



*Gehlen Jays  
Season Summary  
2007*

## 2007 - Gehlen Catholic Volleyball Roster

### Varsity Squad

#	Name	Height	Position	Grade
1	Kelsi Kellen	5'11"	MH	Sr.
2	Danielle Gunter	5'4"	S/DS	Jr.
3	Megan Sauer	5'6"	S	Sr.
4	Ashley Langel	5'4"	DS	Sr.
5	Jessie Timmins	5'11"	RS/MH	So.
6	Kelsey Sitzmann	5'3"	DS	Sr.
7	Brittney Schlichte	5'11"	MH	Jr.
9	Ellen Sitzmann	5'7"	OH	Sr.
10	Alexis Wiltgen	5'9"	RS/OH	So.
11	Kayla Holtgrewe	5'6"	OH/DS	So.
12	Maggie Nemmers	5'7"	MH	Sr.
13	Amanda Roder	5'8"	OH/MH	Jr.
14	Erin Hoffman	5'7"	S	Jr.
15	Kayla Hatting	5'7"	OH	Jr.

### B & C Squads

#	Name	Height	Grade
1	Erica Gengler	5'7"	Fr.
2	Erin Hoffman	5'6"	Jr.
3	Tera Langel	5'5"	So.
4	Brittany Flack	5'4"	Fr.
5	Becca Swalve	5'2"	Fr.
6	Sarah Jentz	5'4"	So.
7	Erica Janning	5'7"	Jr.
8	Megan Tentinger	5'3"	Fr.
9	Melissa Kellen	5'7"	Jr.
11	Whitney Arnold	5'6"	So.
12	Samantha Woerdehoff	5'4"	So.
13	Gabriela Rios	5'6"	Jr.
14	Linden Sitzmann	5'3"	Fr.

Nickname:	Jays
Colors:	Green & Gold
Head Coach:	Mike Meyer
Ass't. Coach:	Kathy Neary
JV Coach:	Kent Zevenbergen
Principal:	Jeff Alesch
A.D.:	Heath Reichle

# 2007 MATCH RESULTS

INSTITUTION: Gehlen Catholic (LeMars, IA)

CONFERENCE / CLASS: War Eagle / 1A

Date	H/A/N	Opponent	Match	Game Scores	Cumulative	Iowa
			W-L		Record	Classification
8/28	H	Spalding Catholic	W	25-17, 27-29, 25-17, 25-18	1-0	1A
<b>West Early Bird Tournament</b>						
9/1	N	Sioux Center	L	21-18, 11-21, 13-15	1-1	2A ranked
9/1	N	Denison-Schleswig	L	21-16, 19-21, 12-15	1-2	3A
9/1	A	West, Sioux City	W	21-16, 21-12	2-2	4A
9/1	N	Hinton	L	16-21, 13-21	2-3	2A
9/1	A	West, Sioux City	W	13-21, 21-13, 15-12	3-3	4A
9/1	N	Denison-Schleswig	W	19-21, 21-18, 15-13	4-3	3A
9/4	A	West Sioux	L	25-17, 25-23, 22-25, 17-25, 12-15	4-4	2A
9/11	H	Hinton	L	25-20, 18-25, 25-18, 24-26, 13-15	4-5	2A
<b>West Sioux Invitational Tournament</b>						
9/15	N	Akron-Westfield	W	21-10, 12-21, 15-7	5-5	2A
9/15	N	Elk Point-Jefferson	W	21-8, 21-13	6-5	2A
9/15	N	George-Little Rock	L	21-18, 16-21, 16-18	6-6	1A
9/15	N	Woodbury Central (Semi's)	L	12-25, 16-25	6-7	1A
9/18	A	South O'Brien	L	12-25, 25-21, 22-25, 22-25	6-8	2A
<b>Unity Christian Tournament</b>						
9/22	N	George-Little Rock	L	14-21, 19-21	6-9	1A
9/22	N	Southwest Christian, MN	L	18-21, 12-21	6-10	2A
9/22	N	Sergeant Bluff-Luton	L	17-21, 19-21	6-11	3A ranked
9/22	N	Remsen St. Mary's	W	21-7, 21-8	7-11	1A
9/25	H	Akron-Westfield	W	25-17, 25-16, 25-22	8-11	2A
<b>War Eagle Conference Tournament</b>						
9/27	A	South O'Brien	W	21-14, 21-16	9-11	2A
9/27	N	Unity Christian	L	9-21, 14-21	9-12	2A ranked
9/27	N	Marcus-Meriden-Cleghorn	W	20-22, 21-13, 15-4	10-12	1A
9/27	N	Spalding Catholic	W	21-18, 21-18	11-12	1A
9/29	N	Sergeant Bluff-Luton (Semi's)	L	15-25, 17-25	11-13	3A ranked
9/29	N	Hinton (3 <sup>rd</sup> place)	W	25-20, 25-21	12-13	2A
10/2	H	Unity Christian	L	25-18, 12-25, 19-25, 14-25	12-14	2A ranked
10/4	H	Remsen St. Mary's	W	25-9, 25-18, 25-15	13-14	1A
<b>CYO Volleyball Tournament</b>						
10/7	H	Remsen St. Mary's	W	21-13, 21-10	14-14	1A
10/7	H	St. Edmond, Fort Dodge	W	18-21, 21-10, 15-11	15-14	2A
10/7	H	Kuemper Catholic, Carroll	L	11-21, 12-21	15-15	2A ranked
10/7	H	Heelan, Sioux City (semis's)	L	16-25, 18-25	15-16	3A ranked
10/7	H	Garrigan, Algona (3 <sup>rd</sup> place)	W	25-20, 25-23	16-16	2A
10/9	A	Marcus-Meriden-Cleghorn	W	25-17, 25-12, 25-13	17-16	1A
10/11	A	Sergeant Bluff-Luton	L	25-21, 19-25, 15-25, 16-25	17-17	3A ranked
10/15	A	Rock Valley	L	21-25, 25-19, 21-25, 21-25	17-18	1A

## Tournament Finishes:

Sioux City West Early Bird – 5th

West Sioux Invitational Tournament – tied for 3<sup>rd</sup>

War Eagle Conference Tournament – 3<sup>rd</sup> Place

CYO Tournament – 3<sup>rd</sup> Place

## 2007 FINAL VARSITY STATISTICS

Player				Kill Statistics				
#	Name	Year	Games Played	Kills	Kill Errors	Attack Attempts	Efficiency	Kills per Game
09	Sitzmann, Ellen	Sr	97	216	66	618	0.243	2.23
15	Hatting, Kayla	Jr	97	198	64	546	0.245	2.04
01	Kellen, Kelsi	Sr	91	107	69	379	0.100	1.18
10	Wiltgen, Alexis	Soph	97	89	39	298	0.168	0.92
12	Nemmers, Maggie	Sr	97	79	59	271	0.074	0.81
03	Sauer, Megan	Sr	97	27	9	58	0.310	0.28
05	Timmins, Jessie	Soph	8	7	2	23	0.217	0.88
07	Schlichte, Brittney	Jr	3	4	0	11	0.364	1.33
06	Sitzmann, Kelsey	Sr	97	2	0	3	0.667	0.0
02	Gunter, Danielle	Jr	75	2	0	4	0.500	0.0
04	Langel, Ashley	Sr	97	1	2	8	-0.125	0.0
<b>Team Totals</b>			<b>97</b>	<b>732</b>	<b>310</b>	<b>2219</b>	<b>0.190</b>	<b>7.55</b>

Player				Assist Statistics		Dig Statistics		Block Statistics	
#	Name	Year	Games Played	Assists	Assists per Game	Digs	Digs per Game	Blocks (Solo-Assists-Total)	Blocks/ Game
12	Nemmers, Maggie	Sr	97	38	0.39	64	0.66	10-33-43	0.44
01	Kellen, Kelsi	Sr	91	19	0.21	143	1.57	11-24-35	0.39
10	Wiltgen, Alexis	Soph	97	56	0.58	68	0.70	6-23-29	0.30
09	Sitzmann, Ellen	Sr	97	13	0.13	292	3.01	8-17-25	0.26
15	Hatting, Kayla	Jr	97	16	0.17	205	2.11	10-14-24	0.25
03	Sauer, Megan	Sr	97	300	3.10	84	0.87	2-10-12	0.12
05	Timmins, Jessie	Soph	8	2	0.25	4	0.50	0-1-1	0.13
06	Sitzmann, Kelsey	Sr	97	5	0.05	239	2.46	0-0-0	0.0
07	Schlichte, Brittney	Jr	3	0	0.00	2	0.67	0-0-0	0.0
04	Langel, Ashley	Sr	97	15	0.16	139	1.43	0-0-0	0.0
02	Gunter, Danielle	Jr	75	244	3.25	94	1.25	0-0-0	0.0
<b>Team Totals</b>			<b>97</b>	<b>708</b>	<b>7.30</b>	<b>1334</b>	<b>13.75</b>	<b>47-122-169</b>	<b>1.74</b>

Player				Serve Statistics			Ace Statistics	
#	Name	Year	Games Played	Serve Attempts	Serve Successes	Percentage	Serve Aces	Aces per Game
03	Sauer, Megan	Sr	97	382	335	0.877	43	0.44
09	Sitzmann, Ellen	Sr	97	364	318	0.874	44	0.45
12	Nemmers, Maggie	Sr	97	291	223	0.766	50	0.52
15	Hatting, Kayla	Jr	97	275	234	0.851	38	0.39
01	Kellen, Kelsi	Sr	91	190	160	0.842	21	0.23
10	Wiltgen, Alexis	Soph	97	172	153	0.890	27	0.28
04	Langel, Ashley	Sr	97	140	119	0.850	10	0.10
06	Sitzmann, Kelsey	Sr	97	42	37	0.881	2	0.0
05	Timmins, Jessie	Soph	8	8	8	1.000	0	0.0
11	Holtgrewe, Kayla	Soph	1	1	1	1.000	0	0.0
<b>Team Totals</b>			<b>97</b>	<b>1865</b>	<b>1588</b>	<b>0.851</b>	<b>235</b>	<b>2.42</b>

## 2007 War Eagle Conference Honor Teams

### War Eagle Conference – First Team

*Kinsey Bak	Sr.	Hinton
Andrea Hansen	Sr.	Spalding Catholic
Shelby Johnson	Sr.	Akron-Westfield
Kristen Martinson	Sr.	Sgt. Bluff-Luton
Lindsey Moerman	So.	Unity Christian
Jaci Moret	Jr.	Unity Christian
*Leah Nielsen	Sr.	Sgt. Bluff-Luton
*Morgan Rodenburgh	Sr.	Unity Christian
<b>Ellen Sitzmann</b>	<b>Sr.</b>	<b>Gehlen Catholic</b>
Marissa Van Driel	So.	West Sioux

\*denotes unanimous selection

### War Eagle Conference – Second Team

Rebekah Ahrenholtz	Sr.	Unity Christian
Sam Englemen	So.	West Sioux
Brittni Freed	Sr.	Hinton
Megan Glisar	Jr.	Sgt. Bluff-Luton
<b>Kayla Hatting</b>	<b>Jr.</b>	<b>Gehlen Catholic</b>
MacKenzie Heyl	Sr.	Akron-Westfield
Holly Koekler	Sr.	Remsen St. Mary's
Aphton Roberts	Sr.	South O'Brien
Kyley Simmons	Fr.	Sgt. Bluff-Luton
Abby Van Ommeren	Jr.	Unity Christian

### War Eagle Conference – Honorable Mention

Shelby Birocci	Sr.	Hinton
Andrea Doeden	Sr.	Maras-Meriden-Cleghom
Emily Full	Sr.	Spalding Catholic
Amanda Roder	Sr.	Remsen St. Mary's
Samantha Schilmoeller	Sr.	Spalding Catholic
Rachel Weerheim	Jr.	West Sioux
Carissa Westergard	Sr.	Akron-Westfield
<b>Alexis Wiltgen</b>	<b>So.</b>	<b>Gehlen Catholic</b>

<u>Team</u>	<u>Conf. Record</u>	<u>Overall*</u>
1. Unity Christian	9-0	32-5
2. Sgt. Bluff-Luton	8-1	28-5
3. Hinton	7-2	20-16
4. West Sioux	6-3	17-10
5. Gehlen Catholic	4-5	17-17
Akron-Westfield	4-5	8-15
7. Spalding Catholic	3-6	7-19
South O'Brien	3-6	5-18
9. Remsen St. Mary's	1-8	1-25
10. Marcus – MC	0-9	3-23

\* Does not include post-season matches

# 2007 Gehlen Jays Volleyball Honors Page

Letterwinners:           Kelsi Kellen                   Kayla Hatting  
                                  Ashley Langel               Danielle Gunter  
                                  Maggie Nemmers           Brittney Schlichte  
                                  Megan Sauer                Jessie Timmins  
                                  Ellen Sitzmann            Alexis Wiltgen  
                                  Kelsey Sitzmann

Team Captains:           Kelsi Kellen & Ellen Sitzmann

Teammate Award:        Kelsi Kellen

Dedication Award:      Kelsi Kellen

Most Improved:         Alexis Wiltgen

Most Valuable:         Ellen Sitzmann

## Academic All State Team

Kelsi Kellen  
Megan Sauer

## War Eagle All - Conference Teams

Honorable Mention:    Alexis Wiltgen  
Second Team:           Kayla Hatting  
First Team:             Ellen Sitzmann

## State Honor Teams:

All District:            Ellen Sitzmann  
Hon. Mention All-State:   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?