

2006 Golden Eagle Volleyball

General Information

Location: Crookston, MN

Address: 2900 University Ave

Crookston, MN 56716

Founded: 1966 (2 year), 1993 (4 year)

Enrollment: 1,700 Students

Nickname: Golden Eagles

School Colors: Maroon & Gold

Home Arena: Lysaker Gymnasium

Seating Capacity: 3,000

Affiliation: NCAA Division II

Conference: Northern Sun Intercollegiate
Conference (NSIC)

Campus CEO: Dr. Charles Casey

Director of Athletics: Stephanie Helgeson

Asst. Athletic Director/SWA: Cathy Behr

Compliance Coordinator: Jason Tangquist

Faculty Athletic Rep: Cleon Melsa

Athletic Dept Phone: (218) 281-8414

Press Box Phone: (218) 281-8037

Sports Information

Sports Info Director: Mitch Bakken

SID Office Phone: (218) 281-8414

SID Cell Phone: (701) 730-2727

SID Email: SID@UMCrookston.edu

SID Fax: (218) 281-8430

UMC Athletics Homepage

www.crk.umn.edu/people/athletics/index.htm

SID Mailing Address:

139 Sports Center

2900 University Ave

Crookston, MN 56716

Athletic Training Staff

Athletic Trainer: Stef Parsons

Asst. Athletic Trainer: N/A

Phone: (218) 281- 8427

Team Information

Overall record last year: 8-21

Conference Record/Finish: 2-12 / 7th

Starters returning/lost: 4 / 4

Letter winners returning: 4

Coaching Staff

Head Coach: Dave Simon

Alma Mater: Mankato State University

Record at School: 41-109

Career Record (Years): 41-109 (6)

Office Phone: (218) 281-8418

Email: Dsimon@umn.edu

Best Time to be reached: AM

Media Information

Radio Stations:

KROX (1260AM) – Crookston

Contact: Frank Fee

Phone: (218) 281-1140

Fax: (218) 281-5036

Newspapers:

Crookston Daily Times

Contact: Lindsay Czarnecki

Address: 124 S Broadway

Crookston, MN 56716

Phone: (218) 281-2730

Fax: (218) 281-7234

Grand Forks Herald

Phone: 800-477-6572

Fax: (701) 795-4603

Fargo Forum

Phone: 800-747-5538

Fax: (701) 241-5487

TV Stations:

WDAZ TV 8

Phone: 800-732-4361

Fax: (701) 746-4507

KVLY TV 11

Phone: 800-450-5844

Fax: (701) 237-5396

KXJB TV 4

Phone: (701) 282-0444

Fax: (701) 282-9331

Media Services: Final Stats will be available after home games. The SID will also fax results to any desired location. Contact SID Office prior to the game with media list.

2006 Golden Eagle Volleyball Roster



<u>#</u>	<u>Name</u>	<u>Pos.</u>	<u>Ht.</u>	<u>Yr.</u>	<u>Hometown</u>
1	Heather Foreman	OH	5'10	SO	Brandon, MB
2	JaNae Rasmussen	DS	5'2	SO	Crookston, MN
3	Cassie Yates	S	5'10	SO	Buffalo, MN
4	Erin Flynn*	MH	5'11	SR	Bloomer, WI
5	Lisa Steinbrecher	DS	5'7	JR	Seward, AK
6	Britney Winkelman	OH	5'7	SO	Foley, MN
8	Megan Derouard	S/DS	5'7	JR	Kenora, Ontario
9	Allison Zajicek	MH	6'0	SO	Beatrice, NE
10	Bekah Fitzgerald	OH/MH	6'0	JR	Faribault, MN
11	Liz Kern	OH	5'10	FR	Ellendale, MN
12	Ashley Allen	OH	6'0	FR	Buffalo, MN
14	Jaclyn Slepicka	LIB	5'2	FR	Crystal Lake, IL
15	Stefanie Rude	MH	6'1	FR	Halstad, MN
16	Theresa Crance*	MH	6'1	JR	Timberlake, SD

* Captains

Phonetic Pronunciations:

Zajicek = (Zi-Check)

Steinbrecher = (Stein-Brecker)

Flynn = (Fl-Inn)

Derouard = (Dare-Ward)

Slepicka = (Sle-Peek-A)

Head Coach.....	Dave Simon (7 th)
Assistant Coach.....	Amanda Neubauer
Assistant Coach.....	Wayne Folkers
Athletic Director.....	Stephanie Helgeson
Assistant Athletic Director/SWA.....	Cathy Behr
Compliance Coordinator.....	Jason Tangquist
Sports Information Director.....	Mitch Bakken
Head Trainer.....	Stef Parsons

2006 Golden Eagle Volleyball Schedule



<u>Date</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
August			
25	Nebraska-Kearney <i>UNK Tournament</i>	Kearney, NE	12:15 pm
25	SW Oklahoma State Univ. <i>UNK Tournament</i>	Kearney, NE	4:45 pm
26	Iowa Wesleyan <i>UNK Tournament</i>	Kearney, NE	10:00 am
26	Rockhurst University <i>UNK Tournament</i>	Kearney, NE	4:45 pm
28	Chadron State	Chadron, NE	6:00 pm
29	Regis University	Denver, CO	7:00 pm
30	Colorado Christian	Lakewood, CO	7:00 pm
September			
1	CO School of Mines <i>CO Mines Tournament</i>	Golden, CO	2:00 pm
1	Western State College <i>CO Mines Tournament</i>	Golden, CO	7:00 pm
2	CSU-Pueblo <i>CO Mines Tournament</i>	Golden, CO	11:00 am
2	Adams State College <i>CO Mines Tournament</i>	Golden, CO	4:00 pm
8	Upper Iowa* <i>Challenge Weekend #1 (SMSU)</i>	Marshall, MN	4:00 pm
9	Concordia- St. Paul* <i>Challenge Weekend #1 (SMSU)</i>	Marshall, MN	2:00 pm
9	Winona State* <i>Challenge Weekend #1 (SMSU)</i>	Marshall, MN	6:00 pm
12	UND	Crookston, MN	7:00 pm
15	SW Minnesota State*	Crookston, MN	7:00 pm
16	Wayne State College*	Crookston, MN	4:00 pm
19	St. Cloud State	St. Cloud, MN	7:00 pm
22	Northern State University*	Aberdeen, SD	7:00 pm
23	University of Mary*	Bismarck, ND	5:00 pm
26	Bemidji State University*	Crookston, MN	7:00 pm
30	MSU-Moorhead*	Crookston, MN	5:00 pm
October			
6	Winona State* <i>Challenge Weekend #2 (MSUM)</i>	Moorhead, MN	12:00 pm
6	Concordia- St. Paul* <i>Challenge Weekend #2 (MSUM)</i>	Moorhead, MN	4:00 pm
7	Upper Iowa* <i>Challenge Weekend #2 (MSUM)</i>	Moorhead, MN	2:00 pm
10	UND	Grand Forks, ND	7:00 pm
13	Wayne State College*	Wayne, NE	7:00 pm
14	SW Minnesota State*	Marshall, MN	5:00 pm
17	Jamestown College	Crookston, MN	7:00 pm
20	University of Mary*	Crookston, MN	7:00 pm
21	Northern State University*	Crookston, MN	4:00 pm
24	Bemidji State University*	Bemidji, MN	7:00 pm
27	University of South Dakota	Vermillion, SD	7:00 pm
28	MSU-Moorhead*	Moorhead, MN	5:00 pm
November			
2	NSIC Conference Tourney	TBD	TBD
3	NSIC Conference Tourney	TBD	TBD
4	NSIC Conference Tourney	TBD	TBD
9	Regional Tournament	TBD	TBD
10	Regional Tournament	TBD	TBD
11	Regional Tournament	TBD	TBD

2005 Combined Team Statistics

##	STATS SUMMARY	-----ATTACK-----			-SET-		-SERVE-		-DIG-		-----BLOCKING-----					BS	BA	Total	B/G	BE	BHE	Points
		G	K	K/G	E	TA	Pct	A	A/G	SA	SE	SA/G	RE	DIG	D/G							
4	Flynn, Erin	106	332	3.13	102	811	.284	28	0.26	0	1	0.00	0	33	0.31	19	88	107	1.01	10	5	395.0
16	Crance, Theresa	105	187	1.78	86	552	.183	20	0.19	0	0	0.00	2	19	0.18	7	60	67	0.64	8	14	224.0
10	Ebnet, Joan	106	349	3.29	178	1048	.163	11	0.10	44	69	0.42	21	545	5.14	10	38	48	0.45	3	9	422.0
8	Hejny, Jo	106	303	2.86	155	974	.152	3	0.03	19	45	0.18	26	260	2.45	3	36	39	0.37	8	11	343.0
1	Foreman, Heather	25	24	0.96	13	82	.134	0	0.00	5	3	0.20	4	41	1.64	1	4	5	0.20	0	2	32.0
5	Steinbrecher, Lisa	62	40	0.65	31	192	.047	1	0.02	8	8	0.13	7	85	1.37	1	7	8	0.13	1	0	52.5
9	Zajicek, Allison	105	89	0.85	71	414	.043	5	0.05	1	4	0.01	2	46	0.44	8	60	68	0.65	3	4	128.0
2	Rasmussen, JaNae	3	0	0.00	0	0	.000	0	0.00	0	0	0.00	1	2	0.67	0	0	0	0.00	0	0	0.0
12	Dooley, Jenny	20	11	0.55	12	52	-.019	0	0.00	2	2	0.10	1	10	0.50	1	7	8	0.40	3	1	17.5
7	DeLanghe, Brooke	53	29	0.55	37	128	-.062	3	0.06	5	17	0.09	22	120	2.26	1	4	5	0.09	1	1	37.0
14	Jeremiason, Katie	102	2	0.02	7	17	-.294	6	0.06	28	22	0.27	63	393	3.85	0	0	0	0.00	0	2	30.0
15	Delohery, Katie	105	3	0.03	15	40	-.300	695	6.62	23	32	0.22	0	137	1.30	0	2	2	0.02	0	46	27.0
3	Yates, Cassie	102	1	0.01	8	17	-.412	497	4.87	22	23	0.22	1	140	1.37	0	1	1	0.01	3	34	23.5
6	Winkelman, Britney	3	0	0.00	1	1	-1.000	0	0.00	1	1	0.33	2	3	1.00	0	0	0	0.00	0	0	1.0
TEAM		18																				
MINNESOTA-CROOKSTON.		106	1370	12.92	716	4328	.151	1269	11.97	158	227	1.49	170	1835	17.31	51	307	204.5	1.93	41	130	1732.5
Opponents.....		106	1529	14.42	678	4282	.199	1370	12.92	170	238	1.60	158	1824	17.21	43	406	246.0	2.32	46	110	1945.0



2005 NSIC Volleyball Final Standings

	NSIC W-L Pct.	Overall W-L Pct.
Concordia-St. Paul *^	14-0 1.000	30-4 .882
MSU Moorhead	10-4 .714	25-6 .806
Southwest State	10-4 .714	26-8 .765
Wayne State (Neb.)	10-4 .714	25-10 .714
Northern State	6-8 .429	15-16 .484
Winona State	4-10 .286	16-17 .485
Minnesota-Crookston	2-12 .143	8-21 .276
Bemidji State	0-14 .000	3-31 .088

* 2005 NSIC Champion

^ Tournament Champion

Key Losses

Key Losses	Pos	Stats
Joan Ebnet	OH	3.29 K/Game
Jo Hejny	OH	2.86 K/Game

Key Returners

Key Returners	Pos	Stats
Erin Flynn	MH	3.13 K/Game
Theresa Crance	MH	1.78 K/Game
Cassie Yates	S	497 Assists

A/Game = Assists/Game

K/Game = Kills/Game

SA = Service Ace

2005 Season Results

DATE	OPPONENT	W/L	SCORE	SCORE-BY-GAME	ATTEND
Aug 25	UPPER IOWA	W	3-0	30-18, 30-22, 30-28	225
Aug 26	at North Dakota	L	1-3	30-26, 25-30, 17-30, 23-30	-
Aug 27	vs USD	L	2-3	30-23, 33-31, 29-31, 22-30, 12-15	-
Sep 02	vs Chadron State (Neb.)	W	3-0	30-15, 30-12, 30-24	29
Sep 03	vs St. Cloud State	L	1-3	30-18, 24-30, 29-31, 24-30	25
Sep 03	vs Northwestern (Iowa)	L	2-3	36-34, 30-20, 28-30, 23-30, 12-15	47
Sep 09	vs USD	W	3-0	30-23, 30-20, 30-17	27
Sep 09	vs Minnesota State	W	3-2	30-27, 23-30, 32-30, 25-30, 15-11	-
Sep 10	vs Nebraska at Omaha	L	0-3	32-34, 25-30, 24-30	79
* Sep 16	NORTHERN STATE	L	2-3	30-27, 22-30, 30-24, 20-30, 12-15	135
* Sep 17	MN STATE MOORHEAD	L	0-3	28-30, 22-30, 26-30	115
Aug 30	at Mayville State	W	3-1	30-14, 32-34, 30-20, 30-26	-
* Sep 23	WINONA STATE UNIV.	L	1-3	30-23, 23-30, 32-34, 28-30	275
* Sep 24	CONCORDIA- ST. PAUL	L	0-3	19-30, 18-30, 18-30	275
Sep 27	ST. CLOUD STATE	W	3-1	30-24, 20-30, 30-28, 30-27	215
* Oct 01	at Wayne State (Neb.)	L	0-3	16-30, 26-30, 21-30	109
* Sep 30	at SW Minnesota State	L	0-3	19-30, 18-30, 26-30	231
* Oct 04	at Bemidji State Univ.	W	3-0	30-27, 30-24, 30-26	220
Oct 11	vs #3 Minnesota Duluth	L	0-3	13-30, 22-30, 19-30	411
* Oct. 14	at MN State Moorhead	L	0-3	22-30, 28-30, 16-30	328
* Oct 15	at Northern State	L	2-3	16-30, 30-25, 27-30, 30-17, 13-15	324
* Oct 21	at #5 Concordia- St. Paul	L	0-3	13-30, 14-30, 25-30	341
* Oct 22	at Winona State Univ.	L	1-3	29-31, 30-26, 27-30, 24-30	271
Oct 25	AUGUSTANA COLLEGE	L	1-3	23-30, 30-27, 21-30, 22-30	150
* Oct 28	WAYNE STATE (NEB.)	L	1-3	19-30, 30-25, 23-30, 21-30	175
* Oct 29	SW MINNESOTA STATE	L	1-3	26-30, 30-23, 21-30, 27-30	175
Nov 01	NORTH DAKOTA	L	0-3	25-30, 19-30, 24-30	125
* Nov 04	BEMIDJI STATE UNIV.	W	3-0	30-17, 30-22, 30-22	175
Nov 10	vs SW Minnesota State	L	0-3	20-30, 22-30, 19-30	178

2005 Overall Team Statistics

Overall record: 8-21 Conf: 2-12 Home: 3-8 Away: 2-7 Neutral: 3-6

TEAM STATISTICS	UMCVB	OPP
ATTACK.....		
Kills.....	1370	1529
Errors.....	716	678
Total Attacks.....	4328	4282
Attack Pct.....	.151	.199
Kills/Game.....	12.9	14.4
SET.....		
Assists.....	1269	1370
Assists/Game.....	12.0	12.9
SERVE.....		
Aces.....	158	170
Errors.....	227	238
Aces/Game.....	1.5	1.6
SERVE RECEPTIONS.....		
Errors.....	170	158
Errors/Game.....	1.6	1.5
DEFENSE.....		
Digs.....	1835	1824
Digs/Game.....	17.3	17.2
BLOCKING.....		
Block Solo.....	51	43
Block Assist.....	307	406
Total Blocks.....	204.5	246.0
Blocks Per Game.....	1.9	2.3
Block Errors.....	41	46
BALL HANDLING ERRORS.....	130	110
ATTENDANCE.....		
Total.....	2040	1824
Dates/Avg Per Date.....	11/185	9/203
Neutral site #/Avg.....	9/88	
Current win streak.....	0	-
Home win streak.....	1	-

MATCH WINS BY #GAMES	1	2	3	4	5	Total
Minnesota-Crookston.	0	0	5	2	1	8
Opponents.....	0	0	10	7	4	21

GAMES WON BY GAME	1	2	3	4	5	Total
Minnesota-Crookston.	14	12	9	3	1	39
Opponents.....	15	17	20	11	4	67

POINTS BY GAME	1	2	3	4	5	Total
Minnesota-Crookston.	746	746	744	349	64	2649
Opponents.....	771	791	825	400	71	2858