

JAYS GO TO STATE!



*Gehlen Jays Season
Summary*



2009



2009 - Gehlen Catholic Volleyball Roster

Varsity Squad

| # | Name | Height | Position | Grade |
|----|---------------------|--------|-----------|-------|
| 1 | Megan Tentinger | 5'3" | Hitter | 11 |
| 2 | Becca Swalve | 5'6" | Hitter | 11 |
| 3 | Jessie Timmins | 6'0" | Rightside | 12 |
| 4 | Brittany Flack | 5'5" | Setter | 11 |
| 5 | MacKenzie Kellen | 5'11" | Middle | 10 |
| 6 | Linden Sitzmann | 5'7" | Hitter | 11 |
| 7 | Steph Rohe | 5'7" | Hitter | 10 |
| 8 | Becca Vonnahme | 5'2" | Backrow | 10 |
| 9 | Megan Heissel | 5'10" | Hitter | 10 |
| 10 | Alexis Wiltgen | 5'10" | Hitter | 12 |
| 11 | Mollie Nemmers | 5'10" | Middle | 10 |
| 12 | Samantha Woerdehoff | 5'3" | Backrow | 12 |
| 13 | Lisa Gunter | 5'3" | Setter | 10 |
| 15 | Amber Timmins | 5'10" | Setter | 10 |
| 16 | Kayla Holtgrewe | 5'6" | Libero | 12 |
| 17 | Rachel Tilley | 5'11" | Middle | 12 |

B Squad

| # | Name | Height | Position | Grade |
|----|-----------------|--------|----------|-------|
| 1 | Megan Tentinger | 5'3" | Hitter | 11 |
| 2 | Becca Swalve | 5'6" | Hitter | 11 |
| 4 | Brittany Flack | 5'5" | Setter | 11 |
| 6 | Linden Sitzmann | 5'7" | Hitter | 11 |
| 7 | Becca Vonnahme | 5'2" | Backrow | 10 |
| 9 | Megan Heissel | 5'10" | Hitter | 10 |
| 11 | Mollie Nemmers | 5'10" | Middle | 10 |
| 12 | Katelin Langel | 5'10" | Hitter | 9 |
| 13 | Lisa Gunter | 5'3" | Setter | 10 |

C Squad

| # | Name | Height | Position | Grade |
|----|-----------------|--------|----------|-------|
| 1 | Lauren Sitzmann | 5'8" | Hitter | 10 |
| 3 | Shannon Smith | 5'4" | Hitter | 9 |
| 5 | Emily Holtgrewe | 5'4" | Setter | 9 |
| 6 | Abby Freking | 5'6" | Setter | 9 |
| 7 | Becca Vonnahme | 5'2" | Backrow | 10 |
| 9 | Megan Heissel | 5'10" | Hitter | 10 |
| 10 | Ali Galles | 5'4" | Hitter | 10 |
| 11 | Mollie Nemmers | 5'10" | Middle | 10 |
| 12 | Katelin Langel | 5'10" | Hitter | 9 |



| | |
|---------------|--------------|
| Nickname: | Jays |
| Colors: | Green & Gold |
| Head Coach: | Mike Meyer |
| Ass't. Coach: | Kathy Neary |
| Principal: | Jeff Alesch |
| A.D.: | Tony Gunter |

2009 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 |
|--|-------|------------------------------------|--------------|-----------------------------------|----------------------|-------------------------------|
| 9/1 | A | *Remsen-Union | W | 25-8, 25-20, 25-5 | 1-0 | 1A |
| 9/3 | A | *South O'Brien | W | 25-13, 25-9, 25-17 | 2-0 | 2A |
| Sheldon Tournament | | | | | | |
| 9/5 | N | Central Lyon | L | 21-12, 16-21, 13-15 | 2-1 | 2A |
| 9/5 | N | Cherokee | W | 21-12, 21-8 | 3-1 | 2A |
| 9/5 | N | Remsen-Union | W | 21-5, 21-7 | 4-1 | 1A |
| 9/5 | A | Sheldon | L | 8-21, 23-25 | 4-2 | 2A |
| 9/5 | N | Emmetsburg | W | 21-9, 21-13 | 5-2 | 2A |
| 9/5 | N | Newell-Fonda | W | 21-15, 21-12 | 6-2 | 1A |
| 9/10 | A | *Spalding Catholic | W | 25-16, 25-18, 25-12 | 7-2 | 1A |
| 9/15 | H | *Unity Christian | L | 25-20, 20-25, 18-25, 25-18, 10-15 | 7-3 | 2A |
| West Sioux Tournament | | | | | | |
| 9/19 | N | Akron-Westfield | W | 21-14, 21-12 | 8-3 | 1A |
| 9/19 | N | Remsen St. Mary's | W | 21-14, 21-7 | 9-3 | 1A |
| 9/19 | N | George-Little Rock | W | 21-10, 21-13 | 10-3 | 1A |
| 9/19 | A | West Sioux (championship) | L | 25-27, 21-25 | 10-4 | 2A |
| 9/22 | H | *Remsen St. Mary's | W | 25-11, 25-15, 25-14 | 11-4 | 1A |
| Unity Christian Tournament | | | | | | |
| 9/26 | N | Sioux Center | W | 21-12, 27-27 | 12-4 | 2A |
| 9/26 | N | Sgt. Bluff-Luton | W | 21-15, 21-5 | 13-4 | 3A |
| 9/26 | N | Sioux Fall Christian, SD | W | 21-19, 21-10 | 14-4 | SD |
| 9/26 | N | Southwest Christian, MN (semis) | W | 25-17, 25-21 | 15-4 | MN |
| 9/26 | A | Unity Christian (finals) | L | 25-20, 16-25, 7-15 | 15-5 | 2A |
| 9/29 | A | *Hinton | W | 25-17, 25-16, 25-23 | 16-5 | 2A |
| 10/1 | H | *Hartley-Melvin-Sanborn | W | 25-12, 25-20, 25-21 | 17-5 | 2A |
| 10/6 | A | *Sgt. Bluff-Luton | W | 25-12, 25-18, 27-25 | 18-5 | 3A |
| 10/8 | H | *West Sioux | W | 25-17, 25-17, 25-17 | 19-5 | 2A |
| CYO Tournament | | | | | | |
| 10/11 | H | Remsen St. Mary's (pool) | W | 21-13, 21-18 | 20-5 | 1A |
| 10/11 | H | Bishop Heelan, Sioux City (pool) | L | 17-21, 13-21 | 20-6 | 3A |
| 10/11 | H | Bishop Garrigan, Algona (pool) | W | 21-12, 21-9 | 21-6 | 1A |
| 10/11 | H | Kuemper Catholic (semi's) | W | 25-12, 25-16 | 22-6 | 2A |
| 10/11 | H | Bishop Heelan, Sioux City (finals) | L | 15-20, 20-25 | 22-7 | 3A |
| 10/13 | N | *Akron-Westfield | W | 25-20, 25-18 | 23-7 | 1A |
| 10/13 | A | *Marcus-Meriden-Cleghorn | W | 25-11, 25-15 | 24-7 | 1A |
| War Eagle Conference Final Four | | | | | | |
| 10/15 | H | Hinton | L | 16-25, 23-25 | 24-8 | 2A |
| 10/15 | H | West Sioux | W | 25-12, 25-19 | 25-8 | 2A |
| Class 1A Regional Tournament | | | | | | |
| 10/21 | H | Kingsley-Pierson | W | 25-10, 25-12, 25-15 | 26-8 | 1A |
| 10/27 | H | Akron-Westfield | W | 25-14, 25-19, 25-16 | 27-8 | 1A |
| 10/30 | N | George-Little Rock | W | 25-16, 25-18, 25-22 | 28-8 | 1A |
| 11/3 | N | Alta | W | 25-16, 25-19, 25-11 | 29-8 | 1A |
| Class 1A State Tournament | | | | | | |
| 11/12 | N | Don Bosco, Gilbertville | L | 22-25, 18-25, 16-25 | 29-9 | 1A |

*War Eagle Conference match

Tournament Finishes:

Sheldon Tournament – 3rd

West Sioux Tournament – 2nd

Unity Christian Tournament – 2nd

CYO Tournament – 2nd

War Eagle Conference Tournament – 3rd

Class 1A Regional Tournament – 1st

Gehlen Catholic

Jays Volleyball - 2009

The Mission:

25 wins

Top 2 in War Eagle Conference

Have team unity & cohesion

Serve 88% with 3.5 aces/game

Play in championship of CYO Tournament

Finish tough in all games

Go to State

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

- practice with a purpose every time we enter the gym
- be willing to go the extra mile
- open and honest communication with teammates and coaches
- be coachable and willing to improve
- compete throughout entire matches
- ignore the uncontrollables and deal effectively with the controllables
- respect, appreciate, commit to each other
- put the team first
- support each other on and off the court (vocally and emotionally)
- limit our yellow and red lights
- have fun

Fun

Dedication Respect

Confidence Team Pride Support

Mental Toughness Communication Work Ethic

2009 Gehlen Catholic Varsity Season Volleyball Stats

Kills

| Player | | | | Kill Statistics | | | | |
|--------------------|-------------------|------|--------------|-----------------|-------------|-----------------|--------------|----------------|
| # | Name | Year | Games Played | Kills | Kill Errors | Attack Attempts | Efficiency | Kills per Game |
| 10 | Wiltgen, Alexis | Sr | 94 | 193 | 44 | 494 | 0.302 | 2.10 |
| 3 | Timmins, Jessie | Sr | 94 | 191 | 77 | 433 | 0.263 | 2.03 |
| 7 | Rohe, Steph | Soph | 94 | 187 | 51 | 497 | 0.274 | 2.00 |
| 17 | Tilley, Rachel | Sr | 94 | 149 | 46 | 380 | 0.271 | 1.60 |
| 5 | Kellen, MacKenzie | Soph | 82 | 75 | 26 | 200 | 0.245 | 0.92 |
| 15 | Timmins, Amber | Soph | 94 | 65 | 16 | 122 | 0.402 | 0.70 |
| 6 | Sitzmann, Linden | Jr | 18 | 16 | 3 | 40 | 0.325 | 0.90 |
| 16 | Holtgrewe, Kayla | Sr | 94 | 1 | 1 | 2 | 0.000 | 0.01 |
| 1 | Tentinger, Megan | Jr | 4 | 1 | 0 | 1 | 1.000 | 0.25 |
| Team Totals | | | 94 | 878 | 264 | 2169 | 0.283 | 9.34 |

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 |
| 17 | Tilley, Rachel | Sr | 94 | 14 | 0.15 | 68 | 0.72 | 15-77-92 | 1.00 |
| 3 | Timmins, Jessie | Sr | 94 | 37 | 0.40 | 157 | 1.70 | 9-49-58 | 0.62 |
| 5 | Kellen, MacKenzie | Soph | 82 | 6 | 0.10 | 44 | 0.54 | 8-43-51 | 0.62 |
| 15 | Timmins, Amber | Soph | 94 | 677 | 7.20 | 186 | 2.00 | 10-31-41 | 0.44 |
| 7 | Rohe, Steph | Soph | 94 | 28 | 0.30 | 199 | 2.18 | 5-34-39 | 0.42 |
| 10 | Wiltgen, Alexis | Sr | 94 | 27 | 0.30 | 227 | 2.42 | 10-26-36 | 0.40 |
| 6 | Sitzmann, Linden | Jr | 18 | 3 | 0.20 | 7 | 0.40 | 1-2-3 | 0.20 |
| 9 | Heissel, Megan | Soph | 3 | 0 | 0.00 | 3 | 1.00 | 1-0-1 | 0.33 |
| 12 | Woerdehoff, Samantha | Sr | 11 | 0 | 0.00 | 7 | 0.64 | 0-0-0 | 0.00 |
| 1 | Tentinger, Megan | Jr | 4 | 0 | 0.00 | 4 | 1.00 | 0-0-0 | 0.00 |
| 4 | Flack, Brittany | Jr | 4 | 7 | 1.80 | 1 | 0.25 | 0-0-0 | 0.00 |
| 16 | Holtgrewe, Kayla | Sr | 94 | 9 | 0.10 | 310 | 3.30 | 0-0-0 | 0.00 |
| Team Totals | | | 94 | 808 | 8.60 | 1213 | 12.90 | 59-262-321 | 3.42 |

Serves

| Player | | | Serve Stats | | | | Ace Stats | |
|--------------------|----------------------|------|--------------|----------------|-----------------|--------------|------------|---------------|
| # | Name | Year | Games Played | Serve Attempts | Serve Successes | Percentage | Serve Aces | Aces per Game |
| 15 | Timmins, Amber | Soph | 94 | 424 | 371 | 0.875 | 103 | 1.10 |
| 10 | Wiltgen, Alexis | Sr | 94 | 395 | 325 | 0.823 | 65 | 0.70 |
| 17 | Tilley, Rachel | Sr | 94 | 347 | 325 | 0.937 | 40 | 0.43 |
| 7 | Rohe, Steph | Soph | 94 | 341 | 321 | 0.941 | 58 | 0.62 |
| 3 | Timmins, Jessie | Sr | 94 | 283 | 251 | 0.887 | 44 | 0.50 |
| 16 | Holtgrewe, Kayla | Sr | 94 | 234 | 212 | 0.906 | 25 | 0.30 |
| 12 | Woerdehoff, Samantha | Sr | 11 | 11 | 6 | 0.545 | 1 | 0.10 |
| 1 | Tentinger, Megan | Jr | 4 | 10 | 9 | 0.900 | 4 | 1.00 |
| 5 | Kellen, MacKenzie | Soph | 82 | 3 | 2 | 0.667 | 1 | 0.01 |
| 2 | Swalve, Becca | Jr | 2 | 3 | 1 | 0.333 | 1 | 0.50 |
| 6 | Sitzmann, Linden | Jr | 18 | 2 | 0 | 0.000 | 0 | 0.00 |
| 9 | Heissel, Megan | Soph | 3 | 1 | 0 | 0.000 | 0 | 0.00 |
| 4 | Flack, Brittany | Jr | 4 | 1 | 1 | 1.000 | 0 | 0.00 |
| Team Totals | | | 94 | 2055 | 1824 | 0.888 | 342 | 3.64 |

Games Played Stats

| # | Name | Year | Matches Played | Matches Started | Games Played |
|----|----------------------|------|----------------|-----------------|--------------|
| 7 | Rohe, Steph | Soph | 38 | 38 | 94 |
| 3 | Timmins, Jessie | Sr | 38 | 38 | 94 |
| 10 | Wiltgen, Alexis | Sr | 38 | 38 | 94 |
| 17 | Tilley, Rachel | Sr | 38 | 38 | 94 |
| 15 | Timmins, Amber | Soph | 38 | 38 | 94 |
| 16 | Holtgrewe, Kayla | Sr | 38 | 38 | 94 |
| 5 | Kellen, MacKenzie | Soph | 32 | 32 | 82 |
| 6 | Sitzmann, Linden | Jr | 11 | 6 | 18 |
| 12 | Woerdehoff, Samantha | Sr | 7 | 0 | 11 |
| 1 | Tentinger, Megan | Jr | 3 | 0 | 4 |
| 4 | Flack, Brittany | Jr | 3 | 0 | 4 |
| 9 | Heissel, Megan | Soph | 2 | 0 | 3 |
| 2 | Swalve, Becca | Jr | 2 | 0 | 2 |
| 13 | Vonnahme, Becca | Soph | 2 | 0 | 2 |

Team Match Season Highs

| | | |
|--------------------|---|---|
| Most Aces | – | 20 vs. Unity Christian, Sept. 15 19 vs. Spalding Catholic, Sept. 10 16 vs. South O'Brien, Sept. 3 & vs. Kingsley-Pierson, Oct. 21 |
| Most Assists | – | 37 vs. Unity Christian, Sept. 15 & vs. Hinton, Sept. 29 35 vs. Sgt. Bluff-Luton, Oct. 6 34 vs. Hartley-Melvin-Sanborn, Oct. 1 & vs. Kingsley-Pierson, Oct. 21 vs. Akron-Westfield, Oct. 28 |
| Most Kills | – | 40 vs. Sgt. Bluff-Luton, Oct. 6 39 vs. Unity Christian, Sept. 15 38 vs. Hinton, Sept. 29 & vs. Kingsley-Pierson, Oct. 21 37 vs. Hartley-Melvin-Sanborn, Oct. 1 & vs. Akron-Westfield, Oct. 28 & vs. Alta, Nov. 3 |
| Most Blocks | – | 20 vs. Hinton, Sept. 29 18 vs. Unity Christian, Sept. 15 15 vs. Spalding Catholic, Sept. 10 14 vs. Akron-Westfield, Oct. 28 & vs. Alta, Nov. 3 |
| Most Digs | – | 68 vs. Don Bosco, Nov. 12 67 vs. West Sioux, Oct. 8 57 vs. Unity Christian, Sept. 15 48 vs. Hinton, Sept. 29 & vs. Hartley-Melvin-Sanborn, Oct. 1 & vs. Sgt. Bluff-Luton, Oct. 6 |
| Highest Efficiency | – | .706 vs. Remsen-Union, Sept. 5 .500 vs. Sgt. Bluff-Luton, Sept. 26 .462 vs. Marcus-Meriden-Cleghorn, Oct. 13 .441 vs. Cherokee, Sept. 5 |
| Best Serving % | – | 95.9 vs. West Sioux, Oct. 15 93.9 vs. Akron-Westfield, Oct. 13 93.5 vs. Bishop Heelan, Oct. 11 |

Individual Match Season Highs

| | | |
|---|---|--|
| Most Aces | – | 9 Amber Timmins vs. Unity Christian, Sept. 15 8 Amber Timmins vs. Hartley-Melvin-Sanborn, Oct. 1 & vs. Kingsley-Pierson, Oct. 21 6 Amber Timmins vs. South O'Brien, Sept. 3 & vs. Sgt. Bluff-Luton, Sept. 26 6 Steph Rohe vs. Alta, Nov. 3 |
| Most Assists | – | 32 Amber Timmins vs. Hinton, Sept. 29 & vs. Hartley-Melvin-Sanborn, Oct. 1 30 Amber Timmins vs. Unity Christian, Sept. 15 & vs. West Sioux, Oct. 8 29 Amber Timmins vs. Sgt. Bluff-Luton, Oct. 6 28 Amber Timmins vs. Kingsley-Pierson, Oct. 21 |
| Most Kills | – | 13 Alexis Wiltgen vs. Hinton, Sept. 29 13 Jessie Timmins vs. West Sioux, Oct. 8 12 Alexis Wiltgen vs. Hartley-Melvin-Sanborn, Oct. 1 12 Jessie Timmins vs. Sgt. Bluff-Luton, Oct. 6 |
| Most Blocks | – | 5 Jessie Timmins & Rachel Tilley vs. Hinton, Sept. 29 5 Alexis Wiltgen vs. Cherokee, Sept. 5 5 Rachel Tilley vs. Spalding Catholic, Sept. 10 & vs. Akron-Westfield, Oct. 28 5 Jessie Timmins & Rachel Tilley vs. Alta, Nov. 3 |
| Most Digs | – | 18 Kayla Holtgrewe vs. Hinton, Sept. 29 15 Kayla Holtgrewe vs. Sgt. Bluff-Luton, Oct. 6 14 Kayla Holtgrewe vs. Emmetsburg, Sept. 5 & vs. Unity Christian, Sept. 15 14 Kayla Holtgrewe vs. Hartley-Melvin-Sanborn, Oct. 1 & vs. West Sioux, Oct. 8 |
| Highest Efficiency (minimum 10 attempts) | – | .667 Alexis Wiltgen vs. Kingsley-Pierson, Oct. 21 .636 Steph Rohe vs. Sioux Center, Sept. 26 .615 Rachel Tilley vs. Sgt. Bluff-Luton, Oct. 6 .588 Jessie Timmins vs. Alta, Nov.3 |
| Most Errorless Serve Attempts | – | 18 Steph Rohe vs. Sgt. Bluff-Luton, Oct. 6 18 Rachel Tilley vs. West Sioux, Oct. 15 16 Rachel Tilley vs. Remsen-Union, Sept. 1 & vs. Unity Christian, Sept. 15 16 Kayla Holtgrewe vs. George-Little Rock, Sept. 19 |

2009 War Eagle Conference Volleyball

War Eagle Conference Regular Season Team Records

| | | |
|------------------------|-------------|-------------|
| Unity Christian | 11-0 | 31-8 |
| Gehlen Catholic | 10-1 | 29-9 |
| Hinton | 8-3 | 19-15 |
| West Sioux | 7-4 | 21-9 |
| SBL | 7-4 | 16-9 |
| A-W | 7-4 | 13-8 |
| MMC | 4-7 | 7-15 |
| SOS | 4-7 | 6-15 |
| RSM | 4-7 | 6-17 |
| HMS | 3-8 | 6-19 |
| Spalding Catholic | 1-10 | 6-18 |
| RU | 0-11 | 2-21 |

1st Team

| | | |
|-----------------------|-----------|-----------|
| Lindsey Moerman | UC | 12 |
| Caroline Reinders | UC | 11 |
| Karly Groom | AW | 12 |
| Alexis Wiltgen | GC | 12 |
| Katelyn Schuller | UC | 11 |
| Samantha Engleman | WS | 12 |
| Anna Walker | SBL | 12 |
| Shelbie Vander Feen | WS | 12 |
| Ashton Moody | H | 11 |
| Amber Timmins | GC | 10 |

2nd Team

| | | |
|-----------------------|-----------|-----------|
| Alexa Altena | UC | 11 |
| Rachel Tilley | GC | 12 |
| Shawnee Miller | H | 11 |
| Larissa VanDyke | HMS | 12 |
| Cassidy Breon | SBL | 10 |
| Nicole Jacobs | WS | 12 |
| Jessie Timmins | GC | 12 |
| Sarah Parkinson | AW | 11 |
| Emma Krier | RSM | 11 |
| Kayla Foresman | MMC | 10 |

Honorable Mention

| | | |
|-------------------|-----------|-----------|
| Meika Folkerts | UC | 12 |
| Raelle Wielenga | UC | 12 |
| Erica VonHolland | H | 11 |
| Sadi Shuck | H | 9 |
| Raleigh Burke | H | 11 |
| Betsy Thomas | SBL | 10 |
| Amber Hain | SOS | 12 |
| Miranda Kelleher | SOS | 12 |
| Kayla Orthmann | HMS | 12 |
| Hailey Waechter | HMS | 12 |
| Brainna Konz | SC | 12 |
| Jenn Hansen | SC | 11 |
| Amy Stoll | SC | 12 |
| Jen Ruba | RU | 11 |
| Steph Rohe | GC | 10 |



2009 IGCA VOLLEYBALL ALL-DISTRICT TEAMS

Class 1A WEST CENTRAL All-District

| Player | School |
|--------------------------|---------------------------|
| 1. Hallie Christofferson | Exira |
| 2. Megan Monahan | Southern Cal |
| 3. Amanda Bell | Grandview Park Baptist |
| 4. Tayler Geer | Treynor |
| 5. Emily Hortsman | DMC |
| 6. Marissa Moran | Council Bluffs St. Albert |
| 7. Kaitlin Floerchinger | Treynor |
| 8. Taylor Kelly | Southern Cal |
| 9. Kayla Nikkel | Grandview Park Baptist |
| 10. Katie Dentlinger | Coon Rapids Bayard |
| 11. Malorie Gilley | East Greene |
| 12. Karlie Schut | Iowa Christian Academy |
| 13. Alyssa Dunlop | Woodbine |
| 14. Morgan Roecker | Ar We Va |
| 15. Kaleigh Strong | Ankeny Christian Academy |

District Coach: Janet Fiene Treynor

Class 1A NORTH CENTRAL All District

| Player | School |
|----------------------|-----------------------|
| 1. Tasha Neilson | Grattinger – Terril |
| 2. Amber Gorackowski | North Sentral Kossuth |
| 3. Genna Valvick | North Sentral Kossuth |
| 4. Rebekah Rolling | North Sentral Kossuth |
| 5. Kate Hartman | Nothwood Kensett |
| 6. Amanda Frieden | West Bend Mallard |
| 7. Susan Kies | Newell Fonda |
| 8. Holly Heiden | Northeast Hamilton |
| 9. Morgan Dombier | MC Newman |
| 10. Chelsea Mathews | Ventura |
| 11. Adessa Jass | Northeast Hamilton |
| 12. Holly Hofmaster | Laurens Marathon |
| 13. Summer Anderson | Northeast Hamilton |
| 14. Katelyn Laurens | Newell Fonda |
| 15. Lindsey Bruns | CAL |

Coach of the Year: Dana Lehner Newell Fonda

Class 1A NORTHWEST All-District

| Player | School |
|--------------------------|--------------------|
| 1. Roxanne Grundmeier | Schaller-Crestland |
| 2. Chalsea Clayton | Schaller-Crestland |
| 3. Jordan Henningsen | Alta |
| 4. Alexis Wiltgen Lemars | Gehlen Catholic |
| 5. Amber Timmins Lemars | Gehlen Catholic |
| 6. Egypt Clayton | Schaller-Crestland |
| 7. Courtney VanHaaften | Alta |
| 8. Kristi Teunissen | Rock Valley |
| 9. Jana Peters | Harris-Lake Park |
| 10. Rachel Tilley Lemars | Gehlen Catholic |
| 11. Kati Steffens | Woodbury Central |
| 12. Heidi Rollefson | Galva Holstein |
| 13. Whitney Vander Maten | Boyden Hull |
| 14. Marissa Leemkuil | George-Little Rock |
| 15. Ashley Buell | Galva-Holstein |

Coach of the Year: Marilyn Murra Schaller-Crestland

Class 1A SOUTHEAST All – District

| Player | School |
|-----------------------|-----------------------|
| 1. Jessica Lerdal | New London |
| 2. Deanna Knutstron | Holy Trinity |
| 3. Colby Hoyer | Holy Trinity |
| 4. Sasha Noel | New London |
| 5. Meridyth Bates | Iowa Mennonite |
| 6. Brooke Wade | Winfield Mt. Union |
| 7. Taylor Delaney | New London |
| 8. Ashley Tinguely | Holy Trinity |
| 9. Aaren Wright | New London |
| 10. Stephanie Schulte | Holy Trinity |
| 11. Karla Hester | Winfield Mt. Union |
| 12. Kara Schlabaugh | Iowa Mennonite |
| 13. Whitney Wagler | Winfield Mt. Union |
| 14. Abbey Roth | Waco |
| 15. Jamie Giannettino | Burlington Notre Dame |

Coach of the Year: Maureen Heath New London

Class 1A SOUTH All – District

| Player | School |
|------------------------|------------------------|
| 1. Kadie Subbert | Stanton |
| 2. Lindsay Hoehns | Twin Cedars |
| 3. Mackenzie Morrison | Martensdale St. Mary's |
| 4. Jocelyn Coleman | Essex |
| 5. Daniela Goemaat | Twin Cedars |
| 6. Sami Smith | East Union |
| 7. Samantha Weed | Bedford |
| 8. JoAnna Wells | Melcher – Dallas |
| 9. Brittany Graham | Linneville –Clio |
| 10. Mariah Kruse | East Union |
| 11. Rebecca Pennington | Mount Ayr |
| 12. Courtney Auxier | Villisca |
| 13. Jordan Sorensen | Stanton |
| 14. Leah Burkhiser | Farragut |
| 15. Natasha Leland | Bedford |

Coach of the Year: Gail Thatcher East Union

Class 1A NORTHEAST All – District

| Player | School |
|------------------------|--------------|
| 1. Megan Gilbert | Tripoli |
| 2. Marissa Shinstine | Tripoli |
| 3. Abby Breitbach | Don Bosco |
| 4. Allison Rottinghaus | Don Bosco |
| 5. Micah Wedemeier | Tripoli |
| 6. Olivia Fisher | Janesville |
| 7. Kalie Kirchhoff | Tripoli |
| 8. Audrey Rottinghaus | Don Bosco |
| 9. Maggie Ray | Springville |
| 10. Abby Schares | Don Bosco |
| 11. Morgan Peters | Tripoli |
| 12. Kelsey Upah | North Tama |
| 13. Karlee Markley | Springville |
| 14. Liz Lincoln | West Central |
| 15. Emily Henningsen | Preston |

Coach of the Year: Shelly Sorenson Janesville

2009 IGCA VOLLEYBALL ALL-DISTRICT TEAMS

Class 2A NORTHWEST All – District

| Player | School |
|------------------------------------|-------------------|
| 1. Kayla Gesink | Western Christian |
| 2. Liz Ihnen | Sheldon |
| 3. Lindsey Moerman | Unity Christian |
| 4. Abby Horstman | Western Christian |
| 5. Abbie Ackerman | Central Lyon |
| 6. Rachel Ihnen | Sheldon |
| 7. Katelynn Schuller | Unity Christian |
| 8. Ashton Moody | Hinton |
| 9. Brooke Scharn | Sioux Central |
| 10. Jocelyn Bousema | Western Christian |
| 11. Kellie Goedken | Sheldon |
| 12. Brandi De Muth | Okoboji |
| 13. Kate Kragt | Sioux Center |
| 14. Caroline Reinders | Unity Christian |
| 15. Kayla Cuperus | Central Lyon |
| Coach of the Year Michelle Hoogers | Sheldon |

Class 2A NORTH CENTRAL All – District

| Player | School |
|--------------------------------|----------------------|
| 1. Hannah Willms | Dike New Hartford |
| 2. Hallie Peterson | West Fork |
| 3. Abby Graves | Grundy Center |
| 4. Darcy Nelson | Lake Mills |
| 5. Kelsey Enslin | AGWSR |
| 6. McKaila Bruns | Dike New Hartford |
| 7. Meaghan Krausman | Grundy Center |
| 8. Molly Thomas | Osage |
| 9. Abbie Perez | Dike New Hartford |
| 10. Lauren Malecek | Osage |
| 11. Sam Meyers | Grundy Center |
| 12. Jill Schildroth | Gladbrook – Reinbeck |
| 13. Morgan Fjelstad | Lake Mills |
| 14. Shannon Boyle | Gladbrook – Reinbeck |
| 15. Caitlyn Haning | West Fork |
| Coach of the Year: Diane Harms | Dike New Hartford |

Class 2A SOUTH CENTRAL All – District

| Player | School |
|-----------------------------------|------------------|
| 1. Bekah Posthuma | Pella Christian |
| 2. Josey Ellis | Clarke |
| 3. Sydney Mc Cune | Woodward-Granger |
| 4. Taylor Mirka | Gilbert |
| 5. Abby Maher | CMB |
| 6. Mia Pearson | Roland-Story |
| 7. Jenna Horstman | Pella Christian |
| 8. Haley Lewin | Clarke |
| 9. Gabby Stearns | Gilbert |
| 10. Molly Hennigar | Nodaway Valley |
| 11. Jordan Weitzell | W. Marshall |
| 12. Allison Siebert | I-35 |
| 13. Savannah Bice | Woodward-Granger |
| 14. Erica Neideigh | PCM |
| 15. Jen Shields | Clarke |
| Coach of the Year: John Evenhouse | Pella Christian |

Class 2A NORTHEAST All – District

| Player | School |
|--------------------------------|----------------------|
| 1. Eryca Hingten | Wapsie Valley |
| 2. Ramey Seick | North Fayette |
| 3. Ashyton Dixon | Camanche |
| 4. Carley Wehling | Wapsie Valley |
| 5. Chelsea Moore | Camanche |
| 6. Kelly Nuemann | Sumner Fredricksburg |
| 7. Tainna Bark | Camanche |
| 8. Nicole Boevers | Wapsie Valley |
| 9. Amber Meyer | Cascade |
| 10. Madison Jones | Hudson |
| 11. Holly Hosch | Cascade |
| 12. Rachel Schaefer | Waterloo Columbus |
| 13. Libby Creery | North Fayette |
| 14. Hillary Keller | Hudson |
| 15. Jennifer Boeckenstedt | Dyersville Beckman |
| Coach of the Year: Mark Cremer | Camanche |

Class 2A SOUTHEAST All – District

| Player | School |
|---------------------------------|-----------------|
| 1. Ali Stark | Mt. Vernon |
| 2. Brianna Strong | Mt. Vernon |
| 3. Renee Telsrow | Durant |
| 4. Courtney Kintzel | Mt. Vernon |
| 5. Brie Winegar | Solon |
| 6. Amanda Platte | Mt. Vernon |
| 7. Bailey Griffith | Mediapolis |
| 8. Makenzie Meyer | Durant |
| 9. Lydia Hahn | West Branch |
| 10. Jordyn Akers | Regina |
| 11. Sarah Calderwood | Mediapolis |
| 12. Mariah Young | West Burlington |
| 13. Kelsey Hinrichs | Solon |
| 14. Madison Moeller | Tipton |
| 15. Julissa Galvan | West Liberty |
| Coach of the Year: Shirley Ryan | Mt. Vernon |

Class 2A WEST CENTRAL All – District

| Player | School |
|----------------------------------|------------------|
| 1. Megan Hutson | Lo – Ma |
| 2. Laura Steinauer | Clarinda |
| 3. Claire Mander | Underwood |
| 4. Ashley Hagedorn | IKM – Manning |
| 5. Kirsten Van Zuiden | Kuemper Catholic |
| 6. Ashley Lage | IKM – Manning |
| 7. Savannah Smith | Riverside |
| 8. Kaely Piller | Red Oak |
| 9. Whitney Dose | MV-AO |
| 10. Blake Sullivan | Tri - Center |
| 11. Kelsy Miller | Missouri Valley |
| 12. Maddi Drees | Kuemper Catholic |
| 13. Brooke Johnson | Underwood |
| 14. Alex Halbur | IKM – Manning |
| 15. Bailey Knudson | Guthrie Center |
| Coach of the Year: Heath Telleen | Underwood |

2009 IGCA VOLLEYBALL ALL-DISTRICT TEAMS

Class 3A NORTH All-District

| Player | School |
|-----------------------------------|--------------------|
| 1. Natalie Hackbarth | Algona |
| 2. Rachel Peth | Waverly Shell Rock |
| 3. Maddie Forsyth | Charles City |
| 4. Morgan Kuhrt | Waverly Shell Rock |
| 5. Laura TerHark | Algona |
| 6. Kinsey Caldwell | Waverly Shell Rock |
| 7. Shelby Lewis | Charles City |
| 8. Tabitha Blaser | Forest City |
| 9. Marie Hadar | Humboldt |
| 10. Brittany Vaske | Algona |
| 11. Ali Smith | Iowa Falls-Alden |
| 12. Taylor Diehl | Clear Lake |
| 13. Kirsten Lipps | Algona |
| 14. Megan Kittleson | Waverly Shell Rock |
| 15. Lauren Martin | Forest City |
| Cochair of the Year: Eavon Woodin | Waverly Shell Rock |

Class 3A WEST All – District

| Player | School |
|---------------------------------|-------------------|
| 1. Carli Tritz | Heelan |
| 2. Leisa McClintock | Heelan |
| 3. Anna Wernimont | Atlantic |
| 4. Mary Kaufmann | Harlan |
| 5. Amy Johnson | MOC-FV |
| 6. Cassie Meylor | Storm Lake |
| 7. Maggie Vondrak | Heelan |
| 8. Natalie Vondrak | Heelan |
| 9. Natalie Fishbach | Carroll |
| 10. Kirstie Ruhland | LeMars |
| 11. Lindsey Schulz | Carroll |
| 12. Katie Blum | Storm Lake |
| 13. Kayla Krohnke | Denison-Schleswig |
| 14. Kari Sandage | Atlantic |
| 15. Jacie White | Harlan |
| Cochair of the year Lori Slight | Heelan |

Class 3A - CENTRAL - All District

| Player | School |
|---------------------------------|----------------------|
| 1. Brooke Fessler | Pella |
| 2. Hali Steenhoek | Pella |
| 3. Britni Reed | Dallas Center Grimes |
| 4. Sabrina Hargis | Bondurant Farrar |
| 5. Kayla Barber | Winterset |
| 6. Taylor Wineland | Dallas Center Grimes |
| 7. Lindsay Bentzinger | Pella |
| 8. Jessica Nichols | Perry |
| 9. Taylor Rasmussen | ADM |
| 10. Cassie Johnson | Winterset |
| 11. Katelyn Pringnetz | Nevada |
| 12. Tana Seufferer | Chariton |
| 13. Kelsi Rempe | Pella |
| 14. Bobbi Burrows | Bondurant Farrar |
| 15. Mandi Deutsch | Knoxville |
| Cochair of the Year Bob Fessler | Pella |

Class 3A SOUTHEAST All – District

| Player | School |
|-------------------------------------|-------------------|
| 1. Mackenzie Bigbee | Williamsburg |
| 2. Meredith Flattery | Fairfield |
| 3. Anne Stecker | Williamsburg |
| 4. Kaylee Mehrhoff | Centerville |
| 5. Melissa Dever | Maquoketa |
| 6. Laura Neuzil | Clear Creek Amana |
| 7. Tori Ogden | Fairfield |
| 8. Jena Selk | Benton |
| 9. Cydney Palmer | Vinton Shellsburg |
| 10. Andrea Peiper | Mt. Pleasant |
| 11. Rachel Henning | Central DeWitt |
| 12. Shelsey Stanley | Keokuk |
| Cochair of the Year: Emily Nordheim | Williamsburg |

Class 3A NORTHEAST All – District

| Player | School |
|--------------------------------------|---------------|
| 1. Morgan Paige | Marion |
| 2. Erin Klostermann | Dub. Wahlert |
| 3. JoAnna Forkner | Marion |
| 4. Allison Pasker | West Delaware |
| 5. Kara Grant | West Dubuque |
| 6. Megan Theisen | Dub. Wahlert |
| 7. Jenna Hermsen | West Delaware |
| 8. Maggie Murphy | Marion |
| 9. Ashley Hager | Union |
| 10. Claire Till | Dub Wahlert |
| 11. Mary Halverson | Waukon |
| 12. Nicole Johnson | Center Point |
| 13. Kelsey Schilling | Dub Wahlert |
| 14. Lauren Lewey | West Dubuque |
| 15. Sara Jesse | Union |
| Cochair of the Year: Roxanne Paulson | Marion |

CYO Tournament Runner-Ups



2009 Iowa High School Final Volleyball Rankings

Compiled by the Iowa Girls High School Athletic Union

Class 1A

| | SCHOOL | Record | LW |
|----|------------------------|---------------|-----------|
| 1 | Tripoli | 30-4 | 1 |
| 2 | Twin Cedars | 18-0 | 2 |
| 3 | Schaller-Crestland | 26-3 | 3 |
| 4 | Treynor | 30-3 | 4 |
| 5 | Don Bosco | 21-9 | 5 |
| 6 | LeMars Gehlen Catholic | 24-7 | 6 |
| 7 | Exira | 15-5 | 7 |
| 8 | Alta | 16-5 | 8 |
| 9 | Northeast Hamilton | 18-5 | 9 |
| 10 | Holy Trinity Catholic | 30-10 | 10 |
| 11 | Janesville | 19-8 | NR |
| 12 | Southern Cal | 16-9 | 12 |
| 13 | Martensdale St. Marys | 22-9 | NR |
| 14 | North Sentral Kossuth | 25-8 | NR |
| 15 | Stanton | 19-4 | 15 |

Class 3A

| | SCHOOL | Record | LW |
|----|--------------------------|---------------|-----------|
| 1 | Sioux City Bishop Heelan | 37-4 | 1 |
| 2 | Algona | 26-1 | 2 |
| 3 | Waverly-Shell Rock | 34-5 | 3 |
| 4 | Pella | 29-5 | 4 |
| 5 | Marion | 28-8 | 5 |
| 6 | Dubuque Wahlert | 17-11 | 7 |
| 7 | West Delaware | 27-7 | 6 |
| 8 | Charles City | 22-7 | 10 |
| 9 | Bonudrant-Farrar | 24-3 | 8 |
| 10 | Carroll | 23-4 | 12 |
| 11 | Union | 24-8 | 11 |
| 12 | Humboldt | 22-6 | 15 |
| 13 | Storm Lake | 18-4 | 14 |
| 14 | Western Dubuque | 18-9 | NR |
| 15 | Vinton-Shellsburg | 16-9 | 13 |

Class 2A

| | SCHOOL | Record | LW |
|----|-------------------|---------------|-----------|
| 1 | Mount Vernon | 29-1 | 1 |
| 2 | Western Christian | 29-7 | 2 |
| 3 | Dike-New Hartford | 37-3 | 3 |
| 4 | Wapsie Valley | 31-2 | 5 |
| 5 | Camanche | 35-3 | 7 |
| 6 | Unity Christian | 27-7 | 6 |
| 7 | Sheldon | 32-2 | 4 |
| 8 | Mediapolis | 35-3 | 10 |
| 9 | IKM-Manning | 27-2 | 11 |
| 10 | Lake Mills | 31-3 | 12 |
| 11 | Durant | 30-5 | 8 |
| 12 | West Fork | 34-3 | 9 |
| 13 | Central Lyon | 24-4 | 13 |
| 14 | Northeast | 25-5 | 14 |
| 15 | Gilbert | 16-6 | NR |

Class 4A

| | SCHOOL | Record | LW |
|----|--------------------------------|---------------|-----------|
| 1 | Ankeny | 25-0 | 1 |
| 2 | Iowa City West | 28-2 | 2 |
| 3 | Cedar Rapids Kennedy | 27-3 | 4 |
| 4 | Dubuque Hempstead | 25-3 | 3 |
| 5 | Iowa City High | 26-6 | 5 |
| 6 | West Des Moines Valley | 22-6 | 6 |
| 7 | Council Bluffs Abraham Lincoln | 29-8 | 7 |
| 8 | Cedar Rapids Washington | 25-7 | 8 |
| 9 | Linn-Mar | 22-11 | 9 |
| 10 | Waterloo East | 19-9 | 12 |
| 11 | Davenport Central | 16-9 | 13 |
| 12 | Marshalltown | 22-6 | 10 |
| 13 | Urbandale | 24-7 | 11 |
| 14 | Bettendorf | 21-9 | 14 |
| 15 | Dowling Catholic | 18-10 | NR |

2009 CLASS 1A STATE VOLLEYBALL BRACKET



2009 CLASS 2A STATE VOLLEYBALL BRACKET



2009 Gehlen Jays Volleyball Honors Page

Letterwinners: Kayla Holtgrewe Rachel Tilley
Jessie Timmins Alexis Wiltgen
Samantha Woerdehoff Linden Sitzmann
MacKenzie Kellen Steph Rohe
Amber Timmins

Team Captain: Jessie Timmins
Alexis Wiltgen

Teammate Award: Alexis Wiltgen

Dedication Award: Samantha Woerdehoff

Most Improved: Linden Sitzmann

Most Valuable: Amber Timmins

War Eagle All - Conference Teams

Honorable Mention: Steph Rohe
Second Team: Rachel Tilley
Jessie Timmins
First Team: Amber Timmins
Alexis Wiltgen

Other Honor Teams

CYO All-Tournament: Amber Timmins, Alexis Wiltgen
All-District: Rachel Tilley, Amber Timmins, Alexis Wiltgen
All-State: Alexis Wiltgen (3rd Team Class 1A)
Tri-State All-Star Game: Rachel Tilley, Jessie Timmins
CNOS Foundation VB Classic: Rachel Tilley, Jessie Timmins, Alexis Wiltgen