

# 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
<b>Sheldon Tournament</b>						
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
<b>West Sioux Tournament</b>						
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
<b>Unity Christian Tournament</b>						
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
<b>CYO Tournament</b>						
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
<b>War Eagle Conference Final Four</b>						
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
<b>Class 1A Regional Tournament</b>						
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
<b>Class 1A State Tournament</b>						
11/12	N	Don Bosco, Gilbertville	L	22-25, 18-25, 16-25	29-9	1A

\*War Eagle Conference match

**Tournament Finishes:**

Sheldon Tournament – 3<sup>rd</sup>

West Sioux Tournament – 2<sup>nd</sup>

Unity Christian Tournament – 2<sup>nd</sup>

CYO Tournament – 2<sup>nd</sup>

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

Class 1A Regional Tournament – 1<sup>st</sup>

# 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
<b>Team Totals</b>			<b>94</b>	<b>878</b>	<b>264</b>	<b>2169</b>	<b>0.283</b>	<b>9.34</b>

### 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
<b>Team Totals</b>			<b>94</b>	<b>808</b>	<b>8.60</b>	<b>1213</b>	<b>12.90</b>	<b>59-262-321</b>	<b>3.42</b>

## 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
<b>Team Totals</b>			<b>94</b>	<b>2055</b>	<b>1824</b>	<b>0.888</b>	<b>342</b>	<b>3.64</b>

## 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
<b>Gehlen Catholic</b>	<b>10-1</b>	<b>29-9</b>
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

### 1<sup>st</sup> Team

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

### 2<sup>nd</sup> Team

Alexa Altena	UC	11
<b>Rachel Tilley</b>	<b>GC</b>	<b>12</b>
Shawnee Miller	H	11
Larissa VanDyke	HMS	12
Cassidy Breon	SBL	10
Nicole Jacobs	WS	12
<b>Jessie Timmins</b>	<b>GC</b>	<b>12</b>
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
<b>Steph Rohe</b>	<b>GC</b>	<b>10</b>





## 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
Coch 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
Coch 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
Coch 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
Coch 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
Coch 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
Coch 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
Coach 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
Coach 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
Coach 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
Coach 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
Coach 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

	<b>SCHOOL</b>	<b>Record</b>	<b>LW</b>
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

	<b>SCHOOL</b>	<b>Record</b>	<b>LW</b>
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

	<b>SCHOOL</b>	<b>Record</b>	<b>LW</b>
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

	<b>SCHOOL</b>	<b>Record</b>	<b>LW</b>
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 (3<sup>rd</sup> Team Class 1A)  
Tri-State All-Star Game: Rachel Tilley, Jessie Timmins  
CNOS Foundation VB Classic: Rachel Tilley, Jessie Timmins, Alexis Wiltgen