>BS</u>	<u>BA</u>	<u>Total</u>	<u>Avg/S</u>
1. Harris,Paula-UCM So	49	9	53	62	1.27
2. Peniston,Bradye-UCM Fr	49	6	52	58	1.18
3. Boner,Brianne-ESU Jr	38	8	34	42	1.11
4. Thommes,Ellen-UNO Sr	59	15	48	63	1.07

<u>MIAA Digs Leaders</u>			
	<u>Sets</u>	<u>No.</u>	<u>Avg/S</u>
1. Fister,Rachel-UCM Jr	49	259	5.29
2. Spangenberg,Paige-NWMSU Jr	54	259	4.80
3. Bruno,Casey-TSU Jr	49	219	4.47
4. Wilson, Cassie-PSU Jr	55	241	4.38
5. Reicks,Angie-UNO So	59	254	4.31
6. Hileman,Tracie-FHSU So	59	248	4.20
7. Smith,Molly-WU Jr	43	178	4.14
8. Hammerbacher,Kari-MSSU	47	194	4.13
9. Cartagena, Pamela-PSU Sr	54	208	3.85
10. Byfield,Amy-ESU Sr	45	172	3.82

2009 MIAA STANDINGS

School	MIAA	Overall
Washburn (6)	3-0	15-0
Emporia St. (3)	3-0	13-0
Neb.-Omaha (18)	3-0	13-3
Central Mo. (9)	2-1	12-3
Pittsburg St. (21)	2-1	10-4
Truman (20)	1-2	10-5
Northwest Mo. St.	1-2	8-7
Fort Hays St.	1-3	4-12
Mo. Southern St.	0-2	5-6
Southwest Baptist	0-2	5-9
Mo. Western St.	0-3	7-8

() - AVCA/CSTV D-II Top 25 Ranking

2009 AVCA Division II Poll

(As of September 21, 2009)

Rk	School (1st place)	Pts.	2009 W-L	Prev. Rank
1	Concordia-St. Paul (32)	800	14-0	1
2	Cal State San Bernardino	768	11-0	2
3	Emporia State	731	13-0	3
4	UC San Diego	692	12-1	4
5	Tampa	668	11-1	5
6	Washburn	641	15-0	6
7	West Texas A&M	606	13-2	7
8	Nebraska-Kearney	570	13-1	8
9	Central Missouri	523	12-3	11
10	Minnesota Duluth	480	9-3	12
11	Minnesota State	459	12-2	14
12	Indianapolis	422	15-1	9
13	Lewis	378	11-3	17
14	Southwest Minnesota State	360	10-4	10
15	Sonoma State	340	12-1	13
16	Metro State	319	10-2	16
17	Florida Southern	308	9-4	15
18	Nebraska-Omaha	235	12-3	20
19	West Florida	201	7-7	18
20	Truman	161	10-5	19
21	Pittsburg State	132	10-4	22
22	Hawai'i-Hilo	117	12-0	25
23	Chico State	97	12-2	21
24	Eckerd	76	6-5	21
25	Hillsdale	64	12-1	NR

-MIAA teams in **Bold**

Others Receiving Votes and listed on two or more ballots: Wayne State (Neb.) 50; Saint Leo 28; Wayne State (Mich.) 28; Nova Southeastern 25; Western Washington 25; Barry 21; Grand Valley State 20; Lynn 17; Wingate 10; Saginaw Valley State 8

Four teams mentioned on only one ballot for a total of 20 combined points.

Dropped Out: Nova Southeastern (23)

Jennies Climbing the Record Book

Career Matches w/ Double-Figure Digs

1. Katie Tarka, 2003-2006	131
2. Audrey Jensen, 2004-07	126
3. Rhea Griffin, 1997-00	93
4. Sarah Dallas, 1995-98	82
5. Jacque Barr, 1999-02	75
Rachel Fister, 2007-present	73

Career Digs

1. Katie Tarka, 2003-2006	3,016
2. Audrey Jensen, 2004-07	2,381
3. Emily Appelbaum, 1984-87	1,694
4. Sarah Dallas, 1995-98	1,614
5. Kim Jackson, 1991-94	1,605
6. Rhea Griffin, 1997-00	1,600
7. Jacque Barr, 1999-02	1,555
8. Kaci Young, 2002-05	1,448
9. Corrie Paul, 1989-92	1,429
10. Wendy Knollman, 1988-92	1,405
Rachel Fister, 2007-present	1,327

Career Assists

1. Kaci Young, 2002-05	5,687
2. Susan Dixon, 1984-87	5,460
3. Kristie Tompkins, 1988-91	5,320
4. Caitlin Pankratz, 2006-present	4,579
5. Robyn Griffin, 1998-00	4,515
6. Jaime St. Marie, 1995-98	4,337
7. Lori Hackett, 1980-83	4,095
8. Rachel Gatewood, 1992-95	3,920
9. Kelly Lincoln, 1990-93	3,626
10. Natalie Loerch, 2000-03	1,076

Around the MIAA This Week:

Tuesday, September 22

*TSU @ SBU 7 p.m.

Wednesday, September 23

*ESU @ UCM 7 p.m.

*MWSU @ PSU 7 p.m.

*WU @ UNO 7 p.m.

Friday, September 25

*UCM @ WU 7 p.m.

*MSSU @ TSU 7 p.m.

*UNO @ FHSU 7 p.m.

*PSU @ NWMSU 7 p.m.

*SBU @ MWSU 7 p.m.

Saturday, September 26

*MSSU @ MWSU 2 p.m.

*UCM @ FHSU 3 p.m.

*PSU @ TSU 3 p.m.

*UNO @ ESU 4 p.m.

*SBU @ NWMSU 5 p.m.

2009 MIAA PRESEASON COACHES POLL

Rk	School	pts	2008 MIAA
1	Emporia State (5)	94	18-2
2	Washburn (5)	92	15-5
3	Central Missouri	79	15-5
T4	Nebraska-Omaha (1)	69	12-8
T4	Truman State	69	16-4
6	Pittsburg State	61	14-6
7	Northwest Missouri	40	7-13
8	Missouri Southern	37	5-15
9	Southwest Baptist	35	5-15
10	Fort Hays State	15	2-18
11	Missouri Western	14	1-19

()-first place votes

2009 Individual Trends

Double Figure Kills

Allie Huffman	9
Paula Harris	6
Abby Gruenbacher	5
Bradye Peniston	3

Double Figure Blocks

None

Double Figure Digs

Rachel Fister	15
Taylor Krejci	5
Caitlin Pankratz	4
Kelsey Ortwerth	3
Allie Huffman	3
Kelsey Ellis	1

Double Figure Assists

Caitlin Pankratz	15
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Double-Doubles (Kills-Digs)

Allie Huffman	3
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Double-Doubles (Assists-Digs)

Caitlin Pankratz	4
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The 2009 Jennies Record When...

Playing at home	4-1
Playing on the road	8-2
Playing ranked opponents	4-2
Winning the first game	11-0
Lose the first game	1-3
Win the third game	13-2
They hit less than .200	2-2
They hit more than .200	10-1
They hit more than .300	2-0
Team records 10+ blocks in a match	6-0
Team records 45+ kills in a match	5-1

2009 JENNIES VOLLEYBALL NUMERICAL ROSTER

No.	Name	Position	Ht.	Year-Exp	Hometown	Previous School
1	Julia Bates	Setter	6-0	Freshman-HS	Leavenworth, Kan.	Lansing High School
2	Taylor Krejci	Libero/Def. Spec.	5-8	Sophomore-1L	Hickman, Neb.	Norris High School
3	Allie Huffman	Outside Hitter	5-11	Sophomore-1L	Lee's Summit, Mo.	Lee's Summit West High School
4	Kelsey Ellis	Outside Hitter	5-10	Junior-1L	Andover, Minn.	Metro State University
5	Caitlin Pankratz	Setter	5-7	Senior-3L	Buhler, Kan.	Buhler High School
6	Jamie Haworth	Def. Spec./Libero	5-8	Freshman-HS	Rogers, Ark.	Bentonville High School
7	Rachel Fister	Outside Hitter/Libero	5-9	Junior-2L	Labadie, Mo.	St. Francis Borgia High School
8	Jessica Garland	Setter/Def. Spec.	5-7	Sophomore-1L	Indianola, Iowa	Indianola High School
10	Jennifer Williams	Outside Hitter	5-10	Junior-Tr	Overland Park, Kan.	Jacksonville State University
11	Paula Harris	Middle Hitter	6-1	Sophomore-1L	Conway Springs, Kan.	Conway Springs High School
12	Bradye Peniston	Middle/Outside Hitter	6-0	Freshman-Rs	Wichita, Kan.	Valley Center High School
13	Lisa Moore	Outside Hitter	5-11	Freshman-Rs	Lee's Summit, Mo.	Lee's Summit High School
14	Abby Gruenbacher	Middle Hitter	6-2	Junior-Tr	Wichita, Kan.	Jacksonville University
16	Kelsey Ortwerth	Outside Hitter	5-7	Sophomore-1L	Hannibal, Mo.	University of West Florida
17	Sarah Leonard	Middle Hitter	6-2	Junior-2L	Des Moines, Iowa	Roosevelt High School

Head Coach: Phil 'Flip' Piontek **Assistant Coach:** Chrissy Elder **Graduate Assistant Coach:** Jacquelyn Williams

PRONUNCIATION GUIDE

PLAYERS

Rachel Fister FIST-er
 Abby Gruenbacher GREW-en-bock-er
 Jamie Hayworth HAY-worth
 Taylor Krejci KREJ-ee
 Caitlin Pankratz PAN-krat-z
 Bradye Peniston BRAY-dee PEN-ist-un

COACHES

Flip Piontek. pe-ON-teck

ALPHABETICAL ROSTER

No.	NAME	Pos.	Ht.	Yr.
1	Julia Bates	S	6-0	Fr.
4	Kelsey Ellis	OH	5-10	Jr.
7	Rachel Fister	OH	5-8	Jr.
8	Jessica Garland	S/DS	5-7	So.
14	Abby Gruenbacher	MH	6-2	Jr.
6	Jamie Haworth	L/DS	5-8	Fr.
11	Paula Harris	MH	6-1	So.
3	Allie Huffman	S/RS	5-10	So.
2	Taylor Krejci	L/DS	5-8	So.
17	Sarah Leonard	MH	6-2	Jr.
13	Lisa Moore	RS/MH	5-11	Fr.-Rs
16	Kelsey Ortwerth	OH	5-7	So.
5	Caitlin Pankratz	S	5-7	Sr.
12	Bradye Peniston	MH	6-0	Fr.-Rs
10	Jennifer Williams	OH	5-10	Jr.

JENNIES IN-SEASON BIRTHDAYS

NAME	BIRTHDATE	WILL BE
JAMIE HAWORTH	AUG. 19, 1991	18
JESSICA GARLAND	AUG. 25, 1989	20
LISA MOORE	AUG. 26, 1990	19
PAULA HARRIS	SEPT. 11, 1988	21
BRADYE PENISTON	SEPT. 15, 1989	20
CAITLIN PANKRATZ	SEPT. 24, 1986	23
TAYLOR KREJCI	OCT. 18, 1989	20
KELSEY ELLIS	NOV. 15, 1988	21

PERSONNEL SITUATION

*Represents number of varsity letters earned at UCM.

STARTERS RETURNING (5)	Pos.	Ht.	Yr.	LETTERWINNERS RETURNING (9)	Pos.	Ht.	Yr.
Caitlin Pankratz	Setter	5-7	Senior	Kelsey Ellis *	Outside Hitter	5-10	Junior
Paula Harris.	Middle Hitter	6-1	Sophomore	Rachel Fister **	Libero	5-9	Junior
Rachel Fister.	Libero	5-9	Junior	Jessica Garland *	Setter/DS	5-7	Sophomore
Allie Huffman	Outside Hitter	5-11	Sophomore	Paula Harris *	Middle Hitter	6-1	Sophomore
Kelsey Ortwerth	Outside Hitter	5-7	Sophomore	Allie Huffman *	Outside Hitter	5-11	Sophomore
				Taylor Krejci *	Libero	5-8	Sophomore
STARTERS LOST (2)	Pos.	Ht.		Sarah Leonard **	Middle Hitter	6-2	Junior
Carrie Peterson.	Outside Hitter	5-10		Kelsey Ortwerth *	Outside Hitter	5-7	Sophomore
Jacquelyn Williams	Middle Hitter	5-11		Caitlin Pankratz ***	Setter	5-7	Senior
RED-SHIRTS RETURNING (2)	Pos.	Ht.	Yr.	NEWCOMERS (4)	Pos.	Ht.	Yr.
Bradye Peniston.	Middle/Outside Hitter	6-0	Freshman	Julia Bates	Setter	6-0	Freshman
Lisa Moore	Outside Hitter	5-11	Freshman	Abby Gruenbacher	Middle Hitter	6-2	Junior
				Jamie Haworth	DS/Libero	5-8	Freshman
				Jennifer Williams	Outside Hitter	5-10	Junior