

2010 Gehlen Jays

🏐 *Season Summary* 🏐

“Living in the Precious Present”



WHEN WE ARE DREAMING ALONE,
IT'S ONLY A DREAM.

WHEN WE ARE DREAMING WITH OTHERS,
IT'S THE BEGINNING OF A REALITY.

2010 - Gehlen Catholic Volleyball Roster

Varsity Squad

#	Name	Height	Position	Grade
1	Megan Tentinger	5'3"	Backrow	12
2	Steph Rohe	5'7"	Hitter	11
3	Kenzie Kellen	5'11"	Middle	11
4	Katelin Langel	5'10"	Hitter	10
6	Linden Sitzmann	5'7½"	Hitter	12
7	Abby Freking	5'6"	Setter	10
8	Shannon Smith	5'4"	Hitter	10
9	Megan Heissel	5'9"	Hitter	11
10	Lisa Gunter	5'3"	Setter	11
11	Lauren Sitzmann	5'9"	Hitter	11
12	Mollie Nemmers	5'10"	Middle	11
13	Emily Holtgrewe	5'6"	Backrow	10
15	Amber Timmins	5'10"	Setter	11
16	Becca Vonnahme	5'2"	Libero	11

B Squad

#	Name	Height	Position	Grade
1	Baily Wiltgen	5'7"	Hitter	9
2	Mariah McCarty	5'7"	Hitter	9
6	Miranda Bunkers	5'2"	Backrow	9
7	Abby Freking	5'6"	Setter	10
8	Shannon Smith	5'4"	Hitter	10
9	Megan Heissel	5'9"	Hitter	11
10	Lisa Gunter	5'3"	Setter	11
11	Lauren Sitzmann	5'9"	Hitter	11
12	Mollie Nemmers	5'10"	Hitter	11
13	Emily Holtgrewe	5'6"	Backrow	10
15	Alison Schnepf	5'9"	Hitter	9
16	Megan Livermore	5'8"	Hitter	9

C Squad

#	Name	Height	Grade
1	Baily Wiltgen	5'7"	9
2	Mariah McCarty	5'7"	9
3	Sadie Freking	5'6"	9
5	Kelsey Marienau	5'4"	9
6	Miranda Bunkers	5'2"	9
8	Sara Roder	5'7"	9
9	Emily Pratt	5'5"	9
10	Michelle Klein	5'2"	9
11	Hannah Kessenich	5'11"	9
12	Maddie Wankum	5'5"	9
15	Alison Schnepf	5'9"	9
16	Megan Livermore	5'8"	9



Nickname:	Jays
Colors:	Green & Gold
Head Coach:	Mike Meyer
Asst. Coaches:	Kathy Neary Betty Loutsch
Principal:	Jeff Alesch
A.D.:	Tony Gunter

2010 MATCH RESULTS

INSTITUTION: Gehlen Catholic (LeMars, IA)
 CONFERENCE / CLASS: War Eagle / 1A

Date	H/A/N	Opponent	Match W-L	Game Scores	Cumulative Record	Opponent IA Classification
8/26	A	*Unity Christian	L	25-23, 26-24, 19-25, 17-25, 7-15	0-1	2A #5 ranked
8/31	H	*Marcus-Meriden-Cleghorn	W	25-14, 25-13, 25-7	1-1	1A
Sheldon Tournament						
9/4	N	Central Lyon	W	21-12, 21-19	2-1	2A
9/4	N	Cherokee	W	21-14, 21-7	3-1	2A
9/4	N	Remsen-Union	W	21-16, 21-17	4-1	1A
9/4	A	Sheldon	L	12-21, 11-21	4-2	2A #2 ranked
9/4	N	Emmetsburg	W	21-13, 21-8	5-2	2A
9/4	N	Newell-Fonda	W	21-6, 21-10	6-2	1A
9/7	H	*Remsen St. Mary's	W	25-9, 25-8, 25-16	7-2	1A
9/14	A	*Remsen-Union	W	25-12, 25-13, 25-18	8-2	1A
West Sioux Tournament						
9/18	N	Akron-Westfield (pool)	W	21-8, 21-6	9-2	1A
9/18	N	Remsen St. Mary's (pool)	W	21-12, 21-8	10-2	1A
9/18	N	Westwood (pool)	W	21-15, 15-21, 15-8	11-2	2A
9/18	N	George-Little Rock (champ)	W	25-18, 25-18	12-2	1A
9/21	H	*Akron-Westfield	W	25-16, 25-15, 25-18	13-2	1A
Unity Christian Tournament						
9/25	N	LeMars Community (pool)	W	21-15, 16-21, 15-9	14-2	3A
9/25	N	Sioux Center (pool)	L	16-21, 21-15, 9-15	14-3	2A
9/25	N	Southwest Christian, MN (pool)	W	21-18, 21-9	15-3	2A
9/25	A	Unity Christian (semi's)	L	16-25, 21-25	15-4	2A #5 ranked
9/25	N	Sgt. Bluff-Luton (3 rd place)	W	25-11, 18-25, 15-11	16-4	3A
9/30	A	*South O'Brien	W	25-14, 25-7, 25-13	17-4	2A
10/5	H	*Spalding Catholic	W	25-5, 25-9, 25-19	18-4	1A
CYO Tournament						
10/10	H	Remsen St. Mary's (pool)	W	21-8, 21-9	19-4	1A
10/10	H	Storm Lake St. Mary's (pool)	W	21-3, 21-10	20-4	1A
10/10	H	Bishop Garrigan (pool)	W	21-15, 19-21, 15-6	21-4	1A
10/10	H	Kuemper Catholic (semi)	W	25-22, 25-15	22-4	2A
10/10	H	Bishop Heelan (champ)	L	20-25, 10-25,	22-5	3A #4 ranked
10/12	H	*Hartley-Melvin-Sanborn	W	25-7, 25-5, 25-7	23-5	2A
10/14	A	*Hinton	L	18-25, 16-25, 20-25	23-6	2A
Class 1A Regional Tournament						
10/20	H	Remsen St. Mary's	W	25-12, 25-14, 25-11	24-6	1A
10/26	H	Kingsley-Pierson	W	25-12, 25-14, 25-11	25-6	1A
10/29	N	River Valley	W	25-18, 25-16, 27-25	26-6	1A
11/2	N	Boyden-Hull	W	25-18, 25-15, 19-25, 25-20	27-6	1A #7 ranked
Class 1A State Tournament						
11/11	N	Holy Trinity Catholic	W	17-25, 25-19, 23-25, 25-22, 19-17	28-6	1A #6 ranked
11/12	N	Tripoli	L	25-20, 25-22, 16-25, 12-25, 3-15	28-7	1A #1 ranked

*War Eagle Conference match

Tournament Finishes:

Sept. 4 Sheldon Tournament – 2nd
 Sept. 18 West Sioux Tournament – 1st
 Sept. 25 Unity Christian – 3rd
 Oct. 10 CYO Tournament – 2nd
 Oct. 20-Nov.2 Class 1A Regional Tournament – 1st
 Nov. 11-13 Class 1A State Tournament – 3rd

Gehlen Catholic

Jays Volleyball - 2010

The Mission:

War Eagle Conference Champs
Hit .270 as a team
Serve 89% with 3.6 aces/game
Average 9.0 Kills per Game
Average 3.3 Blocks per Game
Make finals of all tournaments
Return to State!

“We commit to...to accomplish our goals.”

- stay after practice to improve our weaknesses
- practice like we want to play
- respect and be honest with everyone
- compete through entire matches
- having no drama on our team
- keep up our intensity and energy (use energy circles) throughout games
- E.L.E.! (Everyone Love Everybody)
- be willing to improve and accept all coaching
- having fun



Jays' Success Pyramid

LeMars Gehlen Catholic Season Stats - 2010

Kills

Player				Kill Statistics				
#	Name	Year	Games Played	Kills	Kill Errors	Attack Attempts	Efficiency	Kills per Game
2	Rohe, Steph	Jr	97	267	59	612	0.340	2.75
15	Timmins, Amber	Jr	96	162	43	380	0.313	1.69
3	Kellen, Kenzie	Jr	97	153	29	395	0.314	1.58
4	Langel, Katelin	Soph	85	153	49	354	0.294	1.80
6	Sitzmann, Linden	Sr	97	128	57	384	0.185	1.32
12	Nemmers, Mollie	Jr	97	89	22	217	0.309	0.92
9	Heissel, Megan	Jr	18	9	7	33	0.061	0.50
11	Sitzmann, Lauren	Jr	4	4	0	4	1.000	1.00
16	Vonnahme, Becca	Jr	97	2	0	7	0.286	0.02
1	Tentinger, Megan	Sr	28	2	2	11	0.000	0.07
10	Gunter, Lisa	Jr	26	1	0	2	0.500	0.04
Team Totals			97	970	268	2399	0.293	10.0

Assists/Digs/Blocks

Player				Assist Statistics		Dig Stats		Block Stats	
#	Name	Year	Games Played	Assists	Assists per Game	Digs	Digs per Game	Blocks (Solo-Assists-Total)	Total Blocks per Game
12	Nemmers, Mollie	Jr	97	17	0.18	12	0.12	13-32-45	0.47
3	Kellen, Kenzie	Jr	97	13	0.13	59	0.61	5-38-43	0.44
15	Timmins, Amber	Jr	96	661	6.89	186	1.94	4-30-34	0.35
4	Langel, Katelin	Soph	85	44	0.52	159	1.87	1-23-24	0.28
2	Rohe, Steph	Jr	97	33	0.34	208	2.14	4-13-17	0.18
6	Sitzmann, Linden	Sr	97	29	0.30	135	1.39	0-8-8	0.08
9	Heissel, Megan	Jr	18	3	0.17	4	0.22	0-1-1	0.06
16	Vonnahme, Becca	Jr	97	18	0.19	325	3.35	0-0-0	0.0
1	Tentinger, Megan	Sr	28	1	0.04	15	0.54	0-0-0	0.0
10	Gunter, Lisa	Jr	26	25	0.96	15	0.58	0-0-0	0.0
11	Sitzmann, Lauren	Jr	4	1	0.25	0	0.0	0-0-0	0.0
Team Totals			97	845	8.71	1118	11.53	27-145-172	1.77

Serves

Player			Serve Stats				Ace Stats	
#	Name	Year	Games Played	Serve Attempts	Serve Successes	Percentage	Serve Aces	Aces per Game
2	Rohe, Steph	Jr	97	424	397	0.936	57	0.59
3	Kellen, Kenzie	Jr	97	381	347	0.911	48	0.50
15	Timmins, Amber	Jr	96	351	291	0.829	98	1.02
6	Sitzmann, Linden	Sr	97	251	208	0.829	44	0.45
16	Vonnahme, Becca	Jr	97	249	226	0.908	28	0.29
4	Langel, Katelin	Soph	85	247	213	0.862	32	0.38
10	Gunter, Lisa	Jr	26	51	46	0.902	4	0.15
1	Tentinger, Megan	Sr	28	30	20	0.667	4	0.14
12	Nemmers, Mollie	Jr	97	11	7	0.636	2	0.02
11	Sitzmann, Lauren	Jr	4	3	3	1.000	1	0.25
9	Heissel, Megan	Jr	18	1	1	1.000	0	0.0
Team Totals			97	1999	1759	0.880	318	3.29

Games Played Stats

#	Name	Year	Matches Played	Matches Started	Games Played
3	Kellen, Kenzie	Jr	35	35	97
15	Timmins, Amber	Jr	35	35	96
16	Vonnahme, Becca	Jr	35	35	97
6	Sitzmann, Linden	Sr	35	35	97
12	Nemmers, Mollie	Jr	35	35	97
2	Rohe, Steph	Jr	35	35	97
4	Langel, Katelin	Soph	29	29	85
1	Tentinger, Megan	Sr	19	1	28
10	Gunter, Lisa	Jr	17	7	26
9	Heissel, Megan	Jr	11	6	18
11	Sitzmann, Lauren	Jr	4	0	4



Jays Celebrate Another Kill!

Team Match Statistical Highs – 2010

Team Match Season Highs

Most Aces	–	23 vs. South O'Brien, Sept. 30 19 vs. Remsen St. Mary's, Sept. 7 18 vs. Hartley-Melvin-Sanborn, Oct. 12 17 vs. Spalding Catholic, Oct. 5 vs. Holy Trinity Catholic, Nov. 11 15 vs. Kingsley-Pierson, Oct. 26
Most Assists	–	42 vs. Holy Trinity Catholic, Nov. 11 41 vs. Boyden-Hull, Nov. 2 38 vs. Tripoli, Nov. 12 37 vs. Hartley-Melvin-Sanborn, Oct. 12 vs. Kingsley-Pierson, Oct. 26 36 vs. Remsen St. Mary's, Oct. 20 35 vs. River Valley, Oct. 29 34 vs. Unity Christian, Aug. 26
Most Kills	–	48 vs. Holy Trinity Catholic, Nov. 11 44 vs. Boyden-Hull, Nov. 2 42 vs. Tripoli, Nov. 12 41 vs. Kingsley-Pierson, Oct. 26 40 vs. Unity Christian, Aug. 26 vs. Remsen St. Mary's, Oct. 20 vs. River Valley, Oct. 29 38 vs. Akron-Westfield, Sept. 21 vs. Hartley-Melvin-Sanborn, Oct. 12
Most Blocks	–	18 vs. Boyden-Hull, Nov. 2 13 vs. Unity Christian, Aug. 26 11 vs. Holy Trinity Catholic, Nov. 11 10 vs. Akron-Westfield, Sept. 21
Most Digs	–	97 vs. Holy Trinity Catholic, Nov. 11 76 vs. Tripoli, Nov. 12 73 vs. Boyden-Hull, Nov. 2 63 vs. Unity Christian, Aug. 26 55 vs. Remsen St. Mary's, Oct. 20 48 vs. River Valley, Oct. 29 45 vs. Hinton, Oct. 14 44 vs. Kingsley-Pierson, Oct. 26
Highest Efficiency	–	.621 vs. Hartley-Melvin-Sanborn, Oct. 12 .581 vs. Akron-Wetfield, Sept. 18 .517 vs. Storm Lake St. Mary's, Oct. 10 .500 vs. Remsen St. Mary's, Sept. 7 .450 vs. Remsen St. Mary's, Oct. 10
Best Serving %	–	97.6% vs. Storm Lake St. Mary's, Oct. 10 97.3% vs. Unity Christian, Sept. 25 94.7% vs. Remsen St. Mary's, Sept. 18 93.1% vs. Bishop Heelan, Oct. 10 93.0% vs. Akron-Wetfield, Sept. 18



West Sioux Tournament Champions

Individual Match Statistical Highs – 2010

Individual Match Season Highs

Most Aces	–	7 Amber Timmins, vs. Remsen St. Mary's, Sept. 7 Steph Rohe, vs. Spalding Catholic, Oct. 5 Kenzie Kellen, vs. Hartley-Melvin-Sanborn, Oct. 12 Amber Timmins, vs. Kingsley-Pierson, Oct. 26 Amber Timmins, vs. Holy Trinity Catholic, Nov. 11 6 Amber Timmins, vs. Hartley-Melvin-Sanborn, Oct. 12 5 Becca Vonnahme, vs. Unity Christian, Aug. 26 Steph Rohe, vs. Remsen St. Mary's, Sept. 18 Kenzie Kellen, vs. South O'Brien, Sept. 30 Amber Timmins, vs. South O'Brien, Sept. 30 Katelin Langel, vs. South O'Brien, Sept. 30 Amber Timmins, vs. Hinton, Oct. 14 Amber Timmins, vs. Remsen St. Mary's, Oct. 20
Most Assists	–	34 Amber Timmins, vs. Holy Trinity Catholic, Nov. 11 32 Amber Timmins, vs. Tripoli, Nov. 12 31 Amber Timmins, vs. Boyden-Hull, Nov. 2 30 Amber Timmins, vs. Unity Christian, Aug. 26 Amber Timmins, vs. River Valley, Oct. 29 29 Amber Timmins, vs. Remsen St. Mary's, Oct. 20 Amber Timmins, vs. Kingsley-Pierson, Oct. 26 28 Amber Timmins, vs. Akron-Westfield, Sept. 21
Most Kills	–	20 Steph Rohe, vs. Holy Trinity Catholic, Nov. 11 18 Steph Rohe, vs. Unity Christian, Aug. 26 16 Steph Rohe, vs. Tripoli, Nov. 12 15 Katelin Langel, vs. Boyden-Hull, Nov. 2 12 Steph Rohe vs. Remsen St. Mary's, Sept. 7
Most Blocks	–	5 Kenzie Kellen, vs. Boyden-Hull, Nov. 2 4 Kenzie Kellen, vs. Unity Christian, Aug. 26 Katelin Langel, vs. Boyden-Hull, Nov. 2 Amber Timmins, vs. Boyden-Hull, Nov. 2
Most Digs	–	26 Becca Vonnahme, vs. Holy Trinity Catholic, Nov. 11 25 Amber Timmins, vs. Holy Trinity Catholic, Nov. 11 19 Becca Vonnahme, vs. Hinton, Oct. 14 18 Becca Vonnahme, vs. River Valley, Oct. 29 Steph Rohe, vs. Holy Trinity Catholic, Nov. 11 Steph Rohe, vs. Tripoli, Nov. 12 17 Becca Vonnahme, vs. Unity Christian, Aug. 26 Steph Rohe, vs. Unity Christian, Aug. 26
Highest Efficiency (.minimum 10 attempts)	–	.636 Amber Timmins, vs. Emmetsburg, Sept. 4 Amber Timmins, vs. Southwest Christian, Sept. 25 Mollie Nemmers, vs. South O'Brien, Sept. 30 Katelin Langel, vs. Hartley-Melvin-Sanborn, Oct. 12 Mollie Nemmers, vs. Kingsley-Pierson, Oct. 26 .611 Kenzie Kellen, vs. LeMars, Sept. 25 .588 Steph Rohe vs. Remsen St. Mary's, Sept. 7 Katelin Langel, vs. Remsen St. Mary's, Oct. 20 .583 Kenzie Kellen, vs. Remsen St. Mary's, Sept. 7
Most Errorless Serve Attempts	–	27 Steph Rohe, vs. Remsen St. Mary's, Oct. 20 19 Kenzie Kellen, vs. Spalding Catholic, Oct. 5 Steph Rohe, vs. River Valley, Oct. 29 Kenzie Kellen, vs. Holy Trinity Catholic, Nov. 11 18 Kenzie Kellen, vs. Marcus-Meriden-Cleghorn, Aug. 31 15 Steph Rohe, vs. Remsen St. Mary's, Sept. 18 Steph Rohe, vs. South O'Brien, Sept. 30 Becca Vonnahme, vs. Boyden-Hull, Nov. 2

2010 Iowa High School Final Volleyball Rankings

Compiled by the Iowa Girls High School Athletic Union – October 14

Class 1A

	SCHOOL	W-L	LW
1	Tripoli	28-4	1
2	Alta	20-5	3
3	Grandview Park Baptist	25-10	4
4	Bedford	31-4	2
5	Gehlen Catholic	22-5	5
6	Holy Trinity Catholic	33-7	7
7	Boyden-Hull	21-4	8
8	Stanton	22-3	6
9	IMS	30-6	10
10	North Sentral Kossuth	27-10	11
11	Janesville	20-8	9
12	Iowa Christian Academy	14-5	12
13	East Union	25-7	13
14	Keota	23-6	14
15	Springville	20-8	NR

Dropped Out: Adair-Casey (15)

Class 2A

	SCHOOL	W-L	LW
1	Western Christian	36-2	1
2	Sheldon	28-1	2
3	Mediapolis	34-3	3
4	East Sac County	21-1	4
5	Unity Christian	26-6	5
6	Lake Mills	33-1	7
7	GrundyCenter	33-4	9
8	Dike-New Hartford	31-8	10
9	Pella Christian	20-9	6
10	West Fork	32-6	8
11	Wapsie Valley	25-5	13
12	Bondurant-Farrar	29-5	14
13	IKM-Manning	22-5	15
14	Clarinda	21-5	NR
15	Treynor	28-6	11

Dropped Out: Des Moines Christian (12)

Class 3A

	SCHOOL	W-L	LW
1	Mount Vernon	32-0	1
2	Waverly-Shell Rock	38-1	2
3	West Delaware	33-2	3
4	Bishop Heelan	35-7	4
5	Pella	27-5	5
6	Dubuque Wahlert	19-7	6
7	Algona	24-4	7
8	Solon	17-6	8
9	Webster City	20-4	9
10	Charles City	24-6	11
11	Williamsburg	21-8	10
12	Carroll	21-5	14
13	Marion	22-13	NR
14	Nevada	24-11	12
15	Union	26-6	13

Dropped Out: Oskaloosa (15)

Class 4A

	SCHOOL	W-L	LW
1	Ankeny	23-2	1
2	Iowa City High	28-4	2
3	Iowa City West	25-7	3
4	Bettendorf	22-7	4
5	Cedar Rapids Kennedy	27-5	5
6	Cedar Rapids Xavier	25-8	7
7	Waterloo East	26-7	10
8	Waukee	18-5	6
9	Urbandale	27-7	9
10	Johnston	22-8	8
11	Cedar Falls	17-11	12
12	Pleasant Valley	19-10	NR
13	Ottumwa	25-8	NR
14	Sioux City East	22-12	13
15	Dowling Catholic	13-9	15

Dropped Out: Linn-Mar (11), Clinton (14)

War Eagle All-Conference Volleyball Teams – 2010

Records	Conference	Overall
1. Unity Christian	10-0	29-7
2. Hinton	9-1	19-8
3. Gehlen Catholic	7-2	28-7
4. Akron- Westfield	6-4	13-8
5. Remsen-Union	5-5	14-11
Marcus-Meriden-Cleghorn	5-5	11-13
South O'Brien	5-5	9-13
8. Remsen St. Mary's	4-6	7-18
9. West Sioux	2-7	5-19
10. Spalding Catholic	1-9	5-20
11. Hartley-Melvin-Sanborn	0-10	0-23

1st Team All-Conference

*Katelyn Schuller	Sr.	Unity Christian	*denotes unanimous selection
*Ashton Moody	Sr.	Hinton	
*Amber Timmins	Jr.	Gehlen Catholic	
Caroline Renders	Sr.	Unity Christian	
Steph Rohe	Jr.	Gehlen Catholic	
Sarah Parkinson	Sr.	Akron-Westfield	
Kasey Rueter	Fr.	Hinton	
Alexa Altena	Sr.	Unity Christian	
Erica Dreckman	Jr.	Marcus-Meriden-Cleghorn	
Emma Krier	Sr.	Remsen St. Mary's	

2nd Team All-Conference

Jasmyn Calkhoven	Sr.	Unity Christian
Erica Van Holland	Sr.	Hinton
Kenzie Kellen	Jr.	Gehlen Catholic
Tasha Johnson	Sr.	Akron- Westfield
Shawnww Miller	Sr.	Hinton
Kaitlyn Langel	So.	Gehlen Catholic
Kayla Foresman	Jr.	Marcus-Meriden-Cleghorn
Brittney Sudtelgte	So.	Remsen-Union
Kelsey Proehl	So.	South O'Brien
Carissa Anderson	So.	West Sioux

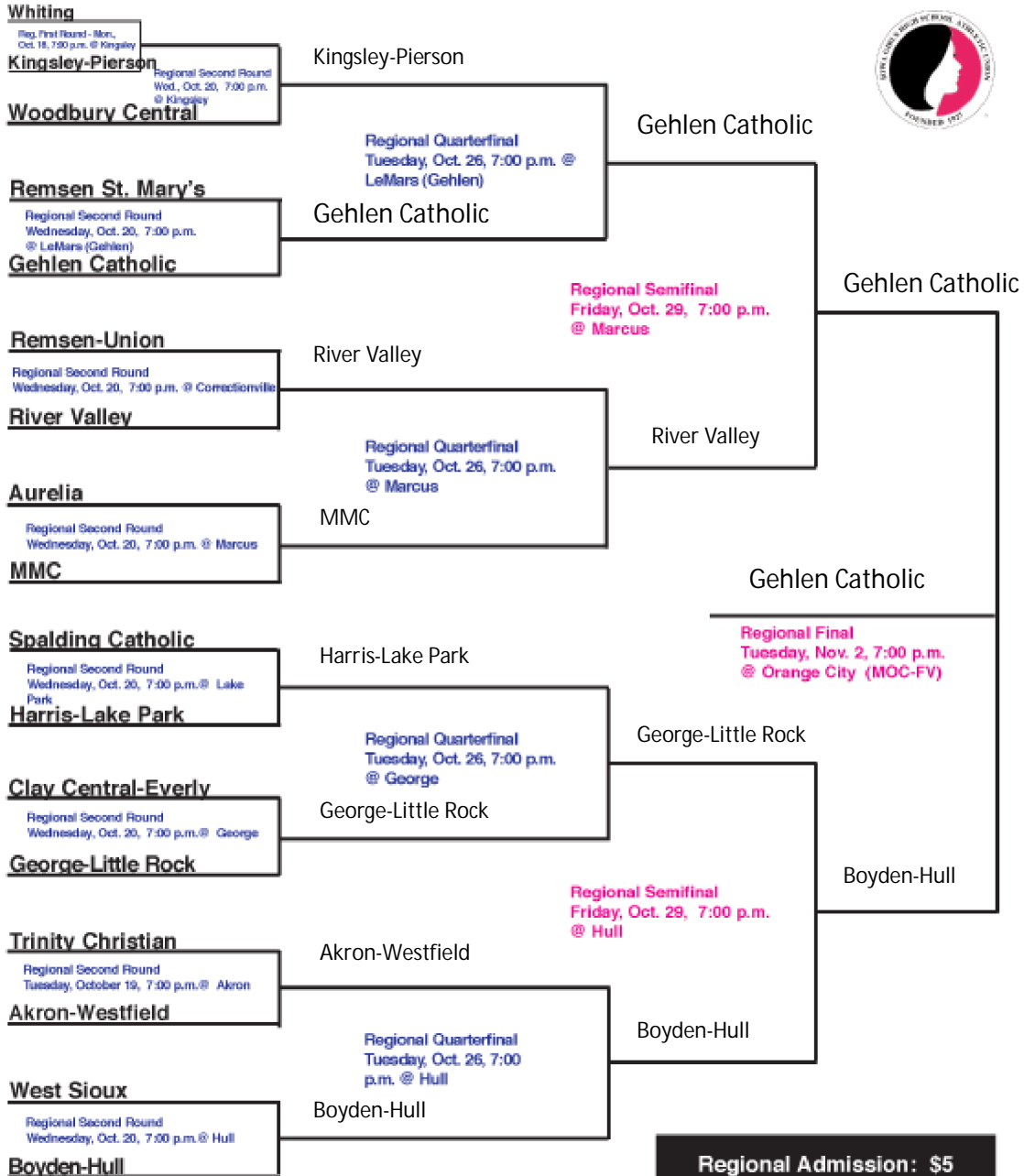
Honorable Mention

Autumn Plum	So.	Unity Christian
Elizabeth Kiel	So.	Unity Christian
Mallory Thoreson	Sr.	Hinton
Sadie Schuck	So.	Hinton
Becca Vonnahme	Jr.	Gehlen Catholic
Caitlin Heyl	Sr.	Akron- Westfield
Jalyn Doeden	Jr.	Marcus-Meriden-Cleghorn
Mary Jo Galles	Jr.	Remsen-Union
Casie Rehder	Jr.	South O'Brien
Brielle Biezuns	Sr.	Remsen St. Mary's
Amber Mace	Sr.	West Sioux
Jenn Hansen	Sr.	Spalding Catholic
Stephanie Hinkey	Jr.	Hartley-Melvin-Sanborn

2010 Class 1A Regional Volleyball - Region 1

Monday, Oct. 18; Wednesday, Oct. 20; Tuesday, Oct. 26;

Friday, Oct. 29; Tuesday, Nov. 2



2010 IGCA VOLLEYBALL ALL-DISTRICT TEAMS

1A Northwest All-District Team

Player	School
Lydia Brandt	Harris Lake Park
Courtney Van Haften	Alta
Kelsey McCarty	Clay Central Everly
Sarah Parkinson	Akron Westfield
Nicole Ewoldt	Boyden Hull
Hillary Glienke	Alta
Emma Krier	Remsen St. Marys
Kenzie Kellen	Gehlen Catholic
Whitney Vander Maten	Boyden Hull
Amber Timmins	Gehlen Catholic
Steph Rohe	Gehlen Catholic
Emma Heitritter	Boyden Hull
Jordan Henningson	Alta
Kari Ludvigson	River Valley
Erica Dreckman	Marcus Meriden-Cleghorn
Coach of the Year: Mike Meyer – Gehlen Catholic	

1A Northeast All-District Team

Player	School
Kelli Herrig	Bellevue Marquette
Hannah Loehr	Springville
Melissa Alger	Lisbon
Sam Lippens	East Central
Amanda Howard	North Tama
Bailey Kirchhoff	Tripoli
Danielle Bender	Bellevue Marquette
Emily Henningsen	Preston
Megan Gilbert	Tripoli
Olivia Fischer	Janesville
Natalie Figanbaum	Tripoli
Abby Schares	Don Bosco
Katie Wyman	Springville
Sara Hoppenworth	Tripoli
Kelcie Bormann	Preston
Coach of the Year: Will Baumann – Tripoli	

1A North Central All-District Team

Player	School
Jessica Fehr	West Bend Mallard
Chelsea Doughan	Algona Garrigan
Lindsay Flaharty	Graettinger-Terril
Emily Mathews	Ventura
Kelsey Rahe	Algona Garrigan
Hannah Kofron	Woden-Crystal Lake-Titonka
Ahna Bruns	West Hancock
Morgan Welp	Ventura
Amber Padan	North Iowa
Amber Gorackowski	North Sentral Kossuth
Samantha Thilges	Woden-Crystal Lake-Titonka
Jessica Balek	Mason City Newman
Genna Valvick	North Sentral Kossuth
Shelby Schindler	Algona Garrigan
Cheyenne Boland	North Sentral Kossuth
Coach of the Year: Dave Schnurr – Algona Garrigan	

1A West Central All-District Team

Team	School
Erica Groen	Iowa Christian Academy
Faith McCunn	CAM
Breanna Meier	Guthrie Center
Ashley Peters	Madrid
Morgan Roecker	Ar-We-Va
Taylor Rochholz	Adair Casey
Jessica Herrick	Grandview Park
Micaela Kowbel	Iowa Christian Academy
Meredith Baker	Grandview Park
Brooke Luetje	Ar-We-Va
Amanda Bell	Grandview Park
Karlie Schut	Iowa Christian Academy
Shy Terry	Adair Casey
Katie Dentlinger	Coon Rapids Bayard
Bethany Pierschbacher	Grandview Park
Coach of the Year: Matt Thompson – Grandview Park	

1A South All-District Team

Player	School
Katie Rice	East Union
Mallie Wells	Melcher – Dallas
Mikaela Millslagle	Lamoni
Courtney Auxier	Villisca
Makenzie Barton	Corning
Tessa Otto	Murray
Katelyn Tracey	Moravia
Kadie Subbert	Stanton
Danielle Rowe	Bedford
Mackenzie Morrison	Martensdale St. Mary's
Mariah Kruse	East Union
Caila Raymond	Bedford
Rachel Sorenson	Stanton
Coach of the Year: J. Browning - Stanton	

1A Southeast All-District Team

Player	School
Kara Schlabaugh	Iowa Mennonite
Colby Hoyer	Holy Trinity
Breanne Dean	New London
Katy Kirk Burlington	Notre Dame
Aaren Wright	New London
Lindsey Reinhardt	Holy Trinity
Jenna Altenhofen	Keota
Taylor Breon	Winfield-Mt. Union
Shelby Fagen	Keota
Brennan Lacina	BGM
Tara Van Rees	Lynnville-Sully
Deanna Knustrom	Holy Trinity
Meridith Bates	Iowa Mennonite
Brooke Wade	Winfield-Mt. Union
Ashley Tinguely	Holy Trinity
Coach of the Year: Melissa Freesmeier-Holy Trinity	

2010 IGCA VOLLEYBALL ALL-DISTRICT TEAMS

2A Northwest All-District Team

Player	School
Kayla Gesink	Western Christian
Katelynn Schuller	Unity Christian
Roxanne Grundmeier	RidgeView
Brooke Wolterstorff	Western Christian
Kellie Goedken	Sheldon
Abby Horstman	Western Christian
Caitlyn Boeckman	East Sac
Kate Kragt	Sioux Center
Caroline Reinders	Unity Christian
Shelby Vogel	Sheldon
Ashton Moody	Hinton
Egypt Clayton	RidgeView
Alexis Bart	Sheldon
Kristen Berg	Westwood
Morgan Walker	Sioux Central
Coach of the Year: Tammi Veerbeek - Western Christian	

2A Northeast All-District Team

Player	School
Tianna Bark	Camanche
Kendra Korporal	Sumner Fredericksburg
Rachel Schaefer	Waterloo Columbus
Ashlee Sinnott	Waterloo Columbus
Alli Matthias	Wapsie Valley
Kaylyn Brandt	Sumner Fredericksburg
Jenna Lansing	Beckman
Aarika Wittenburg	Wapsie Valley
Ashley Gonzales	Camanche
Taylor Webb	Central Springs
Emily Lensing	South Winneshiek
Caitlin Lehman	New Hampton
Kristy Lueken	Edgewood – Colesburg
Taylor Baumgartner	Starmont
Samatha Suckow	North Fayette
Coach of the Year: Amy Anderson – Wapsie Valley	

2A South Central All-District Team

Player	School
Taylor Mirka	Gilbert
Mia Pierson	Roland-Story
Alicen Wintermote	South Hamilton
Jordan Wood	PCM
Meredith Fopma	Pella Christian
Gabby Stearns	Gilbert
Hanah Dolash	Bondurant-Farrar
Britny Halleland	Roland-Story
Molly Underwood	West Marshall
Anna Gutch	Eddyville-Blakesburg
Sabrina Hargis	Bondurant-Farrar
Jenna Horstman	Pella Christian
Emily Horstman	Des Moines Christian
Bobbie Burrows	Bondurant-Farrar
Ashley Van Kooten	Pella Christian
Coach of the Year: Becky Poppe-Bondurant-Farrar	

2A North Central All-District Team

Player	School
Heather Hook	Grundy Center
Meghan Krausman	Grundy Center
Amanda Lampman	Lake Mills
Sam Meyer	Grundy Center
McKenzie Heue	South Hardin
Abby Graves	Grundy Center
Hallie Peterson	West Fork
Morgan Fjelstad	Lake Mills
Lauren Martin	Forest City
Kaity Brouwer	Dike New Hartford
Lauren Malacek	Osage
Josie Brackey	Lake Mills
Abbie Perez	Dike New Hartford
Caitlyn Hanig	West Fork
Jill Schildroth	Gladbrook Reinbeck
Coach of the Year: Jim Boehmer - Lake Mills	

2A West Central All-District Team

Player	School
Katie Kuck	CB St. Albert
Beth Sieleman	Tri-Center
Chelsey Henkenius	South Central Calhoun
Nevada Meis	St. Albert
Kaylee Blake	IKM Manning
Meagan Kerns	MVAO
Sarah Steinauer	Clarinda
Kristen van Zuiden	Kuemper Catholic
Kylie Ferguson	CB St. Albert
Darcy Sunderman	Clarinda
Tember Schechinger	IKM Manning
Karen Hutson	Logan-Magnolia
Sarah Klahn	Treynor
Ashley Lage	IKM Manning
Kaitlyn Floerchinger	Treynor
Coach of the Year: Maria Jacobus – Clarinda	

2A Southeast All-District Team

Player	Team
Carlee Grunder	Wilton
Heather Poula	West Branch
Paige Donohoe	West Branch
Kaitlyn Caston	West Burlington
Gina Montagna	West Liberty
Sidney Lilienthal	Durant
Lauren Dewes	Davis County
Kailey Kaestner	Iowa Valley
Dara Lipke	Alburnett
Emily Eberhardt	Mediapolis
Kalyn Ertz	Mediapolis
Shelby Broders	Wilton
Sarah Calderwood	Mediapolis
Mariah Young	West Burlington
Allison Ralfs	Durant
Coach of the Year: Dennis Jandrey – Mediapolis	

2010 IGCA VOLLEYBALL ALL-DISTRICT TEAMS

3A North All-District Team

Player	School
Kinsey Caldwell	Waverly-Shell Rock
Brittany Vaske	Algona
Sawyer Gourley	Webster City
Taylor Diehl	Clear Lake
Abby Lasher	Charles City
Aly Smith	Iowa Falls-Alden
Allie Simpson	Algona
Jenna Casey	Hampton-Dumont
Taylor Molstead	Charles City
Jessica O'Connell	Webster City
Rachel Peth	Waverly-Shell Rock
Morgan Kuhrt	Waverly-Shell Rock
Laura TerHark	Algona
Jessie Singlinger	Charles City
Kari Peterson	Webster City
Kinsey Caldwell	Waverly-Shell Rock
Coach of the Year: Shelly TerHark – Algona	

3A Southeast All-District Team

Player	School
Michele Lutz	Clear Creek Amana
Rebekah Kimzey	Mt. Pleasant
Dana Diers	Fairfield
Tori Ogden	Fairfield
Erika Hammer	Vinton – Shellsburg
Chloe Schmidt	Benton
Shelsey Stanley	Keokuk
Mandi White	Mount Pleasant
Ashley Strong	Vinton – Shellsburg
Ellen Conklin	Davenport Assumption
Mackenzie Bigbee	Williamsburg
Rachel Henning	Central DeWitt
Katy Wichmann	Williamsburg
Kassie Prier	Central DeWitt
Laura Nuezil	Clear Creek Amana
Coach of the Year: Emily Nordheim – Williamsburg	

3A Central All-District Team

Player	School
Sam Allgood	Oskaloosa
Tanna Seuferer	Chariton
Kelsi Rempe	Pella
Tori Mateer	Norwalk
Katelyn Pringnitz	Nevada
Kolbie Creger	Winterset
Kaitlyn Johansen	DC-G
Courtney Allen	Grinnell
Brooke Fessler	Pella
Hali Steenhoek	Pella
Amanda Johnson	Winterset
Lindsay Bentzinger	Pella
Amber Miller	Perry
Rachel Bosworth	Nevada
Jenna Berg	Carlisle
Coach of the Year: Bob Fessler – Pella	

3A North East All-District Team

Player	School
Sarah Ryan	Mt. Vernon
Bri Winegar	Solon
Amy Ihm	Dubuque Wahlert
Hannah Miller	Marion
Casey Barney	Union
Dani Sweet	West Delaware
Ellie Rauch	Dubuque Wahlert
Devon O'Connell	Maquoketa
Kelsey Cave	Solon
Sarah Ernst	Marion
Ali Stark	Mt. Vernon
Courtney Kintzel	Mt. Vernon
Amanda Platte	Mt. Vernon
Allison Pasker	West Delaware
Jenna Hermsen	West Delaware
Coach of the Year: Brett Mather - West Delaware	

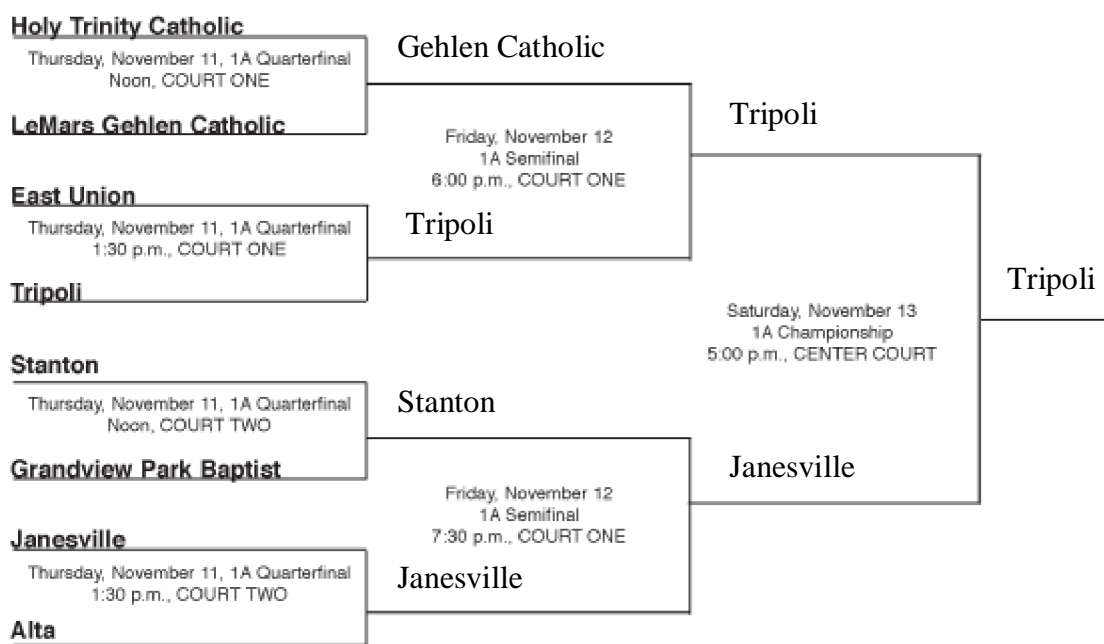
3A West All-District Team

Player	School
Katelyn Walsh	Bishop Heelan
Jenni Semprini	Carroll
Morgan Lucy	Glenwood
Megan Scherff	Denison-Schleswig
Kari Sandage	Atlantic
Cassidy Breon	Sgt. Bluff-Luton
Kirstie Ruhland	LeMars
Jacie White	Harlan
Megan Thompson	Storm Lake
Rachel Pierson	Red Oak
Leisa McClintock	Bishop Heelan
Natalie Vondrak	Bishop Heelan
Lindsey Schulz	Carroll
Gabi French	Red Oak
Alexis Conaway	MOC-FV
Coach of the Year: Mary Miller - Bishop Heelan	



Class 1A Region #1 Champions

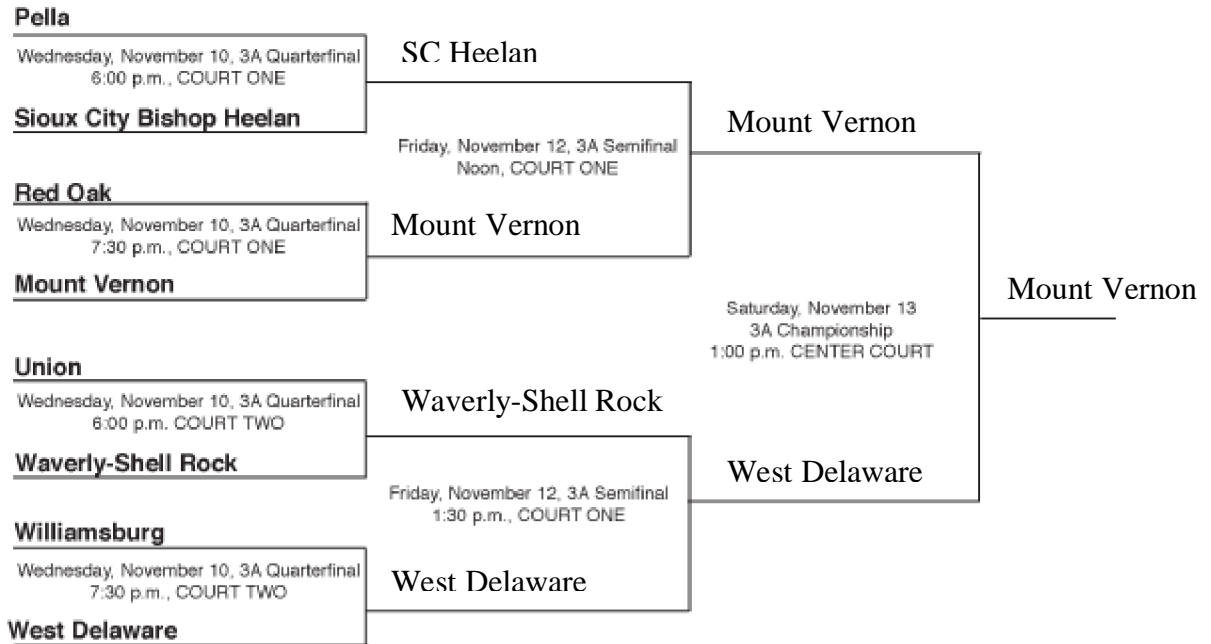
2010 CLASS 1A STATE VOLLEYBALL BRACKET



2010 CLASS 2A STATE VOLLEYBALL BRACKET



2010 CLASS 3A STATE VOLLEYBALL BRACKET



2010 CLASS 4A STATE VOLLEYBALL BRACKET



2010 State Volleyball Tournament – Gehlen Catholic Results

Thursday, November 11 - Class 1A First Round

Noon p.m. - LeMars Gehlen Catholic 17-25-23-25-19, Holy Trinity Catholic 25-19-25-22-17

Recap: LeMars Gehlen Catholic rallied from a 2-sets-to-1 deficit to advance to the Class 1A semifinals with a thrilling 17-25, 25-19, 23-25, 25-22, 19-17 victory over Holy Trinity Catholic in 1A first round action at the State Volleyball Tournament in Cedar Rapids. The Jays, who fell in the first round of last year's 1A tournament, were led by Steph Rohe's 20 kills and 18 digs while Holy Trinity Catholic countered with 15 kills from Lindsey Reinhardt. The two teams mirrored each other statistically. LeMars Gehlen Catholic had 48 kills to Holy Trinity's 49 with both hitting .120 as a team. The difference came at the net, where the Jays outblocked Holy Trinity Catholic, 11-5, and had 17 service aces to the Crusaders' 8. In addition to Rohe's 20 kills, Amber Timmons added eight kills with 25 digs and seven service aces. Becca Vonnahme had a team-high 26 digs. Holy Trinity Catholic was led by Deanna Knustrom's 14 kills and match-high 30 digs. The Crusaders' end their season at 39-10. Gehlen Catholic (28-6) faces East Union or Tripoli in the Class 1A semifinals at 6:00 p.m. Friday.

Friday, November 12 - Class 1A Semifinals

6:00 p.m. - Tripoli 20-22-25-25-15, LeMars Gehlen Catholic 25-25-16-12-3

Recap: LeMars Gehlen Catholic gave two-time defending champion Tripoli all it could handle but, in the end, it was too much Megan Gilbert. Tripoli's junior all stater finished with 34 kills to help the top-ranked Panthers rally to a 20-25, 22-25, 25-16, 25-12, 15-3 victory over LeMars Gehlen Catholic in the Class 1A semifinals Friday night. The two-time defending champions will play Stanton or Janesville in the Class 1A finals Saturday at 5:00 p.m. Gehlen Catholic, behind the outstanding play of junior Steph Rohe, won the first two sets before Tripoli took command of the match, dominating the deciding set, 15-3. Gilbert connected on 34 kills with just three attack errors. The junior also had eight blocks and 14 digs. Her six block assists tied a 1A single match record (Heather Merchman, West Point Marquette vs. Tripoli, 2004; and Sarah Tjaden, WLVA vs. Grandview Park Baptist, 2006). Bailey Kirchhoff also added 13 kills for the Panthers while Sara Hoppenworth had 59 assists. Rohe had 16 kills with 18 digs for Gehlen Catholic, who finish the year 28-7.

Class 1A All-Tournament Team

Bailey Kirchhoff, Tripoli

Brittney Hanson, Janesville

Steph Rohe, Gehlen Catholic

Kadie Subbert, Stanton

Olivia Fisher, Janesville

Megan Gilbert, Tripoli (Captain)

Pizza Ranch MVP: Megan Gilbert, Tripoli

To see the Top 10 Tournament Stat Leaders for Class 1A go to <http://www.ighsau.org/volleyball/2010/1ar3leaders.pdf>

2010 IGCA ALL-STATE VOLLEYBALL TEAMS

Class 1A First Team

Name	School	Yr.	Pos.
Megan Gilbert	Tripoli	Jr	MB
Olivia Fisher	Janesville	Sr	OH
Amanda Bell	GV Park Baptist	Sr	OH
Jordan Henningson	Alta	Sr	OH
Kadie Subbert	Stanton	Sr	MB
Steph Rohe	Gehlen Catholic	Jr	OH
Natalie Figanbaum	Tripoli	Sr	OH
DeAnna Knustrom	Holy Trinity	Sr	OH

Class 1A Second Team

Name	School	Yr.	Pos.
Meridyth Bates	IMS	Sr	OH
Karlie Schut	ICA	Jr	MB
Bailey Kirchoff	Tripoli	So	OH
Bethany Pierschbacher	GV Park Baptist	Sr	S
Genna Valvick	NSK	Sr	S/RS
Danielle Rowe	Bedford	Sr	S
Whitney Vander Maten	Boyden-Hull	Jr	OH
Ashley Tinguely	Holy Trinity	Jr	S

Class 1A Third Team

Name	School	Yr.	Pos.
Abby Schares	Don Bosco	Sr	L
Courtney VanHaaften	Alta	Sr	S
Amber Goraczowski	NSK	Sr	MB
Kari Ludvigson	River Valley	Jr	MB
Sara Hoppenworth	Tripoli	Jr	S
Lindsey Reinhardt	Holy Trinity	Jr	MB
Amber Timmins	Gehlen Catholic	Jr	S
Mariah Kruse	East Union	Sr	MB

Class 1A Special Mention

Name	School	Yr.	Pos.
Brook Wade	Winfield-Mt. Union	Sr	OH
Emma Heitritter	Boyden-Hull	Sr	S
Brittney Hansen	Janesville	Fr	S
Kenzie Morrison	Mart. St. Mary's	Sr	RS
Meredith Baker	GV Park Baptist	Sr	L
Chelsea Doughan	Bishop Garrigan	Sr	S
Katie Wyman	Springville	Sr	OH
Shy Terry	Adair-Casey	Sr	OH
Caila Raymond	Bedford	Jr	MB

Class 1A Honorable Mention

Name	School	Yr.	Pos.
Aaren Wright	New London	Sr	L
Kelsey Rahe	Bishop Garrigan	Sr	L
Katie Dentlinger	C. Rapids-Bayard	Jr	OH
Jessica Balek	MC Newman	Jr	OH
Rachel Soreneson	Stanton	So	OH
Carmen Subbert	Stanton	Fr	OH
Kelli Herrig	Marquette	So	MB
Hillary Glienke	Alta	Sr	MB

Class 1A Player-of-the-Year: Megan Gilbert – Tripoli
 Class 1A Coach-of-the-Year: Will Baumann – Tripoli

Class 2A First Team

Name	School	Yr.	Pos.
Kayla Gesink	HWC	Sr	S
Abby Graves	Grundy Center	Sr	OH
Brooke Wolterstorff	HWC	So	MB
Morgan Fjelstad	Lake Mills	Jr	S
Josie Brackey	Lake Mills	Jr	OH
Roxanne Grundmeier	Ridge View	Sr	OH
Kalyn Ertz	Mediapolis	Jr	OH
Katelyn Schuller	Unity Christian	Sr	OH

Class 2A Second Team

Name	School	Yr.	Pos.
Emily Eberhardt	Mediapolis	Sr	L
Hallie Peterson	West Fork	Sr	OH
Kellie Goedken	Sheldon	Jr	MB
Kaitly Floeschinger	Treynor	Sr	MB
Abby Hortsman	HWC	Sr	OH
Caitlyn Boeckman	East Sac	Sr	OH
Kaity Brouwer	Dike-NH	Jr	MB

Sarah Calderwood Mediapolis Sr S

Class 2A Third Team

Name	School	Yr.	Pos.
Ashley Van Kooten	Pella Christian	Jr	DS
Kate Kragt	Sioux Center	Sr	MH
Abbie Perez	Dike-NH	Jr	S
Ashley Lage	IKM-Manning	Sr	S
Heather Hook	Grundy Center	So	S
Samantha Meyers	Grundy Center	So	MB
Lauren Martin	Forest City	Sr	MB
Shelby Broders	Wilton	Sr	MB

Class 2A Special Mention

Name	School	Yr.	Pos.
Egypt Clayton	Ridge View	Sr	S
Kristin Van Zuiden	Kuemper Catholic	Sr	OH
Jenna Horstman	Pella Christian	Jr	MB
Jenna Horstman	Sumner-Fred.	Jr	OH
Darsy Sunderman	Clarinda	Fr	OH
Ashley Gonzales	Camanche	Sr	MB
Emily Horstman	DM Christian	Sr	MB
Alexis Bart	Sheldon	Sr	L
Sabrina Hargis	Bondurant-Farrar	Sr	OH
Allison Ralfs	Durant	Sr	S/MB

Class 2A Honorable Mention (Area Teams)

Name	School	Yr.	Pos.
Caroline Reinders	Unity Christian	Sr	S
Shelby Vogel	Sheldon	Sr	S

Class 2A Player-of-the-Year: Kayla Gesink - HWC
 Class 2A Coach-of-the-Year: Tammi VerBeek - HWC

2010 IGCA ALL-STATE VOLLEYBALL TEAMS

Class 3A First Team

Name	School	Yr.	Pos.
Ali Stark	Mt. Vernon	Sr	RS
Brooke Fessler	Pella	Sr	S
Leisa McClintock	SC Heelan	Sr	S
Allison Pasker	West Delaware	Sr	MB
Amanda Platte	Mt. Vernon	Sr	OH
Morgan Kuhrt	WSR	Jr	OH
Courtney Kintzel	Mt. Vernon	Sr	MH
Rachel Peth	WSR	Sr	MH

Class 3A Second Team

Name	School	Yr.	Pos.
Kinsey Caldwell	WSR	Jr	S
MacKenzie Bigbee	Williamsburg	Jr	RS
Natalie Vondrak	SC Heelan	Jr	MB
Jenna Hermsen	West Delaware	Sr	S
Hali Steenhoek	Pella	Sr	MB
Laura TerHark	Algona	Sr	L
Katelyn Walsh	SC Heelan	Sr	OH
Brittany Vaske	Algona	Sr	MB

Class 3A Third Team

Name	School	Yr.	Pos.
Sara Ryan	Mt. Vernon	Sr	S
Jessie Sindlinger	Charles City	So	OH
Dani Sweet	West Delaware	Sr	L
Lindsay Schulz	Carroll	Jr	MB
Lindsay Bentzinger	Pella	Sr	OH
Makenzie Harbaugh	West Delaware	Jr	OH
Gabi French	Red Oak	Jr	OH
Brie Winegar	Solon	Sr	MB

Class 3A Special Mention (Area Teams)

Name	School	Yr.	Pos.
Kristie Ruhland	LeMars	Sr	OH
Jenni Semprini	Carroll	Sr	OH
Alexis Conway	M-OC/FV	Fr	OH

Class 3A Honorable Mention (Area Teams)

Name	School	Yr.	Pos.
Cassidy Breon	SB-L	Jr	S
Allie Simpson	Algona	Sr	OH

Class 3A Player-of-the-Year: Ali Stark - Mt. Vernon
 Class 3A Coach-of-the-Year: Shirley Ryan - Mt. Vernon
 Brett Mather - West Delaware

Note: See IGSAU website for Class 4A Teams

IGCA Elite All State

Name	School	Yr.	Pos.
Haley Eckerman	Waterloo East	Sr	OH
Ali Stark	Mt. Vernon	Sr	RS
Kayla Gesink	HWC	Sr	S
Megan Gilbert	Tripoli	Jr	MB
Rachel Peth	WSR	Sr	MH
Courtney Kintzel	Mt. Vernon	Sr	MH
Morgan Kuhrt	WSR	Jr	OH
Leisa McClintock	SC Heelan	Sr	S

Player-of-the-Year: Ali Stark – Mount Vernon

Des Moines Register Class 1A First Team All-State

Name	School	Yr.	Pos.
Megan Gilbert	Tripoli	Jr	MH
Kadie Subbert	Stanton	Sr	MH
Olivia Fisher	Janesville	Sr	OH
Amanda Bell	Grandview Park	Sr	OH
Ashley Tinguely	Holy Trinity	Jr	S

Sara Hoppenworth Tripoli Jr S

Des Moines Register Class 1A Second Team All-State

Name	School	Yr.	Pos.
Karlie Schut	Iowa Christian	Jr	MH
Amber Goraczkowski	NSK	Sr	OH
Mackenzie Morrison	MSM	Sr	MH
Jordan Henningsen	Alta	Sr	OH
Danielle Rowe	Bedford	Sr	S
Amber Timmins	Le Mars Gehlen	Jr	S



Jays Huddle at Regional Final

2010 Gehlen Jays Volleyball Honors Page

Letterwinners: Linden Sitzmann Megan Tentinger
Lisa Gunter Megan Heissel
MacKenzie Kellen Mollie Nemmers
Steph Rohe Amber Timmins
Becca Vonnahme Katelin Langel

Team Captain: Amber Timmins

Teammate Award: Steph Rohe

Dedication Award: Megan Tentinger

Most Improved: Katelin Langel
Mollie Nemmers

Most Valuable: Steph Rohe

War Eagle All - Conference Teams

Honorable Mention: Becca Vonnahme
Second Team: Kenzie Kellen
Katelin Langel
First Team: Amber Timmins
Steph Rohe

Other Honor Teams

CYO All-Tournament: Amber Timmins, Steph Rohe
All-District: Amber Timmins, Steph Rohe, Kenzie Kellen
All-State: Steph Rohe (1st Team IGCA Class 1A)
Amber Timmins (3rd Team IGCA Class 1A)
Amber Timmins (2nd Team Des Moines Register Class 1A)
Class 1A All-Tournament Team: Steph Rohe