



Great Northwest Athletic Conference

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Volleyball: Vikings Favored To Win 8th GNAC Title

Great Northwest Coaches Poll	2012 Records	Pts
1. Western Washington (7)	24-4, 16-2 (1 st)	77
2. Central Washington (2)	21-8, 14-4 (2 nd -T)	72
3. Alaska Anchorage	16-10, 11-7 (4 th -T)	63
4. Western Oregon (1)	21-6, 14-4 (2 nd -T)	61
5. Seattle Pacific	14-13, 11-7 (4 th -T)	49
6. Montana State Billings	11-15, 8-10 (6 th -T)	40
7. Northwest Nazarene	15-14, 8-10 (6 th -T)	35
8. Alaska Fairbanks	6-18, 4-14 (8 th)	21
9. Saint Martin's	6-18, 3-15 (9 th)	16
Simon Fraser	4-22, 1-17 (10 th)	16

(Note: First-place votes in parenthesis. Points awarded on a 9-8-7-6-5-4--3-2-1 basis. Each coach ranked other nine teams).

PORTLAND, Ore. - Three GNAC volleyball teams – Western Washington, Central Washington and Western Oregon – each won 20 or more matches a year ago.

All three, along with Alaska Anchorage, figure to be among the top teams this fall when the 2013 volleyball seasons begins.

Defending conference champion Western Washington is the preseason favorite in the GNAC Coaches poll receiving seven of 10 first-place votes.

The Vikings, who will be seeking their eighth conference title, are coming off a 24-4 season and are ranked 17th in the AVCA Division II national poll.

Central Washington (21-8 a year ago) earned two first-place votes in the coaches' poll and finished second in the balloting, five points back of their arch-rivals. The Wildcats also earned a No. 24 ranking in the inaugural AVCA poll.

Western Oregon (21-6) earned the remaining first-place vote in the coaches' poll and finished fourth, two points behind third-place Alaska Anchorage.

All four teams return players who earned first team all-conference honors a year ago.

The Vikings have two – All-American libero Samantha Hutchinson and middle blocker Kayla Erickson.

Hutchinson led the GNAC and ranked fifth nationally in digs (6.41). Erickson finished second in the conference in blocks (1.17) and third in hitting percentage (3.41).

Back to lead the Wildcats is middle blocker Erin Smith (5-10, Sr.), who ranked second in hitting percentage (.362) and sixth in blocks (0.95) in earning first team all-conference honors.

Outside hitter Julia Mackey returns for Alaska Anchorage after averaging 3.13 kills and registering 52 blocks in earning first team honors and sharing *GNAC Freshman of the Year* honors with Alaska Fairbanks outside hitter Sam Harthun.

Krissi Kemper was a first team all-conference selection last season for Western Oregon after registering a GNAC single-season record .425 hitting percentage and ranking fifth in blocks (0.95).

Kemper, teammate Becky Blee and Hutchinson are the lone returning statistical champions from the 2012 season.

Blee led the GNAC in total blocks with 114 averaging 1.33 per set.

The top returnees in the other major statistical categories include Monica Grimsrud and Kyndal Williams of MSU Billings in kills, points and assists, and Jennica McPherson of Western Washington in service aces.

Grimsrud ranked fourth in kills and fifth in points.

She averaged 3.64 kills per set finishing just ahead of Harthun, who averaged 3.49. She also produced 4.04 points per set to rank fifth in that category.

Williams ranked fourth in assists averaging 10.01 and McPherson finished second in service aces averaging 0.39.

The 2013 season for most GNAC schools begins the weekend of Sept. 6-7.

However, both Alaska Anchorage and Alaska Fairbanks will get an early start traveling to Hawaii for a series of matches beginning on Thursday, Aug. 29.

NEW COACHES: Four coaches will make their debuts in the GNAC this fall, including Mallory Larranaga of Alaska Fairbanks; Doug English at Northwest Nazarene; Kara Peterson of Saint Martin's; and Gina Schmidt of Simon Fraser.

TEAM CAPSULES

WESTERN WASHINGTON VIKINGS

Head Coach: Diane Flick, UW '93 (273-74, 13 years)

Assistants: James Suh, Nate Langstraat, Megan Amundson

2012 Record: 24-4

Conference: 16-2, 1st

Returning Letter Winners: 8

Returning Starters (4+L): Samantha Hutchinson (L, 5-8, Jr., 6.41 dpg, 2nd team AVCA All-American, 1st team AVCA and 2nd team Daktronics West Region, GNAC Defensive Player of the Year, 1st team GNAC); Kayla Erickson (MB, 6-0, Jr., 3.12 kps, 1.17 bps, .341 kill, 1st team Daktronics, 1st team GNAC); Emily Boerger (MB, 6-2, Sr., 1.85 kps, 0.83 bps, .279 kill, HM GNAC); Jennica McPherson (Opp, 5-11, So., 1.59 kps, 2.50 dps); Kelsey Moore (OH, 6-1, Jr., 1.99 kps, 0.52 bps)

Other Returnees: Emily Cotter (OH, 5-10, Jr., 2.08 dps); Rachel Roeder (OH, 6-1, So.); Taylor Dillard (S, 5-8, Jr.)

Transfers: None

OUTLOOK

Western Washington reached the West Region semifinals a year ago and eight letter winners return from that team, including five of the seven regular starters.

Leading the way are two juniors – libero Samantha Hutchinson (5-7, Jr., University Place, WA - Curtis) and middle blocker Kayla Erickson (6-0, Jr., Gig Harbor, WA - Peninsula).

Coach Diane Flick (273-74, 13 years) recognizes the talent and experience her team has, but Flick, who ranks ninth among NCAA II active coaches with a winning percentage of .787, the best in school history, says patience is still very important.

“You can’t expect it all to be there right away, in order to be really good, you have to patiently learn the process,” said Flick, who was named *GNAC Coach of the Year* for the seventh time in 2012. “This group recognizes that challenge and they’ve taken ownership of it.”

Hutchinson is another in a long line of standout liberos for the Vikings. The *GNAC Defensive Player of the Year*, she averaged 6.41 digs a set, which ranked fifth nationally, and her All-America status marked the sixth time in 11 years a Viking libero had earned that honor.

Erickson and senior Emily Boerger (6-1, Sr., Marysville, WA - Marysville-Pilchuck) provide another area of strength as returning starters at middle blocker.

Erickson was a first-team GNAC pick last year, averaging 3.12 kills a set on .341 attack efficiency, as well as 1.19 blocks. She led the Vikings in the last two categories, being second in the GNAC in attack efficiency and third in blocks, as well as being ninth in the conference in kills.

Boerger, who received GNAC honorable mention honors, contributed 1.85 kills and 0.80 blocks, ranking 10th in the conference in the latter statistic.

Jennica McPherson (5-11, So., Seattle, WA - Kennedy) returns at the opposite (right-side) hitter position.

Strong at the net, averaging 1.59 kills and 0.41 blocks a set, she’s also able to stay in through the back-row rotations to average 2.5 digs and post a team-high 36 service aces.

“She’s had a great off-season,” Flick said of McPherson. “She’s a solid all-around player – she provides an extra passer, she’s a consistent hitter, a great outlet hitter and a good defender.”

At outside hitter, WWU has to find a way to replace the kills of graduated All-American Marlayna Geary, but Flick believes there’s enough depth, not just at that position, but across the entire squad, to accomplish that.

Kelsey Moore (6-1, Jr., Bellevue, WA - Newport), who Flick said “had a fantastic off-season,” returns as a starter at outside hitter, having averaged 1.99 kills and 0.70 blocks.

Also back is Emily Cotter (5-9, Jr., University Place, WA - Curtis), who played primarily in the back row last year, averaging 2.08 digs, but also has 55 career kills.

Taylor Dillard (5-8, Jr., Milton, WA - Fife) takes over at setter for graduated Laurie Yearout, a unanimous GNAC all-conference selection, after seeing situational action the last two years.

CENTRAL WASHINGTON WILDCATS

Head Coach: Mario Andaya, CWU '93 (266-200, 17 years)

Assistants: Chloe Solum, Izzy Barth, Marcy Hjellum

2012 Record: 21-8

Conference: 14-4, 2nd-T

Returning Letter Winners: 11

Returning Starters (6+L): Erin Smith (MB, 5-10, Sr., 2.23 kps, .362 PCT, 105 blocks, 1st team GNAC); Emmy Dolan (OH, 5-11, Sr., 2.21 kps, 54 blocks, HM GNAC); Catie Fry (S, 6-0, So., 9.46 aces, 1.57 dps, 49 blocks, HM GNAC); Kaely Kight (L, 5-10, Jr., 5.13 dps, 23 aces, HM GNAC); Kaitlin Quirk (MB, 6-1, So., 1.53 kps, 87 blocks, 19 aces); Zoe Iida (L, 5-8, So., 2.37 dps, 36 aces); Jordan Offutt (OH, 5-11, Sr., 3.8 kps, 1.03 aces, 48 blocks, 24 aces in 2011, 2nd team GNAC in 2011)

Other Key Returnees: Rachel Hanses (OH, 5-11, So., 2.39 kps, 24 blocks); Linden Firethorne (MB, 6-0, So., 1.52 kps, 12 blocks); Julie Hulbert (MB, 5-10, Jr., 0.95 kps); Lauren Herseth (L, 5-6, Jr., 1.93 dps, 34 aces)

Transfers: None

OUTLOOK

Central Washington, hoping to make the playoffs for the second year in a row after a five-year post-season drought, returns the most all-conference players including outside hitter Jordan Offutt (5-11, Sr., Leavenworth, WA - Cascade) who sat out last season after earning second team honors in 2011.

Offutt ranked sixth in the conference in kills in 2011 when she averaged 3.76 per set. She also had 48 blocks and 24 aces a junior.

She'll join middle blocker Erin Smith (5-10, Sr., Selah, WA), a first-team selection last season, outside hitter Emmy Dolan (5-11, Sr., Castle Rock, WA), setter Catie Fry (6-0, So., Tacoma, WA – Mount Si) and libero Kaely Kight (5-10, Jr., Spokane, WA - Mead) to give the Wildcats five returning all-conference players.

Smith averaged 2.23 kills and had 105 blocks last season. She also hit for a .362 in earning first team honors.

Dolan, Fry and Kight were all honorable mention selections.

Dolan averaged 2.21 kills and had 54 blocks, while Fry ranked sixth in the GNAC in assists, averaging 9.46 per contest. Kight contributed 5.13 digs per set and had 23 aces.

Two other returning starters are back for the Wildcats including middle blocker Kaitlin Quirk (6-1, So., Ellensburg, WA) and defensive specialist Zoe Iida (5-8, So., Bothell, WA).

Quirk averaged 1.53 kills and also had 87 blocks and 19 aces. Iida averaged 2.37 digs and had 36 aces.

Four other letter winners are also back – outside hitter Rachel Hanses (5-11, So., Yakima, WA – West Valley), middle blockers Linden Firethorne (6-0, So., Clinton, WA – South Whidbey) and Julie Hulbert (5-10, Jr., La Conner, WA) and libero Lauren Herseth (5-6, Jr., Olympia, WA).

Hanses, who made 12 starts, ranked second on the team in kills with 258. Firethorne had 32 kills in 21 sets and Hulbert had 29 kills in 21 sets. Herseth played in all 112 sets and recorded 216 digs.

ALASKA ANCHORAGE SEAWOLVES

Head Coach: Chris Green, Nebraska '91 (90-50, 5 years)

Assistants: Nicky Rose

Grad Assistant: Jackie Matthisen

2012 Record: 16-10

Conference: 11-7, 4th-T

Returning Letter Winners: 7

Returning Starters (5+L): Julia Mackey (OH, 5-11, So., 3.13 kps, 52 blocks, GNAC Co-Freshman of the Year, 1st team GNAC); Jodi Huddleston (MB, 6-1, Sr., 1.96 kps, 66 blocks, GNAC Newcomer of the Year, HM GNAC); Katelynn Zanders (OH, 5-9, So., 3.18 kps, 35 blocks); Sarah Johnson (OH, 6-1, So., 2.41 kps, 2.98 dps, 26 blocks, 20 aces); Breanne Sytnyk (MB, 6-0, So., 1.28 kps, 57 blocks); Siobhan Johansen (L/S, 5-7, Sr., 4.19 dps, 1.52 aps)

Other Key Returnees: Maureen Sabado (MB, 5-10, Jr., 1.25 kps, 42 blocks)

Transfers: Quinn Barker (L, 5-5, Jr., Mission Viejo, CA – Central Arizona); Caitlin McInerney (MB, 5-11, So., Laramie, WY – Western Wyoming); Brooke Pottle (OH, 5-8, Jr., Peoria, AZ – Air Force)

OUTLOOK

Alaska Anchorage missed the regionals for the first time in four seasons last year, but head coach Chris Green, who has a 90-50 record in five seasons, returns five starters along with his libero.

Among the returnees is outside hitter Julia Mackey (5-11, So., Fairbanks, AK – West Valley) who ranked eighth in kills last season averaging 3.13 and also had 52 blocks in earning GNAC first team and *GNAC Co-Freshman of the Year* honors.

Also back is middle blocker Jodi Huddleston (6-1, Sr., Scottsbluff, NE), who averaged 1.96 kills and had 66 blocks to earn GNAC honorable mention honors. She was also voted *GNAC Newcomer of the Year*.

Also back are outside hitters Katelynn Zanders (5-9, So., Anchorage, AK - South) and Sarah Johnson (6-1, So., Anchorage, AK - South), middle blocker Breanne Sytnyk (6-0, So., Shoal Lake, Manitoba) and libero/setter Siobhan Johansen (5-7, Sr., Palmer, AK).

Zanders contributed 3.18 kills per set and had 35 blocks. Johnson chipped in with 2.41 kills and 2.98 digs per set. Johansen netted 4.19 digs and 1.52 assists.

A key returning reserve from last year is Maureen Sabado (5-10, Jr., Kodiak, AK), who averaged 1.25 kills and 42 blocks.

Bolstering the Seawolf lineup are three transfers including outside hitter Brooke Pottle (5-8, Jr., Peoria, AZ), who played in 26 matches at Air Force and had 13 kills and 44 digs.

JC additions include libero Quinn Barker (5-5, Jr., Mission Viejo, CA) from Central Arizona and middle blocker Caitlin McInerney (5-11, So., Laramie, WY) from Western Wyoming.

WESTERN OREGON WOLVES

Head Coach: Brad Saindon, Arizona State '76 (79-56, 5 years; Overall, 381-271, 22 years)

Assistants: Malia Shoji

2012 Record: 21-6

Conference: 14-4, 2nd-T

Returning Letter Winners: 8

Returning Starters (3+L): Krissi Kemper (MB, 5-11, Sr., 2.59 kps, .425 PCT, 79 blocks, 1st team GNAC); Becky Blee (MB, 5-10, Sr., 1.73 kps, .303 PCT, 114 blocks, 23 aces, HM GNAC); Hannah Deede (OPP, 6-2, Jr., 1.26 kps, 1.65 dps, 80 blocks, 20 aces); Megan Triggs (L, 5-6, Sr., 4.53 dps, 22 aces)

Other Key Returnees: Jordin Ramos (S, 5-5, Jr., 4.60 aps, 1.88 dps); Cherene O'Hara (MB, 6-1, Jr., 1.48 dps, 16 blocks); Kelsie Christensen (OH, 5-10, So., 0.43 kps); Maddie Kuther (DS, 5-8, So., 1.28 dps)

Transfers: None

OUTLOOK

The Wolves tied Central Washington for second place in the GNAC last season with a 14-4 conference record on the

way to a 21-6 overall record as Brad Saindon improved his career won-loss record at WOU to 79-56 in five seasons.

Among eight returning letter winners for the Wolves are four starters – middle blockers Krissi Kemper (5-11, Sr., Prineville, OR – Crook County) and Becky Blees (5-10, Sr., Portland, OR – Madison), outside hitter Hannah Deede (6-2, Jr., Silverton, OR) and libero Megan Triggs (5-6, Sr., Olympia, WA).

Kemper was a first-team all-conference selection last year as she set a GNAC single-season record for kill percentage (.425) and ranked fifth in blocks averaging 0.95 per set.

Blees led the conference in blocks, averaging 1.33 per set in earning honorable mention honors.

Deede averaged 1.26 kills and 1.65 digs and also had 80 blocks and 20 aces, while Triggs ranked seventh in the conference in digs averaging 4.53 per set.

Four other returnees include setter Jordin Ramos (5-5, Jr., Makakilo, HI), middle blocker Cherene O'Hara (6-1, Jr., Portland, OR – Edinboro), outside hitter Kelsie Christensen (5-10, So., Happy Valley, OR) and defensive specialist Maddie Kuther (5-8, So., West Linn, OR).

Ramos played in all 90 sets for the Wolves and averaged 4.60 assists and 1.88 digs, while O'Hara netted 1.48 digs per set and had 16 blocks.

Christensen saw limited action appearing in 23 sets, while Kuther made just 39 appearances and had 50 digs.

SEATTLE PACIFIC FALCONS

Head Coach: Chris Johnson, Westmont '02 (147-73, 8 years)

Assistants: Whitney Dibble, Johnny Lai, Kin Yun

2012 Record: 14-13

Conference: 11-7, 4th-T

Returning Letter Winners: 10

Returning Starters (4+L): Nikki Lowell (MB, 5-10, Sr., 2.34 kps, .310 PCT, 86 blocks, HM GNAC); Jessica Miller (OH, 6-3, Jr., 2.63 kps, 38 blocks); Madi Cavell (MB, 6-0, Jr., 2.35 kps, 1.73 dps, 54 blocks, 27 aces); Jackie Arnold (MB, 5-11, So., 1.29 kps, .362, 58 blocks); Brianna Leenders (L, 5-7, Jr., 4.73 dps)

Other Key Returnees: Ellie Britt (OH, 6-0, So., 1.77 kps, 1.65 dps); Kendall Langdon (S, 5-9, Jr., 10 aces); Sara Biondi (S, 5-10, Jr., 1.59 dps, 1.59 aces); Nicole Schwend (OH, 6-0, Sr., 0.94 kps); Breanne Wiekamp (L, 5-4, So., 2.92 dps, 19 aces)

Transfers: None

OUTLOOK

The Falcons won back-to-back conference titles in 2010 and 2011 sharing the GNAC title in the former year before slipping into a tie for fourth last season with Alaska Anchorage.

Coach Chris Johnson (147-73, 8 years), however, returns 10 players including four starters and a libero and hopes to challenge for a post-season berth this season.

The losses for the Falcons, however, were significant – first team all-GNAC setter Shelby Swanson and outside hitter Cailin Fellows.

Nikki Lowell (5-10, Sr., Claremont, CA) is the lone returning all-star. The middle blocker was an honorable mention selection after averaging 2.34 kills per set and hitting for a .310 percentage, which was fourth best in the conference.

Also back from last year's starting lineup are outside hitter Jessica Miller (6-3, Jr., Fife, WA), middle blockers Madi Cavell (6-0, Jr., Keizer, OR) and Jackie Arnold (5-11, So., Anaheim, CA – Canyon) and libero Brianna Leenders (5-7, Jr., Portland, OR – Sam Barlow).

Miller was the team's No. 3 kill producer with 239 (2.63 per set) and also had 38 blocks. Cavell averaged 2.35 kills and 1.73 digs and also had 54 blocks and a team-high 27 aces.

Arnold averaged 1.29 kills and had 58 blocks, the second most on the team. Leenders' 4.73 digs per set ranked fourth best in the conference.

Five other players earned letters last year including outside hitters Ellie Britt (6-0, So., Orange, CA – Orange Lutheran) and Nicole Schwend (6-0, Sr., Oregon City, OR – Canby), setters Kendall Langdon (5-9, Jr., Irvine, CA – Northwood) and Sara Biondi (5-10, Jr., Sacramento, CA) and libero Breanne Wiekamp (5-4, So., Laguna Niguel, CA – Dana Hills),

Wiekamp led the group, appearing in all 103 sets and averaging 2.92 digs. She also had 19 aces.

Langdon played in 59 sets and Britt played in 40, while Biondi and Schwend made 17 and 16 appearances.

MONTANA STATE BILLINGS YELLOWJACKETS

Head Coach: Lisa Axel, Minnesota '02 (11-15, 1 year)

Assistants: Stephanie Mason

2012 Record: 11-15

Conference: 8-10, 6th-T

Returning Letter Winners: 7

Returning Starters (3): Monica Grimsrud (MB, 6-1, Jr., 3.64 kps, 1.66 dps, 47 blocks, 10 aces, HM GNAC); Kyndal Williams (S, 5-9, So., 10.01 aces, 1.98 dps, 31 blocks, 13 aces); Taylor Adams (MH, 6-1, Sr., 2.04 kps, 58 blocks); Chelsey Walter (MH, 6-2, Jr., 1.96 kps, 44 blocks)

Other Key Returnees: Krista Norris (OH, 5-9, Jr., 1.59 kps, 13 blocks); Julianna Evola (OH, 5-10, Sr., 1.27 kps); Sydney Oberstein (OH, 5-9, Jr., 1.43 dps)

Transfers: None

OUTLOOK

Second-year MSUB head coach Lisa Axel returns four starters off her inaugural squad that posted an 11-15 record and tied for sixth in the GNAC with an 8-10 record.

Among the four is middle blocker Monica Grimsrud (6-1, Jr., Montana City, MT – Helena) who ranked fourth in the conference in kills (3.64) and fifth in total points (4.04). Grimsrud also had 47 blocks.

Setter Kyndal Williams (5-9, So., Helena, MT) was also among the GNAC statistical leaders ranking fourth in assists (10.01).

Middle blocker Taylor Adams (6-1, Sr., Anchorage, AK - Diamond) had 2.04 kills per set and ranked second for the Yellowjackets in blocks with 58.

Also back is middle hitter Chelsey Walter (6-2, Jr., Billings, MT), who averaged 1.96 kills and had 44 blocks.

Three other returnees are back - outside hitters Krista Norris (5-9, Jr., Avon, CO) and Julianna Evola (5-10, Sr., Portland, OR – Linn-Benton CC) and defensive specialist Sydney Oberstein (5-9, Jr., La Jolla, CA).

Norris saw the most action among that trio appearing in 63 sets and recording 100 kills (1.59 per set). Evola averaged 1.27 kills in 44 sets and Oberstein had 53 digs in 37 sets.

NORTHWEST NAZARENE CRUSADERS

Head Coach: Doug English, Cal State Northridge '04 (1st year)

Assistants: Not available

2012 Record: 15-14

Conference: 8-10, 6th-T

Returning Letter Winners: 8

Returning Starters (3+L): Michelle Terpstra (S, 5-9, Jr., 1.70 kps, 2.27 dps, 50 blocks, 19 aces, HM GNAC); Elayna Rice (MB, 6-3, So., 2.09 kps, 1.83 dps, 64 blocks, 22 aces); Kaitlyn Tuholski (OH, 5-10, Jr., 2.01 kps, 2.45 dps, 74 blocks, 28 aces); Linnea Phillips (L, 5-5, So., 4.72 dps, 15 aces)

Other Key Returnees: Taylor Roberts (L, 5-5, Jr., 2.48 dps, 35 aces); Taylor VanValey (OH, 6-2, So., 0.83 kps); Kathryn Burgeson (L, 5-4, So., 0.76 dps)

Transfers: Andrea Terpstra (MB, 6-4, Sr., Ripon, CA – San Diego State)

OUTLOOK

Doug English, a 2004 grad of Cal State Northridge, begins his first season as a collegiate head coach at Northwest Nazarene this fall.

English has a solid basis to build his inaugural team around led by setter Michelle Terpstra (5-9, Jr., Ripon, CA – Ripon Christian), who earned honorable mention all-league honors as a sophomore.

Michelle's sister, Andrea (6-4, Jr., Ripon, CA), who redshirted last year at NNU after playing in 18 sets and recording 22 kills two years ago at San Diego State, is also available.

In addition to Michelle Terpstra, who had 187 kills (1.70 per set), 982 assists (8.93 per set), 250 digs (2.27 per set) and 50 blocks, returning starters for the Crusaders include outside hitter Kaitlyn Tuholski (5-10, Jr., Vancouver, WA - Heritage), middle blocker Elayna Rice (6-3, So., Billings,

MT) and libero Linnea Phillips (5-5, So., Yakima, WA – West Valley).

Tuholski was NNU's No. 2 kill producer last season with 221 (2.01 per set). She also averaged 2.45 digs and had 74 blocks and 28 aces.

Rice averaged 2.09 kills and 1.83 digs and had 64 blocks.

Phillips ranked fifth in the conference in digs (4.72) and also registered 15 aces.

Libero Taylor Roberts (5-5, Jr., Nampa, ID - Vallivue) also made a significant contribution last season playing in 110 sets and recording 273 digs and 35 service aces.

ALASKA FAIRBANKS NANOOKS

Head Coach: Mallory Larranaga, Alaska Fairbanks '05 (First year)

Assistant Coach: Jamie Foland

2012 Record: 6-18

Conference: 4-14, 8th

Returning Letter Winners: 7

Returning Starters (3): Sam Harthun (OH, 6-0, So., 3.49 kps, 2.21 dps, 32 blocks, 17 aces, GNAC Co-Freshman of the Year, HM GNAC); Britt Glaeser (MB, 5-6, Jr., 1.17 kps, 33 blocks); Morgan (Tebbs) McGrath (MB, 6-0, Jr., 0.83 kps, 40 blocks)

Other Key Returnees: Ixchelle Oleson (OH, 6-0, So., 2.33 kps, 1.26 dps, 12 aces); Keri Knight (OH, 5-9, Sr., 2.30 kps, 14 aces); Samantha Hesterman (L, 5-5, So., 1.22 dps); Kylie Dickerson (L, 5-6, So., 0.82 dps); **Transfers:** Tessa Butterfield (L, 5-7, Jr., Grass Valley, CA – San Diego City)

OUTLOOK

After serving as an assistant for the past two seasons, Mallory Larranaga takes over as head coach this fall.

Larranaga, who played at Alaska Fairbanks (2001-04) and ranks fifth in GNAC history in career kills with 1,363, inherits a squad that returns seven returning players including three starters.

Among the returning starters is outside hitter Sam Harthun (6-0, So., Oregon City, OR) who was the *GNAC Co-Freshman of the Year* last season when she ranked fifth in the conference in kills (3.49) and earned GNAC honorable mention all-conference honors.

Also back from last year's starting lineup are middle blockers Britt Glaeser (5-6, Jr., Fairbanks, AK – Lathrop) and Morgan (Tebbs) McGrath (6-0, Jr., Queen Creek, AZ). McGrath led the team in blocks with 40 and Glaeser had 33.

Outside hitters Keri Knight (5-9, Sr., Arvada, CO) and Ixchelle Oleson (6-0, So., Mead, WA) and liberos Kylie Dickerson (5-6, So., Fairbanks, AK – West Valley) and Samantha Hesterman (5-5, So., Ormiston, SK) also return.

Knight, who started 11 matches, ranked third on the team in kills with 154, while Oleson had 91 kills in 39 sets.

Dickerson had 60 digs in 73 sets and Hesterman had 44 in 36 sets.

Among the newcomers for Larranaga is libero Tessa Butterfield (5-7, Jr., Grass Valley, CA), who played last season at San Diego City College.

SAINT MARTIN'S SAINTS

Head Coach: Kara Peterson, Washington '86 (1st year)

Assistants: Kelly Kavanaugh

2012 Record: 6-18

Conference: 3-15, 9th

Returning Letter Winners: 13

Returning Starter (3+L): Kristyn Ross (OH, 5-10, Jr., 2.65 kps, 3.77 dps, 20 blocks, 23 aces); Carrie Starbuck (OH/S, 5-10, So., 1.79 kps, 2.13 dps, 13 aces); Kyra Davidson (MB, 6-2, So., 0.95 kps, 95 blocks); Halee Hernandez (L, 5-3, Jr., 3.77 aps, 1.27 dps)

Other Key Returnees: Shea-Linn White (OH, 5-9, So., 1.07 kps); Julia Wabinga (OH, 5-8, So., 1.04 dps); Kirby Neale (OH, 6-0, So., 0.64 kps, 13 blocks); Cymbree Decosta (S, 5-8, Sr., 3.74 aps, 2.54 dps); Candice Pedroza (S, 5-5, Jr., 4.05 aps, 1.03 dps); Kristin Okamura (L, 5-0, Sr., 2.11 dps)

Transfers: None

OUTLOOK

Kara Peterson, a 1986 graduate of the University of Washington, takes over at Saint Martin's after a long and successful high school coaching career.

She faces a tough task taking over a program that has produced just 30 conference victories in the past 12 seasons.

Peterson has available 13 returning letter winners – the most of any team in the conference – and four starters.

Among the veterans is Kristyn Ross (5-10, Jr., Olympia, WA – Capital), who led the Saints in kills (196), digs (279) and aces (23).

Also back are middle blocker Kyra Davidson (6-2, So., Hockinson, WA), outside hitter-setter Carrie Starbuck (5-10, So., Lynden, WA) and libero Halee Hernandez (5-3, Jr., Olympia, WA – River Ridge).

Davidson had 70 kills and 51 blocks. Her block total ranked third on the team.

Starbuck ranked third on the team in kills with 138 and second in digs with 164. Hernandez led the team in assists with 309 and also had 104 digs.

Of the other returning nine letter winners, six played in 40 or more sets including outside hitters Shea-Linn White (5-9, So., Spanaway, WA), Julia Wabinga (5-8, So., Olympia, WA) and Kirby Neale (6-0, So., Coos Bay, OR), setters Cymbree Decosta (5-8, Sr., Kula, HI) and Candice Pedroza (5-5, Jr., Mount Vernon, WA) and libero Kristin Okamura (5-0, Sr., Honolulu, HI - Roosevelt).

White had 60 kills and 14 blocks in 56 sets, while Wabinga had 36 kills in 49 sets. Neale had 27 kills and 13 blocks in 42 sets.

Pedroza (239 assists in 59 sets) and Decosta (202 assists in 54 sets) shared the setting duties last season with Hernandez. Okamura earned 118 digs in 56 sets.

SIMON FRASER CLAN

Head Coach: Gina Schmidt, Oregon State '03 (1st year)

Assistants: Kim Stonehouse

2012 Record: 4-22

Conference: 1-17, 10th

Returning Letter Winners: 12

Returning Starters (5+L): Jessica Young (OH, 5-8, Jr., 2.86 kps, 2.27 dps, 23 blocks, 11 aces); Katie Forsyth (OH, 5-10, Sr., 2.09 kps, 2.40 dps, 17 blocks, 15 aces); Amanda Renkema (MH, 6-1, Jr., 1.97 kps, 83 blocks); Madeline Hait (MH, 5-11, Jr., 1.84 kps, 92 blocks, 18 aces); Danielle Curtis (OH, 5-8, Jr., 1.28 kps, 2.98 dps, 17 blocks, 18 aces); Alanna Chan (L, 5-7, Jr., 4.19 dps, 23 aces)

Other Key Returnees: Tamara Nipp (S, 5-9, So., 1.93 dps, 33 blocks); Keirsten Mend (OH, 5-10, So., 0.93 kps); Amanda Van Duynhoven (RS, 5-9, So., 0.73 kps, 14 blocks)

Transfers: Brooklyn Bradbury (S, 5-7, Jr., Seattle, WA – North Idaho)

OUTLOOK

Gina Schmidt, a 2003 graduate of Oregon State, will try to resurrect the Clan volleyball program, which has won just six conference matches in its three seasons in the GNAC.

Schmidt has available 12 veteran players, including Kelsey Robinson (5-11, Jr., Surrey, BC) who was a starter in 2010 and 2011 and had 199 kills and 257 digs before redshirting last season.

Returning starters off of last year's team include outside hitters Jessica Young (5-8, Jr., Vancouver, BC - Gladstone) and Katie Forsyth (5-10, Sr., Delta, BC), middle blockers Madeline Hait (5-11, Jr., Burnaby, BC - Central), Amanda Renkema (6-1, Jr., Delta, BC – Richmond Christian), and Danielle Curtis (5-8, Jr., North Vancouver, BC - Handsworth) and libero Alanna Chan (5-7, Jr., Port Moody, BC – Heritage Woods).

Young led the team in kills last season with 272 and also had 216 digs, while Forsyth had 142 kills and 163 digs.

Hait and Renkema had team-highs of 92 and 83 blocks, respectively, and also contributed 193 and 177 kills. Curtis produced 104 kills and 241 digs, while Chan led the team in digs with 411.

Tamara Nipp (5-9, So., Vancouver, BC – Crofton House) was a part-time starter at setter leading the team in assists with 460. She also had 176 digs and 33 blocks.

Other contributors off the bench included Keirsten Mend (5-10, So., Naramata, BC), who had 39 kills in 42 sets and Amanda Van Duynhoven (5-9, So., Burnaby, BC - Central), who had 32 kills and 14 blocks.

Among the newcomers for the Clan is setter Brooklyn Bradbury (5-7, Jr., Seattle, WA), a transfer from North Idaho.