

THE GAME DAY BUZZ

Women's Volleyball • St. Ambrose vs. Iowa Wesleyan • September 20, 2006

St Ambrose assistant coach Janelle Hester is on sabbatical this season, taking advantage of an opportunity to play professional volleyball in Europe. Below is her first letter home to the SAU team, parents and fans:

Life as a Volleyball Player in Europe

"Dobre Yutro" (Good Morning) St. Ambrose Volleyball Fans, greetings from Janelle Hester in Maribor, Slovenia. Yes, I am in Europe playing volleyball. I have dreamed of this opportunity to play volleyball in Europe for a long time and finally the hard work and determination has paid off. I am starting a new journey in volleyball that is going to take me all over the world, plus allow me to play the game of volleyball that I love... I couldn't ask for any better profession. The next 9 months of my life I am going to learn a new way of life and grow as an individual. I will do my best to keep you updated about my journey, so stay along for the ride....

I am currently playing for a Club called NOVA KBM Bronik. The club is sponsored by KBM, one of the largest banks in Slovenia. Our coach, Mitja, is in his first year as the head coach. He has been an assistant coach for five years for the program. This year is going to be a rebuilding year for us but with our talent and athletic ability we are going to surprise many teams in our league. We have four national team players on our team. They are amazingly gifted and they are the mold that is going to keep our team together this season.

The majority of our team is Slovenian. However, we do have three Americans on the team. It is very rare for three Americans to be on the same team and we are all from the Midwest. Let me introduce you to my newfound teammates and friends: Rachel Refenes is a 6-3 middle blocker from Milwaukee, Wisc. She attended the University of Mississippi for two years and then transferred to Ball State University in Muncie, Ind, to finish up her career. Rachel graduated in June 2006 and moved to Milwaukee with her dog Mickey and began to train for European volleyball. Rachel is the youngest of us three however her maturity on and off the floor and her sense of humor keeps us entertained and helps Shannon and I feel young again. My other roommate Shannon Mulder is 6-0 outside hitter from Holland, Mich. She attended the University of Cornerstone (Yes Cornerstone, who we play every year — can you believe it!!!) and graduated in 2005. Shannon is married and her husband will be moving to Slovenia in a couple of weeks. Shannon, Rachel and I have adjusted to the European lifestyle together, from the language barrier to the stares, we have all learned to deal with the obstacles of a new culture together.

The past two weeks we have been practicing twice a day, plus lifting and running every other day. For preseason, we had to climb a mountain in one hour. It may sound easy but it was the hardest thing I have ever done. We all made it, but I never thought I would ever climb a mountain, and especially for a workout. We practice up to eight times a week. When our season starts, we are going to play on Wednesdays and Saturdays. We only get one day off each week. The style of play is different here. We don't really have set defense or offense, the play is definitely more relaxed. The league we play in is said to be a pretty bad league that is why we are traveling outside of Slovenia to play teams from other countries. This next weekend we go the Czech Republic and play against top clubs in the countries. I will fill you in on how the weekend goes.

Well, I must go to practice. I miss all of you Bees, don't worry I will be back sooner than you know it. Thanks for your support and prayers.

Ciao,

Janelle

St. Ambrose Fighting Bees

#	Name	Position	Eligibility	Hometown
3	Becky Fetter	Setter	Jr.	St. Charles, Ill.
4	Emily Russell	OH	Jr.	Woodstock, Ill.
5	Megan O'Shea	MH	Fr.	Palos Heights, Ill.
7	Kelly Grimes	RH	Sr.	Bettendorf, Iowa
8	Alison Huss	MH	So.	Bellevue, Iowa
9	Rachael Vogel	MH	So.	Grand Ridge, Ill.
10	Lauren Aderman	Setter	Fr.	Chicago, Ill.
11	Kristen Anglin	OH/DS	Jr.	Dubuque, Iowa
12	Andrea Brooks	OH	Sr.	Davenport, Iowa
14	Holly Ditzler	Setter	So.	Mokena, Ill.
23/22	Kelli Hickey	OH	Fr.	Chicago, Ill.
25	Karla Steffensmeier	OH	Fr.	Donnellson, Iowa
32/23	Alexis Gustafson	RH	Sr.	Davenport, Iowa

Head Coach: Bruce Billingsley (10th year)

Assistant Coaches: Allison Less, Erin Singleton, Bill Gleeson, Kevin Lenart, Jim Finn

Iowa Wesleyan Tigers

#	PLAYER	POS	HT	YR	HOMETOWN	HIGH SCHOOL
1	Hallie Ostedgaard	DS	5-4	SO	Iowa City, IA	City High
3	Missie Simmons	DS	5-4	SO	Russell, IA	Russell
4	Amber Riley	L	5-6	SR	Mount Pleasant, IA	Mount Pleasant
5	Heather Wilkinson	MH	5-10	SO	Selma, IA	Fairfield
6	Laura Glandorf	S/DS	5-5	SO	Parnell, IA	Williamsburg
7	Dana Gregory	DS	5-5	JR	West Point, IA	Marquette
8	Corrie Wagner	OH	5-5	SO	Iowa City, IA	City High
9	Katie Rung	S	5-7	JR	Fort Madison, IA	Fort Madison Aquinas
0	Jenny Harris	OH	5-8	SR	Lake City, IA	Southern Cal
12	Jessica Vincent	OH	5-11	FR	Taylorville, IL	Taylorville
13	Katie Leidl	OH	5-9	FR	Esterhazy, Saskatchewan	Esterhazy Central
9	Bonnie Hahn	MH	6-0	SO	Iowa City, IA	West Branch

Head Coach: Erika Leitzke (1st year)

Manager: Charley Rodgers (1st year)

SAU STATISTICS

TEAM STATISTICS	SAUWVB	OPP
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ATTACK.....		
Kills.....	679	85
Errors.....	223	49
Total Attacks.....	1789	261
Attack Pct.....	.255	.138
Kills/Game.....	17.4	2.2
SET.....		
Assists.....	579	71
Assists/Game.....	14.8	1.8
SERVE.....		
Aces.....	75	9
Errors.....	100	7
Aces/Game.....	1.9	0.2
SERVE RECEPTIONS.....		
Errors.....	95	9
Errors/Game.....	2.4	0.2
DEFENSE.....		
Digs.....	897	129
Digs/Game.....	23.0	3.3
BLOCKING.....		
Block Solo.....	33	12
Block Assist.....	158	9
Total Blocks.....	112.0	16.5
Blocks Per Game.....	2.9	0.4
Block Errors.....	8	2
BALL HANDLING ERRORS.....	7	7
ATTENDANCE.....		
Total.....	0	85
Dates/Avg Per Date.....	4/0	6/14
Neutral site #/Avg.....	5/0	
Current win streak.....	2	-
Home win streak.....	0	-

MATCH WINS BY #GAMES	1	2	3	4	5	Total
St Ambrose.....	0	0	7	2	0	9
Opponents.....	0	0	4	1	1	6

GAMES WON BY GAME	1	2	3	4	5	Total
St Ambrose.....	10	10	8	2	0	30
Opponents.....	5	5	7	2	1	20

POINTS BY GAME	1	2	3	4	5	Total
St Ambrose.....	421	421	405	118	9	1374
Opponents.....	360	378	384	112	15	1249

##	Name	GP-MP-MS	ATTACK			SET	SERVE			SA	SA/Gm	SE
			K	K/Game	E	TA	Pct	A	A/Game			
7	Grimes, Kelly	49 15-	140	2.86	47	330	.282	7	0.14	0	0.00	0
12	Brooks, Andrea	45 15-	136	3.02	47	343	.259	4	0.09	13	0.29	10
4	Russell, Emily	45 15-	114	2.53	40	317	.233	3	0.07	8	0.18	17
8	Huss, Alison	45 15-	82	1.82	26	193	.290	2	0.04	8	0.18	9
23	Gustafson, Alexis	38 12-	81	2.13	27	212	.255	11	0.29	0	0.00	0
5	O'Shea, Megan	29 13-	53	1.83	15	131	.290	3	0.10	4	0.14	7
9	Vogel, Rachael	27 12-	31	1.15	7	98	.245	3	0.11	0	0.00	0
25	Steffensmeier, Karla	13 6-	9	0.69	6	55	.055	1	0.08	0	0.00	0
14	Ditzler, Holly	37 13-	6	0.16	0	14	.429	174	4.70	17	0.46	24
3	Fetter, Becky	43 13-	4	0.09	1	13	.231	269	6.26	9	0.21	13
32	Hickey, Kelli	16 7-	3	0.19	2	9	.111	0	0.00	1	0.06	2
11	Anglin, Kristin	37 11-	3	0.08	3	18	.000	3	0.08	9	0.24	12
10	Aderman, Lauren	21 7-	2	0.10	1	9	.111	99	4.71	4	0.19	6
	ST AMBROSE.....	39 15-	679	17.41	223	1789	.255	579	14.85	75	1.92	100
	Opponents.....	39 15-	85	2.18	49	261	.138	71	1.82	9	0.23	7

2006 Varsity Schedule

Date	Opponent	Place	Time/Result
Aug 24	Embry Riddle Tournament Embry Riddle Phoenix College (exhibition) Trinity Christian	Prescott, AZ	L 30-19, 32-30, 30-19 (0-1) W 30-27, 30-28, 30-28 (0-1) W 30-23, 30-28, 30-21 (1-1)
Aug 25	Embry Riddle Tournament Semifinal Match - Trinity Christian Championship Match - Embry Riddle	Prescott, AZ	W 30-19, 30-25, 30-25 (2-1) W 30-23, 30-22, 25-30, 30-26 (3-1)
Sept 1	Early Bird Tournament Spring Arbor Northwestern (IA)	HOME	W 30-21, 30-18, 30-26 (4-1) L 30-26, 31-29, 30-18 (4-2)
Sep 2	Early Bird Tournament Midland Lutheran Baker	HOME	W 30-27, 30-13, 30-19 (5-2) L 24-30, 24-30, 30-28, 33-31, 15-9
Sep 5	Augustana	Rock Island, IL	W 30-20, 30-23, 30-24 (6-3)
Sep 8	St. Xavier Tournament St. Xavier Cornerstone	Chicago, IL	L 30-28, 30-26, 30-27 (6-4) L 30-26, 30-16, 30-25 (6-5)
Sep 9	St. Xavier Tournament St. Francis (Ill.) Tiffin	Chicago, IL	W 30-18, 30-20, 30-23 (7-5) L 30-22, 27-30, 30-23, 30-27 (7-6)
Sep 12	Waldorf **	Forest City, IA	7:00
Sep 14	Cornell	Mt Vernon, IA	7:30
Sep 20	Iowa Wesleyan **	HOME	7:00
Sep 22	Fall Classic Calumet St. Joseph	HOME	7:00
Sep 23	Fall Classic University of St. Mary Calumet St. Joseph	HOME	11:00 3:00
Sep 27	Grand View **	Des Moines, IA	7:00
Sep 29	Augustana Tournament Loras Eau Claire	Rock Island, IL	6:00 8:00
Sep 30	Augustana Tournament Augsburg Augustana	Rock Island, IL	12:00 2:00
Oct 5	Viterbo **	HOME	7:00
Oct 6	Trinity Christian (Homecoming)	HOME	6:30
Oct 10	William Penn **	Oskaloosa, IA	7:00
Oct 18	Ashford **	Clinton, IA	7:00
Oct 20	Big Guns Tournament University of St. Francis Malone	Joliet, IL	2:00 4:00
Oct 21	Big Guns Tournament Aquinas (cross-pool opponent TBA)	Joliet, IL	12:00 2:00 or 4:00
Oct 25	Mount Mercy **	HOME	7:00
Oct 27	Region VII MCC-CCAC Challenge	Bourbonnais, IL	tba
Oct 28	Region VII MCC-CCAC Challenge	Bourbonnais, IL	tba
Nov 4	Midwest Classic Conference quarterfinals	tba	tba
Nov 8	Midwest Classic Conference semifinals	tba	tba
Nov 11	Midwest Classic Conference finals	tba	tba
Nov 15	NAIA Region VII quarterfinals	tba	tba
Nov 17-18	NAIA Region VII semi and finals	tba	tba