



ILLINOIS STATE

VOLLEYBALL - 2022 GAME NOTES

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2022 Illinois State Schedule (6-3, 0-0)

August (1-2)

26	at Cincinnati	W, 3-2
27	vs. Florida State	L, 1-3
27	vs. Dayton	L, 2-3

September (5-1)

2	ORAL ROBERTS*	W, 3-1
2	GREEN BAY*	W, 3-2
3	SEMO*	W, 3-0
10	vs. Oakland%	W, 3-0
10	vs. Queens (Charlotte)%	W, 3-0
11	at Memphis%	L, 0-3
17	vs. #25 Illinois#	10:00 a.m.
18	at #19 Marquette	1:00 p.m.
23	at Evansville*	6:00 p.m.
24	at Indiana State*	4:00 p.m.
30	VALPARAISO*	6:00 p.m.

October (0-0)

2	UIC*	4:00 p.m.
4	at Bradley*	6:00 p.m.
8	at Drake*	6:00 p.m.
9	at UNI*	7:00 p.m.
14	INDIANA STATE*	6:00 p.m.
15	EVANSVILLE*	7:00 p.m.
21	at Belmont*	6:00 p.m.
22	at Murray State*	3:00 p.m.
28	MISSOURI STATE*	6:00 p.m.
29	SOUTHERN ILLINOIS*	5:00 p.m.

November (0-0)

4	UNI*	6:00 p.m.
5	DRAKE*	7:00 p.m.
11	at UIC*	6:00 p.m.
12	at Valparaiso*	5:00 p.m.
16	BRADLEY*	6:00 p.m.

20-23 MVC Tournament (at Evansville)

& Tribute to #10 (at Cincinnati)

* Redbird Classic

% Beale Street Challenge

at Marquette

* Missouri Valley Conference match

! Missouri Valley Conference Tournament

@ NCAA Tournament

Home matches in **BOLD CAPS**

Submit questions & interview requests to:

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THE OPPONENTS



Saturday, Sept. 17, 10:00 a.m. Match
Illinois (5-3, 0-0 B1G)
2021 Overall Record: 22-12 (12-8 B1G)
2021 NCAA: beat WVU, UK; lost to UNL
Series: ILL leads, 31-30 (W1)
Last Meeting: 9/17/21 (ILL wins, 3-0)



Sunday, Sept. 18, 1:00 p.m. Match
Marquette (7-1, 0-0 Big East)
2021 Record: 26-6 (16-2 Big East)
2021 NCAA: lost to Dayton
Series: MAR leads, 5-3 (W1)
Last Meeting: 9/5/21 (MAR wins, 3-0)



2021 MVC STANDINGS

Team	Conf.	Overall
Loyola Chicago	14-4	22-10
Illinois State	13-5	19-14
Bradley	12-6	15-13
Valparaiso	12-6	22-9
Evansville	9-9	19-11
Indiana State	9-9	18-12
Missouri State	8-10	17-13
UNI	7-11	12-19
Drake	6-12	11-15
Southern Illinois	0-18	5-24

Illinois State Quick Hits

5-MATCH WIN STREAK SNAPPED

Illinois State was riding a five-match and 11-set winning streak into its match with Memphis, but never got anything going in the match, falling in three sets for the first time in 2022. Illinois State dismantled Oakland and Queens earlier in the tournament led by senior **Sarah Kushner's** 19-kill, 16-dig performance against Queens in the sweep.

5TH-SET COMEBACKS

Illinois State already has a pair of improbable comeback wins in 2022, defeating Cincinnati (trailed 9-3 in fifth set) and Green Bay (trailed 7-2 in fifth set) in five-set thrillers, despite trailing after three sets.

NEW HEAD COACH

Allie Matters is in her first season at Illinois State after four seasons at Wright State. More on Matters can be found on page 3. Matters is joined by **Matt DePauw** (previously at Central Michigan) and **Hayden Wagner** (previously at Cincinnati).

PRESEASON ALL-MVC

Redbird seniors **Kaitly Weimerskirch** and **Sarah Kushner** (both First Team All-MVC in 2021) were named Preseason All-MVC by the conference's 12 head coaches. ISU's two selections took up a third of the preseason team as only players were selected.

PRESEASON FAVORITES

High expectations await the 2022 Illinois State team as the Redbirds were picked by the MVC's 12 head coaches to **win the conference**. The Redbirds received five first-place votes.

NCAA TOURNAMENT IN 2021

The 'Birds made their fourth-consecutive NCAA Tournament appearance in 2021. The 'Birds are one of only 21 teams in the nation that have made it to each of the last four NCAA Tournaments. Illinois State will seek to qualify for the NCAA Tournament for the fifth-straight season for the first time in program history in 2022.

Coaching and Support Staff

Head Coach: Allie Matters (Seton Hall, 2010) – 1st season

Asst. Coach + Recruiting Co.: Matt DePauw (Clarke, 2017) – 1st season

Asst. Coach: Hayden Wagner (George Mason, 2021) – 1st season

Director of Volleyball Operations: Steve Wrzala (ILS '17, '20) – 1st season

Statistics Leaders (2022)

Kills	113 - Jr. Kaitlyn Prondzinski
Attacks	276 - Sr. Sarah Kushner
Hit % (min 10 attacks/match)	.328 - Sr. Nicole Lund
Assists	198 - So. Katelyn Lefler
Digs	148 - Sr. Kaitly Weimerskirch
Service Aces	18 - Sr. Kaitly Weimerskirch
Total Blocks	39 - Fr. Regan Haith
Block Solos	8 - Sr. Nicole Lund
Block Assists	34 - Fr. Regan Haith

Projected Starting Lineup

#	Name	Position
2	Katelyn Lefler	S
7	Aida Shadewald	OH
14	Sarah Kushner	OH
15	Kaitlyn Prondzinski	OH
16	Nicole Lund	MB
17	Regan Haith	MB
3	Kaitly Weimerskirch	L

2022 MVC Athletes of the Week

Date	Name	Award
9/6	Kaitlyn Prondzinski	PLYR
9/6	Regan Haith	DEF



QUICK FACTS

Institution	Illinois State University
Location	Normal, Ill.
Founded	1857
Enrollment (Fall 2020)	20,720
Nickname	Redbirds
Colors	Red (PMS 186) & White
Mascot	Reggie Redbird
Affiliation	NCAA Division I
Conference	Missouri Valley
Facility	Redbird Arena
University President	Dr. Terri Goss Kinzy
Director of Athletics	Kyle Brennan

TEAM INFORMATION

2021 Overall Record	19-14
Home	12-5
Away	7-5
Neutral	0-4
2021 Conference Record	13-5
Home	7-2
Away	6-3
Letterwinners Returning / Lost	12 / 4

PROGRAM INFORMATION

First Year of Volleyball	1973
All-Time Record	1,169-600 (.661)
Years in the NCAA Tournament	17 (last: 2021)
MVC/Gateway Regular-Season Titles	11 (last: 2020-21)
MVC/Gateway Tournament Titles	13 (last: 2021)
MVC/Gateway Players of the Year	9 (last: 2021)
All-Americans	8 (last: 2021)

VOLLEYBALL STAFF

Head Coach	Allie Matters
Record at ISU	6-3 (1st season)
Career Record	79-30 (5th season - 4 at Wright State)
Assistant Coach/Recruiting Coordinator	Matt DePauw (1st)
Assistant Coach	Hayden Wagner (1st)
Director of Volleyball Operations	Steve Wrzala (1st)
Athletic Trainer	Cortney Brunner
Head Strength & Conditioning Coach	Ryan Swenson

ATHLETICS COMMUNICATIONS

Volleyball Contact	Scott Beaton
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2022 TEAM MATCH HIGHS

3 SETS

Kills	39 vs SEMO (9/3)
Hitting %	.263 vs OAK (9/9)
Assists	37 vs SEMO (9/3)
Digs	58 vs OAK (9/9)
Aces	12 vs SEMO (9/3)
Blocks	8 vs OAK (9/9)

4 SETS

Kills	58 vs. ORU (9/2)
Hitting %	.351 vs. ORU (9/2)
Assists	51 vs. ORU (9/2)
Digs	45 vs. ORU (9/2)
Aces	10 vs. ORU (9/2)
Blocks	9 vs ORU (9/2)

5 SETS

Kills	64 vs. Green Bay (9/2)
Hitting %	.228 vs. Dayton (8/27)
Assists	61 vs. Green Bay (9/2)
Digs	74 vs. Green Bay (9/2)
Aces	12 vs. Cincinnati (8/26)
Blocks	15 vs. Cincinnati (8/26)

MATCH-BY-MATCH LEADERS

OPPONENT	KILLS	DIGS	BLOCKS	ACES
at Cincinnati	Prondzinski (11)	Weim. (22)	Haith (9)	Weim./Haith (3)
vs. Florida State	Shadewald (12)	Kushner (13)	Three (2)	Weim. (4)
vs. Dayton	Prondzinski (14)	Weim. (22)	Lund (6)	Kushner/Haith (2)
O. ROBERTS	Prondzinski (21)	Weim./Weller (11)	Haith (5)	Janka/Haith (3)
GREEN BAY	Prondzinski (17)	Weim. (26)	Lund (6)	Weim./Shadewald (2)
SEMO	Prondzinski (10)	Weim. (15)	Haith (6)	Weim. (4)
vs. Oakland	Shadewald (10)	Shadewald (10)	Haith/Lund (3)	Shadewald (3)
vs. Queens	Kushner (19)	Weim. (20)	Haith/Prond. (3)	Janka (2)
at Memphis	Prondzinski (10)	Weim. (15)	Haith (3)	Weller (2)
vs. Illinois				
at Marquette				
at Evansville*				
at Indiana State*				
VALPARAISO*				
UIC*				
at Bradley*				
at Drake*				
at UNI*				
INDIANA STATE*				
EVANSVILLE*				
at Belmont*				
at Murray State*				
MISSOURI STATE*				
SOUTHERN ILLINOIS*				
UNI*				
DRAKE*				
at UIC*				
at Valparaiso*				
BRADLEY*				

* MVC match // Weim. = Weimerskirch



2021 MISSOURI VALLEY CONFERENCE HONORS

Tamara Otene.....	Player of the Year
Kaity Weimerskirch.....	Libero of the Year
Tamara Otene.....	All-MVC First Team
Kaity Weimerskirch.....	All-MVC First Team
Sarah Kushner.....	All-MVC First Team
Aliyah Moore.....	MVC All-Freshmen Team

2021 MISSOURI VALLEY CONFERENCE TOURNAMENT HONORS

Kaitlyn Prondzinski.....	Most Valuable Player
Kaitlyn Prondzinski.....	All-Tournament Team
Tamara Otene.....	All-Tournament Team
Nicole Lund.....	All-Tournament Team
Kaity Weimerskirch.....	Elite 17 Award

REDBIRDS IN THE NCAA DIVISION I TOP-25 (2022)

Team Service Aces.....	13th (73 - leads MVC)
Team Aces/Set.....	27th (2.09 - leads MVC)
Team Assists.....	80th (413 - 7th in MVC)
Team Kills.....	94th (440 - 9th in MVC)

REDBIRDS IN THE NCAA DIVISION I TOP-25 (2021) Full 2021 fall season stats

Team total assists.....	5th (1,587)
Team total kills.....	9th (1,701)
Team total blocks.....	8th (309)
Team total attacks.....	11th (4,532)
Team total digs.....	28th (1,917)

ILLINOIS STATE AGAINST THE TOP-25 ISU BY-CLASS RECORDS

in the Matters era (2022-present)

vs. No. 25 Illinois (9/17/22)	TBD	2. Weimerskirch	Jr. Total Digs (597)
at No. 19 Marquette (9/18/22)	TBD	T-3. Lund	Soph. Block Assists (105)
		6. Lefler	Fresh. Set Assists (730)
		8. Jordan	Soph. Block Assists (85)
		9. Janka	Soph. Set Assists (528)
		10. Kushner	Jr. Block Solos (21)
		T-14. Lund	Soph. Block Solos (14)
		15. Kushner	Jr. Total Digs (353)

* indicates NCAA Tournament match

^ indicates neutral site

2022 DOUBLE-DOUBLE TRACKER

Kushner	4, last vs. Green Bay (9/2)
Shadewald	3, last vs. Florida St. (9/2)
Lefler	1, vs Oakland (9/9)

ISU CAREER RECORDS

5. Kaity Weimerskirch.....	3.97 career digs per set
9. Kaity Weimerskirch.....	1,392 career digs
16. Sarah Kushner.....	2,920 career attack attempts
17. Katelyn Lefler.....	940 career assists
18. Sarah Kushner.....	2.80 career digs per set
18. Nora Janka.....	822 career assists
20. Sarah Kushner.....	1,044 career digs
23. Nicole Lund.....	248 career blocks
24. Sarah Kushner.....	958 career kills

THE MATTERS FILE

Allie Matters joined the Redbird volleyball program on March 8, 2022 (program's 8th head coach) after four seasons as the head coach at Wright State University where she led the Raiders to two NCAA Tournament appearances, two Horizon League regular season titles and a Horizon League Tournament title.

In four seasons at the helm of the Raiders' volleyball program, Matters compiled an impressive 79-30 overall record (.725) and a 48-15 record in conference play, leading WSU from the bottom of the Horizon League to consecutive NCAA Tournament appearances in 2019 and 2020-21.

During the 2021 fall season, Matters led the Raiders to a 23-8 record that included an eight-match and 22-set win streak from October 3 – October 22 and upset wins over Michigan State and Dayton on the road. Four Wright State athletes earned post-season conference honors and libero Jenna Story earned AVCA Northeast Region Honorable Mention honors for the third-consecutive year under Matters' direction. At the conclusion of the 2021 season, the Raiders led the NCAA in both digs (2,355) and digs per set (19.62).

In April 2021, following the 2020 season that was postponed to the spring of 2021, Matters was named the AVCA Northeast Region Coach of the Year. After receiving the award, Matters went on to lead Wright State to its first – and the Horizon League's first – NCAA win, sweeping Samford in three sets in the opening round before falling to eventual national runner-up Texas in the second round.

The spring 2021 Raiders were undefeated in Horizon League play, going 14-0 during the regular season with 11 three-set matches and their lone loss coming in five sets to crosstown foe Dayton, another 2021 NCAA Championship qualifier.

In 2019, Matters led the Raiders to a 24-4 regular season record, winning 20 or more matches for just the seventh time in the program's Division I era, on the way to their first Horizon League regular season championship in program history and an at-large bid to the NCAA Championship – the first at-large NCAA Tournament bid in the history of the athletics department. Matters was named the 2019 Horizon League Coach of the Year and later earned recognition on VolleyballMag.com's Under 40 Coaching Hotshots list in January 2020.

Wright State finished a perfect 11-0 at home inside McLin Gymnasium in 2019 and had a 16-game winning streak from August 31-October 9, which was the longest streak in the NCAA during the run. In her first campaign in 2018, Matters led Wright State to a 15-14 overall record, its first .500 or better season since 2003, while finishing with seven Horizon League wins, the most for the program since 2008, as the Raiders qualified for the Horizon League Tournament for the first time in 10 years.

Prior to serving as the head coach at Wright State, Matters spent seven seasons as the top assistant at her alma mater, Seton Hall. While at Seton Hall, she helped coach the Pirates to their most successful season in program history in 2014, culminating with the program's first ever berth in the NCAA Tournament. Matters and head coach Allison Yaege were also named Big East Coaching Staff of the Year. Under Matters' tutelage, libero protégés, Alyssa Warren and Tessa Fournier combined to be named Big East Libero of the Year five times.

A Buffalo, NY native, Matters played at Seton Hall from 2006-09, racking up numerous records and leading the Pirates to their first Big East Championship appearance in 15 years as a senior. A two-time All-Big East Second-Team selection, Matters recorded double-digit digs in the final 68 matches of her career with the Pirates - the nation's longest active streak at the end of the 2009 season.

Prior to returning to Seton Hall as assistant coach, Matters was at Canisius for two seasons in the same role.

RECORD FOR ISU (WHEN)...

Matches: 6-3

Sets: 22-14

1st set: 5-1

2nd set: 3-3

3rd set: 2-4

4th set: 3-2

5th set: 2-1

Wearing red: 2-1

Wearing white: 4-0

Wearing black: 0-2

Winning the 1st set: 5-2

Losing the 1st set: 1-1

Scoring first (match): 4-2

Opp. scores first (match): 2-1

Scoring first (set): 11-6

Opp. scores first (set): 10-8

10 points first (set record): 15-1

Opp. to 10 points first (set): 6-13

20 points first (set): 17-2

Opp. to 20 points first (set): 2-11

First ace (match): 3-2

Opp. first ace (match): 3-1

First ace (set): 13-8

Opp. first ace (set): 7-7



REDBIRD CLASSIC SWEEP

Illinois State went 3-0 on its home floor with victories over Oral Roberts, Green Bay, and SEMO. Junior **Kaitlyn Prondzinski** (48 kills, .407%, 9 blocks) was named the tournament's MVP while **Sarah Kushner** (33 kills, 29 digs, 6 aces, 4 blocks) and **Nicole Lund** (21 kills, .462%, 9 blocks).

RECENT HONORS

BEALE STREET CHALLENGE ALL-TOURNAMENT TEAM: **Sarah Kushner** recorded 32 kills and 30 digs in the three matches, highlighted by a 19-kill, 16-dig performance in the sweep over Queens.

BEALE STREET CHALLENGE ALL-TOURNAMENT TEAM: **Kaity Weimerskirch** recorded 48 digs at a 5.33 digs/set clip.

MVC PLAYER OF THE WEEK, REDBIRD CLASSIC MVP, AND REDBIRD CLASSIC ALL-TOURNAMENT TEAM: **Kaitlyn Prondzinski** led Illinois State with 48 kills in Illinois State's three weekend wins en route to be named the Redbird Classic MVP. Prondzinski hit a robust .407 on the weekend while needing just four sets to set a career-high with 21 kills against Oral Roberts. She has led Illinois State in kills in the last four matches and has double-digit kills in all six matches this season. Prondzinski added nine blocks.

MVC DEFENSIVE PLAYER OF THE WEEK: **Regan Haith** led Illinois State with 15 total blocks over the weekend with at least four blocks in each match. Haith, who leads the MVC with 29 total blocks, recorded six blocks in the three-set victory over SEMO on Saturday. She also had multiple digs in each match, posting a career-high four in the Redbirds' win against SEMO.

REDBIRD CLASSIC ALL-TOURNAMENT TEAM: **Sarah Kushner** posted 33 kills with 29 digs. Kushner added 6 aces and 4 blocks over the three matches.

REDBIRD CLASSIC ALL-TOURNAMENT TEAM: **Nicole Lund** recorded 21 kills on a .462 hitting percentage. Lund also had 11 blocks over the three matches.

LOADED FIELD AT CINCINNATI

Illinois State opened the Allie Matters era by traveling to Cincinnati to face a loaded field, as the Redbirds' opponents combine to finish **65-25 (.722) in 2022** with both **Florida State** and **Dayton** advancing to the NCAA Tournament's 2nd Round.

Illinois State finished 1-2, but won the first set in all three matches.

PRESEASON FAVORITES

High expectations await the 2022 Illinois State team as the Redbirds were picked by the MVC's 12 head coaches to **win the conference**. The Redbirds received five first-place votes.

Full poll:

1. Illinois State (5).....	134
2. Evansville (2).....	121
3. UIC (3).....	108
4. Bradley	99
5. Valparaiso (1).....	95
6. UNI (1)	94
7. Missouri State.....	80
8. Indiana State.....	71
9. Drake.....	49
10. Murray State	43
11. Belmont.....	26
12. Southern Illinois.....	16

PRESEASON ALL-MVC

Redbird seniors **Kaity Weimerskirch** and **Sarah Kushner** (both First Team All-MVC in 2021) were named Preseason All-MVC by the conference's 12 head coaches. Only six players were on the team so ISU took up a third of the team.

MILESTONE WATCH

Senior **Sarah Kushner** became the 17th Redbird to reach 1,000 career digs in Saturday's five-set victory over Green Bay. Kushner is also on pace to become the seventh Redbird to reach the 1,000 mark in both kills and digs as she is at 958 kills and 1,044 digs entering 9/17/22.

Sophomore **Katelyn Lefler** is on track to become the 17th Redbird to reach 1,000 career assists as she is at 940 assists entering 9/17/22.

Teammate and junior **Nora Janka** may beat Lefler to the punch, or will at least become the 18th Redbird to reach 1,000 career assists as she is at 822 assists entering 9/17/22.

ACING IT

Illinois State is one of four schools in the country with three+ matches with 12+ aces. The rest of the Missouri Valley Conference has one such match (Belmont). Saint Louis leads the nation with five such matches.

Illinois State's 73 service aces are 13th in the nation. **Kaity Weimerskirch's** 18 service aces are T-33rd in the nation.

KP, THE MVP

Junior outside hitter **Kaitlyn Prondzinski**, affectionately nicknamed "KP" was named the Redbird Classic MVP after recording 48 kills on a .407 hitting percentage and adding nine blocks. Prondzinski posted a career-high 21 kills in Friday's four-set victory over Oral Roberts.

She was also MVC Tournament MVP in 2021 in addition to claiming a spot on the MVC Championship All-Tournament Team. Prondzinski combined for 28 kills in ISU's two matches during the MVC Tournament, registering a career-high (at the time) 20 kills in the Redbirds' five-set MVC Championship win over Loyola Chicago. She also added three block assists on a .255 clip in ISU's comeback win. In Illinois State's semifinals sweep of Indiana State, Prondzinski finished with eight kills on an impressive .467 hitting percentage, while adding one block. Throughout the course of the 2021 season, Prondzinski posted a double-figure kill effort on 10 different occasions.

NCAA TOURNAMENT IN 2021

The 'Birds are no strangers to the Big Dance, making their fourth-consecutive NCAA Tournament appearance in 2021. Illinois State's fourth-straight trip to the NCAA Tournament marks the first time since 1982-1985 that a Redbird team has earned a bid four years in a row. The 'Birds are one of only 21 teams in the nation that have made it to each of the last four NCAA Tournaments. Illinois State is 3-17 all-time in the NCAA Tournament, with trips in the 1982, 1983, 1984, 1985, 1988, 1989, 1992, 1993, 1996, 1997, 1998, 2007, 2014, 2018, 2019, 2020-21 and 2021 seasons. The Redbirds' last victory at the dance was in 2014, when ISU battled back from an 0-2 deficit against Marquette for its first post-season tournament win since 1996, before falling to Wisconsin in the second round.

Illinois State will seek to qualify for the NCAA Tournament for the fifth-straight season for the first time in program history in 2022.

STREAKS SNAPPED EN ROUTE TO STRONG CLOSE TO 2021

In Illinois State's last season facing Loyola Chicago as a Missouri Valley Conference rival, the Redbirds ended two different Ramblers' streaks throughout the season. The Redbirds continued a then 12-game winning streak over Loyola Chicago in a 3-1 victory over the Ramblers on October 15, handing LUC



its first MVC loss of the season and snapping a six-game winning streak. For the second-straight season and second time in 2021, the 'Birds and the Ramblers met in the Championship Match of the Missouri Valley Conference Tournament at Redbird Arena. Despite dropping the first two sets, Illinois State was able to mount a huge comeback, winning 3-2 over the Ramblers for its third-straight MVC Tournament title and the automatic bid to the NCAA Tournament. The Redbirds snapped another LUC streak in the MVC Championship match, coming from down two sets to beat the Ramblers who were previously 18-0 when winning the first set. Loyola Chicago leaves the Valley with a 4-29 record against the 'Birds and leaves Redbird Arena having not won in Normal since 2013.

PUTTING THE STUDENT IN STUDENT-ATHLETE

Seniors **Sarah Kushner** and **Kaity Weimerskirch** each picked up a pair of honors for their efforts in the classroom and on the court in 2021. The duo was selected to the CoSIDA All-District First Team and was named to the MVC Scholar-Athlete First Team for the first time in their careers. To be eligible for consideration for both awards, a student-athlete must be a varsity starter or key reserve, maintain a cumulative GPA of 3.30 on a scale of 4.0, have reached sophomore athletic and academic standing at their institution and be nominated by their sports information director (criteria is changing to 3.50 GPA in 2022). Weimerskirch, a Psychology major, and Kushner, a Public Health major, both hold 4.0 GPAs. Following the MVC Tournament, Weimerskirch was also announced as the Elite 17 Award recipient, which is an award modeled after the NCAA's Elite 90 Award and is given to the student-athlete with the highest cumulative GPA competing at the finals site at each of the MVC's 17 team championships.

REDBIRD BLOCK PARTY

Freshman **Regan Haith**, who was originally committed to Eastern Michigan but ultimately was signed by Coach Matters and Illinois State, has proven to be a force in the middle for the Redbirds as she is second in the MVC with 39 and ranks 68th in the nation.

In Illinois State's season-opening victory over Cincinnati, Haith led the way tallying 9 blocks (most for a Redbird in a season-opening match since **Kelsey Holman** in 2010 and the most by a true freshman since **Jaelyn Keene** in 2014) to go with 8 kills (.400%) and 4 service aces. The Redbirds had 312 blocks in 2021, ranking ninth in all of the NCAA and an MVC-high.

FRESH FACES

Illinois State added five freshmen to the roster for the 2022 campaign, headlined by **Aida Shadewald** (Prairie du Sac, Wis.) and **Regan Haith** (Lincoln, Neb.). Also joining the squad are **Calia Clubb** (Tiffin, Iowa), **Hannah Reichensperger** (Tower, Minn.), and **Emily Weber** (Fishers, Ind.).

CUT YOUR LOSSES

Illinois State has a pair of traditionally unexpected losses from the 2021 roster following previous head coach **Leah Johnson**'s move from the Redbirds to **Michigan State**. 2021 MVC Player of the Year **Tamara Otene** (Tuh-mar-uh Oh-ten-ay) made the move to **Georgia Tech** while 2021 All-MVC Freshmen Team honoree **Aliyah Moore** followed Johnson to **Michigan State**. The 'Birds also lost a contributor in **Carley NicholSEN** to graduation.

KILLIN' IT

The Redbirds killed it in 2021, ranking as one of the top teams in the nation for total kills during the 2021 season with 1,701 kills heading into the NCAA Tournament. Illinois State, which ranked ninth in the NCAA for total kills in 2021, led the Missouri Valley Conference in total kills. The Redbirds had 930 of their total kills

(13.68 kills/set) come during conference action. ISU averaged 13.50 kills/set.

CAN YA DIG IT?

2021 MVC Libero of the Year **Kaity Weimerskirch** had a conference-leading 611 total digs this season, averaging 4.85 digs/set. During MVC matches, Weimerskirch averaged a conference-leading 4.85 digs per set. The Brooklyn Park, Minnesota native, recorded 334 digs during MVC regular season play to lead the league. Weimerskirch became only the 16th Redbird in school history to reach 1,000 career digs earlier this year after combining for 51 in ISU's two home matches against Loyola Chicago and Valparaiso which was the exact number needed to reach the 1,000-dig mark after entering the weekend with 949 digs. With 611 digs in 2021, Weimerskirch ranked seventh all-time in school history for digs in a single season.

DOUBLE-DOUBLE QUEEN

Senior **Sarah Kushner** had a Missouri Valley Conference leading 19 double-doubles in 2021, including 11 during regular season league play. Kushner notched double-digit kills in 22 matches in 2021, including a 10-game streak with double figures from Sept. 18 through Oct. 18. The outside hitter from Naperville, Illinois has had at least 10 digs on 21 different occasions during the 2021 season. Kushner's most recent double-double came in the Redbirds' MVC Championship victory over Loyola Chicago where Kushner finished with 15 kills and 14 digs in the five set win. Kushner has a double-double in 4/9 matches to start 2022.

CAMPUS CONNECTIONS

Illinois has six players from Illinois, including Caroline Barnes and Sophie Gregus are from Naperville, Ill., the same city as Illinois State's **Sarah Kushner**. Barnes (Benet Academy) and Gregus (Benet Academy) went to a different high school than Kushner.

BRINGIN' BACK THE BLACK

Illinois State debuted black Nike uniforms in 2022, paired with its traditional red and white uniforms.

50TH SEASON OF REDBIRD VOLLEYBALL

Illinois State is playing its 50th season of volleyball in 2022. The Redbirds are 1,169-600 (.661) overall while making 17 NCAA Tournaments.

NEW LOOK MISSOURI VALLEY CONFERENCE

The Missouri Valley Conference lost Loyola Chicago to the Atlantic 10 but added UIC, Murray State, and Belmont to the mix.

ILLINOIS STATE EMBRACES NAME, IMAGE, LIKENESS (NIL)

Illinois State has embraced the changing environment of collegiate athletics, establishing a vISUALizeNIL program. The program is run by two women (former ILS volleyball SID Dayton Hammes, in addition to Maya Bulger). Illinois State is the only school in the MVC in with anyone dedicated specifically to NIL.

REDBIRD ATHLETICS CELEBRATES 50 YEARS OF TITLE IX

Illinois State Athletics officially began its celebration of the 50th anniversary of the adoption of Title IX in June 2022, with the unveiling of a banner at Redbird Arena for ISU trailblazer and longtime coach/administrator Dr. Linda Herman earlier this season. This ceremony was the first of many throughout a year-long celebration that will recognize Illinois State trailblazers from the past, educate the current generation of student-athletes, engage fans with memories, and lift up all that has been accomplished to give greater access and opportunity to women.



2022 OVERALL STATS



2022-23 Illinois St. Women's Volleyball Overall Individual Statistics All games

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Game Records

Overall	Conference	Home	Away	Neutral
6 - 3	0 - 0	3 - 0	1 - 1	2 - 2

Team Box Score

##	Player	SP		Attack					Set				Serve				
				K	K/S	E	TA	PCT	A	A/S	TA	PCT	SA	SA/S	SE	TA	PCT
1	D'Ambrose, Jessica	4	3-0	0	0.00	0	0	.000	0	0.00	0	.000	0	0.00	1	5	.800
2	Lefler, Katelyn	26	7-6	14	0.54	2	40	.300	198	7.62	509	.389	6	0.23	12	90	.867
3	Weimerskirch, Kaity	35	9-0	2	0.06	0	8	.250	27	0.77	103	.262	18	0.51	11	121	.909
5	Jacobsen, Sarah	3	3-0	2	0.67	0	3	.667	1	0.33	1	1.000	0	0.00	0	2	1.000
7	Shadewald, Aida	35	9-9	73	2.09	60	224	.058	7	0.20	22	.318	10	0.29	19	110	.827
10	Hilliard, Kendee	23	8-0	33	1.43	13	93	.215	1	0.04	4	.250	0	0.00	0	0	.000
11	Clubb, Calia	1	1-0	0	0.00	1	2	-.500	0	0.00	0	.000	0	0.00	0	0	.000
12	Weller, Maggi	12	6-0	0	0.00	0	1	.000	1	0.08	4	.250	2	0.17	1	36	.972
13	Jordan, Cassie	2	2-0	3	1.50	0	5	.600	0	0.00	0	.000	0	0.00	0	0	.000
14	Kushner, Sarah	35	9-9	92	2.63	41	277	.184	6	0.17	38	.158	14	0.40	4	146	.973
15	Prondzinski, Kaitlyn	35	9-9	114	3.26	37	244	.316	1	0.03	5	.200	1	0.03	0	5	1.000
16	Lund, Nicole	35	9-9	54	1.54	15	119	.328	0	0.00	4	.000	0	0.00	0	0	.000
17	Haith, Regan	35	9-9	44	1.26	21	119	.193	2	0.06	14	.143	10	0.29	17	103	.835
18	Janka, Nora	35	9-3	6	0.17	9	24	-.125	169	4.83	436	.388	12	0.34	9	152	.941
19	Reichensperger, Hannah	2	2-0	3	1.50	0	3	1.000	0	0.00	0	.000	0	0.00	0	0	.000
ILLINOIS ST.		35	9-9	440	12.57	199	1162	.207	413	11.80	1140	.362	73	2.09	74	770	.904
Opponents		35	9-9	396	11.31	176	1159	.190	356	10.17	1133	.314	44	1.26	65	733	.911

##	Player	SP	Receptions			Dig		Blocking					Points		
			RE	TA	PCT	DIG	DIG/S	BS	BA	TOTAL	BLK/S	BE	BHE	PTS	PTS/S
1	D'Ambrose, Jessica	4	0	0	.000	0	0.00	0	0	0	0.00	0	0	0.0	0.00
2	Lefler, Katelyn	26	2	4	.500	57	2.19	0	8	8	0.31	1	4	24.0	0.92
3	Weimerskirch, Kaity	35	13	216	.940	155	4.43	0	0	0	0.00	0	0	20.0	0.57
5	Jacobsen, Sarah	3	0	7	1.000	4	1.33	0	1	1	0.33	0	0	2.5	0.83
7	Shadewald, Aida	35	5	174	.971	76	2.17	0	9	9	0.26	1	0	87.5	2.50
10	Hilliard, Kendee	23	1	5	.800	2	0.09	0	4	4	0.17	1	0	35.0	1.52
11	Clubb, Calia	1	0	0	.000	0	0.00	0	0	0	0.00	0	0	0.0	0.00
12	Weller, Maggi	12	0	6	1.000	20	1.67	0	0	0	0.00	0	0	2.0	0.17
13	Jordan, Cassie	2	0	0	.000	1	0.50	0	0	0	0.00	0	0	3.0	1.50
14	Kushner, Sarah	35	17	241	.929	93	2.66	0	11	11	0.31	5	0	111.5	3.19
15	Prondzinski, Kaitlyn	35	0	7	1.000	14	0.40	1	24	25	0.71	2	0	128.0	3.66
16	Lund, Nicole	35	0	1	1.000	13	0.37	8	23	31	0.89	2	1	73.5	2.10
17	Haith, Regan	35	0	0	.000	11	0.31	5	34	39	1.11	5	0	76.0	2.17
18	Janka, Nora	35	1	2	.500	45	1.29	0	2	2	0.06	0	4	19.0	0.54
19	Reichensperger, Hannah	2	0	0	.000	0	0.00	0	0	0	0.00	0	0	3.0	1.50
-	TEAM	-	5	-	-	-	-	-	-	-	-	-	-	-	-
ILLINOIS ST.		35	44	668	.934	491	14.03	14	116	72.0	2.06	17	9	585.0	16.71
Opponents		35	73	696	.895	446	12.74	15	134	82.0	2.34	19	10	522.0	14.91



2022 MATCH-BY-MATCH



2022-23 Illinois St. Women's Volleyball Team Match-by-Match All games

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			Attack				Set			Serve				Recept				Blocking							
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	SCORE	
08/26/2022	at Cincinnati	5	51	21	146	.205	49	139	.353	12	10	99	.899	10	89	.888	71	1	28	1	15.0	1	78.0	3-2	
08/26/2022	vs Florida St.	4	50	31	140	.136	45	138	.326	8	9	84	.893	4	90	.956	44	1	6	1	4.0	1	62.0	1-3	
08/27/2022	vs Dayton	5	52	21	136	.228	50	136	.368	12	17	98	.827	7	86	.919	52	4	12	4	10.0	1	74.0	2-3	
09/02/2022	Oral Roberts	4	58	18	114	.351	51	116	.440	10	9	97	.907	2	63	.968	45	3	12	2	9.0	0	77.0	3-1	
09/02/2022	Green Bay	5	64	32	176	.182	61	174	.351	6	10	114	.912	4	96	.958	81	0	20	2	10.0	2	80.0	3-2	
09/03/2022	Southeast Mo. St.	3	39	19	113	.177	37	114	.325	12	6	76	.921	1	56	.982	47	1	12	0	7.0	2	58.0	3-0	
09/09/2022	vs Oakland	3	45	15	114	.263	42	115	.365	4	2	73	.973	4	58	.931	58	2	12	3	8.0	1	57.0	3-0	
09/09/2022	vs Queens (NC)	3	52	14	109	.349	49	104	.471	5	8	73	.890	7	59	.881	53	1	8	1	5.0	0	62.0	3-0	
09/10/2022	at Memphis	3	29	28	114	.009	29	104	.279	4	3	56	.946	5	71	.930	40	1	6	3	4.0	1	37.0	0-3	
Totals		35	440	199	1162	.207	413	1140	.362	73	74	770	.904	44	668	.934	491	14	116	17	72.0	9	585.0		
Opponents		35	396	176	1159	.190	356	1133	.314	44	65	733	.911	73	696	.895	446	15	134	19	82.0	10	522.0		

Team Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set	Ball handling error per set	Reception errors per set
35	12.57	11.80	2.09	14.03	2.06	16.71	0.26	1.26



Katelyn Lefler

Position: Setter

Class: Sophomore

Height: 6-0

Hometown: Menomonee Falls, Wis.

High School: Hamilton

Major: Interior Design

LEFLER'S CAREER MATCH HIGHS

Kills (3 sets) - 5, 9/5/21 vs. Marquette

Kills (4 sets) - 5, 9/10/21 vs. Central Michigan

Kills (5 sets) - 8, 9/17/21 vs. North Texas

Digs - 20, 9/4/21 vs. UIC

Assists - 61, 9/17/21 vs. North Texas

Blocks - 5, x2 - last 8/26/22 vs. Cincinnati

Aces - 4, 10/29/21, at Southern Illinois

CAREER AWARDS AND HONORS

♦2021 Red & White Invite All-Tournament Team

♦MVC Freshman of the Week - 9/7/21

#2

QUICK HITS:

- ♦Saw action in 28 matches, covering 102 sets
- ♦ Team-leading 742 assists, which ranks as the sixth-most assists by a freshman in school history in 2021
- ♦Was an early enrollee for ISU (graduated HS a semester early), joined the Redbirds in the spring of 2021
- ♦Led Hamilton HS to a state championship her senior season, as well as three-straight regional titles and the program's first sectional win
- ♦AVCA High School All-Region, 2020 Under Armour All-America Watch List, 2x WVCA All-Academic Award
- ♦First member of her family to play sports at the collegiate level

2022 MATCH-BY-MATCH

#2 LEFLER, Katelyn

			Attack				Set			Serve				Recept		Blocking					Team					
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE	
08/26/2022	at Cincinnati	*5	6	1	14	.357	40	94	.426	0	1	13	.923	0	0	.000	17	0	5	0	5.0	1	8.5	.205	3-2	
08/26/2022	vs Florida St.	*4	0	0	1	.000	25	75	.333	2	2	15	.867	0	0	.000	2	0	0	0	0.0	0	2.0	.136	1-3	
08/27/2022	vs Dayton	*5	2	0	8	.250	42	108	.389	1	5	11	.545	0	0	.000	5	0	2	1	2.0	0	4.0	.228	2-3	
09/02/2022	Green Bay	*5	5	0	11	.455	39	96	.406	1	3	23	.870	0	1	1.000	10	0	0	0	0.0	1	6.0	.182	3-2	
09/03/2022	Southeast Mo. St.	3	0	1	1	-1.000	17	50	.340	2	0	14	1.000	0	0	.000	7	0	0	0	0.0	1	2.0	.177	3-0	
09/09/2022	vs Oakland	*3	1	0	2	.500	21	54	.389	0	1	12	.917	2	2	.000	13	0	1	0	1.0	1	1.5	.263	3-0	
09/09/2022	vs Queens (NC)	*1	0	0	3	.000	14	32	.438	0	0	2	1.000	0	1	1.000	3	0	0	0	0.0	0	0.0	.349	3-0	
Totals			26	14	2	40	.300	198	509	.389	6	12	90	.867	2	4	.500	57	0	8	1	8.0	4	24.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
26	0.54	7.62	0.23	2.19	0.31	0.92

ILLINOIS STATE CAREER STATISTICS FOR KATELYN LEFLER...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2021-22	ILS	102-28	54	0.5	10	144	.306	742	7.3	21	0.2	42	200	2.0	0	1	20	21	0.2	1	19	86.0	0.8
2022-23	ILS	26-7	14	0.5	2	40	.300	198	7.6	6	0.2	12	57	2.2	2	0	8	8	0.3	1	4	24.0	0.9
TOTAL		128 - 35	68	0.5	12	184	.304	940	7.3	27	0.2	54	257	2.0	2	1	28	29	0.2	2	23	110.0	0.9



Kaity Weimerskirch

Position: Libero

Class: Senior

Height: 5-6

Hometown: Brooklyn Park, Minn.

High School: Champlin Park

Major: Psychology

#3

WEIMERSKIRCH'S CAREER MATCH HIGHS

Kills (3 sets) - n/a

Kills (4 sets) - n/a

Kills (5 sets) - 1, 9/11/21 at Wright St.

Digs - 31, 10/4/19 at Bradley

Assists - 9, 9/18/21 vs. Missouri

Blocks - n/a

Aces - 5, 9/15/19 vs. Marquette

CAREER AWARDS AND HONORS

♦2022 Beale Street Challeng All-Tournament Team

♦2021 MVC Libero of the Year

♦2021 All-MVC First Team

♦2021 MVC Scholar-Athlete First Team

♦2021 Elite 17 Award

♦2021 CoSIDA Academic All-District First Team

♦MVC Defensive Player of the Week - 10/18/21

♦MVC Defensive Player of the Week - 11/11/19

QUICK HITS:

- ♦Appeared in all 33 matches for Illinois State as the libero, covering all 126 sets in 2021
- ♦Conference-leading 334 total digs, averaging a league-best 4.91 digs/set during MVC action in 2021
- ♦Became only the 16th Redbird in school history to reach the 1,000-career digs mark against Valparaiso (10/16), scooping up 26 digs
- ♦Ranks second all-time in school history for digs in a single season by a Redbird junior, collecting 611
- ♦Finished second on the team with 28 service aces

2022 MATCH-BY-MATCH

#3 WEIMERSKIRCH, Kaity

		Attack				Set			Serve				Recept			Blocking					Team				
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	5	0	0	0	.000	3	17	.176	3	2	20	.900	3	28	.893	22	0	0	0	0.0	0	3.0	.205	3-2
08/26/2022	vs Florida St.	4	1	0	2	.500	1	5	.200	4	1	13	.923	1	19	.947	11	0	0	0	0.0	0	5.0	.136	1-3
08/27/2022	vs Dayton	5	0	0	0	.000	3	10	.300	2	2	16	.875	3	25	.880	22	0	0	0	0.0	0	2.0	.228	2-3
09/02/2022	Oral Roberts	4	0	0	1	.000	5	9	.556	1	2	8	.750	2	20	.900	11	0	0	0	0.0	0	1.0	.351	3-1
09/02/2022	Green Bay	5	0	0	2	.000	3	18	.167	2	1	14	.929	2	46	.957	26	0	0	0	0.0	0	2.0	.182	3-2
09/03/2022	Southeast Mo. St.	3	0	0	0	.000	3	16	.188	4	2	19	.895	1	26	.962	15	0	0	0	0.0	0	4.0	.177	3-0
09/09/2022	vs Oakland	3	0	0	0	.000	4	15	.267	1	0	15	1.000	1	26	.962	13	0	0	0	0.0	0	1.0	.263	3-0
09/09/2022	vs Queens (NC)	3	1	0	1	1.000	3	6	.500	1	0	9	1.000	0	16	1.000	20	0	0	0	0.0	0	2.0	.349	3-0
09/10/2022	at Memphis	3	0	0	2	.000	2	7	.286	0	1	7	.857	0	10	1.000	15	0	0	0	0.0	0	0.0	.009	0-3
Totals		35	2	0	8	.250	27	103	.262	18	11	121	.909	13	216	.940	155	0	0	0	0.0	0	20.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
35	0.06	0.77	0.51	4.49	0.00	0.57

ILLINOIS STATE CAREER STATISTICS FOR KAITY WEIMERSKIRCH...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2019-20	ILS	110-31	0	0.0	0	13	.000	67	0.6	20	0.2	40	431	3.9	33	0	0	0	0.0	0	0	20.0	0.2
2020-21	ILS	80-22	0	0.0	0	4	.000	20	0.3	23	0.3	28	195	2.4	7	0	0	0	0.0	0	2	23.0	0.3
2021-22	ILS	126-33	1	0.0	1	13	.000	142	1.1	28	0.2	35	611	4.8	26	0	0	0	0.0	0	1	29.0	0.2
2022-23	ILS	35-9	2	0.1	0	8	.250	27	0.8	18	0.5	11	155	4.4	13	0	0	0	0.0	0	0	20.0	0.6
TOTAL		351 - 95	3	0.0	1	38	.053	256	0.7	89	0.3	114	1392	4.0	79	0	0	0	0.0	0	3	92.0	0.3



Sarah Jacobsen

Position: Outside Hitter

Class: Junior

Height: 5-10

Hometown: Orion, Ill.

High School: Orion

Major: Psychology

JACOBSEN'S CAREER MATCH HIGHS

Kills (3 sets) - 1, 9/3/22 vs SEMO

Kills (4 sets) - n/a

Kills (5 sets) - 1, 2x - last 8/26/22 at Cincinnati

Digs - 3, 8/26/22 at Cincinnati

Assists - 1, 8/26/22 at Cincinnati

Blocks - 1, 9/3/22 vs SEMO

Aces - 1, 9/17/21 vs. North Texas

#5

QUICK HITS:

- ♦ Appeared in four matches, covering eight sets for the Redbirds in 2021
- ♦ Four-time conference and regional champion at Orion High School, and helped her team advance to the Sweet 16 as a sophomore
- ♦ Became her high school's all-time career kills leader during her junior campaign
- ♦ Named to a high school AVCA All-Region team her senior year and was a two-time all-conference performer
- ♦ Earned an all-area honorable mention her freshman season, before given first team honors during her sophomore and junior campaigns
- ♦ Mother, Denise, played volleyball at University of Maryland and both volleyball and basketball at North Central College

2021 MATCH-BY-MATCH

#5 JACOBSEN, Sarah

		Attack					Set			Serve				Recept			Blocking					Team			
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	1	1	0	1	1.000	1	1	1.000	0	0	1	1.000	0	3	1.000	3	0	0	0	0.0	0	1.0	.205	3-2
09/03/2022	Southeast Mo. St.	1	1	0	2	.500	0	0	.000	0	0	1	1.000	0	2	1.000	0	0	1	0	1.0	0	1.5	.177	3-0
09/09/2022	vs Queens (NC)	1	0	0	0	.000	0	0	.000	0	0	0	.000	0	2	1.000	1	0	0	0	0.0	0	0.0	.349	3-0
Totals		3	2	0	3	.667	1	1	1.000	0	0	2	1.000	0	7	1.000	4	0	1	0	1.0	0	2.5		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
3	0.67	0.33	0.00	1.33	0.33	0.83

Year	Opponent	Score	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
2020-21	ILS	3-2	0	0.0	0	1	.000	0	0.0	0	0.0	0	0.0	0	0	0.0	0	0	0	0	0.0	0	0.0	0.0	
2021-22	ILS	8-4	1	0.1	0	4	.250	0	0.0	1	0.1	4	0.0	0	0	0.0	0	0	0	0	0.0	1	0	2.0	0.3
2022-23	ILS	3-3	2	0.7	0	3	.667	1	0.3	0	0.0	0	0.0	4	1.3	0	0	0	1	1	0.3	0	0	2.5	0.8
TOTAL		14 - 9	3	0.2	0	8	.375	1	0.1	1	0.1	4	0.3	4	0.3	0	0	0	1	1	0.1	1	0	4.5	0.3



Emily Weber

Position: Setter

Class: Freshman

Height: 5-6

Hometown: Fishers, Ind.

High School: Hamilton Southeastern

Major: Exercise Science

WEBER'S CAREER MATCH HIGHS

Kills (3 sets) - n/a

Kills (4 sets) - n/a

Kills (5 sets) - n/a

Digs - n/a

Assists - n/a

Blocks - n/a

Aces - n/a

#6

QUICK HITS:

- ◆ Helped her team to an impressive 105-17 record over her four years at Hamilton Southeastern HS
- ◆ Surpassed 1,000-career assists, finishing her Hamilton Southeastern career with 1,288
- ◆ Selected to the 2020 Second Team All-State Team
- ◆ 2019 State Runner-Up

2022 MATCH-BY-MATCH

ILLINOIS STATE CAREER STATISTICS FOR EMILY WEBER...



Aida Shadewald

Position: Outside Hitter

Class: Freshman

Height: 6-1

Hometown: Prairie du Sac, Wis.

High School: Sauk Prairie

Major: Cellular and Molecular Biology

SHADEWALD'S CAREER MATCH HIGHS

Kills (3 sets) - 4, 9/3/22 vs SEMO

Kills (4 sets) - 12, 8/26/22 vs. Florida State

Kills (5 sets) - 13, 8/27/22 vs. Dayton

Digs - 14, 9/2/22 vs. Green Bay

Assists - 1, x2 - last 8/27/22 vs Dayton

Blocks - 3, 9/2/22 vs Green Bay

Aces - 2, 2x - last 9/2/22 vs. Green Bay

#7

QUICK HITS:

- ♦Was committed to Wright State with Coach Matters and followed her to Illinois State.
- ♦Three-sport athlete at Eureka HS before starting her career at Illinois Central College, where she played for her mom and ISU volleyball alum, Tracy (Young) Heffren
- ♦NJCAA Second Team All-American and AVCA Third Team All-American in 2021
- ♦Helped ICC earn a pair of Region 24 District A Championships, finishing fourth at NJCAA Nationals in 2021
- ♦Helped HS team to a state title her sophomore year and back-to-back 2A IHSA Elite 8 appearances her junior and senior years

2022 MATCH-BY-MATCH

#7 SHADEWALD, Aida

Date	Opponent	SP	Attack				Set			Serve				Recept			Blocking					Team			
			K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	*5	5	6	21	.048	1	4	.250	2	3	17	.824	1	25	.960	8	0	2	0	2.0	0	8.0	.205	3-2
08/26/2022	vs Florida St.	*4	12	11	35	.029	0	2	.000	0	3	10	.700	0	34	1.000	10	0	2	0	2.0	0	13.0	.136	1-3
08/27/2022	vs Dayton	*5	13	8	42	.119	1	1	1.000	0	3	13	.769	1	29	.966	8	0	0	1	0.0	0	13.0	.228	2-3
09/02/2022	Oral Roberts	*4	8	6	23	.087	0	2	.000	1	2	11	.818	0	20	1.000	5	0	2	0	2.0	0	10.0	.351	3-1
09/02/2022	Green Bay	*5	12	11	36	.028	2	5	.400	2	2	17	.882	0	11	1.000	14	0	3	0	3.0	0	15.5	.182	3-2
09/03/2022	Southeast Mo. St.	*3	4	4	19	.000	0	0	.000	1	2	9	.778	0	13	1.000	5	0	0	0	0.0	0	5.0	.177	3-0
09/09/2022	vs Oakland	*3	10	4	23	.261	1	3	.333	3	0	16	1.000	0	15	1.000	17	0	0	0	0.0	0	13.0	.263	3-0
09/09/2022	vs Queens (NC)	*3	6	4	14	.143	1	3	.333	1	3	10	.700	2	15	.867	4	0	0	0	0.0	0	7.0	.349	3-0
09/10/2022	at Memphis	*3	3	6	11	-.273	1	2	.500	0	1	7	.857	1	12	.917	5	0	0	0	0.0	0	3.0	.009	0-3
Totals		35	73	60	224	.058	7	22	.318	10	19	110	.827	5	174	.971	76	0	9	1	9.0	0	87.5		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
35	2.09	0.29	0.29	2.17	0.26	2.50

ILLINOIS STATE CAREER STATISTICS FOR AIDA SHADEWALD...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2022-23	ILS	2-2	3	1.5	0	3	1.000	0	0.0	0	0.0	0	0	0.0	0	0	0	0	0.0	0	0	3.0	1.5
TOTAL		2 - 2	3	1.5	0	3	1.000	0	0.0	0	0.0	0	0	0.0	0	0	0	0	0.0	0	0	3.0	1.5



Allie Trame

Position: Middle Blocker

Class: Junior

Height: 6-2

Hometown: Champaign, Ill.

High School: St. Thomas More

Previous School: Alabama

Major: Communications Sciences and Disorders

TRAME'S CAREER MATCH HIGHS

Kills (3 sets) - 4, 9/5/21 vs. Marquette

Kills (4 sets) - 5, 3x, last time: 10/8/21 at Indiana State

Kills (5 sets) - 4, 9/25/21 at UNI

Digs - 3, 3x, last 10/8/21 at Indiana State

Assists - 2, 9/25/21 at UNI

Blocks - 6, 2x last time: 9/25/21 at UNI

Aces - 1, 4x, last 10/9/21 at Evansville

#9

QUICK HITS:

- ♦ Appeared in 19 matches, covering 57 sets for the Redbirds in 2021
- ♦ Finished with 50 blocks, including 45 block assists and five block solos ... nailed 44 kills in her debut season for ISU
- ♦ Spent her freshman season in 2020 at Alabama where she saw action in four matches, making her Crimson Tide debut against South Carolina (Jan. 29)
- ♦ Four-year starter at St. Thomas More HS, helping her team compile a 114-17 record during that stretch
- ♦ Won the 2A State title in 2017 and finished third in the 2018 state championship
- ♦ Named a 2019 AVCA Under Armour All-American Honorable Mention selection, 2x First Team All-Conference, 3x News Gazette First Team All-Area
- ♦ Holds St. Thomas More school record for blocks
- ♦ Cousin of four-year ISU volleyball and two-year women's basketball student-athlete Lexi Wallen

2022 MATCH-BY-MATCH

ILLINOIS STATE CAREER STATISTICS FOR ALLIE TRAME...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2020-21	Bama	5-5	1	0.2	1	4	.000	0	0.0	0	0.0	0	1	0.2	0	0	0	0	0.0	0	0	1.0	0.2
2021-22	ILS	57-19	44	0.8	25	140	.136	3	0.1	4	0.1	8	16	0.3	0	5	45	50	0.9	4	0	75.5	1.3
TOTAL FOR ILS		57 - 19	44	0.8	25	140	.136	3	0.1	4	0.1	8	16	0.3	0	5	45	50	0.9	4	0	75.5	1.3
TOTAL		62 - 24	45	0.7	26	144	.132	3	0.0	4	0.1	8	17	0.3	0	5	45	50	0.8	4	0	76.5	1.2



Kendee Hilliard

Position: Outside Hitter/Right Side

Class: Senior

Height: 5-11

Hometown: West, Texas

High School: Vanguard College Prep

Major: Recreation Management - in Sport Management Master's program

HILLIARD'S CAREER MATCH HIGHS

Kills (3 sets) - 10, 2/1/21 at Bradley

Kills (4 sets) - 13, 11/8/19 at UNI

Kills (5 sets) - 8, 11/1/19 vs. Bradley

Digs - 4, 2x, last 3/14/21 vs. Missouri State

Assists - 1, 2x, last 11/28/19 vs. Evansville

Blocks - 4, 3/14/21 vs. Missouri State

Aces - 1, 3x, 9/24/21 at Drake

#10

QUICK HITS:

- ♦ Appeared in 12 matches, covering 25 sets in 2021
- ♦ finished the year with 24 kills, nine blocks and seven digs in 2021
- ♦ Completed her undergraduate degree in rec management in summer of 2021, pursuing a master's degree in Sport Management

2022 MATCH-BY-MATCH

#10 HILLIARD, Kendee

			Attack				Set			Serve				Recept			Blocking					Team			
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	2	2	0	6	.333	0	0	.000	0	0	0	.000	0	2	1.000	0	0	0	0	0.0	0	2.0	.205	3-2
08/26/2022	vs Florida St.	4	10	1	21	.429	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	10.0	.136	1-3
08/27/2022	vs Dayton	2	1	0	1	1.000	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	1.0	.228	2-3
09/02/2022	Green Bay	4	2	2	13	.000	0	2	.000	0	0	0	.000	0	1	1.000	0	0	2	0	2.0	0	3.0	.182	3-2
09/03/2022	Southeast Mo. St.	3	9	3	25	.240	0	0	.000	0	0	0	.000	0	0	.000	1	0	1	0	1.0	0	9.5	.177	3-0
09/09/2022	vs Oakland	3	8	5	18	.167	0	1	.000	0	0	0	.000	1	2	.500	1	0	1	0	1.0	0	8.5	.263	3-0
09/09/2022	vs Queens (NC)	2	1	2	5	.200	1	1	1.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	1.0	.349	3-0
09/10/2022	at Memphis	3	0	0	4	.000	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	1	0.0	0	0.0	.009	0-3
Totals		23	33	13	93	.215	1	4	.250	0	0	0	.000	1	5	.800	2	0	4	1	4.0	0	35.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
23	1.43	0.04	0.00	0.09	0.17	1.52

ILLINOIS STATE CAREER STATISTICS FOR KENDEE HILLIARD...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2019-20	ILS	54-23	95	1.8	64	300	.103	2	0.0	0	0.0	0	17	0.3	4	1	10	11	0.2	3	0	101.0	1.9
2020-21	ILS	25-10	26	1.0	25	106	.009	0	0.0	0	0.0	0	12	0.5	1	0	10	10	0.4	0	0	31.0	1.2
2021-22	ILS	25-12	24	1.0	19	90	.056	1	0.0	0	0.0	0	7	0.3	0	0	9	9	0.4	0	0	28.5	1.1
2022-23	ILS	23-8	33	1.4	13	93	.215	1	0.0	0	0.0	0	2	0.1	1	0	4	4	0.2	1	0	35.0	1.5
TOTAL		127 - 53	178	1.4	121	589	.097	4	0.0	0	0.0	0	38	0.3	6	1	33	34	0.3	4	0	195.5	1.5



Calia Clubb

Position: Outside Hitter

Class: Freshman

Height: 6-1

Hometown: Tiffin, Iowa

High School: Clear Creek Amana

Major: Dietetics/Nutrition

CLUBB'S CAREER MATCH HIGHS

Kills (3 sets) - n/a

Kills (4 sets) - n/a

Kills (5 sets) - n/a

Digs - n/a

Assists - n/a

Blocks - n/a

#11

QUICK HITS:

- ♦Enrolled early so practiced with the team in the spring, etc.
- ♦four-year letterwinner and starter in both basketball and volleyball for Clear Creek Amana
- ♦team kills leader all four years of high school
- ♦surpassed 1,000-career kills and 1,000 career digs during her volleyball career at CMA
- ♦3x unanimous First Team All-Conference selection
- ♦led the volleyball program to their first outright conference title in 10 years
- ♦named to the AVCA All-American Watch List in 2021
- ♦2x Honorable Mention All-State selection

2022 MATCH-BY-MATCH

#11 CLUBB, Calia

			Attack				Set		Serve				Recept		Blocking				Team						
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	1	0	1	2	-.500	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	0.0	.205	3-2
Totals		1	0	1	2	-.500	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	0.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
1	0.00	0.00	0.00	0.00	0.00	0.00

ILLINOIS STATE CAREER STATISTICS FOR CALIA CLUBB...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2022-23	ILS	1-1	0	0.0	1	2	-.500	0	0.0	0	0.0	0	0	0.0	0	0	0	0	0.0	0	0	0.0	0.0
TOTAL		1 - 1	0	0.0	1	2	-.500	0	0.0	0	0.0	0	0	0.0	0	0	0	0	0.0	0	0	0.0	0.0



Maggi Weller

Position: Libero/Defensive Specialist

Class: Sophomore

Height: 5-4

Hometown: Geneseo, Ill.

High School: Geneseo

Major: Graphic Design/Marketing

WELLER'S CAREER MATCH HIGHS

Kills (3 sets) - n/a

Kills (4 sets) - n/a

Kills (5 sets) - n/a

Digs - 11, 9/2/22 vs. Oral Roberts

Assists - 1, 10/2/21 vs. Southern Illinois

Blocks - n/a

Aces - n/a

#12

QUICK HITS:

- ♦ Appeared in seven matches, covering 12 sets in 2021
- ♦ Four-year starter on the Geneseo HS volleyball team
- ♦ Broke the school's single season digs record as a freshman, before replacing it her sophomore season
- ♦ Named a team captain as a junior, also earning three-straight all-conference and all-metro honors
- ♦ Helped her team break the school record for most wins in a season in back-to-back seasons
- ♦ Grandfather (Roger Weller) was a four-year track & field and basketball student-athlete at ISU

2022 MATCH-BY-MATCH

#12 WELLER, Maggi

			Attack			Set			Serve				Recept		Blocking				Team						
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	vs Florida St.	1	0	0	0	.000	0	0	.000	0	0	1	1.000	0	0	.000	0	0	0	0	0.0	0	0.0	.136	1-3
09/02/2022	Oral Roberts	4	0	0	0	.000	0	2	.000	0	0	18	1.000	0	0	.000	11	0	0	0	0.0	0	0.0	.351	3-1
09/02/2022	Green Bay	1	0	0	0	.000	0	0	.000	0	0	1	1.000	0	0	.000	0	0	0	0	0.0	0	0.0	.182	3-2
09/09/2022	vs Oakland	1	0	0	1	.000	1	2	.500	0	0	1	1.000	0	3	1.000	2	0	0	0	0.0	0	0.0	.263	3-0
09/09/2022	vs Queens (NC)	2	0	0	0	.000	0	0	.000	0	1	7	.857	0	3	1.000	3	0	0	0	0.0	0	0.0	.349	3-0
09/10/2022	at Memphis	3	0	0	0	.000	0	0	.000	2	0	8	1.000	0	0	.000	4	0	0	0	0.0	0	2.0	.009	0-3
Totals		12	0	0	1	.000	1	4	.250	2	1	36	.972	0	6	1.000	20	0	0	0	0.0	0	2.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
12	0.00	0.08	0.17	1.67	0.00	0.17

ILLINOIS STATE CAREER STATISTICS FOR MAGGI WELLER...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2021-22	ILS	12-7	0	0.0	0	0	.000	1	0.1	1	0.1	5	5	0.4	1	0	0	0	0.0	0	0	1.0	0.1
2022-23	ILS	12-6	0	0.0	0	1	.000	1	0.1	2	0.2	1	20	1.7	0	0	0	0	0.0	0	0	2.0	0.2
TOTAL		24 - 13	0	0.0	0	1	.000	2	0.1	3	0.1	6	25	1.0	1	0	0	0	0.0	0	0	3.0	0.1



Cassie Jordan

Position: Middle Blocker

Class: Junior

Height: 6-2

Hometown: Painesville Township, Ohio

High School: Riverside

Major: Exercise Science

JORDAN'S CAREER MATCH HIGHS

Kills (3 sets) - 5, 2x, last time: 10/30/21 at Missouri State

Kills (4 sets) - 3, 2x, last time: 9/18/21 vs. Missouri

Kills (5 sets) - 7, 10/16/21 vs. Valparaiso

Digs - 2, 3x, last time: 9/24/21 at Drake

Assists - 1, 2x, last time: 11/6/21 vs. Indiana State

Blocks - 9, 2x, last time: 11/27/21 vs. Loyola Chicago

#13

QUICK HITS:

- ♦ Appeared in 26 matches, covering 92 sets in 2021
- ♦ 93 blocks, including 87 block assists and six block solos in 2021
- ♦ Finished the year in the top-5 in the Valley with her 1.14 blocks per set in 2021
- ♦ Helped her HS team to win three conference championships with undefeated records her sophomore through senior years, also earning three district titles

2022 MATCH-BY-MATCH

#13 JORDAN, Cassie

		Attack				Set			Serve				Recept			Blocking				Team					
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	vs Florida St.	1	1	0	2	.500	0	0	.000	0	0	0	.000	0	0	.000	1	0	0	0	0.0	0	1.0	.136	1-3
09/02/2022	Oral Roberts	1	2	0	3	.667	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	2.0	.351	3-1
Totals		2	3	0	5	.600	0	0	.000	0	0	0	.000	0	0	.000	1	0	0	0	0.0	0	3.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
2	1.50	0.00	0.00	0.50	0.00	1.50

ILLINOIS STATE CAREER STATISTICS FOR CASSIE JORDAN...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2020-21	ILS	26-7	14	0.5	5	47	.191	0	0.0	0	0.0	0	3	0.1	0	5	19	24	0.9	0	0	28.5	1.1
2021-22	ILS	92-26	65	0.7	28	188	.197	2	0.0	0	0.0	2	12	0.1	3	6	87	93	1.0	5	0	114.5	1.2
2022-23	ILS	2-2	3	1.5	0	5	.600	0	0.0	0	0.0	0	1	0.5	0	0	0	0	0.0	0	0	3.0	1.5
TOTAL		120 - 35	82	0.7	33	240	.204	2	0.0	0	0.0	2	16	0.1	3	11	106	117	1.0	5	0	146.0	1.2



Sarah Kushner

Position: Outside Hitter

Class: Senior

Height: 5-10

Hometown: Naperville, Ill.

High School: Naperville North

Major: Community Health Promotion

#14

KUSHNER'S CAREER MATCH HIGHS

Kills (3 sets) - 19, 9/9/22 vs Queens

Kills (4 sets) - 21, 3/15/21 vs. Missouri State

Kills (5 sets) - 19, 2x, last 10/1/21 vs. Missouri State

Digs - 20, 2x, last time: 10/16/21 vs. Valparaiso

Assists - 4, 6x, last 10/8/21 at Indiana State

Blocks - 6, 10/18/21 at Bradley

Aces - 5, 4/1/21 vs. Indiana St.

CAREER AWARDS AND HONORS

♦2022 Beale Street Challeng All-Tournament Team

♦2022 Redbird Classic All-Tournament Team

♦2021 All-MVC First Team

♦2021 MVC Scholar-Athlete First Team

♦2021 CoSIDA Academic All-District First Team

♦2021 Redbird Classic All-Tournament Team

♦2020-21 All-MVC Second Team

♦2019 MVC All-Tournament Team

♦2019 Buckeye Invitational All-Tournament Team

♦MVC Player of the Week - 3/30/21

QUICK HITS:

♦Appeared in all 33 matches, covering all 126 sets in 2021

♦Selected to the Redbird Classic All-Tournament Team after posting 38 kills and 31 digs over three matches for ISU in 2021

♦Posted 22 double-digit kill efforts in ISU's 33 matches, including a 10-game stretch with 10+ kills from Sept. 18 to Oct. 18 in 2021

♦Led Illinois State with 29 service aces, notching a season high of three on three separate occasions in 2021

♦One of four Redbirds to post 15+ kills in the MVC Championship match against Loyola Chicago (11/27)

♦Has several relatives who played sports in college including her father, who played basketball at George Williams College

♦Is the sixth member of her family to play volleyball at the DI collegiate level

2022 MATCH-BY-MATCH

#14 KUSHNER, Sarah

		Attack					Set			Serve				Recept			Blocking					Team			
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	*5	10	8	40	.050	2	8	.250	2	2	17	.882	4	28	.857	10	0	3	1	3.0	0	13.5	.205	3-2
08/26/2022	vs Florida St.	*4	6	6	25	.000	0	5	.000	1	1	20	.950	1	34	.971	13	0	0	0	0.0	0	7.0	.136	1-3
08/27/2022	vs Dayton	*5	11	3	28	.286	1	6	.167	4	0	26	1.000	2	31	.935	10	0	1	0	1.0	0	15.5	.228	2-3
09/02/2022	Oral Roberts	*4	13	5	28	.286	0	6	.000	2	0	19	1.000	0	23	1.000	7	0	0	2	0.0	0	15.0	.351	3-1
09/02/2022	Green Bay	*5	15	7	47	.170	2	7	.286	1	0	17	1.000	2	37	.946	16	0	2	0	2.0	0	17.0	.182	3-2
09/03/2022	Southeast Mo. St.	*3	5	5	19	.000	1	2	.500	3	1	13	.923	0	15	1.000	7	0	2	0	2.0	0	9.0	.177	3-0
09/09/2022	vs Oakland	*3	6	0	26	.231	0	2	.000	0	0	10	1.000	0	9	1.000	5	0	2	1	2.0	0	7.0	.263	3-0
09/09/2022	vs Queens (NC)	*3	19	1	39	.462	0	0	.000	1	0	11	1.000	4	21	.810	16	0	0	1	0.0	0	20.0	.349	3-0
09/10/2022	at Memphis	*3	7	6	25	.040	0	2	.000	0	0	13	1.000	4	43	.907	9	0	1	0	1.0	0	7.5	.009	0-3
Totals		35	92	41	277	.184	6	38	.158	14	4	146	.973	17	241	.929	93	0	11	5	11.0	0	111.5		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
33	2.43	0.17	0.40	2.85	0.31	3.19

ILLINOIS STATE CAREER STATISTICS FOR SARAH KUSHNER...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2019-20	ILS	132-34	251	1.9	131	748	.160	38	0.3	37	0.3	25	357	2.7	38	3	33	36	0.3	5	1	307.5	2.3
2020-21	ILS	80-22	249	3.1	125	750	.165	20	0.3	33	0.4	24	235	2.9	31	10	30	40	0.5	3	3	307.0	3.8
2021-22	ILS	126-33	366	2.9	179	1145	.163	48	0.4	29	0.2	35	359	2.8	56	22	46	68	0.5	14	4	440.0	3.5
2022-23	ILS	35-9	92	2.6	41	277	.184	6	0.2	14	0.4	4	93	2.7	17	0	11	11	0.3	5	0	111.5	3.2
TOTAL		373 - 98	958	2.6	476	2920	.165	112	0.3	113	0.3	88	1044	2.8	142	35	120	155	0.4	27	8	1166	3.1



Kaitlyn Prondzinski

Position: Outside Hitter

Class: Junior

Height: 6-0

Hometown: Rochester, Minn.

High School: Stewartville

Major: Psychology

PRONDZINSKI'S CAREER MATCH HIGHS

Kills (3 sets) - 12, 1/30/21 vs. Cincinnati

Kills (4 sets) - 21, 9/2/22 vs. Oral Roberts

Kills (5 sets) - 20, 11/27/21 vs. Loyola Chicago

Digs - 6, 8/26/22 at Cincinnati

Assists - 1, 4x, last time: 10/30/21 at Missouri State

Blocks - 6, 1/25/21 vs. Bradley

Aces - 1, 10/9/21 at Evansville

CAREER AWARDS AND HONORS

♦9/6/2022 MVC Player of the Week

♦2022 Redbird Classic tournament Most Valuable Player

♦2021 MVC Tournament Most Valuable Player

♦2021 MVC All-Tournament Team

#15

QUICK HITS:

- ♦Appeared in 22 matches, covering 82 sets for the Redbirds in 2021
- ♦Selected as the MVC Tournament Most Valuable Player after combining for 28 kills and seven blocks in the MVC Tournament in 2021
- ♦Totaled 192 kills on the year, averaging 2.34 kills per set
- ♦Registered double-digit kills 10 times in 2021
- ♦Fifth member of her family to play collegiate sports (joining her uncle, grandpa, aunt and cousin) and first to play volleyball

2022 MATCH-BY-MATCH

#15 PRONDZINSKI, Kaitlyn

			Attack				Set			Serve				Recept			Blocking				Team					
Date	Opponent	SP	K	E	TA	PCT	A/TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE		
08/26/2022	at Cincinnati	*5	11	3	21	.381	1	3	.333	0	0	0	.000	0	0	.000	6	0	4	0	4.0	0	13.0	.205	3-2	
08/26/2022	vs Florida St.	*4	11	6	25	.200	0	1	.000	0	0	0	.000	0	1	1.000	1	0	1	0	1.0	0	11.5	.136	1-3	
08/27/2022	vs Dayton	*5	14	4	31	.323	0	1	.000	0	0	0	.000	0	0	.000	2	1	3	0	4.0	0	16.5	.228	2-3	
09/02/2022	Oral Roberts	*4	21	3	30	.600	0	0	.000	0	0	2	1.000	0	0	.000	0	0	4	0	4.0	0	23.0	.351	3-1	
09/02/2022	Green Bay	*5	18	7	38	.289	0	0	.000	0	0	0	.000	0	0	.000	1	0	3	0	3.0	0	19.5	.182	3-2	
09/03/2022	Southeast Mo. St.	*3	10	1	24	.375	0	0	.000	0	0	0	.000	0	0	.000	2	0	2	0	2.0	0	11.0	.177	3-0	
09/09/2022	vs Oakland	*3	7	3	18	.222	0	0	.000	0	0	0	.000	0	1	1.000	0	0	2	1	2.0	0	8.0	.263	3-0	
09/09/2022	vs Queens (NC)	*3	12	5	23	.304	0	0	.000	0	0	0	.000	0	0	.000	1	0	3	0	3.0	0	13.5	.349	3-0	
09/10/2022	at Memphis	*3	10	5	34	.147	0	0	.000	1	0	3	1.000	0	5	1.000	1	0	2	1	2.0	0	12.0	.009	0-3	
Totals			35	114	37	.244	.316	1	5	.200	1	0	5	1.000	0	7	1.000	14	1	24	2	25.0	0	128.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
35	2.28	0.09	0.03	0.40	0.71	3.68

ILLINOIS STATE CAREER STATISTICS FOR KAITLYN PRONDZINSKI...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2020-21	ILS	65-19	153	2.4	49	384	.271	2	0.0	0	0.0	0	25	0.4	4	4	33	37	0.6	9	0	173.5	2.7
2021-22	ILS	82-22	192	2.3	74	475	.248	4	0.0	1	0.0	0	35	0.4	0	1	46	47	0.6	10	0	217.0	2.6
2022-23	ILS	35-9	114	3.3	37	244	.316	1	0.0	1	0.0	0	14	0.4	0	1	24	25	0.7	2	0	128.0	3.7
TOTAL		182 - 50	459	2.5	160	1103	.271	7	0.0	2	0.0	0	74	0.4	4	6	103	109	0.6	21	0	518.5	2.8



Nicole Lund

Position: Middle Blocker

Class: Senior

Height: 6-1

Hometown: Rochester, Minn.

High School: Century

Major: Marketing & Business

LUND'S CAREER MATCH HIGHS

Kills (3 sets) - 13, 10/29/21 at Southern Illinois

Kills (4 sets) - 11, 2x, last time: 9/10/21 vs. Central Michigan

Kills (5 sets) - 19, 9/17/21 vs. North Texas

Digs - 8, 2/7/21 at Indiana State

Assists - 1, 3x, last time: 9/5/21 vs. Marquette

Blocks - 10, 2x, last time: 11/26/21 vs. Indiana State

CAREER AWARDS AND HONORS

♦2022 Redbird Classic All-Tournament Team

♦2021 MVC All-Tournament Team

♦2021 Flyer-Raider All-Tournament Team

♦2020-21 MVC All-Freshman Team

#16

QUICK HITS:

- ♦Expected to forego senior season and is planning to participate in Senior Day activities in 2022
- ♦Appeared in 27 matches, covering 103 sets in 2021
- ♦Totaled 180 kills, including five double-figure kill efforts in 2021
- ♦Led ISU with 119 blocks, including 14 block solos and 105 block assists in 2021
- ♦Led the Valley with 1.44 blocks per set during MVC action in 2021
- ♦Father was on track and field team at UW-Lacrosse and her mother played volleyball at St. Thomas

2022 MATCH-BY-MATCH

#16 LUND, Nicole

Date	Opponent	SP	Attack				Set			Serve				Recept			Blocking					Team			
			K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	*5	8	2	20	.300	0	2	.000	0	0	0	.000	0	1	1.000	1	1	4	0	5.0	0	11.0	.205	3-2
08/26/2022	vs Florida St.	*4	4	2	13	.154	0	0	.000	0	0	0	.000	0	0	.000	1	1	1	0	2.0	0	5.5	.136	1-3
08/27/2022	vs Dayton	*5	7	3	15	.267	0	1	.000	0	0	0	.000	0	0	.000	1	2	4	2	6.0	1	11.0	.228	2-3
09/02/2022	Oral Roberts	*4	8	0	14	.571	0	0	.000	0	0	0	.000	0	0	.000	1	3	1	0	4.0	0	11.5	.351	3-1
09/02/2022	Green Bay	*5	7	2	15	.333	0	1	.000	0	0	0	.000	0	0	.000	3	0	6	0	6.0	0	10.0	.182	3-2
09/03/2022	Southeast Mo. St.	*3	6	1	10	.500	0	0	.000	0	0	0	.000	0	0	.000	1	0	1	0	1.0	0	6.5	.177	3-0
09/09/2022	vs Oakland	*3	5	0	9	.556	0	0	.000	0	0	0	.000	0	0	.000	2	1	3	0	4.0	0	7.5	.263	3-0
09/09/2022	vs Queens (NC)	*3	5	0	7	.714	0	0	.000	0	0	0	.000	0	0	.000	2	0	2	0	2.0	0	6.0	.349	3-0
09/10/2022	at Memphis	*3	4	5	16	.063	0	0	.000	0	0	0	.000	0	0	.000	1	0	1	0	1.0	0	4.5	.009	0-3
Totals			35	54	119	.328	0	4	.000	0	0	0	.000	0	1	1.000	13	8	23	2	31.0	1	73.5		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
35	1.54	0.00	0.00	0.37	0.89	2.10

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2019-20	ILS	11-5	11	1.0	5	38	.158	0	0.0	0	0.0	0	2	0.2	0	2	14	16	1.5	2	0	20.0	1.8
2020-21	ILS	80-22	146	1.8	57	372	.239	3	0.0	0	0.0	0	32	0.4	0	15	74	89	1.1	1	2	198.0	2.5
2021-22	ILS	103-27	180	1.7	63	412	.284	2	0.0	0	0.0	0	35	0.3	0	14	105	119	1.2	5	0	246.5	2.4
2022-23	ILS	35-9	54	1.5	15	119	.328	0	0.0	0	0.0	0	13	0.4	0	8	23	31	0.9	2	1	73.5	2.1
TOTAL			229 - 63	391	1.7	140	.267	5	0.0	0	0.0	0	82	0.4	0	39	216	255	1.1	10	3	538.0	2.3



Regan Haith

Position: Middle Blocker

Class: Freshman

Height: 6-2

Hometown: Lincoln, Neb.

High School: Century

Major: Business-Marketing

HAITH'S CAREER MATCH HIGHS

Kills (3 sets) - 4, 9/3/22 vs SEMO

Kills (4 sets) - 4, 8/26/22 vs. Florida State

Kills (5 sets) - 8, 8/26/22 at Cincinnati

Digs - 2, 8/26/22 at Cincinnati

Assists - 1, 9/2/22 vs Oral Roberts

Blocks - 9, 8/26/22 at Cincinnati

CAREER AWARDS AND HONORS

♦9/6/2022 MVC Defensive Player of the Week

#17

QUICK HITS:

- ♦Originally committed to Eastern Michigan but committed to Coach Matters and Illinois State in the spring
- ♦A three-year letterwinner in volleyball at Pius X High School
- ♦A 2021 First Team All-City Team and All-Star Team selection
- ♦Helped Pius X to two HAC Tournament Championships and two District Championships
- ♦Member of two state qualifying teams

2022 MATCH-BY-MATCH

#17 HAITH, Regan

Date	Opponent	SP	Attack				Set			Serve				Recept			Blocking					Team			
			K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	*5	8	0	20	.400	0	0	.000	3	2	19	.895	0	0	.000	2	0	9	0	9.0	0	15.5	.205	3-2
08/26/2022	vs Florida St.	*4	4	4	14	.000	0	0	.000	0	1	11	.909	0	0	.000	0	0	2	1	2.0	0	5.0	.136	1-3
08/27/2022	vs Dayton	*5	4	3	11	.091	0	1	.000	4	5	18	.722	0	0	.000	0	1	2	0	3.0	0	10.0	.228	2-3
09/02/2022	Oral Roberts	*4	3	3	9	.000	1	3	.333	3	3	10	.700	0	0	.000	2	0	5	0	5.0	0	8.5	.351	3-1
09/02/2022	Green Bay	*5	5	3	14	.143	0	2	.000	0	3	17	.824	0	0	.000	2	0	4	2	4.0	0	7.0	.182	3-2
09/03/2022	Southeast Mo. St.	*3	4	4	12	.000	0	2	.000	0	0	7	1.000	0	0	.000	4	1	5	0	6.0	0	7.5	.177	3-0
09/09/2022	vs Oakland	*3	6	1	13	.385	1	3	.333	0	0	7	1.000	0	0	.000	0	1	3	1	4.0	0	8.5	.263	3-0
09/09/2022	vs Queens (NC)	*3	6	1	13	.385	0	3	.000	0	3	9	.667	0	0	.000	0	1	2	0	3.0	0	8.0	.349	3-0
09/10/2022	at Memphis	*3	4	2	13	.154	0	0	.000	0	0	5	1.000	0	0	.000	1	1	2	1	3.0	0	6.0	.009	0-3
Totals			35	44	21	.119	2	14	.143	10	17	103	.835	0	0	.000	11	5	34	5	39.0	0	76.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
39	1.28	0.05	0.28	0.31	1.11	2.17

ILLINOIS STATE CAREER STATISTICS FOR REGAN HAITH...

HAITH, Regan

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2022-23	ILS	35-9	44	1.3	21	119	.193	2	0.1	10	0.3	17	11	0.3	0	5	34	39	1.1	5	0	76.0	2.2
TOTAL		35 - 9	44	1.3	21	119	.193	2	0.1	10	0.3	17	11	0.3	0	5	34	39	1.1	5	0	76.0	2.2



Nora Janka

Position: Setter

Class: Junior

Height: 5-8

Hometown: Innsbruck, Austria

High School: BORG Innsbruck

Major: Business Admin & Marketing

JANKA'S CAREER MATCH HIGHS

Kills (3 sets) - 5, 10/2/21 vs. Southern Illinois

Kills (4 sets) - 3, 9/2/22 vs Oral Roberts

Kills (5 sets) - 4, 10/1/21 vs. Missouri State

Digs - 14, 2/7/21 at Indiana State

Assists - 46, 2/7/21 at Indiana State

Blocks - 2, 10/1/21 vs. Missouri State

Aces - 3, 5x, last time: 9/2/22 vs. Oral Roberts

#18

QUICK HITS:

- ♦ Appeared in 27 matches, covering 96 sets in 2021
- ♦ Dished out 545 assists in 2021
- ♦ Tallied 144 total digs, averaging 1.50 digs per set in 2021
- ♦ Recorded a career-high three service aces on four separate occasion
- ♦ Five-year member of the Tyrolean Valley National League Teams from 2015-2019
- ♦ Helped her team to back-to-back Tyrolean U20 Championships and a pair of Austrian Championship top-three finishes

2022 MATCH-BY-MATCH

#18 JANKA, Nora

		Attack				Set			Serve				Recept			Blocking					Team				
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
08/26/2022	at Cincinnati	5	0	0	1	.000	1	10	.100	2	0	12	1.000	0	0	.000	2	0	1	0	1.0	0	2.5	.205	3-2
08/26/2022	vs Florida St.	4	1	1	2	.000	19	50	.380	1	1	14	.929	0	0	.000	5	0	0	0	0.0	1	2.0	.136	1-3
08/27/2022	vs Dayton	5	0	0	0	.000	3	8	.375	1	2	14	.857	0	0	.000	4	0	0	0	0.0	0	1.0	.228	2-3
09/02/2022	Oral Roberts	*4	3	1	6	.333	45	94	.479	3	2	27	.926	0	0	.000	8	0	0	0	0.0	0	6.0	.351	3-1
09/02/2022	Green Bay	5	0	0	0	.000	15	43	.349	0	1	25	.960	0	0	.000	9	0	0	0	0.0	1	0.0	.182	3-2
09/03/2022	Southeast Mo. St.	*3	0	0	1	.000	16	44	.364	2	1	13	.923	0	0	.000	5	0	0	0	0.0	1	2.0	.177	3-0
09/09/2022	vs Oakland	3	0	2	2	-1.000	14	35	.400	0	1	12	.917	0	0	.000	5	0	0	0	0.0	0	0.0	.263	3-0
09/09/2022	vs Queens (NC)	3	1	1	3	.000	30	59	.508	2	1	24	.958	1	1	.000	3	0	1	0	1.0	0	3.5	.349	3-0
09/10/2022	at Memphis	*3	1	4	9	-.333	26	93	.280	1	0	11	1.000	0	1	1.000	4	0	0	0	0.0	1	2.0	.009	0-3
Totals		35	6	9	24	-.125	169	436	.388	12	9	152	.941	1	2	.500	45	0	2	0	2.0	4	19.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
35	0.17	4.89	0.34	1.29	0.06	0.54

ILLINOIS STATE CAREER STATISTICS FOR NORA JANKA...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2020-21	ILS	12-4	6	0.5	5	30	.033	107	8.9	4	0.3	2	28	2.3	0	0	2	2	0.2	0	2	11.0	0.9
2021-22	ILS	96-27	21	0.2	5	84	.190	545	5.7	22	0.2	26	144	1.5	0	0	6	6	0.1	1	19	46.0	0.5
2022-23	ILS	35-9	6	0.2	9	24	-.125	169	4.8	12	0.3	9	45	1.3	1	0	2	2	0.1	0	4	19.0	0.5
TOTAL		143 - 40	33	0.2	19	138	.101	821	5.7	38	0.3	37	217	1.5	1	0	10	10	0.1	1	25	76.0	0.5



Hannah Reichensperger

REICHENSPERGER'S CAREER MATCH HIGHS

Kills (3 sets) - n/a
 Kills (4 sets) - n/a
 Kills (5 sets) - n/a
 Digs - n/a
 Assists - n/a
 Blocks - n/a

Position: Middle Blocker

Class: Freshman

Height: 6-1

Hometown: Tower, Minn.

High School: Northeast Range HS

Major: Undecided

#19

QUICK HITS:

- ◆ Holds the Northeast Range HS career kills and blocks record
- ◆ A four-time Arrowhead All-Conference selection
- ◆ Named the Most Valuable Player twice
- ◆ Selected as the team captain twice
- ◆ A 2021 AVCA All-America Honorable Mention selection
- ◆ Max Preps kills leader, ranking first in Minnesota with 605 season kills in 2021
- ◆ Named to the 2021 All-State Team
- ◆ Has six siblings

2022 MATCH-BY-MATCH

#19 REICHENSPERGER, Hannah

		Attack				Set		Serve				Recept		Blocking					Team						
Date	Opponent	SP	K	E	TA	PCT	A	TA	PCT	SA	SE	TA	PCT	RE	TA	PCT	DIG	BS	BA	BE	TOTAL	BHE	POINTS	HIT%	SCORE
09/09/2022	vs Oakland	1	2	0	2	1.000	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	2.0	.263	3-0
09/09/2022	vs Queens (NC)	1	1	0	1	1.000	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	1.0	.349	3-0
Totals		2	3	0	3	1.000	0	0	.000	0	0	0	.000	0	0	.000	0	0	0	0	0.0	0	3.0		

Player Averages

Sets Played	Kills per set	Assists per set	Service aces per set	Digs per set	Blocks per set	Points per set
2	1.50	0.00	0.00	0.00	0.00	1.50

ILLINOIS STATE CAREER STATISTICS FOR HANNAH REICHENSPERGER...

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2022-23	ILS	2-2	3	1.5	0	3	1.000	0	0.0	0	0.0	0	0	0.0	0	0	0	0	0.0	0	0	3.0	1.5
TOTAL		2 - 2	3	1.5	0	3	1.000	0	0.0	0	0.0	0	0	0.0	0	0	0	0	0.0	0	0	3.0	1.5



2022 TV & Radio Roster



#2 Katelyn Lefler
So. | S
Menomonee Falls, Wis.



#3 Kaity Weimerskirch
Sr. | L
Brooklyn Park, Minn.



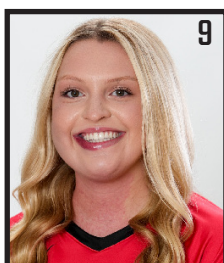
#5 Sarah Jacobsen
Jr. | OH
Orion, Ill.



#6 Emily Weber
Fr. | S
Fishers, Ind.



#7 Aida Shadewald
Fr. | OH
Prairie du Sac, Wis.



#9 Allie Trame
So. | MB
Champaign, Ill.



#10 Kendee Hilliard
Sr. | OH/RS
West, Texas



#11 Calia Clubb
Fr. | OH
Tiffin, Iowa



#12 Maggi Weller
So. | DS
Geneseo, Ill.



#13 Cassie Jordan
Jr. | OH
Painesville Township, Ohio



#14 Sarah Kushner
Sr. | OH
Naperville, Ill.



#15 Kaitlyn Prondzinski
Jr. | OH
Rochester, Minn.



#16 Nicole Lund
Sr. | MB
Rochester, Minn.



#17 Regan Haith
Fr. | OH
Lincoln, Neb.



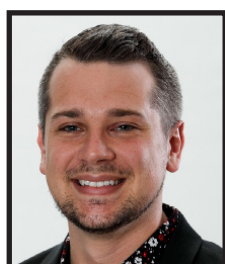
#18 Nora Janka
Jr. | OH
Innsbruck, Austria



#19 Hannah Reichensperger
Fr. | MB
Tower, Minn.



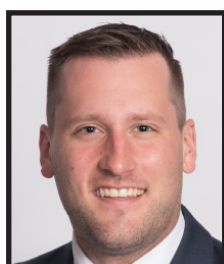
Allie Matters
Head Coach



Matt DePauw
Assistant Coach/RC



Hayden Wagner
Assistant Coach



Steve Wrzala
Dir. of VB Operations



Cortney Brunner
Athletic Trainer

Pronunciations

- #3 WHY-mer-skirch
- #6 WEBB-er
- #7 aid-uh Shad-uh-wald
- #9 TRAH-mee
- #10 KEN-dee
- #11 CAL-ee-uh
- #14 CUSH-ner
- #15 prond-ZIN-skee
- #18 YAHN-kuh
- #19 Rike-ens-pur-gur

duh-pow
Ruh-zal-uh