



MEDIA RELATIONS

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Volleyball

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Standings

	CONFERENCE						OVERALL									
	W	L	Pct.	Stk	H	A	W	L	Pct.	Stk	H	A	N	3-Game	4-Game	5-Game
Valparaiso	13	1	.929	W2	6-1	7-0	27	7	.794	W4	11-2	10-5	6-0	17-2	6-2	4-3
Oral Roberts	12	2	.857	W6	6-1	6-1	21	13	.618	L1	8-3	7-6	6-4	11-6	8-5	2-2
IUPUI	9	5	.643	L1	5-2	4-3	16	15	.516	L2	9-4	4-7	3-4	8-4	5-6	3-5
UMKC	6	8	.429	W2	4-3	2-5	8	25	.242	L1	5-7	2-12	1-6	4-16	3-5	1-4
Chicago State	6	8	.429	W1	4-3	2-5	8	22	.267	W1	5-6	2-11	1-5	4-17	2-5	2-0
Oakland	5	9	.357	L1	3-4	2-5	6	21	.222	L2	3-7	2-11	1-3	2-17	2-4	2-0
Western Illinois	5	9	.357	L2	4-3	1-6	7	22	.241	L1	5-3	1-12	1-7	4-11	3-7	0-4
Centenary	0	14	.000	L14	0-7	0-7	5	28	.152	L19	3-10	1-11	1-7	2-26	1-1	2-1

Last Week's Results

Friday, November 21

MID-CON VOLLEYBALL TOURNAMENT (at Valparaiso, Ind.)

SEMIFINALS

Match 1 - (2) Oral Roberts 3, (3) IUPUI 0 (32-20, 30-26, 30-24)

Match 2 - (1) Valparaiso 3, (4) UMKC 0 (30-15, 30-19, 30-17)

Saturday, November 22

MID-CON VOLLEYBALL TOURNAMENT (at Valparaiso, Ind.)

CHAMPIONSHIP

(1) Valparaiso 3, (2) Oral Roberts 2 (30-27, 30-25, 19-30, 22-30, 15-13)

2003 All-Tourney Team

Becky Dreher, Oral Roberts
 Liz Mikos, Valparaiso
 Cyndi Norman, Valparaiso (MVP)
 Rebekah Pallikan, IUPUI
 Michelle Robinson, Valparaiso
 Kristy Waltemeyer, UMKC
 Ori Zucic, Oral Roberts

This Week's Schedule

Saturday, November 29

Oral Roberts at Arkansas

7 p.m.

Times are local to site



Mid-Con Players of the Week



OFFENSIVE

Mid-Con Offensive Players of the Week: Sept. 2 - Rebekah Pallikan, IUPUI; Sept. 8 - Cyndi Norman, VU; Sept. 15 - Ori Zucic, ORU; Sept. 22 - Stacey Cole, CSU; Sept. 29 - Ashley Baker, WIU; Oct. 6 - Maja Devic, ORU; Oct. 13 - Cyndi Norman, VU; Oct. 20 - Ori Zucic, ORU; Oct. 27 - Stacey Cole, CSU; Nov. 3 - Stacey Cole, CSU; Nov. 10 - Lauren Moulton, VU; Nov. 17 - Becky Dreher, ORU

DEFENSIVE

Mid-Con Defensive Players of the Week: Sept. 2 - Liz Mikos, VU; Sept. 8 - Rebekah Pallikan, IUPUI; Sept. 15 - Sara Silcox, VU; Sept. 22 - Kali Landis, WIU; Sept. 29 - Jennifer Alexander, WIU; Oct. 6 - Heather Hynds, VU; Oct. 13 - Becky Dreher, ORU; Oct. 20 - Becky Dreher, ORU; Oct. 27 - Rebekah Pallikan, IUPUI; Nov. 3 - Sara Silcox, VU; Nov. 10 - Liz Mikos, VU; Nov. 17 - Jenna Yurs, WIU

2003 Mid-Con Volleyball All-Conference Teams

FIRST TEAM

Name, School	Pos.	Yr.	Hometown
Stacey Cole, Chicago State	OH	Jr.	Waterdown, Ontario
Becky Dreher, Oral Roberts	OH/L	Jr.	Prince George, B.C.
Liz Mikos, Valparaiso	MB	So.	Dundee, Ill.
Lauren Moulton, Valparaiso	RS	So.	Elgin, Ill.
Cyndi Norman, Valparaiso	S	Sr.	Minooka, Ill.
Rebekah Pallikan, IUPUI	OH	Sr.	Indianapolis, Ind.
Sara Silcox, Valparaiso	L	Jr.	Michigan City, Ind.
Lindsey Zerr, UMKC	MH	Sr.	Gladstone, Mo.

SECOND TEAM

Name, School	Pos.	Yr.	Hometown
Jennifer Alexander, Western Illinois	L	Fr.	Sycamore, Ill.
Tracy Bailey, IUPUI	MH	So.	Jasper, Ind.
Maja Devic, Oral Roberts	MB	Fr.	Split, Croatia
Sara Foster, UMKC	MH	Sr.	Valencia, Calif.
Kali Landis, Western Illinois	OH	Jr.	Milledgeville, Ill.
Kim Snow, Oral Roberts	MB	Fr.	DeKalb, Ill.
Ori Zucic, Oral Roberts	OH	Fr.	Porec, Croatia

ALL-FRESHMAN

Name, School	Pos.	Yr.	Hometown
Jennifer Alexander, Western Illinois	L	Fr.	Sycamore, Ill.
Ashley Baker, Western Illinois	RS	Fr.	Effingham, Ill.
Maja Devic, Oral Roberts	MB	Fr.	Split, Croatia
Patty Melinauskas, Western Illinois	MH	Fr.	Orland Park, Ill.
Kim Snow, Oral Roberts	MB	Fr.	DeKalb, Ill.
Ori Zucic, Oral Roberts	OH	Fr.	Porec, Croatia

PLAYER OF THE YEAR

Rebekah Pallikan, IUPUI

SETTER OF THE YEAR

Cyndi Norman, Valparaiso

LIBERO OF THE YEAR

Sara Silcox, Valparaiso

FRESHMAN OF THE YEAR

Jennifer Alexander, Western Illinois

COACH OF THE YEAR

Carin Avery, Valparaiso



Mid-Con Volleyball News and Notes

ONE HECK OF A WEEK: Giving birth to your first child. Being named the league Coach of the Year. Seeing your team earn its first-ever NCAA Tournament appearance with a thrilling five-game win over the six-time defending tourney champion. Some people would consider this a lifetime of achievements, but for Valparaiso head coach Carin Avery, that was how a span of 48 hours unfolded last week. Just one day before her Crusaders were scheduled to open the Mid-Con Tournament as the top seed and tourney host, Avery checked into the hospital and gave birth to her first child, son Alex. While in recovery, Avery was named the 2003 Mid-Continent Conference Coach of the Year at the tourney awards banquet; assistant coach Sue Ushela picked up the award on her behalf. Ushela then guided Valpo to a semifinal sweep of UMKC on Friday night, but after being discharged from the hospital on Saturday afternoon, Avery headed straight to Valparaiso's Athletics-Recreation Center - with her hospital ID bracelets still on - and led her to team its first Mid-Con Tourney title since 1996. The win over Oral Roberts stopped the Golden Eagles' six-year streak of tourney titles, and gave Valpo its school-record 27th win of the year.

HERE AND THERE: Valparaiso (1994-96, 2003) is one of three teams to win the Mid-Con Volleyball Tournament title; the others are Northern Illinois (1992-93) and Oral Roberts (1997-2002)... Valpo's 20.0 team blocks in the title match set a Mid-Con Tourney single-match record... Oral Roberts and Valpo played the first five-game championship match in Mid-Con Tourney history; the Golden Eagles came from two games down to force the fifth game.

MID-CON TEAM NOTES

Centenary (5-28, 0-14 Mid-Con): Centenary completed its first season of Mid-Con play with a 5-28 record and a season-ending 19-match losing streak. The Ladies finished the league slate without a win (0-14), making them the 11th team in league history to go winless in a conference season, and the first since Chicago State went 0-14 in 1999. Casey Varnado finished her career ranked second on the school's career digs list (920), while Kelley Heckman (909) has moved into third place on the same list after just two seasons. In two seasons, Lauren Sledge (1,405) has become the school's career assists leader.

Chicago State (8-22, 6-8 Mid-Con): Chicago State posted its best season since joining the Mid-Con, going 8-22, which included a 6-8 record in league play. The team's eight wins were its most since joining the conference in 1994, and its six conference wins and fourth-place finish set school records. Stacey Cole became the school's first-ever All Mid-Con selection in volleyball when she was cited to the first team; Cole averaged 4.37 kills per game (third in the league) and the conference with 0.62 aces per game. Andrea Rose was a more-than-capable complement to Cole, as she averaged 3.17 kills, 2.24 digs and 0.85 blocks per game while hitting a team-best .239.

IUPUI (16-15, 9-5 Mid-Con): IUPUI, the coaches' preseason favorite to win the league title, finished third in the final regular-season standings and bowed out to Oral Roberts in the semifinal round of the Mid-Con Tournament. The Jaguars finished 16-15 in 2003, their second above-.500 finish in six years since joining the league. IUPUI has seen its season end with a loss to Oral Roberts in the Mid-Con Tournament each of the last five years (twice in the championship, three times in the semis). Rebekah Pallikan became only the second two-time winner of the Mid-Con Player of the Year award after averaging 4.59 kills per game, which ranks fifth on the Mid-Con's single-season list, and finishing second in the league with 16 double-doubles. Pallikan set a Mid-Con single-season mark with her 546 kills (breaking the old mark of 536), and finished third on the school's career kills chart with 1,088 kills; she was an all-tourney selection. Tracy Bailey, who hit a team-best .324, was cited as a second-team all-league selection. Tanna Smith paced the Mid-Con in assists for the second straight season, set a school record with her 1,507 assists and 12.66 assists per game average, and moved into second place on the school's career assists list (2,626).

UMKC (8-25, 6-8 Mid-Con): UMKC tied for fourth in the league standings, qualified for the Mid-Con Tournament for the seventh time in eight seasons where it bowed out in the semis to Valparaiso, and finished the season with an 8-25 record. Lindsey Zerr was tabbed as a first-team all-league selection for the first time in her career after averaging 3.07 kills and 1.05 blocks per game. Sara Foster earned second-team honors and was an all-conference honoree for the third straight season; she averaged 3.03 kills and 0.89 blocks per game. Zerr set a school career record for blocks (400), a total that also ties for sixth on the Mid-Con's career list. Zerr (1,160) and Foster (1,043) each reached the 1,000-kill mark in their careers during the 2003 season, and finished fourth and sixth, respectively, on UMKC's career kills chart. In just two seasons, Kristy Waltemeyer has moved into second on the school's career assists list (2,344); her 1,214 assists in 2003 rank fourth on UMKC's season list.

Oakland (6-21, 5-9 Mid-Con): Plying under its third coach in a three-year time period, Oakland finished the 2003 season with a 6-21 record and tied for sixth in the Mid-Con standings. The Golden Grizzlies' six wins equalled their best win total since beginning league play in 1999, and their five conference wins were the team's most ever. A pair of newcomers paced Oakland for much of the year; Stephanie Linz hit .172 with 2.48 kills and a team-best 0.35 aces per game, while Heather Lippert led the squad with 0.99 blocks per game (sixth in the Mid-Con) and .192 hitting. Sara Miller led Oakland with 2.54 kills per game.

Oral Roberts (21-13, 12-2 Mid-Con): Oral Roberts saw its reign in the Mid-Con volleyball world end in 2003. After five straight Mid-Con regular-season titles and six consecutive league tourney crowns, the Golden Eagles finished second in the final conference standings and dropped a five-game thriller to top seed Valparaiso in the Mid-Con Tourney title match. First-year coach Sheera Sirola's team recorded its 10th 20-win season in the last 11 years, thanks in part to winning 11 of 12 matches before falling to Valpo in the Mid-Con Tourney. Becky Dreher, a libero-turned-outside hitter, set a Mid-Con single-season record for digs for the second straight season, and was named to the all-conference first team. She has 622 entering the last match of the year at Arkansas. She has already become the school's career digs leader (1,409) and ranks third all-time in the Mid-Con. Maja Devic, Kim Snow and Ori Zuzic were all cited as second-team all-league honorees and all-freshman team selections. Zuzic's 526 kills this season ranks second on the school's single-season list and fourth on the Mid-Con's season chart. She set a Mid-Con Tourney three-game match record with 26 kills against IUPUI in the semis, and set a tourney record with 26 kills combined in the two matches. Maura Cicala established a tourney single-match record with 67 assists in the loss to Valpo, and Dreher's 49 digs in the two matches were the second-most by any player in a Mid-Con Tournament.

Valparaiso (27-7, 13-1 Mid-Con): Valparaiso continued the best season in school history by recording its fourth Mid-Con Tourney title - its first since 1996 - and earning its first-ever trip to the NCAA Tournament by beating Oral Roberts in five games in the title match. The regular-season champion Crusaders were well represented on the all-conference teams, placing four players on the first team. Cyndi Norman earned her third straight citation and was honored as the Mid-Con Setter of the Year; Sara Silcox was a first-teamer and was the Libero of the Year; and Liz Mikos and Lauren Moulton joined those two on the first team. Head coach Carin Avery was cited as the Mid-Con Coach of the Year. Norman was tabbed as the Mid-Con Tourney MVP after guiding her team to the gutty win at home; Mikos and Michelle Robinson joined her on the tourney team. Moulton recorded her first double-double of the season with team highs of 18 kills and 11 blocks against Oral Roberts; the latter number tied a Mid-Con Tourney match record.

Western Illinois (7-22, 5-9 Mid-Con): Western Illinois more than doubled its win total from the 2002 campaign, finishing 7-22 and in a sixth-place tie in the league standings. Kali Landis enjoyed a solid first season on campus, earning second-team all-league honors after averaging 3.23 kills and 3.68 digs per game. Rookie libero Jennifer Alexander joined her on the second team and was cited as the Mid-Con Freshman of the Year after averaging 4.51 digs per game. Alexander, Ashley Baker (2.56 kpg) and Patty Melinauskas (.243) were all-freshman team picks. Jenna Yurs' 131 blocks were the most by a Westerwind since the 1993 season; she finished second in the league with 1.27 blocks per game.

Mid-Con 20-Kill Matches

Player	No.	High
Rebekah Pallikan, IUPUI	13	26 vs. Ball State
Ori Zuzic, ORU	7	29 vs. Weber State
Stacey Cole, CSU	5	28, twice
Ashley Baker, WIU	3	22 vs. IUPUI
Becky Dreher, ORU	3	25 vs. Chicago State
Sara Foster, UMKC	3	24 vs. Drake
Tiffany Holladay, IUPUI	3	29 vs. Western Illinois
Kali Landis, WIU	2	24 vs. Murray State
Stephanie Linz, OU	2	20, twice
Lauren Moulton, VU	2	20, twice
Cristiane Alves, ORU	1	22 vs. Western Illinois
Tracy Bailey, IUPUI	1	20 vs. Illinois-Chicago
Kelley Heckman, CC	1	20 vs. Grambling State
Sara Miller, OU	1	21 vs. Western Illinois
Michelle Robinson, VU	1	20 vs. Northern Illinois
Andrea Rose, CSU	1	24 vs. Western Illinois
Ashley Templer, CC	1	23 vs. Grambling State
Angela Vinson, IUPUI	1	20 vs. Valparaiso
Lindsey Zerr, UMKC	1	23 vs. Drake

Mid-Con 20-Dig Matches

Player	No.	High
Becky Dreher, ORU	13	34 vs. SW Missouri State
Sara Silcox, VU	10	26, three times
Jennifer Alexander, WIU	7	34 vs. IUPUI
Erin Jones, IUPUI	6	23, four times
Becky Brunelle, ORU	3	25 vs. UTEP
Kali Landis, WIU	3	22 vs. Drake
Rebekah Pallikan, IUPUI	3	32 vs. Western Illinois
Kim Gladu, CC	2	25 vs. Grambling State
Angela Melka, UMKC	2	27 vs. IUPUI
Keri Meyerson, ORU	2	27 vs. Valparaiso
Lindsey Moore, VU	2	20, twice
Katie Bova, VU	1	22 vs. Centenary
Kim Freeman, UMKC	1	24 vs. UAB
Kelley Heckman, CC	1	21 vs. Prairie View A&M
Katie Lozier, OU	1	23 vs. IPFW
Jessica Manning, WIU	1	24 vs. Chicago State
Andrea Rose, CSU	1	21 vs. Maine
Tanna Smith, IUPUI	1	22 vs. Valparaiso
Casey Varnado, CC	1	25 vs. Prairie View A&M

Mid-Con Double-Doubles

Player	No.	Player	No.
Cyndi Norman, VU	17	Kelly Klotter, CSU	3
Rebekah Pallikan, IUPUI	16	Liz Mikos, VU	3
Kali Landis, WIU	15	Stephanie Scanlan, CC	3
Marion Hansen, VU	11	Jenna Yurs, WIU	3
Becky Brunelle, ORU	10	Lindsey Zerr, UMKC	3
Stacey Cole, CSU	10	Ori Zuzic, ORU	3
Tanna Smith, IUPUI	10	Katie Bova, VU	2
Kristy Waltemeyer, UMKC	9	Vanessa Portela, UMKC	2
Cristiane Alves, ORU	8	Lauren Sledge, CC	2
Kelley Heckman, CC	7	Alison West, CSU	2
Angela Melka, UMKC	7	Ashley Baker, WIU	1
Becky Dreher, ORU	6	Amanda Barnard, WIU	1
Becca Moller, OU	5	Christina Davis, CSU	1
Andrea Rose, CSU	5	Maja Devic, ORU	1
Lisa Suellentrop, WIU	5	Tiffany Holladay, IUPUI	1
Brittany Arnold, ORU	4	Lauren Moulton, VU	1
Maura Cicala, ORU	4	Vanessa Nicholson, CSU	1
Kim Gladu, CC	4	Michelle Robinson, VU	1
Jessica Manning, WIU	4	Cortney Varterasian, OU	1
Ashley Templer, CC	4	Angela Vinson, IUPUI	1

Complete coverage of the Mid-Con - scores, standings, stats and stories - and the 2003 Volleyball Media Guide can be found at: www.mid-con.com

