



Gehlen Jays
Season Summary
2006

2006 - Gehlen Catholic Volleyball Roster

Varsity

#	Name	Height	Position	Grade
1	Kelsi Kellen	5' 11"	MH/RS	Jr.
2	Brittney Schlichte	5' 11"	MH	So.
3	Brooke Langel	5' 6"	DS	Sr.
4	Alli Holtgrewe	5' 7"	S	Sr.
5	Sarah Germann	6' 0"	MH	Sr.
6	Kelsey Sitzmann	5' 3"	DS	Jr.
7	Kari Dirksen	6' 0"	MH/RS	Sr.
8	Ashley Sitzmann	5' 10"	OH	Sr.
9	Ellen Sitzmann	5' 7"	OH	Jr.
10	Danielle Gunter	5' 4"	S	So.
11	Amanda Cronin	5' 7"	DS	Sr.
12	Maggie Nemmers	5' 9"	MH	Jr.
13	Megan Sauer	5' 6"	S/RS	Jr.
14	Ashley Langel	5' 4"	DS	Jr.
15	Kayla Hatting	5' 7"	OH	So.

B Squad

#	Name	Height	Grade
1	Erica Janning	5' 7"	So.
2	Erin Hoffman	5' 6"	So.
3	Danielle Gunter	5' 4"	So.
4	Emily Tentinger	5' 6"	So.
5	Megan Langel	5' 4"	So.
6	Amanda Roder	5' 8"	So.
7	Brittney Schlichte	5' 11"	So.
8	Kayla Hatting	5' 7"	So.
9	Nicole Schmitz	5' 5"	So.
10	Haley Stinton	5' 3"	Jr.
11	Melissa Kellen	5' 7"	Jr.

C Squad

#	Name	Height
1	Tera Langel	5' 2"
2	Sarah Jentz	5' 4"
3	Jessie Timmins	5' 11"
4	Bre Kraus	5' 3"
5	Leah Ruhland	5' 9"
6	Katie Ruba	5' 3"
7	Whitney Arnold	5' 5"
9	Rachel Koopman	5' 4"
10	Alexis Wiltgen	5' 7"
11	Kayla Holtgrewe	5' 6"
12	Sam Woerdehoff	5' 2"

Nickname:	Jays
Colors:	Green & Gold
Head Coach:	Mike Meyer
JV Coach:	Kent Zevenbergen
Freshman:	Kathy Neary
Principal:	Mr. Jeff Alesch
A.D.:	Marty Kurth
Stats:	Anna Geier
	Emily Hutchins
	Keith Klein
Frosh Mgr.	Teena Cochran

2006 MATCH RESULTS

INSTITUTION: Gehlen Catholic (LeMars, IA)

CONFERENCE / CLASS: War Eagle / 1A

Date	H/A/N	Opponent	Match W-L	Game Scores	Cumulative Record	Iowa Classification
Sioux City West Early Bird (Sept. 2)						
9/2	N	Remsen St. Mary's	W	21-17, 21-12	1-0	1A
9/2	N	Denison-Schleswig	L	16-21, 16-21	1-1	3A
9/2	N	Dakota Valley, SD	W	19-21, 21-14, 15-10	2-1	SD
9/2	N	Cherokee (Semi's)	L	21-23, 21-6, 9-15	2-2	2A
9/2	N	Denison-Schleswig (3rd place)	W	21-16, 21-15	3-2	3A
9/5	A	Hinton	L	25-19, 22-25, 21-25, 22-25	3-3	2A
9/7	H	West Sioux	W	25-11, 25-6, 25-8	4-3	2A
9/12	H	South O'Brien	W	25-21, 19-25, 25-17, 25-21	5-3	2A
West Sioux Tournament (Sept. 16)						
9/16	N	Akron-Westfield	L	19-21, 19-21	5-4	2A
9/16	A	West Sioux	W	21-15, 21-19	6-4	2A
9/16	N	George-Little Rock	L	21-10, 13-21, 10-15	6-5	1A
9/16	N	Alcester-Hudson, SD	W	21-9, 21-18	7-5	SD
9/16	N	Woodbury Central	W	21-13, 21-16	8-5	1A
9/19	A	Akron-Westfield	W	14-25, 25-18, 27-25, 25-13	9-5	2A
Unity Christian Tournament (Sept. 23)						
9/23	N	Lemars Community	W	21-15, 21-15	10-5	3A
9/23	N	Sgt. Bluff-Luton	W	21-16, 21-14	11-5	3A
9/23	N	Southwest Christian, MN	L	14-21, 21-18, 6-15	11-6	MN
9/23	A	Unity Christian (semi's)	L	11-21, 17-21	11-7	2A
9/23	N	Southwest Christian (cons.)	L	14-21, 14-21	11-8	MN
9/26	A	Unity Christian	L	19-25, 19-25, 21-25	11-9	2A
War Eagle Tournament (Sept. 28/30)						
9/28	N	Marcus-Meriden-Cleghorn	W	21-16, 21-16	12-9	1A
9/28	A	South O'Brien	W	21-14, 21-12	13-9	2A
9/28	A	Unity Christian	L	13-21, 22-20, 8-15	13-10	2A
9/28	A	Spalding Catholic	W	21-15, 21-10	14-10	1A
9/30	N	Akron-Westfield (semi's)	W	24-22, 21-19	15-10	2A
9/30	A	Unity Christian (finals)	L	7-21, 14-21	15-11	2A
10/3	A	Remsen St. Mary's	W	25-19, 25-17, 26-28, 19-25	16-11	1A
10/3	H	Marcus-Meriden-Cleghorn	W	26-24, 25-16, 25-17	17-11	1A
CYO Tournament (Oct. 8)						
10/8	H	Carroll Kuemper	L	12-21, 18-21	17-12	2A
10/8	H	Storm Lake St. Mary's	W	21-14, 21-14	18-12	1A
10/8	H	Algona Garrigan	W	21-8, 21-18	19-12	1A
10/8	H	Sioux City Heelan (semi's)	L	11-21, 4-21	19-13	3A
10/8	H	Fort Dodge St. Edmonds (cons.)	W	21-6, 21-16	20-13	2A
10/10	H	Sgt. Bluff-Luton	W	19-25, 25-23, 17-25, 25-14, 15-5	21-13	3A
10/12	A	Spalding Catholic	W	25-21, 25-6, 25-16	22-13	1A
10/18	H	Rock Valley (Districts)	L	20-25, 25-19, 30-28, 16-25	22-14	1A

Tournament Finishes:

Sioux City West Early Bird – 3rd

West Sioux Tourney

Unity Christian Tournament – 3rd

War Eagle Conference – 2nd

CYO Tournament – 3rd

Gehlen Catholic Jays Volleyball Stats - 2006

Overall Match Record: 22-14

Conference Record: 7-2 (2nd Place)

#	Player	GP	SERVING STATS					PASSING STATS		
			Attempts	Errors	Serving %	Aces	Aces/game	Attempts	Errors	Passing %
1	Kelsi Kellen	89	0	0	---	0	---	72	6	.917
2	Danielle Gunter	1	1	0	---	0	---	0	0	---
3	Brooke Langel	87	12	2	.833	2	---	105	7	.933
4	Alli Holtgrewe	81	364	20	.945	37	0.46	4	1	.750
5	Sarah Germann	91	346	24	.931	37	0.41	381	14	.963
6	Kelsey Sitzmann	24	44	2	.955	5	0.21	19	2	.895
7	Kari Dirksen	91	192	21	.891	12	0.13	14	1	.929
8	Ashley Sitzmann	91	177	11	.938	3	0.03	199	19	.905
9	Ellen Sitzmann	91	332	23	.931	38	0.42	584	31	.947
11	Amanda Cronin	7	7	2	.714	0	---	2	1	.500
12	Maggie Nemmers	5	2	1	.500	0	---	1	0	1.000
13	Megan Sauer	24	87	10	.885	5	0.21	12	1	.917
14	Ashley Langel	90	273	14	.949	20	0.22	82	4	.951
15	Kayla Hatting	5	4	0	1.000	1	0.20	6	0	1.000
	Others	-	4	1	.750	0	---	0	0	---
	Team Totals	91	1845	131	.929	160	1.76	1481	87	.941

#	Player	SETTING STATS			SPIKING STATS				BLOCKING STATS				
		Assists	Assists/gm	Attempts	Errors	Kills	Kills/gm	Efficiency	Solo	Assisted	Blocks/gm	Digs	Digs/gm
1	Kelsi Kellen	61	0.69	344	51	86	0.97	.102	21	50	0.80	62	0.70
2	Danielle Gunter	0	---	0	0	0	---	---	0	0	---	0	---
3	Brooke Langel	2	---	4	0	3	---	.750	0	0	---	140	1.61
4	Alli Holtgrewe	381	4.70	90	6	16	0.20	.111	2	14	0.20	256	3.16
5	Sarah Germann	26	0.29	501	78	152	1.67	.148	33	62	1.04	268	2.94
6	Kelsey Sitzmann	0	---	1	0	0	---	---	0	0	---	49	2.04
7	Kari Dirksen	20	0.22	395	48	122	1.34	.188	27	76	1.13	72	0.79
8	Ashley Sitzmann	15	0.17	505	54	133	1.46	.156	12	28	0.44	206	2.26
9	Ellen Sitzmann	20	0.22	613	90	173	1.90	.135	15	42	0.63	286	3.14
11	Amanda Cronin	0	---	0	0	0	---	---	0	0	---	5	0.71
12	Maggie Nemmers	0	---	9	1	5	1.00	.444	0	0	---	5	1.00
13	Megan Sauer	85	3.54	41	3	11	0.46	.195	4	9	0.54	37	1.54
14	Ashley Langel	2	---	7	2	2	---	---	0	0	---	152	1.69
15	Kayla Hatting	1	0.20	16	4	4	0.80	0.00	0	0	---	6	1.20
	Others	4	---	7	1	2	---	---	0	0	---	1	---
	Team Totals	617	6.78	2533	338	709	7.79	.147	114	281	2.80	1545	17.00

2006 War Eagle Conference Honor Teams

War Eagle Conference – First Team

*Tana Colt	Akron-Westfield
*Sarah Germann	Gehlen Catholic
*Steph Goslinga	Unity Christian
*Dorinda Hibma	Unity Christian
Kerri Klemmensen	Hinton
Jaci Moret	Unity Christian
Leah Nielsen	Sgt. Bluff-Luton
*Ellen Sitzmann	Gehlen Catholic

*unanimous selection

War Eagle Conference – Second Team

Andrea Doeden	Marcus-Meriden-Cleghorn
Brittany Haan	Unity Christian
Alli Holtgrewe	Gehlen Catholic
Shelby Johnson	Akron-Westfield
Kristen Martinson	Sgt. Bluff-Luton
Brittney Miller	Akron-Westfield
Jill Paulsen	South O'Brien
Morgan Rodenburgh	Unity Christian

War Eagle Conference – Honorable Mention

Kinsey Bak	Hinton
Shelby Birocci	Hinton
Kari Dirksen	Gehlen Catholic
Megan Glisar	Sgt. Bluff-Luton
Caitlin Johnson	Marcus-Meriden-Cleghorn
Holly Koekler	Remsen St. Mary's
Aphton Roberts	South O'Brien
Kiley Schouten	Unity Christian
Ashley Sitzmann	Gehlen Catholic
Amanda Stoll	Spalding Catholic
Sarah Vander Helm	West Sioux

<u>Team</u>	<u>Conf. Record</u>	<u>Overall</u>
1. Unity Christian	9-0	31-6
2. Gehlen Catholic	7-2	22-14
Akron-Westfield	7-2	18-9
4. Sgt. Bluff-Luton	6-3	19-11
5. Hinton	5-4	11-16
6. South O'Brien	4-5	5-17
7. Marcus-Meriden-Cleghorn	3-6	9-17
West Sioux	3-6	6-22
9. Spalding Catholic	1-8	3-22
10. Remsen St. Mary's	0-9	0-25

2006 Gehlen Jays Volleyball Honors Page

Letterwinners: Amanda Cronin Kelsi Kellen
 Kari Dirksen Ashley Langel
 Sarah Germann Megan Sauer
 Alli Holtgrewe Ellen Sitzmann
 Brooke Langel Kelsey Sitzmann
 Ashley Sitzmann

Team Captains: Kari Dirksen Alli Holtgrewe
 Sarah Germann Brooke Langel

Teammate Award: Ashley Sitzmann

Dedication Award: Alli Holtgrewe

Most Improved: Kari Dirksen

Most Valuable: Sarah Germann

War Eagle All - Conference Teams

Honorable Mention: Kari Dirksen, Ashley Sitzmann

Second Team: Alli Holtgrewe

First Team: Sarah Germann, Ellen Sitzmann

Award Descriptions:

Most Valuable: This simply should be awarded to our best player; the one we could least do without.

Most Improved: Who do you think improved the most?

Dedication Award: Synonyms for dedication? Try devotion, commitment, enthusiasm, loyalty.

Teammate Award: Ask yourself these questions: Who do you most respect and cherish as a teammate? Who always seemed to have the best attitude? With whom was the most fun to play and practice?