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Despite a changing roster, Eagan continued its dynasty in Class AAA last fall, winning its third state title in four years. Can the Wildcats and coach Kathy Gillen do it again? Don't count them out, not with daughter McKenna Melville returning along with Ellie Husemann, Ally Murphy, Anne Wong, and super frosh Kennedi Orr.

Class AA — Morris Area/C-A 86

Led by coach Kristi Fehr and setter Karly Fehr — a high volleyball IQ mother-daughter

combo — Morris Area/Chokio-Alberta has qualified for back-to-back state tournament appearances out of Section 3AA. But it gets tougher now with powerhouse Marshall back in the section. Who's the favorite?

Class A — Mayer Lutheran 144

The Crusaders won their first state title since 1982 last fall, and with a young lineup that returns almost in its entirety, they look like the favorite to repeat. Coach Joelle Grimsley can count on seniors Madi Beck, Mya Chmielewski, Sophia Heuer, and Madison Hucky for another great season.

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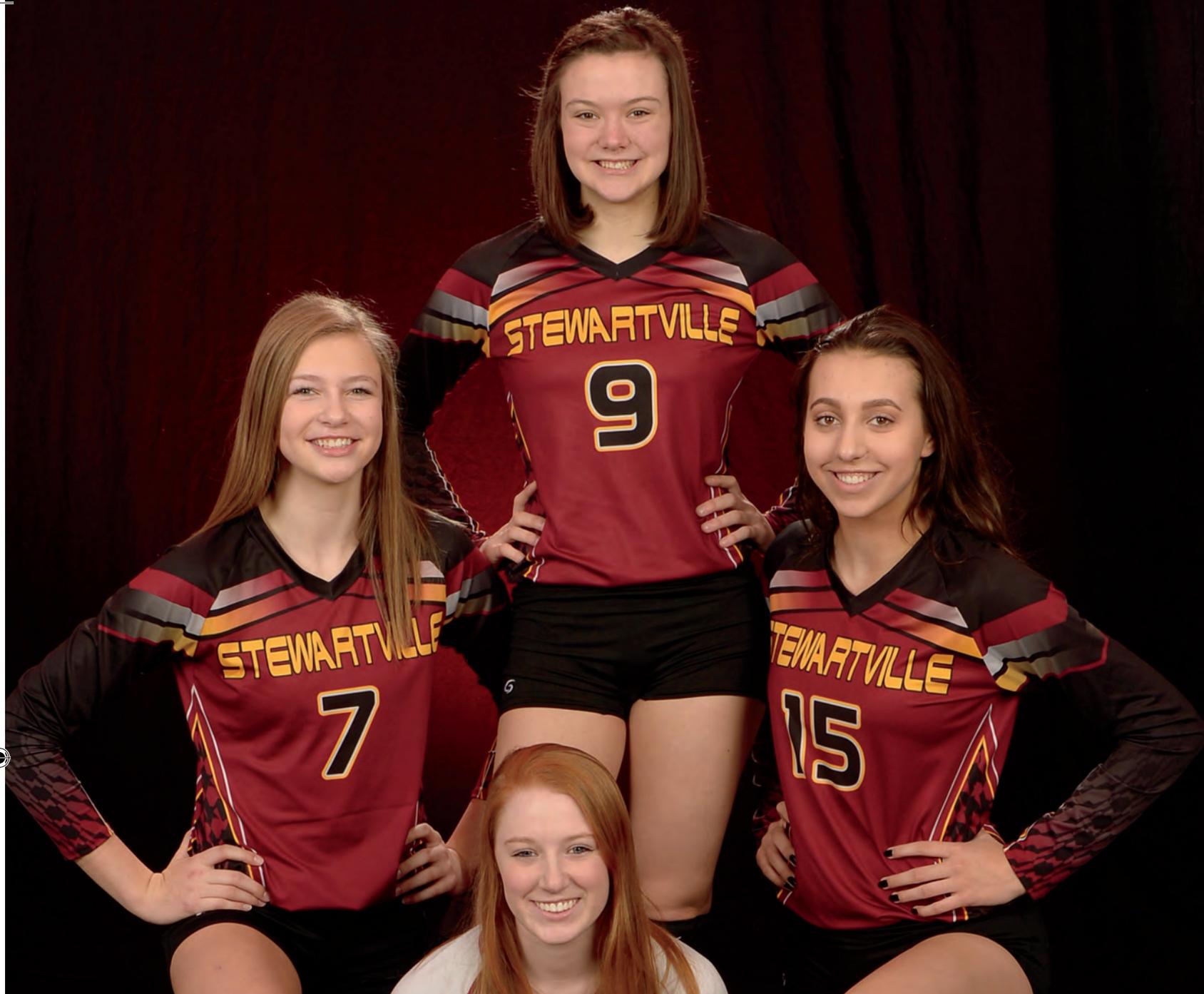
FROM THE EDITOR

The **BREAKDOWN** staff would like to wish everyone good luck in the 2017 volleyball season as we look forward to our 10th year of providing statewide coverage. Make sure you stay informed at www.BreakdownSportsUSA.com throughout the season.

The **BREAKDOWN** publications are Minnesota's No. 1 resource for players, coaches, fans and sports enthusiasts. The **BREAKDOWN** is a full-service Minnesota high school sports company, offering season preview publications, in-season and youth tournaments, off-season leagues, newsletters, photography and an extensive website. We're starting our 16th year covering boys' and girls' basketball, our 10th year in boys' hockey and girls' volleyball, and our 4th year in boys' baseball.

In short, The **BREAKDOWN** is the "Minnesota high school sports encyclopedia."

Note: All of the information provided in the Breakdown's annual guidebook to high school girls' volleyball is believed to be accurate as of our submission date of April 20, 2017, but is not guaranteed.



THE SEASON A TO Z

STUDENT-ATHLETES REJOICE, WHAT BETTER WAY TO PREPARE FOR THE UPCOMING MINNESOTA HIGH SCHOOL VOLLEYBALL SEASON THAN TO TEST YOURSELF ON YOUR A-B-C'S? WE HAVE 26 DIFFERENT ANGLES ON THE SEASON.

BY TIM KOLEHMAINEN | BREAKDOWN SPORTS MEDIA

Tim Kolehmainen / Breakdown.zenfolio.com

A IS FOR AHRENS, LEXI. Virginia's imposing senior middle may be the best player in northeastern Minnesota. She's a supremely athletic 6-foot-1 and has anchored the Blue Devils' lineup for several years, earning a trophy-case full of all-conference and all-state honors. Ahrens has committed to the University of North Dakota, but has one last run at getting Virginia back to state.

B IS FOR BLOOMINGTON JEFFERSON. After last reaching the state tournament in 1999, the Jaguars have been on a dry spell, but have recovered in recent years under coach Crystal Dohlman. Last fall, the Jaguars won 26 matches and earned the Metro West title, although they graduated many key players. It's up to seniors Emma Peterson and Megan Serstock to keep the momentum going at Jefferson.

C IS FOR COACHING CHANGES. As in most years, a few handfuls of coaching positions changed hands, but this year a few big ones draw immediate attention, including Class AAA runner-up Champlin Park losing John Yunker to the college ranks as an assistant at North Dakota. St. Michael-Albertville and North St. Paul are also still seeking new coaches, as Ryan Dehnel and Steve Anderson have moved on to Eastview and East Ridge, respectively.

D IS FOR DEFENDING CHAMPIONS. All three state champions from a year ago (Eagan in Class AAA, Maple Lake in Class AA, and Mayer Lutheran in Class A) begin the new season ranked as our No. 1 team in their respective class. All three return strong lineups anchored by Miss Volleyball candidates such as McKenna Melville at Eagan, Linsey Rachel at Maple Grove, and Madison Hucky at Mayer Lutheran.

E IS FOR EAST RIDGE. We like what's going on in Raptors country, as the program brought in coach Steve Anderson from North St. Paul in hopes of reaching state for the first time since 2010. It'll be tough in Eagan's section, but the Raptors have great ball control with senior libero Ella Ratzloff and a veteran setter in Stephanie Barber.

F IS FOR FEHR, KARLY AND KRISTI. Mom Kristi is the coach at Morris Area/Chokio-Alberta and daughter Karly is the on-court coach and setter for the two-time defending Section 3AA champions. They'll team up to again power the Tigers, but the going will be tough with the reintroduction of powerhouse Marshall into the section.

G IS FOR GRUSSING, ESTHER. The Ball State commit is the latest in top-shelf setters to come through the Willmar program, including her older sister Riley. As a junior, Esther led the Cardinals to the Section 8AAA final for the first time since 2005 and racked up 912 set assists, already placing her third in the school's career list with 1,626. She's back for one more year under coach and mother Traci Grussing.

H IS FOR HERITAGE CHRISTIAN. It's a new era at Heritage, as after back-to-back state tournament appearances, coach Tom Fuglestad stepped down and the Eagles graduated a high-powered senior class. The Eagles should remain a factor in Section 4A, but it could be a bumpy beginning to the new year.

I IS FOR INDEPENDENCE. Two of the top teams in Section 8AAA — Bemidji and Moorhead — both run an independent schedule, as they're the biggest fish in an otherwise smaller pond in northwestern Minnesota. Travel is not an impediment to either, and it's resulted in a combined seven straight state appearances for the two powers (three for Bemidji and four for Moorhead, including the last two years).

J IS FOR JACKSON, MAIZY. Beniilde-St. Margaret's junior outside hitter is one of the most athletic players in the state and should be in line for a big year. She's only played organized volleyball for around three years, but is already the top attacker for the Red Knights with her incredible jumping ability.

K IS FOR KIMBALL AREA. The Cubs qualified for their first-ever state tournament berth last fall and would love nothing more than to make it two straight. Coach Tabitha Mortenson lost her top setter, libero, and middle to graduation, but has a handful of state veterans such as Mackenzie Leither and Katie Spaulding to anchor the lineup.

L IS FOR LEE, TARA. When Miss Volleyball winner Sam Seliger Swenson graduated from Hopkins two years ago, it seemed an unfillable void at setter for the Royals. And yet, here we are two years later and the Royals have another Miss Volleyball candidate at setter in Tara Lee. Lee and her siblings were taken in by Hopkins coach Vicki Seliger Swenson after Lee's mother (Vicki's sister) was killed in a domestic violence incident a decade ago — making the two setting stars both cousins and sisters.

M IS FOR MISS VOLLEYBALL. The list of past award winners reads like a "who's who" of Minnesota high school volleyball, and this year's winner will join that illustrious group. But who will it be? Our experts are split on Champlin Park's Sydney Hilley and Bethlehem Academy's Payton Nutter, but there is a whole season to be played yet.

N IS FOR NORMAN, ALISSA AND LINDSEY. The Blue Earth Area senior twins are two main reasons why the Buccaneers won 19 matches and finished second in the Big South last year — and expect to be even better this fall. Alissa is the setter and went over 1,500 career set assists last year, while Lindsey is the big-hitting middle who also plays scrappy defense. They were named the Fairmont Sentinel co-players of the year.

O IS FOR OWATONNA. The perennial suburban power is seeking a new coach this fall as Jason Kaytor stepped down after eight years. He took over following legendary coach Rod Nakagaki's retirement and guided the Huskies to three Big 9 conference titles and two state tournament trips, finishing as the consolation champion in 2011. It's big shoes to fill for the next coach, even coming off a challenging 14-16 season (the only sub-.500 mark in Kaytor's tenure).

P IS FOR PRESEASON RANKINGS. Two of last year's preseason No. 1 teams are right back in that same position (Bethlehem Academy in Class A and Belle Plaine in Class AA), and the third is a defending state champion (Eagan in Class AAA) that returns everyone. Only one of our preseason favorites (Belle Plaine) won a state title last year, but all three played in the state final (including Prior Lake in Class AAA). Welcome to the "targeted trio."

Q IS FOR QUAN, TAYLOR. If the surname of Osseo's sophomore libero sounds familiar to volleyball fans, it should. She's the daughter of former coach Bill Quan, who led the Orioles for 13 years before stepping down to take the school's athletic director job in the summer of 2015. The bloodlines are strong, as Taylor is a terrific passer who should be one of the best in the Northwest Suburban Conference this fall.

R IS FOR RUSH CITY. The Tigers dropped down with the MSHSL's realignment, going from Section 7AA to Section 5A — and may just be the favorite to reach their first state tournament. The Tigers have a deep returning lineup, anchored by the Great River Conference's best hitter (junior Jamie Guptill) and setter (senior Taylor Williams). Shawna Mell and Stephanie Braund also are returning all-conference honorees, while Kaylyn Bowen was honorable mention.

S IS FOR SECTION REALIGNMENT. The MSHSL's biennial process shook up a few sections again this fall, perhaps none more so than sections four and five in all three classes. Among the big movers? A few programs dropped down a class to become immediate



Underwood's
Brenna Tinjum

state tourney contenders, including Wadena-Deer Creek (now in 6A), Marshall (3AA), Delano and Totino-Grace (5AA), North Branch (7AA), and Rush City (5A).

T IS FOR TINJUM, BRENNNA. Underwood will be a factor in the Class A title race this spring thanks to a great mix of newcomers and veterans such as senior outside hitter Brenna Tinjum, the Little Eight Conference's most valuable player as a junior when she led the Rockets to 30 victories and a state tournament berth. She should become the school's all-time kills leader this fall.

U IS FOR UNDEFEATED. No team has finished the year unbeaten since Wadena-Deer Creek went 33-0 in winning the 2010 Class AA title. Before that, we're looking at Shakopee (32-0 in 2009) and Minneota (30-0 in 2006) within the prior decade.

V IS FOR VERNDALE. Another Glenz graduated (All-State middle Shania Glenz), but another returns (junior outside hitter Morgan Glenz) along with coach Shelly Glenz, giving the Pirates hope of earning another Park Region and Section 5A title.

W IS FOR WINTER, MACY. The junior outside hitter helped Lakeville North's resurgence last fall, as the Panthers bolted to 21 victories in coach Jackie Richter's third season. North, which won two state titles and a runner-up trophy between 2010-13, had endured a rough patch since Hall of Fame coach Walt Weaver stepped down after the 2013 season, going 18-42 in the first two years under Richter.

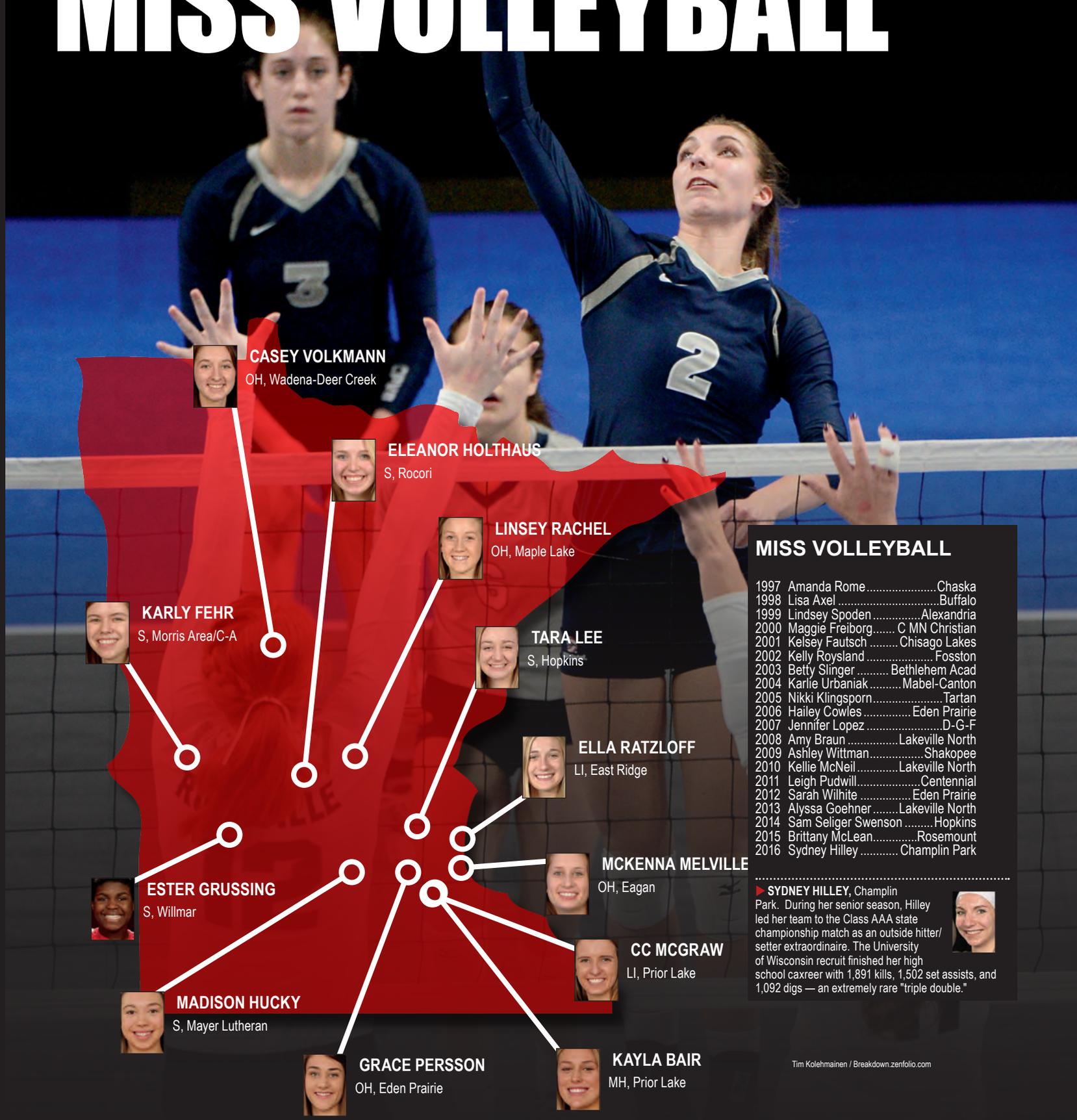
X IS FOR THE XCEL ENERGY CENTER, THE SITE OF THE STATE TOURNAMENT EVERY NOVEMBER. It's where dreams are made and every player and program takes aim when practice begins in August.

Y IS FOR YELLOW MEDICINE EAST. Leah Fadness takes over as coach at YME, and she has a full deck from which to deal a winning hand. Junior hitters Meeghen Dahlager and Mazkenzie Dyrdaahl will be getting plenty of chances from sophomore setter Madison Hinz, and should lead to a much-improved record for The Sting.

Z IS FOR ZIEROTH, GRACIE. One of the few veterans remaining in the Legacy Christian program, Zieroth has big shoes to fill to keep the Lions among the contenders in Section 4A. She was an honorable mention all-conference choice as a junior and is the only senior with varsity experience returning in a lineup that otherwise features plenty of juniors and younger.

2017 WATCH LIST

MISS VOLLEYBALL



CASEY VOLKMANN
OH, Wadana-Deer Creek



ELEANOR HOLTHAUS
S, Rocori



LINSEY RACHEL
OH, Maple Lake



KARLY FEHR
S, Morris Area/C-A



TARA LEE
S, Hopkins



ELLA RATZLOFF
LI, East Ridge



ESTER GRUSSING
S, Willmar



MCKENNA MELVILLE
OH, Eagan



MADISON HUCKEY
S, Mayer Lutheran



CC MCGRAW
LI, Prior Lake



GRACE PERSSON
OH, Eden Prairie



KAYLA BAIR
MH, Prior Lake

MISS VOLLEYBALL

1997	Amanda Rome	Chaska
1998	Lisa Axel	Buffalo
1999	Lindsey Spoden	Alexandria
2000	Maggie Freiborg	C MN Christian
2001	Kelsey Fautsch	Chisago Lakes
2002	Kelly Roysland	Fosston
2003	Betty Slinger	Bethlehem Acad
2004	Karlie Urbaniak	Mabel-Canton
2005	Nikki Klingsporn	Tartan
2006	Hailey Cowles	Eden Prairie
2007	Jennifer Lopez	D-G-F
2008	Amy Braun	Lakeville North
2009	Ashley Wittman	Shakopee
2010	Kellie McNeil	Lakeville North
2011	Leigh Pudwill	Centennial
2012	Sarah Wilhite	Eden Prairie
2013	Alyssa Goehner	Lakeville North
2014	Sam Seliger Swenson	Hopkins
2015	Brittany McLean	Rosemount
2016	Sydney Hilley	Champlin Park

► **SYDNEY HILLEY**, Champlin Park. During her senior season, Hilley led her team to the Class AAA state championship match as an outside hitter/setter extraordinaire. The University of Wisconsin recruit finished her high school career with 1,891 kills, 1,502 set assists, and 1,092 digs — an extremely rare "triple double."



Tim Kolehmainen / Breakdown.zenfolio.com

SECTION PREVIEW

3AAA



PREDICTION

1. Eagan (No. 1)
2. East Ridge (No. 6)
3. Rosemount
4. Simley
5. Cretin-Derham Hall

DETAILS

► **SECTION CHANGES:** None.

► **PAST SECTION CHAMPIONS:**

- 2007 — Lakeville North
- 2008 — Eastview
- 2009 — Burnsville
- 2010 — Lakeville North*
- 2011 — Lakeville North
- 2012 — Lakeville North*
- 2013 — Eagan*
- 2014 — Eagan
- 2015 — Eagan*
- 2016 — Eagan*

Photos by Tim Kolehmainen / Breakdown.zenfolio.com

That's now three state championships in four years for **Eagan**, and the season in which the Wildcats didn't win the whole thing, they finished second in a thrilling title match against Chaska in 2014. Dynasties seem the order of business in Section 3AAA, though, as before Eagan's current run, Lakeville North won two titles in three years from 2010-12.

While Eagan graduated a handful of excellent multi-year stars such as all-conference middle Alyssa Doucette, libero Taylor Olstad, and All-American setter Brie Orr (all of whom are playing collegiately), the Wildcats get the nod as our No. 1 team in the preseason. History is on our side.

What's to like in Eagan? There's another Orr who could step right into her sister's shoes in freshman Kennedy Orr — who may be the best freshman in the nation. Junior Ellie Husemann is an imposing middle who could step right up for Doucette. Meanwhile, one of the Miss Volleyball favorites is McKenna Melville, who may be the best passer in the state and is a thundering hitter as well. She leads a top senior class that has eyes on another state title.

ALL-SECTION



McKenna Melville, OH, Eagan



Ally Murphy, OH, Eagan



Erica Slinde, S, Eastview



Ella Ratzloff, DS, East Ridge



Kennedi Orr, S, Eagan



Stephanie Barber, S, East Ridge



Marissa Hinkle, DS, Rosemount



Madeline Mackinac, S, Rosemount



Ellie Husemann, MH, Eagan

Who else can compete with Eagan? Don't count out any number of teams in the section, starting with **East Ridge**. The Raptors have a new coach in Steve Anderson (who came over from North St. Paul), and lots of young talent behing senior libero Ella Ratzloff and junior setter Stephanie Barber.

Rosemount endured an up-and-down year after graduating an immensely talented senior class, but should be better for that experience. Setter Maddie Mackinac and versatile Marissa Hinkle will lead the way. **Cretin-Derham Hall** is in the same position as Rosemount was a year ago, trying to reload after losing a strong senior class.

Simley has a talented front row that could contend, with seniors Guresi Mena and Ashley Perrin and junior Adara Kellogg all standing around 6-feet tall. **Henry Sibley** was under .500 a year ago, but could be improved, as could **Eastview** with new coach Ryan Dehnel and **Hastings** with new coach Amy Johnson.

— **TIM KOLEHMAINEN**

APPLE VALLEY

NICKNAME: Eagles
CONFERENCE: South Suburban
SECTION: 3AAA
CONFERENCE RECORD: 0-9
OVERALL RECORD: 4-22
STATE TRIPS: 1978, 79, 80, 84, 85 Champs, 89, 91, 92 Champs, 93, 94, 97, 2000, 01
COACH: Heather LaChapelle
PHONE: 952-431-8205
EMAIL: heather.lachapelle@district196.org

► **GRADUATION LOSSES:** OH Kayla Foster; MH Amanda Jorgenson; OH Gabby Lanenberg; OH Abby Loe (All-SSC, Carleton)

RETURNING STATS						
Name	Gr	Pos	Ht	Kills	Digs	Blks Aces Asst
Kylie Benda	10	S	5'6"			
Emme Jensen	10	OH	5'9"			
Kykaela Korn	12	DS	5'5"			
Lindsey Munro	11	S	5'7"			
Bryceelyn Paquette	12	MH	5'9"			
Aimee Reimer	12	OH	5'9"			

CRETIN-DERHAM HALL

NICKNAME: Raiders
CONFERENCE: Suburban East
SECTION: 3AAA
CONFERENCE RECORD: 7-0
OVERALL RECORD: 22-7
STATE TRIPS: 1982, 88, 96, 97, 98, 2008, 11

COACH: Rick Kuehlwein
PHONE: 651-731-4333
EMAIL: rkuehlwein@c-dh.org

► **GRADUATION LOSSES:** OH Brynn Carlson (Class AAA All-State, Kansas State); OH Deaira Gresham (UM-Crookston); MH Eleanor Howard; MH Kate Kohler; OH Kayla Moynagh; MH Frances Patt; MH Claire Riesgraf; RH Ann Vukodinovich

RETURNING STATS						
Name	Gr	Pos	Ht	Kills	Digs	Blks Aces Asst
Emma Anetipa	12	LI	5'7"			
Grace Anetipa	12	S	5'8"			
Allie Hire	12	S	5'4"			
Elise Hitchcock	12	OH	5'9"			
Shea Murphy	12	LI	5'2"			
Arie Walker	10	S	5'9"			
Calista Wieber	12	RH	6'1"			

EAGAN

NICKNAME: Wildcats
CONFERENCE: South Suburban
SECTION: 3AAA
CONFERENCE RECORD: 9-0
OVERALL RECORD: 31-1
STATE TRIPS: 1996, 97 Champs, 98 Champs, 99, 2000, 01 Champs, 02, 03 Champs, 13 Champs, 14, 15 Champs, 16 Champs

COACH: Kathy Gillen
PHONE: 651-683-6969 v.m.96511
EMAIL: kathy.gillen@district196.org

► **GRADUATION LOSSES:** MH Alyssa Doucette (All-SSC, Missouri State); DS Hannah Hegwer; OH Taylor Olstad (All-SSC, St. Cloud State); S Brie Orr (MaxPreps All-American 2nd team, Miss Volleyball finalist, Class AAA All-State, All-SSC, Iowa); S Emma Slaikeu

RETURNING STATS						
Name	Gr	Pos	Ht	Kills	Digs	Blks Aces Asst
Ellie Husemann	11	MH	6'3"			
Christine Jurgens	10	RH	5'9"			
McKenna Melville	12	OH	6'0"			
Alyson Murphy	12	OH	5'11"			
Kennedi Orr	9	S	5'10"			
Peyton Rude	11	MH	5'10"			
Anne Wong	12	OH/DS	5'10"			

• **ELLIE HUSEMANN, Jr. MH**
 • **HEIGHT:** 6'3"
 • **TOP 75 JUNIORS**
 • **ALL-SSC HM**
Q: Give me a short scouting report on yourself as a player. What are your strengths? I work very hard in practice and games and try to be a great teammate and leader for my team.
Q: Can you tell us one unusual thing about yourself that others may not know? I collect pillow pets.
Q: What is the best part of playing high school volleyball and why? I love playing for my community and representing my school. I have a great coach and great teammates.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? I have been very fortunate to play on two state championship teams. We had some great seniors last year that we will miss on and off the court, but I know this years team will work very hard to try and keep up the volleyball tradition at Eagan.



Q: What other activities are you involved in? Super fan for Eagan sports, track and field and basketball.
Q: What type of offseason training do you do for volleyball? I play club volleyball at Northern Lights in Burnsville, Minnesota, and a strength and conditioning program in the summer at Eagan High School.

• **MCKENNA MELVILLE, Sr. OH**

- **HEIGHT:** 6'0"
- **SUPER 100 SENIORS**
- **CLASS AAA ALL-BREAKDOWN**
- **CLASS AAA ALL-STATE**
- **ALL-SSC**
- **COLLEGE:** Central Florida



Q: Give me a short scouting report on yourself as a player. What are your strengths? I am a very competitive player, and never like to lose!
Q: Can you tell us one unusual thing about yourself that others may not know? I love Kenna Orr and Ellie Husemann.

Q: What is the best part of playing high school volleyball and why? To be with players that push you on the court and in the classroom! Always close and being competitive together.
Q: Tell me about the outlook for your team this year. What are the strengths of your team? We will be again a very strong team, however after losing five seniors we will be a very young team.
Q: What type of offseason training do you do for volleyball? I play at Northern Lights.

• **ALYSON MURPHY, Sr. OH**

- **HEIGHT:** 5'11"
- **SUPER 100 SENIORS**
- **COLLEGE:** North Dakota State



Q: Give me a short scouting report on yourself as a player. What are your strengths? I can hit many different shots, and a hard driven ball as well.
Q: Can you tell us one unusual thing about yourself that others may not know? I enjoy doing art.
Q: What is the best part of playing high school volleyball and why? You get to spend time with some of your friends from club who are on different teams.
Q: Tell me about the outlook for your team this year. What are the strengths of your team? We have a couple of returning players and a strong program all-around.
Q: What other activities are you involved in? Track and field.
Q: What type of offseason training do you do for volleyball? As a team we lift during the summer.

• **KENNEDI ORR, Fr. S**

- **HEIGHT:** 5'10"
- **ELITE 35 UNDERCLASSMEN**
- **CLASS AAA ALL-BREAKDOWN**
- **ALL-SSC HM**



Q: Give me a short scouting report on yourself as a player. What are your strengths? Competitive player with a specialty in setting but also hits.
Q: Can you tell us one unusual thing about yourself that others may not know? Nickname: peanut.
Q: What is the best part of playing high school volleyball and why? Getting to be a part of such an amazing program and play with your best friends.
Q: Tell me about the outlook for your team this year. What are the strengths of your team? Lost great seniors, but have really good returning players.
Q: What other activities are you involved in? Spanish.
Q: What type of offseason training do you do for volleyball? High school weightlifting.

• **ANNE WONG, Sr. OH/DS**

• **HEIGHT:** 5'10"
Q: Give me a short scouting report on yourself as a player. What are your strengths? I always have a positive attitude on the court, give my best and push my teammates to work their hardest as well.
Q: Can you tell us one unusual thing about yourself that others may not know? Our student section often calls me The Chosen Wong.
Q: What is the best part of playing high school volleyball and why? The best part about playing high school volleyball is having a great support system behind you.
Q: Tell me about the outlook for your team this year. What are the strengths of your team? We lost some great seniors but are also bringing back a lot of players so we will have experience and team chemistry.
Q: What other activities are you involved in? I am involved in student government, NHS, SADD, and robotics.
Q: What type of offseason training do you do for volleyball? I workout over the summer and play club volleyball.



EAST RIDGE

NICKNAME: Raptors
CONFERENCE: Suburban East
SECTION: 3AAA
CONFERENCE RECORD: 5-2
OVERALL RECORD: 21-10
STATE TRIPS: 2010

COACH: Steve Anderson
EMAIL: eastridgeraptorsvb@gmail.com

► **DID YOU KNOW:** Brandi Knupp (2012) is the school record holder in digs.
 ► **GRADUATION LOSSES:** OH Allie Barber (Providence); RH Laine Hoeffel; DS Brinn Strenger; S Leah Witzel



Apple Valley's Emme Jensen

Tim Kolehmainen / Breakdown.zenfolio.com



WHO IS MINNESOTA'S MOST ACCURATE PASSER?

As part of our preseason coverage, we searched far and wide across the state to come up with great players in certain skill categories. The above five nominees are presented in no particular order. Certainly, it's just opinion, but we asked one of the top players what it takes to make this list.

- CC MCGRAW, PRIOR LAKE
- MARISSA HINKLE, ROSEMOUNT
- FAITH KOPFF, MONTICELLO
- KELSEA LUND, LAC QUI PARLE VALLEY
- MCKENNA MELVILLE, EAGAN

Q: How important to the overall game of volleyball do you think it is being an accurate passer?

A: I think it is one of the biggest parts of the game, without the pass your offense would never be able to work! Being accurate helps the rest of the game flow!

Q: Is passing something that you have learned or were you always a great passer? What kind of training do you do to develop it?

A: I have always been working hard at my passing form and overall play of the game! Most of my time is spent in volleyball and I don't dread a minute of it.

Q: How does your passing affect the way the other team plays against you?

A: Passing is a game of mental toughness and when I go against a server or hitter I just try to better the ball and make it easier for my setters to give the ball to my hitters!

Q: Do you have a favorite moment when your passing really changed the outcome of a match?

A: Overall there is not a favorite moment! I just love when your pass let's someone else get a great kill.

Q: Is there anybody you try to pattern your game after and why?

A: There is not a certain person that try to pattern, I just try to be myself and have fun playing the game I love.

Photos by: Kolehmainen / Breakdown.zenfolio.com

RETURNING STATS							
Name	Gr	Pos	Ht	Kills	Digs	Blks	Aces
Stephanie Barber	11	S	5'11	40	130	38	500
Livi Bengtson	11	DS	5'3				
Lauren Galvin	9	OH	5'9	7		1	
Janie Grindland	12	MH	6'0				
Maddie Knupp	11	MH	5'11				
Ella Ratzloff	12	LI	5'4	498		32	
Kate Reimann	11	OH/RH/DS	5'10	250	69	15	28
Abbey Schwarzenbach	12	OH	5'8				
Lindsey Spolidoro	11	RH	5'8				
Grace Whitman	11	MH	5'9				
Jordan Witzel	11	RH	5'11				

STEPHANIE BARBER, Jr. S

Statistics	Kills	Blks	Digs	Aces	Asst
	40		130	38	500

- HEIGHT: 5'11
- TOP 75 JUNIORS

Q: Give me a short scouting report on yourself as a player. What are your strengths? I view myself as a very hardworking and competitive player. My strengths include my court awareness, positive attitude, and consistency.



Q: Can you tell us one unusual thing about yourself that others may not know? I love traveling and spending time outside.

Q: What is the best part of playing high school volleyball and why? The best part about high school volleyball is getting to represent your school and play with all your friends.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? We are well-rounded and have good team chemistry.

Q: What other activities are you involved in? Homecoming committee.

Q: What type of offseason training do you do for volleyball? I play beach volleyball, do strength training, and play club volleyball at Northern Lights.

LAUREN GALVIN, Fr. OH

Statistics	Kills	Blks	Digs	Aces	Asst
	7	1			

- HEIGHT: 5'9
- ELITE 35 UNDERCLASSMEN

Q: Give me a short scouting report on yourself as a player. What are your strengths? Some personal strengths of mine would be that I am very coachable and versatile. I think that I do well at receiving criticism and focusing to make changes to the things I can improve on. I would also consider myself to be humble and yet play with intensity.



Q: Can you tell us one unusual thing about yourself that others may not know? For high school season, I am considered the baby of the team and during club season, I am the mom of the group.

Q: What is the best part of playing high school volleyball and why? I really enjoy high school season because I get to bond with new people as well as play a very intense and exciting game of volleyball.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? Our team this year has a very tight bond on and off of the court. We play as a whole team, not six individuals. There is talent all around, but I feel like we have an exceptionally strong back row.

ELLA RATZLOFF, Sr. LI

Statistics	Kills	Blks	Digs	Aces	Asst
	498		32		

- HEIGHT: 5'4
- SUPER 100 SENIORS
- CLASS AAA ALL-BREAKDOWN

Q: Give me a short scouting report on yourself as a player. What are your strengths? My strengths are my quickness and my ability to read the court.



Q: What is the best part of playing high school volleyball and why? The best part of playing high school volleyball is playing with my friends and representing my school. I love getting to play in our high school gym with a big student section. It's a much different environment than playing JO's.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? We have a good outlook again this year. We lost Allie Barber which will be impossible to replace but we have a great group of juniors that will contribute a lot to our team.

Q: What type of offseason training do you do for volleyball? I don't have an off season! I play for Northern Lights or my high school pretty much year round. When I have time in the summer I like to play sand volleyball but my schedule doesn't allow much time off.

KATE REIMANN, Jr. OH/RH/DS

Statistics	Kills	Blks	Digs	Aces	Asst
	250	15	69	28	

- HEIGHT: 5'10

Q: Give me a short scouting report on yourself as a player. What are your strengths? My strengths as a player would be keeping a positive attitude on and off the court and always staying aggressive. This is important because every team needs a teammate that can keep the energy up no matter what the situation is.



Q: Can you tell us one unusual thing about yourself that others may not know? Something others may not know about me is that I have a twin brother, and I'm fluent in Spanish.

Q: What is the best part of playing high school volleyball and why? The best part about playing high school volleyball is that I get to play with people from different clubs that play in different age groups. It's fun especially when playing with upper classmen because as an individual you have to challenge yourself to play up a level.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? As a team this year we have a very strong defense and an unstoppable offense, our program has so much skill, as long as we keep working hard we can do a lot.

Q: What other activities are you involved in? I'm involved in a youth group at my church with many people from my school, we work at nursing homes and help out around the church.



East Ridge's Kate Reimann

Tim Kolehmäinen / Breakdown.zenfolio.com

Q: What type of offseason training do you do for volleyball? Outside of high school I play at Northern Lights, where I train with girls from all around Minnesota.

EASTVIEW

NICKNAME: Lightning
 CONFERENCE: South Suburban
 SECTION: 3AAA
 CONFERENCE RECORD: 2-7
 OVERALL RECORD: 11-17
 STATE TRIPS: 2008

COACH: Ryan Dehnel
 EMAIL: stmavb@gmail.com

► GRADUATION LOSSES: MH Kimberly Alexander; OH Devynne Anderson; OH Haley Eversman; S Helen Forman (Susquehanna); S Alexa Hort (Waldorf); LI Emily King (All-SSC, Bowdoin); DS Natalie Ryan

RETURNING STATS							
Name	Gr	Pos	Ht	Kills	Digs	Blks	Aces
Rose Carlson	11	MH	5'10				
Lauren Crowl	9	RH	5'11				
Hope Diamond	11	OH	5'7				
Grace Gillies	12	DS	5'4				
Leah Melchior	11	MH	6'0				
Kassidy Palo	11	S	5'8				
Kati Quaintance	12	OH	5'9				
Erica Slinde	12	S	5'10				

LAUREN CROWL, Fr. RH

- HEIGHT: 5'11
- ELITE 35 UNDERCLASSMEN

Q: Give me a short scouting report on yourself as a player. What are your strengths? Hitting on the right side because I am left-handed and being a reliable player all-around.



Q: What is the best part of playing high school volleyball and why? It's fun to be in a gym with different people and it is a season you can always look forward to every year.

Q: What other activities are you involved in? Varsity hockey.

LEAH MELCHIOR, Jr. MH

- HEIGHT: 6'0

Q: Give me a short scouting report on yourself as a player. What are your strengths? One of my biggest strengths as a player is being a teammate, learning from the other players and building them up when they succeed. Being a great teammate not only makes myself a better player but especially makes my team come together more and play as one. This strength comes from valuing the team as a whole, each individual player plays a part and has their own significance. For me, I play to do anything I can to better the game for my team.



Q: Can you tell us one unusual thing about yourself that others may not know? One of my favorite subjects in school is math, because the answer is always there for you to find, a black and white answer. You can either be right or wrong. It isn't like history or English where your success in the class is based on your memory of the information or how you express your ideas. There are so many ways to find an answer in math, and they are all based on concepts and methods that open you up to solving an infinite number of problems solely based on one skill.

Q: What is the best part of playing high school volleyball and why? The best part of playing high school volleyball is the exposure to different players, not only on the other side of the court but within your own team. It allows me to adapt and play with new players and adjust in a way that will allow the team to succeed no matter who is

playing, competing with all ages or grades. High school volleyball expands my horizon and pushes me to make myself a better player.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? A big strength for our team this year, and what I believe is a very important trait to have, is unity and togetherness on the court. Even though we are all individuals and bring a unique skill to the game that is specific to each player, our team will come together to use all of those separate characteristics and use them to make one strong team. Every one of us believes in one another and knows the significance of each role on the court as well as the sidelines. That is what will make us a strong team, no matter if we win or lose.

Q: What other activities are you involved in? I do not do any other sports at the high school level, only recreationally. The other activity I do through high school is a leadership program, which includes volunteering in the community and helping around school. This opens up opportunities to have experiences that I don't get to see every day and meet different people from all types of backgrounds.

Q: What type of offseason training do you do for volleyball? During the off-season, I condition through my club or at my school. This is a good way to work on agility and build muscle outside of the season. I also go to camps that are run by my club, school, and colleges, working and improving skills, and go to youth camps to teach the next generation of players. All of the camps and training are used to bring me to the next level when I step back on the court the next fall season.

KATI QUAINANCE, Sr. OH

- HEIGHT: 5'9
- ALL-SSC HM

Q: Give me a short scouting report on yourself as a player. What are your strengths? I am a great teammate. I am competitive worker. I also am a strong hitter and blocker.



Q: Can you tell us one unusual thing about yourself that others may not know? My favorite food is ice cream. I play hockey and I played middle hitter through sophomore year at high school.

Q: What is the best part of playing high school volleyball and why? I love being able to play with my school friends and spending time with them everyday after school.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? We will have a great group of girls this year with awesome team chemistry.

Q: What other activities are you involved in? I play high school hockey and have made it to the state tournament the last three years.

Q: What type of offseason training do you do for volleyball? I play club volleyball. I also do weight training and work on my jumping and hitting.

ERICA SLINDE, Sr. S

- HEIGHT: 5'10
- SUPER 100 SENIORS
- ALL-SSC HM

Q: Give me a short scouting report on yourself as a player. What are your strengths? My strengths are reading and seeing where all players are on both sides of the court. Also knowing where they aren't so I can put the ball for myself and my teammates so they can score.



Q: Can you tell us one unusual thing about yourself that others may not know? Something unusual about myself that others may not know is my favorite food is banana and peanut butter.

Q: What is the best part of playing high school volleyball and why? The best part of playing high school volleyball is being with all the people you go to school with and coming back together after a club season and showcasing what you learned there.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? An outlook for our team this year is a good core group of returning players at key positions and a strong group of newcomers that will help us fill in other major roles.

Q: What type of offseason training do you do for volleyball? A type of off-season training I do is play club volleyball for Vital 17-1's and work out a lot.

HASTINGS

NICKNAME: Raiders
 CONFERENCE: Metro East
 SECTION: 3AAA
 CONFERENCE RECORD: 4-4
 OVERALL RECORD: 11-15
 STATE TRIPS: 1995

COACH: Amy Johnson
 EMAIL: thanson@hastings.k12.mn.us

Q: DID YOU KNOW: Kaylyn Nicklay (2014) broke career school records for set assists (1,437) and service aces (146), while Sabrina Astar (2015) holds the record for career blocks (236). Paige Ahrens (2015) is the school's all-time career serve-receive average leader (2.15).

GRADUATION LOSSES: LI Haley Anderson (All-Metro East); OH Tori Brake; MH Lexy Langenfeld (All-Metro East, UM-Duluth); S Taeler McVicker (All-Metro East HM)

Name	RETURNING STATS			Kills	Digs	Blks	Aces	Asst
	Gr	Pos	Ht					
Mallory Brake	10	MH	6'0					
Lexi Gray	11	DS	5'7					
Reilly Johnson	10	S	5'7					
Anna Milton	12	S	5'7					
Katie Notch	12	S	5'5					
Josie Pechous	12	OH	5'8					
Paula Scharfe	12	S	5'7					
Kaitlyn Shingledecker	11	MH	5'8					
Marissa Stockman	12	MH	6'2					
Megan Tietjen	11	MH	5'10					

MALLORY BRAKE, So. MH

- HEIGHT: 6'0
- ALL-METRO EAST HM

MARISSA STOCKMAN, Sr. MH

- HEIGHT: 6'2



HENRY SIBLEY

NICKNAME: Warriors
 CONFERENCE: Metro East
 SECTION: 3AAA
 CONFERENCE RECORD: 1-6
 OVERALL RECORD: 9-15
 STATE TRIPS: none

COACH: Katie Naughton
 PHONE: (651) 735-1304
 EMAIL: katie.naughton@isd197.org
 YEARS COACHING/RECORD: 1/2

COACH'S COMMENTS: I was really excited to see what this season would bring with a few returners and the amount of athletes continuing to play during JO season. We had many strengths on this team with a few really strong and aggressive hitters. We continued to improve throughout the season and ended a couple of close conference games.

GRADUATION LOSSES: S Amber Chow

TOP NEWCOMERS: So, LI Maria Ramos (she worked really hard during the season and continued to see fantastic strides in her playing ability);

Name	RETURNING STATS			Kills	Digs	Blks	Aces	Asst
	Gr	Pos	Ht					
Loise Barhaviga	12	MH	5'10					
Kate Booth	12	OH	5'8					
Brooke Bosworth	11	MH	5'10	65	19	21	5	3
Jazmin Corral	12	DS	5'4					
Anahi Ibarra	11	MH	5'9					
Erica Kladar	10	S	5'7					
Alexis Lein	12	OH	5'9					
Serena Monita	11	DS	5'4					
Brooke Solberg	10	OH/MB	6'0	139	54	12	35	1
Hannah Stine	12	OH	5'9	171	124	17	28	9
Lauryn Swift	12	DS	5'3					

BROOKE BOSWORTH, Jr. MH

Statistics	Kills	Blks	Digs	Aces	Asst
	65	21	19	5	3

- HEIGHT: 5'10
- ALL-METRO EAST HM

SCOUTING REPORT: "Brooke is a third year returner for our program. She continues to amaze us with her coachability and her ability to take it and put it into her play. She is a very big asset to our program and I'm excited to see her grow as a player!" — Henry Sibley coach Katie Naughton



Q: Give me a short scouting report on yourself as a player. What are your strengths? I am a good team worker and I work well with others and I'm very loud on the court. Blocking is a high point of my games.

Q: Can you tell us one unusual thing about yourself that others may not know? I am called "Bozzy" by my coach and teammates.

Q: What is the best part of playing high school volleyball and why? The best part of high school volleyball is you get to be with your friends every day after school playing the sport you love, with awesome coaches.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? We have a hard-working team and we communicate very well with each other.

Q: What type of offseason training do you do for volleyball? I do JO during the winter season to improve on my skills and get me ready to go back into the season.

BROOKE SOLBERG, So. OH/MB

Statistics	Kills	Blks	Digs	Aces	Asst
	139	12	54	35	1

- HEIGHT: 6'0
- ELITE 35 UNDERCLASSMEN
- ALL-METRO EAST HM

SCOUTING REPORT: "Brooke is a third year returner for the Henry Sibley Warriors. Brooke excels in hitting and has the natural ability to be an amazing player. She continues to work hard in the off season to be that elite player. We look forward to an outstanding year from her!" — Henry Sibley coach Katie Naughton



Q: Give me a short scouting report on yourself as a player. What are your strengths? Some of my volleyball strengths are serving aggressively; knowing where the court is and keeping the ball in play; and I'm very comfortable playing the net.

Q: Can you tell us one unusual thing about yourself that others may not know? One unusual thing about me is that I really like to sew.

Q: What is the best part of playing high school volleyball and why? The best part of playing high school volleyball is getting to play the sport I love

with my friends from school. It gives us a chance to all work together for the same goal while having fun at the same time.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? We only had one senior this year so next year our team will stay mostly the same and I think we will work together really well and be really successful since we've all played together before. Some of our teams strengths are our coaching staff and their dedication for helping us improve, our ability to work together as a team, and our dedication to the team.

Q: What type of offseason training do you do for volleyball? In the off season I play JO at Northern Lights, I usually get one or two volleyball camps in during the summer, and I go to open gyms at the high school.

HANNAH STINE, Sr. OH

Statistics	Kills	Blks	Digs	Aces	Asst
	171	17	124	28	9

- HEIGHT: 5'9
- ALL-METRO EAST

SCOUTING REPORT: "Hannah is a fourth year returning varsity player. Her biggest strength is her hitting, leading her team with 171 kills this past season. She also led our team in digs with 124 and made some really amazing ups that we thought wouldn't be touched." — Henry Sibley coach Katie Naughton



Q: Give me a short scouting report on yourself as a player. What are your strengths? I am a strong versatile player who is a leader on the court. I read the court well and know where to put the ball.

Q: Can you tell us one unusual thing about yourself that others may not know? I played basketball and soccer when I was younger and I really wish I would have tried hockey.

Q: What is the best part of playing high school volleyball and why? I enjoy playing the sport with my friends. I love playing with the same girls and watching everyone grow and improve each year.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? Most of our players are returning so we have had the opportunity to work together and learn each others strengths so we can start the season strong.

Q: What other activities are you involved in? Choir.

Q: What type of offseason training do you do for volleyball? I play for M1 Volleyball club in the off-season.

PARK OF COTTAGE GROVE

NICKNAME: Wolfpack
 CONFERENCE: Suburban East
 SECTION: 3AAA
 CONFERENCE RECORD: 2-6
 OVERALL RECORD: 11-14
 STATE TRIPS: none

COACH: Elliot Johnson
 PHONE: (605) 690-6991
 EMAIL: johnsonelliotp@gmail.com

COACH'S COMMENTS: Earlier this year, Park High School announced Elliot Johnson was hired as the new head volleyball coach at Park High School. Johnson's experience as a coach includes work with club volleyball in South Dakota and being a volunteer coach for the Division I South Dakota State University volleyball program. He decided to pursue the open head coach position at Park for the opportunity to work with a program that develops players through the middle and high school levels. Johnson's experience in volleyball was a plus for activities direct Phil Kuemmel and the committee in charge of hiring the head coach. He is taking over for Kristina Jameson, who served as the program's



Rosemount's Marissa Hinkle

Tim Kolehmainen / Breakdown.zenfolio.com

interim head coach this fall. "Elliot's knowledge and enthusiasm for the sport of volleyball were abundantly clear in the interview process," Kuemmel said in a press release. "He realizes the importance of building relationships with the players in his program, and is also excited to continue building the program from the youth level on up." Johnson's previous experience coaching Division I volleyball is something he hopes to use as a high school coach at Park this fall. One goal is to improve the players' understanding of the strategy of volleyball as well as their physical talents. "No matter how physical you are as an athlete, if you don't have the smarts to win, you won't get anywhere," Johnson said. "So I'm going to work with the program simply on how we get smarter." Park has finished in the bottom half of the Suburban East Conference standings in each of the past four seasons. In 2015, the Wolfpack finished 3-5 and last fall they were 2-6. Johnson said he plans to start with the basics as he gets on the court with the team to start practices. "It's certainly going to start with small steps, going back to the basics, fundamentals of what it takes to win," Johnson said.

► **GRADUATION LOSSES:** S Victoria Bade; RH Emily Freidel; RH Dani Glasgow; LI Kaylie Keen; OH Jordan Lambert; OH Hannah Mortenson; MH Tori Novotny; OH Jane Pick; S Allison Pnewski; DS Anna Schulenberg

RETURNING STATS						
Name	Gr	Pos	Ht	Kills	Digs	Blks
Mackenzie Husaby	10	RH				

ROSEMOUNT

NICKNAME: Irish
CONFERENCE: South Suburban
SECTION: 3AAA
CONFERENCE RECORD: 4-5
OVERALL RECORD: 14-15
STATE TRIPS: 1988

COACH: Smoak Vitek
PHONE: (651) 246-1504
EMAIL: svitek48@gmail.com
YEARS COACHING/RECORD: 7/127-77

COACH'S COMMENTS: We lost the core of our ball control but still have strength in that area with Mari Hinkle returning. Our success will be in our ability to execute consistently on offense. We will not be tall so we will need to be quick and diverse. Our setter, Maddie Mackinac, is returning and will drive our offense. Our hitters need to be smart and consistent.

- **DID YOU KNOW:** Maddie Mackinac (2018) is the season set assist record holder for Rosemount.
- **LETTERWINNERS RETURNING/LOST:** 7/7
- **GRADUATION LOSSES:** MH Ashley Hahnfeldt (All-SSC HM); DS Sarah Husaby; LI Katelyn Lienemann (All-SSC HM, UM-Crookston); DS Morgan Longhenry; DS Megan Schalliot; MH Emily Udermann; RH Anna Wise
- **TOP NEWCOMERS:** Sr. MB/OH Lexi Luko (will be returning from an ACL injury. She is a strong MB/OH and it will be great to have her back); So. MB Bella Ottman; Jr. MB Olivia Buerstahl (both will compete to fill an open middle blocker position);

RETURNING STATS						
Name	Gr	Pos	Ht	Kills	Digs	Blks
Shae Buchman	12	RH	5'9			
Abigail Campbell	11	MH	5'8			
Kaylin Engelmann	12	S	5'7			
Jenna	11	OH	5'7	151	27	13
Grutzmacher						
Marissa Hinkle	11	LI	5'7	79	303	5
Maddie Mackinac	12	S	5'10	43	251	47
Kaitlyn McLean	11	OH	5'9			

JENNA GRUTZMACHER, Jr. OH

Statistics	Kills	Blks	Digs	Aces	Asst
	151	13	27		

• **HEIGHT:** 5'7
 • **SCOUTING REPORT:** "As a sophomore outside hitter Jenna had big shoes to fill. She is not a tall player but has great explosiveness. She is smart and dynamic and with one year of varsity experience we will look to her to become a larger and key component of our offense." — Rosemount coach Smoak Vitek

MARISSA HINKLE, Jr. LI

Statistics	Kills	Blks	Digs	Aces	Asst
	79	5	303	38	8

• **HEIGHT:** 5'7
 • **TOP 75 JUNIORS**
 • **CLASS AAA ALL-BREAKDOWN**
 • **ALL-SSC HM**
 • **COLLEGE:** UCLA
 • **SCOUTING REPORT:** "Mari brings three years of varsity experience into her Junior year. She is an intense competitor with a very strong personal drive. She will lead our defense and serve receive efforts. She is quick and intense and driven to be the best. Her ability to read and react is incredible." — Rosemount coach Smoak Vitek



MADLINE MACKINAC, Sr. S

Statistics	Kills	Blks	Digs	Aces	Asst
	43	47	251	28	911

• **HEIGHT:** 5'10
 • **SUPER 100 SENIORS**
 • **ALL-SSC**
 • **SCOUTING REPORT:** "Maddie comes into her senior with two years of varsity setting experience. She is a smart and steady setter which is key for us as we will have young, inexperienced hitters. She plays great defense and is a natural leader." — Rosemount coach Smoak Vitek



- Q: Give me a short scouting report on yourself as a player. What are your strengths? I am a consistent and mentally strong player who brings a lot of positive energy and effort to the court.
- Q: Can you tell us one unusual thing about yourself that others may not know? I don't like chocolate.
- Q: What is the best part of playing high school volleyball and why? The best part of high school volleyball is the atmosphere on game days, and playing with my friends.
- Q: Tell me about the outlook for your team this year. What are the strengths of your team? We are a hardworking team that works well together.
- Q: What other activities are you involved in? DECA and golf.
- Q: What type of offseason training do you do for volleyball? I play club volleyball at Northern Lights.

SIMLEY

NICKNAME: Spartans
CONFERENCE: Metro East
SECTION: 3AAA
CONFERENCE RECORD: 5-4
OVERALL RECORD: 17-12
STATE TRIPS: none

COACH: Mark Kaschke
PHONE: 651-303-4765
EMAIL: kaschke@msn.com

► **GRADUATION LOSSES:** S Olivia Ahern (All-Metro East); MH Ayleen Calderon; DS Nicole Lindstrom;

S Kendra Sandkamp (All-Metro East HM); OH Anna Scheffley (All-Metro East HM, St. Thomas)

RETURNING STATS						
Name	Gr	Pos	Ht	Kills	Digs	Blks
Kayla Anderson	12	DS	5'5			
Sydney Brady	11	DS	5'5			
Emma Heimerl	10	OH	5'10			
Adara Kellogg	11	MH	6'1	123		44
Guresi Mena	12	MH	5'11			44
Ravyn Miles	10	OH	5'5			
Ashley Perrin	12	OH/	6'0	230	100	20
		RH				25
Sydney Stensgard	10	OH	5'9			
Rachel Wanger	11	S	5'8			

ADARA KELLOGG, Jr. MH

Statistics	Kills	Blks	Digs	Aces	Asst
	123	44			2

• **HEIGHT:** 6'1
 • **TOP 75 JUNIORS**
 Q: Give me a short scouting report on yourself as a player. What are your strengths? My strengths include hitting and blocking. Otherwise off the court I encourage others and am a team player. I have also received the academic All-American.
 Q: Can you tell us one unusual thing about yourself that others may not know? I play the guitar.



- Q: What is the best part of playing high school volleyball and why? This is a time I get to play with my friends and classmates.
- Q: Tell me about the outlook for your team this year. What are the strengths of your team? We have a team that will work together and our strength is in blocking because we all work hard to put up a block.
- Q: What other activities are you involved in? Maybe track.
- Q: What type of offseason training do you do for volleyball? I do volleyball camps to keep my skill level up.

GURESI MENA, Sr. MH

Statistics	Kills	Blks	Digs	Aces	Asst
	44				

• **HEIGHT:** 5'11
 • **ALL-METRO EAST HM**
 Q: Give me a short scouting report on yourself as a player. What are your strengths? My strengths consist of hitting and blocking.
 Q: Can you tell us one unusual thing about yourself that others may not know? I am the only one in my family that was born in the United States.



- Q: What is the best part of playing high school volleyball and why? Playing the sport that I love with my best friends. I love hitting because I feel very comfortable when I am on the court.
- Q: Tell me about the outlook for your team this year. What are the strengths of your team? I think we will be good. We have very strong hitters and passers even though we are young. I think we will do great this year.
- Q: What other activities are you involved in? Besides volleyball, I am in basketball and track and field. I am in Spanish Club, Student Council, NHS, Link Crew and I am a mentor to a middle school student.
- Q: What type of offseason training do you do for volleyball? I typically play JO. I do a lot of independent lifting and working out.

ASHLEY PERRIN, Sr. OH/RH

Statistics	Kills	Blks	Digs	Aces	Asst
	230	20	100	25	5

- HEIGHT: 6'0
- SUPER 100 SENIORS
- ALL-METRO EAST HM



SOUTH ST. PAUL

NICKNAME: Packers
 CONFERENCE: Metro East
 SECTION: 3AAA
 CONFERENCE RECORD: 0-7
 OVERALL RECORD: 6-22
 STATE TRIPS: none

COACH: Jeff Hawkins
 PHONE: 651-457-9462
 EMAIL: knihart@sspps.org

► GRADUATION LOSSES: MH Gretchen Leif (All-Metro East HM); DS Zoila Moreno

Name	RETURNING STATS							
	Gr	Pos	Ht	Kills	Digs	Blks	Aces	Asst
Arianna Chiarella	9	S						
Caitlin Griffin	12	OH		277	474	19	29	23
Cheyenne Kippels	10	RH						
Jaida Milton	12	S						
Taylor Monack	12	OH		77	418	11	21	
Malylee	12	RH						
Paborriboon								
Grace Quigley	10	MH						
Olivia Rydell	12	RH						
Dariona Smith	12	LI						
Kathryn Stietz	11	S						
Savannah	10	MH						
Youngstrom								
Nevaeh Yzaguirre	9	OH	5'6					

CAITLIN GRIFFIN, Sr. OH

Statistics	Kills	Blks	Digs	Aces	Asst
	277	19	474	29	23

- SUPER 100 SENIORS
- ALL-METRO EAST

Q: Give me a short scouting report on yourself as a player. What are your strengths?
 Six-rotation player. I believe I am court smart and very competitive.

Q: Can you tell us one unusual thing about yourself that others may not know? I'm a lifeguard and I LOVE rollercoasters.

Q: What is the best part of playing high school volleyball and why? Developing lifelong skills with my best friends: teamwork, dedication, determination, hard work, effort, improving, trust, preparing for competition, respect and sportsmanship.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? Our returning experienced players are outsiders, serve receive and setters. We will be young and tall in the middle. There may be some growing pains and challenges; but everyone is coming in with a great attitude and wants to work hard to improve as a team.

Q: What other activities are you involved in? I am in National Honors Society and I throw shot put and discus for our track and field team.

Q: What type of offseason training do you do for volleyball? I play JO volleyball with Club 43 and participate in a lot of open gyms in the summer.



TAYLOR MONACK, Sr. OH

Statistics	Kills	Blks	Digs	Aces	Asst
	77	11	418	21	

- ALL-METRO EAST HM

Q: Give me a short scouting report on yourself as a player. What are your strengths? I have improved a lot since I started in 7th grade. I went from not knowing what an approach was to being a starting OH on varsity. My strengths are my passing and serving. My improved passing allows me to play all the way around and I believe that helps out the team.

Q: Can you tell us one unusual thing about yourself that others may not know? I love to sing! It's my favorite thing to do; whether I'm driving, showering or just bored in my room.

Q: What is the best part of playing high school volleyball and why? Playing with my friends and making memories throughout the season because after everything is done and you've turned in your uniform, that's all you'll have to look back on.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? Although our team may not have the best W-L record, our friendships and teamwork are some of the best you'll find in high school volleyball. Everyone on the team is best friends with one another; and although there are ups and downs, we always come out stronger in the end.

Q: What other activities are you involved in? I am in the school choir, National Honors Society, varsity softball, manager of the dance team and I am also on the school's Youth Advisory Council.

Q: What type of offseason training do you do for volleyball? Spring league and clinics and open gyms in the summer.



ST. PAUL HIGHLAND PARK

NICKNAME: Scots
 CONFERENCE: St. Paul City
 SECTION: 3AAA
 CONFERENCE RECORD: 12-0
 OVERALL RECORD: 18-7-2
 STATE TRIPS: 1975, 76, 77

COACH: Kathleen Kramer
 PHONE: 651-744-3877
 EMAIL: kathleen.kramer@spss.org

► GRADUATION LOSSES: DS Lucia Calatayud (All-St. Paul City); S Cassandra Krois (All-St. Paul City); OH Maria Nelson (All-St. Paul City); RH Natalie Shaffer (All-St. Paul City HM); OH Anna Stalka; RH Hetta Williams

Name	RETURNING STATS							
	Gr	Pos	Ht	Kills	Digs	Blks	Aces	Asst
Ellie Egbert	12	MH	6'0	157	98	22	29	7
Alandra Hickman	11	OH	5'5					
Megan Kavanagh	12	S	5'7					
Michaela McGough	12	OH/MB	5'9	117	39	50	7	6
Emma McGrew	12	S	5'5					
Monique Smasal	12	OH	5'6					
Maddie Teipel	12	DS	5'4					

ELLIE EGBERT, Sr. MH

Statistics	Kills	Blks	Digs	Aces	Asst
	157	22	98	29	7

- HEIGHT: 6'0
- ALL-ST. PAUL CITY

Q: Give me a short scouting report on yourself as a player. What are your strengths? I am coachable, hard-working, and determined to always improve my skills.

Q: Can you tell us one unusual thing about yourself that others may not know? I am interested in musical theater and the things that go on on-stage and backstage.

Q: What is the best part of playing high school volleyball and why? I love how supportive the fans are before, during, and after important games. It is also fun to play in an environment that I am familiar with.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? We have lost about half of our team with the senior



class leaving so we will have new varsity players. It will be a building year and I am excited to lead as a captain and help my fellow teammates. Since we will have new players I want to create a "family" so that we all are supportive of each other and respect one another.

Q: What other activities are you involved in? I was on the Nordic ski team this winter and will join track this spring. I work with our theater program and am an active member of our National Honor Society. I'm also a member of our school's Link Crew, an organization that welcomes incoming freshman and makes them feel comfortable at their new school.

Q: What type of offseason training do you do for volleyball? I have played club volleyball in the past, but this year I cross-trained with Nordic skiing and will cross-train more with track this spring. I attend open gyms around the community to practice my volleyball skills. I'm currently coaching a 14U recreation volleyball team and also working as an official for the recreation league. In the spring, summer, and fall, I play volleyball with my sister, family, and friends in our backyard because we have a net set up. I also bike and run.

MICHAELA MCGOUGH, Sr. OH/MB

Statistics	Kills	Blks	Digs	Aces	Asst
	117	50	39	7	6

- HEIGHT: 5'9
- ALL-ST. PAUL CITY

Q: Give me a short scouting report on yourself as a player. What are your strengths? I believe my strengths as a player include being able to read opponents well and keeping a positive attitude throughout the whole game.

Q: Can you tell us one unusual thing about yourself that others may not know? My friends and family call me "Kay" as a nickname and my favorite place I've ever been to is Costa Rica.

Q: What is the best part of playing high school volleyball and why? The best part about playing high school volleyball is the tight community around our program. There's nothing better than playing in a loud gym in front of jam-packed bleachers, filled with your closest friends and family. Also, all the time spent together with your teammates make for strong friendships that will last far past the end of season.

Q: Tell me about the outlook for your team this year. What are the strengths of your team? The strengths of my team are the strong connections we have with each other on and off the court. It creates a sense of trust and stability, that allows us to play well together with high energy, while making it fun as well.

Q: What other activities are you involved in? Outside of volleyball, I am involved in National Honors Society, FFA, Model United Nations, Youth Alive, and Link Crew. In the spring, I play varsity softball and this year I plan on running track.

Q: What type of offseason training do you do for volleyball? I play club with Minnesota One during the winter and spring, and do a strength and fitness program there during the summer. I also attend various skills camps and clinics throughout the summer.

EMMA MCGREW, Sr. S

- HEIGHT: 5'5
- ALL-ST. PAUL CITY HM

MADDIE TEIPEL, Sr. DS

- HEIGHT: 5'4
- ALL-ST. PAUL CITY HM



Eagan's Kennedy Orr

Tim Kolehmainen / Breakdown.zenfolio.com



SEASON PREVIEW

CLASS A

FAB 15 RANKINGS

1. Mayer Lutheran
2. Hayfield
3. Caledonia
4. Tracy-Milroy-Balaton
5. Bethlehem Academy
6. Rush City
7. Underwood
8. Mabel-Canton
9. Wadena-Deer Creek
10. Stephen-Argyle
11. Wheaton/Herman-Norcross
12. Waterville-Elysian-Morristown
13. Minneota
14. New Life Academy
15. Kimball Area

ALL-BREAKDOWN



Sydney Lanoue
OH, Tracy-Milroy-Balaton



Porsha Porath
MH, Windom Area



Savannah Slafter
OH, Mabel-Canton



Mary Campbell
MH, Bethlehem Academy



Sophia Heuer
OH, Mayer Lutheran



Erika Bute
S, Alden-Conger



Brenna Tinjum
OH, Underwood



Adrianna Reinhart
S, Caledonia



Casey Volkmann
OH, Wadena-Deer Creek



Madison Hucky
S, Mayer Lutheran



Meredith Sutton
OH, Cook County



Maggie Streightiff
S, Hayfield

Tim Kolehmainen / Breakdown.zenfolio.com



Rick Corwine | RickCorwinePhoto.com

MAYER LUTHERAN WINS IN SEASON OF THE CRUSADERS

WITH YOUNG TEAM GAINING EXPERIENCE QUICKLY, MAYER LUTHERAN EARNED THE CLASS A STATE CHAMPIONSHIP

HEATHER REINHART | BREAKDOWN SPORTS MEDIA

The Mayer Lutheran volleyball team makes the most of every minute it has on the court. The players work hard, and they wouldn't have it any other way.

Head Coach **Joelle Grimsley** was first introduced to Mayer Lutheran High School in 1988 when she served as a student teacher.

"I knew someday I wanted to teach at this school where I could share my faith with students every day," she said.

Then, after teaching and coaching at St. Paul's High school in Concordia, Missouri, for seven years, she learned about an opening at Mayer Lutheran and jumped at the opportunity.

"I always wanted to come back," she said.

When she joined the staff as a physical education teacher in 1995, the school also had coaching openings for volleyball and track, so she took it all on.

"I had no idea what I was stepping into until the first day of practice when a junior who was 5-foot-10 (I am almost 5-foot-1) came up to me and asked, 'Are you going to work us hard, because that is what we want!'"

And Grimsley has delivered...for more than 20 years.

"Coach Grimsley is more than a coach," said senior **Mya Chmielewski**. "Her door is always open when you need to talk. We can talk to her about anything, not just volleyball. She is a very energetic. She makes practices fun to be a part of while still getting down to business. She is not a yeller but an encourager."

"I don't get angry often because it hasn't worked well," Grimsley said. "I can just give the girls a look and they know what to do."

Grimsley's personal athletic background is in basketball. She attended Concordia University in St. Paul where she played on the basketball team for all four years. But she has a passion for volleyball, even though she never played.

"I am one of the worst volleyball players out there," Grimsley admitted. "I wouldn't even make our 'C' team, but I did a lot of studying of the game when I started. I'm a competitive person."

Grimsley said she regularly reads books, attends coaching classes, watches videos and

seeks out new ideas to help her players improve. With 23 years of experience coaching high school volleyball and in the J.O. program (High Voltage), Grimsley has seen the game undergo a lot of changes.

SPORT FOR THE SEASON

Several athletes on the team now play two or three high school sports, plus JO volleyball and participate in a summer workout plan. This has all helped the team improve.

"I have seen the tempo, pace continue to speed up at our level and since we are a high energy team it has been exciting to move with this change," she said. "The program continues to develop as the athletes are working hard in their offseason."

Senior player **Madison Hucky** said having Grimsley in the program for so long has been a huge benefit.

"As I get older and more experienced, she has more trust in my ability to lead and challenges me to step up and be a leader on and off the court," Hucky said. "She has helped me grow as a player and an individual."

Senior **Sophia Heuer** agreed.

"Having the same coach my entire high school career has really helped me as an individual and our whole program in general," she said. "As my teammates and I have been taught by Coach Grimsley, she has learned our strengths and weaknesses and pushes us where we sometimes fall short."

Grimsley and her players all have the same philosophy and it's working. The coach has taken 10 teams to the state tournament in the past 22 years and won the Class A State Championship in 2016. Mayer Lutheran also won a state volleyball title in 1982, before Grimsley took over, and members of that 1982 team were on hand at the 2016 state championships to watch the Crusaders do it again.

Last year, the state title was the icing on the cake of a successful 29-6 season. Early on, the team knew it was going to be a good one.

"I think our coaching staff definitely knew this was a team that could do it," Grimsley said.

"One of the biggest challenges was to not look to post season. We had a goal to accomplish, but keeping them patient and focused on today was difficult. We had to talk about learning and improving every day and every match."



We had a goal to accomplish, but keeping them patient and focused on today was difficult. We had to talk about learning and improving every day and every match.

— JOELLE GRIMSLEY

But when the post season came, the team hunkered down and did what it needed to do.

"Everything changes after the last regular-season game and this team knew what to do to accomplish what needed to be done," Grimsley said.

Minnesota volleyball powerhouse Bethlehem Academy lost a 3-1 battle in sub-section play last season and, despite its No. 1 ranking in the state, did not qualify for the state tournament.

"The door was open when BA lost," Grimsley said. "But everybody's a good team. Everybody deserves to be there. We kept our heads on and knew that there were going to be failures along the way."

LOOKING AT MAYER

Mayer Lutheran High School is a Christian high school that adheres to the Christian Worldview. Students take four years of theology coursework and attend daily chapel. On the volleyball court, the Crusaders focus on the God-given talent that all the players have been given and believe that they need to give their best effort each and every day. To them, the thought of out hustling a team

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runs in their veins, along with a feeling of always building relationships on the team.

"Without the relationship piece, the piece that keeps a team together, our team would struggle," Grimsley said. "Having Christ as the center of our relationship is our foundation."

Senior **Madi Beck** agreed.

"Our team strength this year will be our commitment to our team, school and to God," she said.

Grimsley said she hopes she is a positive Christian role model for her players that teaches them to have a real passion for the game.

"When I share my energy, show them I am prepared every day, give them my very best effort, share my faith with them and let them know I will listen to them, we work very well together," she said. "We also talk often about playing to win and how much the Crusaders actually hate to lose more than they love to win."

Thankfully, Mayer Lutheran didn't experience losing very much last season, as they rolled to state tournament victories over Stephen-Argyle (3-0) and Heritage Christian Academy (3-2) to advance to the state championship game. They then defeated Caledonia 3-1 to take the title.

"I have spent many years watching from the stands the championship match and only dreamt and thought about how this would feel someday to be in this position of playing at 1 p.m. on Saturday!" Grimsley said. "The girls, like all girls in the state, worked very hard and set goals. This year was our year to put things together and realize that the season is just a warm-up for post-season."

Hucky said there were many great memories from the 2017 season, including team dinners and celebrating with family.

"A specific memory that I will never forget is stepping out of the elevator and seeing all our fans lined up after we won," Hucky said. "They were chanting 'LHS' and formed a tunnel that we all ran down that will always be special to me."



Mayer Lutheran's Madi Beck

Tim Kolehmäinen / Breakdown.zenfolio.com



Mayer Lutheran coach Joelle Grimsley

Tim Kolehmäinen / Breakdown.zenfolio.com

Heuer and Chmielewski both said their favorite memory from the state tournament had nothing to do with volleyball.

"I would have to say that my favorite memory from the state tournament would be our team walks to the river every morning, just giving us time to think about something other than the big games that were yet to come," Chmielewski said.

RETURNING LEADERS

Last season, the Crusaders were led by underclassmen with three being named to the 2016 All-Tournament Team: junior setter Madison Hucky, junior outside hitter Madi Beck, and freshman middle hitter **Olivia Tjernagel**, who Coach Grimsley said carried the team in the final match.

Now seniors, Hucky and Beck will be playing in their fourth year on the varsity team, along with Heuer.

"She is our energizer bunny on the court," Grimsley said of Heuer. "When she gets crazy we play well."

Hucky is known as a quiet but steady leader and Beck is one of the team's hardest workers.

"(She has) energy consistently on the court, is very upbeat and wants every ball," Grimsley said.

Chmielewski also returns to the court the year and has a vital role on the team.

"You don't get anywhere without your libero and she's a stud," Grimsley said.

"I put all my effort into the game," Chmielewski said. "I try my hardest to get my passes up to my setters. I also encourage my team through all times, the hard and the easy ones."

Other top players returning the season include seniors **Tina Saulsbury** and **Lauren Wandersee**.

Heuer said that the bulk of the team has been playing together for a number of years and that in itself is a strength.

"It really helps to play with teammates who know your abilities and have the same determination and goals," she said.

Hucky said one of the best parts about the Mayer Lutheran volleyball team is its strong bond. The girls not only get along well together, but share a love of Christ.

"Before every game, we pick a different Bible verse and write it on our wrist to remind us who we play for," Hucky said.

"Our volleyball program is centered around Christ and He has given us the ability to grow and play this sport," Heuer added.

Beck said she enjoys being a role model younger players.

"I hope throughout my career I am able to inspire our younger players to be the best they can be on and off the court," Beck said.

Last year's successful season has brought new attention to players around the area. Being a private school, Mayer Lutheran brings in students from many different cities including Mayer, Arlington, Waconia and Watertown.

"I feel that this success is so rewarding for the girls, the coaches, the program and the school," Grimsley said.

Parent and community support has also been key to the Crusaders' success. The atmosphere at home games, played in the school's small gymnasium, is electric.

"The atmosphere can get crazy loud depending on who we are playing," Grimsley said. "We have some crazy dads from last year that wear volleyballs on their heads and get wild!"

Grimsley said the Crusaders were a very strong team when she joined the program, and she is glad she has been able to keep it that way.

"I challenge myself every day to make sure that each player knows and realizes their role on the team," she said. "I also make sure that parents are on board with this. Communication is the key, I feel, to that challenge. In order to play at a high level, the entire program needs to be supportive of these decisions that we make."

ANOTHER TITLE RUN?

With only two players graduating from last year's state championship team, Mayer Lutheran will bring lots of experience back to the court and the team is hoping to be in the running for another title this year.

"Experience will play a large role in our strength," Grimsley said. "The desire to return to the state tournament will be there the moment the whistle blows on August 14."

With success comes pressure to maintain high-level performance. But Grimsley said the team is up to the challenge. She said that the girls now know what needs to be done to get back there.

"We did many things right (last) year, but also noted many ways to do it better!" Grimsley said. "There is pressure for sure. We have never been in this position before so we are all new to this. It is definitely a challenge that we will step up to and enjoy!"

"Our biggest challenge will be to repeat as the state champions," Beck said of the 2017 season. "We will face the best of each team we play as they will want to knock of the state champs."

Hucky said that the feeling of success is something the players don't want to let go of.

"Knowing what a state championship feels like, and knowing we have high expectations for ourselves, we won't settle for anything less," she said. "Coming motivated and ready to practice every day will help us to continue to improve, along with our team chemistry. That was a big part of our success that we will carry into the upcoming

season, and as long as we have that we will keep on growing as a team."

With nine seniors on the roster in 2017, Hucky said experience will be one of the team's many strengths.

"Our strengths are our blockers and overall experienced play," she said. "Each of us are very competitive players and strive to be the best. We have a solid offense and aggressive defense that will always keep the ball off the ground."

The challenges for this season will be to focus on the here and now.

"I think the biggest challenge this year will be to not let all of the successes of last season influence our attitude and confidence for this season," Heuer said. "We will need to work harder than ever in the off season and during the fall to reach our goals this season."

Coach Grimsley said a lot can happen in the off season and summer and she's excited to see what the players bring to the court when practices resume.

"We will wait and see in August who will fill open positions and be on the court," she said, adding that some younger players were brought up to the varsity team late last year. "The goal will never change in this gym no matter if you were the state champions this past year. You will work hard every day to improve and you will prepare for every match."

Grimsley said there will be days that the team doesn't look so good, but that is part of getting better.

"It will be a new year...we can't live in the past on that victory," she said. ♦



Mayer Lutheran's Madison Hucky

Tim Kolehmainen / Breakdown.zenfolio.com