



**DeLong**

**Davis**

**Rickhoff**

**Barth**

**VOLLEYBALL**

**MEDIA GUIDE**

# 20 VOLLEYBALL 09



Freshmen



Sophomores



Juniors



Seniors

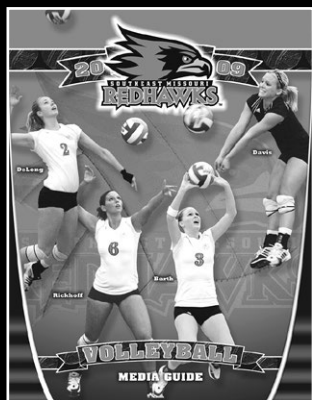


# VOLLEYBALL

## TABLE OF CONTENTS

Team & Class Photos	IFC
Quick Facts	1
Head Coach Renata Heard	2
Assistant Coaches	3
Support Staff	4
Sports Medicine/Strength & Conditioning	5
Redhawks Success Center	6
2009 Roster/Breakdown	7
Season Outlook	8-9
<b>Player Bios</b>	<b>10-19</b>
Sarah Barth	10
Molly Davis	11
Karleigh DeLong	12
Amanda Rickhoff	13
Kelly Benacka	14
Emily Hughes	15
Claire Keaton	16
Meagan Webb	17
Paige Dossey	18
Maher/Bellairs/Cichelero	19
Kalinowski/Lowman/Lursen	20
Inside Redhawks Volleyball	21
2008 In Review	22-23
2008 In Pictures	24
Ohio Valley Conference Honors	25
Redhawks History	26
Records/Season	27
Records/Career	28-29
Opponents	30-31
Dig for Life	32
Radio/TV Roster	IBC

## ON THE COVERS



**FRONT COVER:** (Clockwise): Seniors Molly Davis, Sarah Barth, Amanda Rickhoff & Karleigh DeLong.



**BACK COVER:** Redhawk Returnees (Clockwise): Meagan Webb, Emily Hughes, Paige Dossey, Kelly Benacka, Claire Keaton.

**CREDITS:** The 2009 Southeast Missouri State University volleyball media guide was designed, written and edited by Assistant Sports Information Director Patrick Clark with assistance from Bryce Weymouth, Molly Davis, Ladora Armstrong, Haley Bohnert, Heather Almond, Tanya Cwick and Jajuan Maxwell. Cover designs by Veda Barnett of Moll Printing Co. Photos courtesy of Patrick Clark, Pat Patterson, Molly Davis and Chuck Wu of the *Southeast Missourian*. Printing by Moll Printing Co. in Sikeston, Mo.

## QUICK FACTS

### SCHOOL INFORMATION

Location: Cape Girardeau, Mo.  
 Founded: 1873  
 Enrollment: 10,655  
 Affiliation: NCAA Division I  
 Conference: Ohio Valley Conference  
 Colors: Red, White and Black  
 Nickname: Redhawks  
 Mascot: Rowdy  
 President: Dr. Kenneth W. Dobbins (Akron, 1971)  
 Athletics Director: John Shafer (Auburn, 1969)  
 Ticket Office Phone: 1-866-SEMOTIK

### HOME COURT

Home Court: Houck Field House  
 Capacity: 2,000  
 Surface: Sportcourt  
 Press Row Number: (618) 593-7281

### COACHING STAFF

Head Coach: Renata Heard  
 Alma Mater: Ole Miss (2001)  
 Record at Southeast (Yrs): 65-60 (4)  
 Career Record (Yrs): Same  
 E-mail: rtnowacki@semo.edu  
 Assistant Coach: Jeremiah Larsen  
 Alma Mater: Brigham Young (2002)  
 E-mail: jlarsen@semo.edu  
 Assistant Coach: Randi Raff  
 Alma Mater: Southern Indiana (2005)  
 E-mail: rraff@semo.edu  
 Athletic Trainer: D'Anna Kyle

### TEAM INFORMATION

2008 Overall Record: 13-14  
 Home: 5-5  
 Away: 5-6  
 Neutral: 3-3  
 2008 OVC Record: 11-7  
 OVC Finish: 5th  
 Letterwinners Returning/Lost: 9/3  
 Starters Returning: 4 (+ libero)  
 Sarah Barth, Sr., S: 9.69 apg, 2.38 dpg, 1.53kpg  
 Molly Davis, Sr., LIB: 4.61 dpg, 0.40 apg, 0.19 sapg  
 Karleigh DeLong, Sr., RS/OH: 2.67 kpg, 1.84 dpg, 0.64 apg  
 Emily Hughes, Jr., MH: 2.04 kpg, 0.74 bpg, .248 attack%  
 Claire Keaton, Jr., OH: 3.19 kpg, 2.51 dpg, .232 attack%  
 Starters Lost: 2  
 Newcomers: 5

### HISTORY

First Year of Volleyball: 1974  
 First Year at Division I: 1991  
 All-Time Record: 723-493-1 (.594)  
 All-Time OVC Record: 234-68 (.775)  
 OVC Titles: 9  
 OVC Tournament Titles: 5  
 NCAA Tournament Appearances: 1996, 1998, 1999, 2000

### SPORTS INFORMATION

Director: Jeff Honza  
 Volleyball Contact: Patrick Clark  
 E-Mail: paclark@semo.edu  
 SID Phone: (573) 651-2937  
 SID Cell: (618) 593-7281  
 SID Fax: (573) 651-2810  
 Website: www.gosoutheast.com  
 Mailing Address: Sports Information  
 One University Plaza - MS 0200  
 Cape Girardeau, MO 63701



## COACHING STAFF



**RENATA HEARD**

**Head Coach - Fifth Season  
Ole Miss, 2001**

Renata Heard enters her fifth season as head volleyball coach at Southeast Missouri State. Heard has led the Redhawks to four consecutive Ohio Valley Conference Tournament appearances since taking over as head coach in 2005.

Coach Ren has helped extend the program's streak of OVC Tournament appearances to 18-straight dating back to 1983.

She has turned Southeast into one of the top defensive teams in the country. The Redhawks have ranked among the Top-30 teams in the nation in digs during each of her first four seasons, finishing 14th in that category a year ago.

Coach Ren was named OVC Coach of the Year in 2007 after guiding the Redhawks to their first regular-season conference title in seven years. Southeast went 20-12 overall and 15-5 in OVC play en route to earning a share of the title that year. In addition, the Redhawks compiled their most wins in a season since 2002 and most conference victories in a season since 2000.

In 2008, Southeast finished third in the OVC standings with a record of 11-7. It marked the third time the Redhawks posted 11 or more conference wins under Coach Ren.

During the 2006 season, the Redhawks recorded a pair of upsets to advance to their first OVC Tournament championship match in four years.

Prior to that, Coach Ren led Southeast to its first .500 (16-16) finish since 2001 in her first year as the Redhawks head coach.

Coach Ren became the seventh head coach in Redhawks volleyball history on February 2, 2005 after serving as both a graduate assistant and assistant coach under Southeast coaching legend Cindy Gannon.

Coach Ren has coached two American Volleyball Coaches Association (AVCA) All-Region selections, seven first-team All-OVC picks, five second-team All-OVC honorees, three OVC All-Newcomer selections, one AVCA National Player of the Week and 20 OVC Players of the Week during her Southeast career.

Numerous players have ranked among the nation's best under Coach Ren's tutelage, as well. In 2005, standout setter Jamie Baumstark was 31st in the nation in assists per set. In 2006, Jessica Koeper ranked 41st in kills per set. And, in both 2007 and 2008, current libero Molly Davis ranked among national leaders in digs per set, placing 55th last season.

A native of Stoney Creek, Ontario, Coach Ren has been the Club Director for SEMO Attack Volleyball for the past six years. In addition, she has worked as camp director for all Southeast volleyball camps, while coaching at various high school and collegiate camps throughout the United States and Canada.

Coach Ren was a standout volleyball player at the University of Mississippi, where she earned her Bachelor's Degree in Exercise Science (2001).



She went on to receive her Master's in Sports Administration from Southeast in 2004.



Coach Ren ranks among Ole Miss career (5th, 2,023) and single-season (4th, 1,378 in 2000) leaders in assists. She tied the school's single-match assists record of 73 against Auburn, while averaging 11.68 assists and 2.64 digs per game as a senior.

Coach Ren is married to Grant Heard, who is an assistant football coach at Lambuth University. She resides in Cape Girardeau with her boxers Remi and Rocky.



# VOLLEYBALL

## COACHING STAFF



**JEREMIAH LARSEN**

**Assistant Coach  
Third Season  
Brigham Young, 2002**

Jeremiah Larsen begins his third season as the head assistant coach with the Redhawks volleyball program. Larsen's duties include working with the team's passers and outside hitters along with coaching the team's defensive schemes.

Larsen also serves as the team's recruiting coordinator as well as assisting in various administrative duties of the Redhawks program.

"We are very fortunate to have Jeremiah's technical background in the gym," said Coach Ren. "He continues to impress me with his knowledge of the game. He is a very passionate person and it shows in all aspects of his work on and off the court."

Since his arrival on campus he has helped the program transform into one of the top defensive teams not only in the Ohio Valley Conference but in the country. Last season, the team ranked 14th nationally in digs with 17.37 per set.

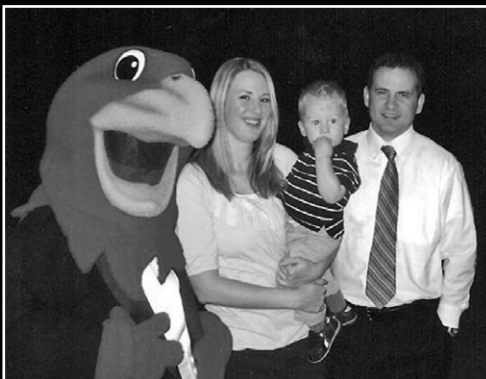
Before coming to Cape Girardeau he was a volunteer assistant coach at Utah Valley State College in Orem, Utah.

Prior to UVSC, Larsen served three seasons as head coach at Brighton High School in Sandy, Utah, where he guided the team to a 30-1 record, Utah 5A state championship and a No. 9 national ranking (*PrepVolleyball.com*) in 2006. Larsen was named Utah Coach of the Year by the *Salt Lake Tribune* for his efforts. Brighton compiled a record of 78-5 with Larsen at the helm.

In addition, he coached the Summit Volleyball Club for three years, which ranked No. 15 in the nation (*PrepVolleyball.com*) in 2006.

Larsen competed for four seasons and lettered two years as a setter/libero at Brigham Young University. He was a member of the 2001 NCAA Division I and Mountain Pacific Sports Federation (MPSF) Championship teams. Larsen received his undergraduate degree in Sociology at BYU in 2002.

Larsen and his wife, Casie, are the proud parents of one son, Brock.



**RANDI RAFF**

**Assistant Coach  
Second Season  
Southern Indiana, 2005**

Randi Raff begins her second season as an assistant with the Redhawks volleyball program. Raff's primary responsibilities include on-court coaching, tape breakdown and exchange, coordination of travel and supervision of the team's academic progress.

"Randi brings a tremendous amount of energy to our program," said Coach Ren. "She shares the same goals and complements our staff nicely."

Prior to Southeast, she served as a volunteer assistant coach at both St. Joseph's College and her alma mater, the University of Southern Indiana. She also worked as an assistant coach at Mt. Vernon High School (Ind.).

Raff played collegiately at Southern Indiana, where she lettered as an outside hitter for three seasons. She played in 40 matches over her career, averaging 1.6 kills and 1.4 digs per game over that span. She helped lead the team to 93 wins and two NCAA Division II Tournament appearances during her time.

As a senior, she was team captain for a team that went 24-7 and won both the Great Lakes Valley Conference regular-season and tournament championship, while earning the automatic NCAA Tournament berth.

An honor roll student, she graduated with a degree in Exercise Science from USI in 2005. She earned her master's degree in Healthy and Kinesiology from Purdue in 2007, where she spent two years as a graduate assistant strength and conditioning coach.

Raff is the proud owner of a four-year old black lab named Bentley, who also serves as her running partner.

# REDHAWKS

## SUPPORT STAFF



**Dr. Kenneth W. Dobbins**  
University President



**John Shafer**  
Director of Athletics



**Cindy Gannon**  
Associate Director of Athletics/SWA



**Torry Rollins**  
Assistant Athletic Director/Finance



**Brady Barke**  
Assistant Athletic Director/Compliance



**Greg Brune**  
Director of Athletic Development



**Jeff Honza**  
Sports Information Director



**Bobby Brune**  
Marketing & Promotions Coordinator



**Sharon Burgard**  
Director of Academic Services



**Kent Phillips**  
Coordinator of Facilities/Event Management



**Patrick Clark**  
Assistant Sports Information Director



**D'Anna Kyle**  
Volleyball Athletic Trainer



**Jan Onderdonk**  
Senior Administrative Assistant



**Joyce Penny**  
Ticket Manager/Student Accountant



**Marcia Hendrix**  
Assistant Ticket Manager/Insurance



**Sonya Bain**  
Compliance/Academic Services Assistant



**Dr. James Champine**  
Faculty Athletics Representative



**Nathan Saverino**  
Marketing & Promotions Graduate Assistant



**Lauren Scannell**  
Academic Services Graduate Assistant



**Matthew Carter**  
Compliance Graduate Assistant



**Haley Bohnert**  
Volleyball Manager

### ATHLETICS DEPARTMENT MISSION STATEMENT

Southeast Missouri State University Athletics Department recognizes the University's responsibility for the advancement and transmission of knowledge and the preparation of leaders in all segments of society.

The Athletics Department supports the educational objectives, academic progress and general welfare of student-athletes.

It offers assistance and encouragement for student-athletes to maintain appropriate academic progress and to achieve their individual educational goals.

It provides an atmosphere which supports equitable opportunity for all students and staff, including women and minorities. The Athletics Department offers student-athletes opportunities to excel in their particular sport while embracing the NCAA's principles of sportsmanship and ethical conduct.



# VOLLEYBALL

## SPORTS MEDICINE



**Alfred Castillo**  
M.S., ATC  
Head Athletic Trainer

Prevention. Treatment. Rehabilitation. Education. Those are the four primary phases of athletic training, and the Southeast Missouri State University Athletic Training staff strives to fulfill all four areas when working with the student-athletes on a daily basis.

Southeast Missouri State student-athletes are offered the best care possible by the Athletic Training staff that includes four full-time athletic trainers, five graduate assistants and several student assistants. The staff serves the student-athletes nearly around-the-clock and at numerous facilities on campus.

relationships with local physicians and the two hospitals located in Cape Girardeau. Four orthopedic physicians from these hospitals assist the Athletic Training Department.

Southeast Missouri State University Athletic Training prides and commits itself to providing comprehensive, personalized and efficient health care to student-athletes. Delivery of healthcare focuses on the prevention and management of athletic-related injuries or illnesses, while adhering to the National Athletic Trainers' Board of Certification's Standards of Professional Practice. Our high quality of athletic healthcare is provided in combination with the education of athletic training students.

The Athletic Trainers begin treatments and rehabilitation as early as 6:30 a.m. and are available until the last student-athlete is through. There are currently three athletic training facilities on campus. The staff treats out of Rosengarten Athletic Complex, where the primary athletic training room is located. There are two other satellite athletic training rooms located at Houck Field House and the Show Me Center.

The IPF and Starnes Center training rooms are stocked with equipment such as stationary bikes, hand weights, therapeutic modalities, and recent physical therapy equipment. Each component is strategically designed to not only give the student-athletes the best care, but also to aid in returning them to competition as quickly and safely as possible.

Southeast Missouri State University Athletic Training has strong working



## STRENGTH & CONDITIONING



**Jeff Lee**

Head Strength & Conditioning Coach

"Esse Quam Videri" - "To be rather than to seem". We are very proud of the tradition of excellence we are building here at SEMO, and therefore demand a great deal of our athletes. Honesty, Integrity, Unrelenting Effort, Diligence, Consistency, and Attention to Detail are the pillars of our training program. Simply put, our goal is to outwork every opponent we come up against, and learn to rely on one another to achieve a common goal. "We may not be the fastest, strongest, or most talented, but we will certainly have the attitude that together, we can take on the world."

In the weight room, we take a simple, yet comprehensive approach to training. Programs are ground-based, founded on the Olympic Lifts (Snatch, Clean, Jerk) and traditional strength training (Front/Back Squat, Dead Lift, Pressing & Pulling). The concept is simple. Find something heavy, move it in a way that mimics the actions of your sport, as fast as you can. Repeat.

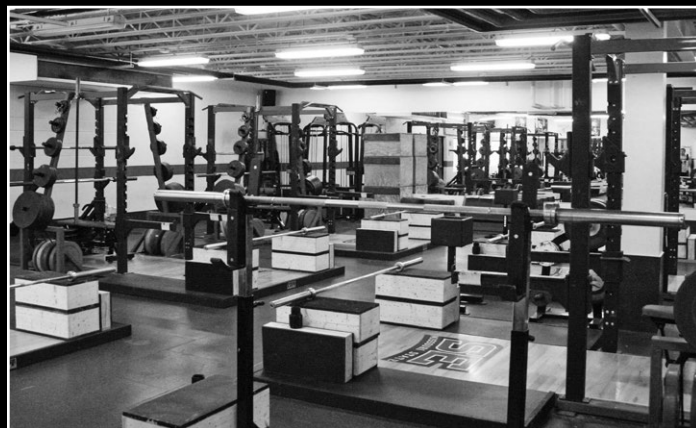
In the training arena, we attempt to take the foundational strength and power we have developed, and refine it into sport-specific movements and skills. We start by emphasizing correct motor skill and muscle recruitment patterns in order to maximize athletic potential, and minimize the risk of injury. We drill tirelessly on proper movement patterns so that agility & change of direction are razor sharp.

Once refined, our movements become exceedingly aggressive and intense. "It means very little if we can lift a house, but can't apply that force at game speed." Accordingly, we spend a great deal of time on

both explosive movements and body control to develop first step quickness, acceleration & deceleration, balance & coordination. Finally, we condition our minds and bodies in a way that mimics game circumstances so that by game time, it's fun-not work.

It is our hope that through the countless lessons learned in sport and competition, we are helping to develop the leaders of tomorrow.

"Since most student athletes will spend more time with me than any other person they come across in their college experience, I take my role as a mentor very seriously. It's not about the destination, but the journey that takes you there."



# REDHAWKS

## REDHAWKS SUCCESS CENTER



assistant Sonya Bain and two graduate assistants - Rachel Blunt and Lauren Scannell.

The office of Brady Barke, Assistant Athletic Director for Compliance, and his assistant is also located in the Redhawks Success Center.

The beautiful new facility should enhance the outstanding work in the classroom already enjoyed by Southeast student-athletes. Over 52 percent of the student athletes at Southeast maintain a 3.0 or higher cumulative grade point average.

During the 2008-09 school year, Southeast had a total of 141 scholar-athletes. Tutors are available for athletes as needed. In addition, both attendance and academic progress are monitored through attendance checks and regular grade checks with faculty.

A special course is required for all first time athletes at Southeast. The course, which offers three credit hours, is part of a comprehensive program developed to address study skills and life skills topics and thus, enhance retention and academic success for student-athletes.

Entering student-athletes are evaluated for academic preparedness and assigned to appropriate categories. Student-athletes who are deemed "at risk" based on ACT scores and an assessment of their high school or junior college transcripts

The new Redhawks Success Center offers Southeast Missouri athletes a place to study and develop as students and campus leaders.

The Redhawks Success Center is located in the Student Recreation Center South, which is just south of Houck Stadium. The new facility offers a computer lab with 18 computers, study areas and conference areas for group meetings.

The area is under the guidance of Cindy Gannon, Associate Director of Athletics; with assistance from Director of Academic Services Sharon Burgard, full-time

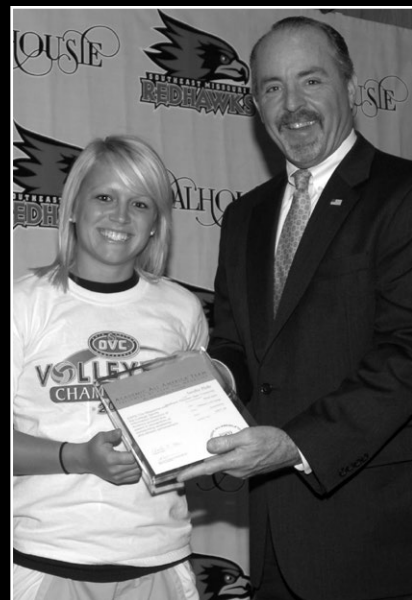


are provided with individualized academic programs that includes meeting with a mentor at least bi-weekly to discuss academic progress.

The Student-Athlete Excellence Center staff also works to get athletes involved in campus and community projects. This is all done to provide a support structure which provides a greater opportunity for academic success to student-athletes.

The Redhawks volleyball team is one such team that has reaped the benefits of the Success Center and its excellent staff. Last season the team recorded a cumulative GPA of 3.457 including a GPA of 3.335 in the spring and had nine players accumulate GPAs of over 3.0 for the school year and the spring semester. Alyssa Aston, Molly Davis and Paige Dossey had perfect 4.0 GPAs during the school year and were each awarded the Ohio Valley Conference Medal of Honor. For Davis it was her third-straight year she has received the prestigious award as she holds a cumulative GPA of 4.0. During the 2008-2009 academic year ten players were named to the OVC Commissioner's Honor Roll and nine athletes were named Southeast Scholar Athletes.

The team was also honored with the AVCA Academic team award for the sixth time in eight seasons. They have been awarded the award nine times in 17 years, one of only 11 schools in Division I to win the award eight or more times.



**Molly Davis is awarded her CoSIDA/ESPN the Magazine Academic All-American award by Board of Regents member James Limbaugh**



**Brittany Hastings is greeted by Southeast Missouri State University President Dr. Kenneth W. Dobbins during graduation ceremonies**

# VOLLEYBALL

## 2009 REDHAWKS

### 2009 REDHAWKS VOLLEYBALL ROSTER

No.	Name	Ht.	Pos.	Year	Hometown/Last School
1	Emily Hughes	5-11	MB	Jr.	Memphis, Tenn./St. Benedict H.S.
2	Karleigh DeLong	5-11	OH/RS	Sr.	Corona, Calif./Santiago H.S.
3	Sarah Barth	5-11	S	Sr.	Germantown, Ill./Central Community H.S.
4	Kelly Benacka	5-8	DS	Jr.	Algonquin, Ill./Jacobs H.S.
5	Molly Davis	5-2	L	Sr.	Muncie, Ind./Burris H.S.
6	Amanda Rickhoff	5-9	OH	Sr.	Bartelso, Ill./Southwestern Illinois College
7	Karlee Lursen	5-9	OH	Fr.	Apple Valley, Minn./Eastview H.S.
8	Claire Keaton	5-10	OH	Jr.	St. Louis, Mo./Incarnate Word Academy
9	Brittney Kalinoski	5-11	OH	Fr.	Overland Park, Kan./Olathe East H.S.
10	Paige Dossey	5-10	OH	So.	Avon, Ind./Avon H.S.
11	Emily Maher	6-0	MB	Fr. (RS)	Flower Mound, Texas/Marcus H.S.
12	Samantha Lowman	5-7	L	Fr.	Lincoln, Ill./Lincoln Community H.S.
13	Meagan Webb	5-8	DS	Jr.	Las Vegas, Nev./UNLV
14	Jenny Bellairs	6-2	MB	Fr.	Osage, Iowa/Osage Community H.S.
15	Angela Cichelero	5-9	S	Fr.	St. Louis, Mo./Ursuline Academy

**Head Coach:** Renata Heard (Ole Miss, 2001)

**Assistant Coaches:** Jeremiah Larsen (Brigham Young, 2002)

Randi Raff (Southern Indiana, 2005)

### ROSTER BREAKDOWN

#### BY CLASS

##### Seniors (4)

Sarah Barth  
Molly Davis  
Karleigh DeLong  
Amanda Rickhoff

##### Sophomores (1)

Paige Dossey

##### Juniors (4)

Kelly Benacka  
Emily Hughes  
Claire Keaton  
Meagan Webb

##### Freshmen (6)

Jenny Bellairs  
Angela Cichelero  
Brittney Kalinoski  
Samantha Lowman  
Karlee Lursen  
Emily Maher (Redshirt)

#### BY POSITION

##### Setters (2)

Sarah Barth  
Angela Cichelero

##### Outside/Rightside Hitters (6)

Karleigh DeLong  
Paige Dossey  
Brittney Kalinoski  
Claire Keaton  
Karlee Lursen  
Amanda Rickhoff

##### Middle Blockers (3)

Jenny Bellairs  
Emily Hughes  
Emily Maher

##### Defensive Specialists (4)

Kelly Benacka  
Molly Davis  
Samantha Lowman  
Meagan Webb



### PRONUNCIATION GUIDE

Cichelero - - - - - CHICK-ah-lare-OH  
Dossey - - - - - dos-EE  
Kalinoski - - - - - KAL-in-AHS-key  
Karleigh - - - - - CAR-lee  
Maher - - - - - Ma-HER  
Rickhoff - - - - - RIK-off  
Renata - - - - - REN-ata

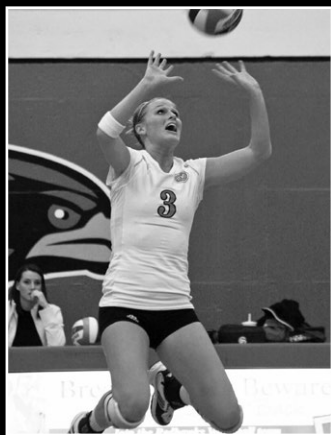


# REDHAWKS

## 2009 REDHAWKS OUTLOOK

The 2009 Redhawks volleyball team looks to bounce back from a roller coaster 2008 season that saw it finish with wins in six of its final eight matches. The late push led the Redhawks to a fifth-place finish in the Ohio Valley Conference standings and extended their postseason streak to 18 consecutive OVC Tournament appearances.

This year's team has a mixture of experience and youth with nine letterwinners returning, including four seniors. Five of the nine letterwinners are returning starters. Head Coach Renata Heard also added five incoming freshmen to the roster. These newcomers are expected to contribute immediately.



**SARAH BARTH**

### SETTER

Senior Sarah Barth will return for her third year as the team's starting setter. Last season, she fought through an early-season injury to finished second in the OVC in assists per set (9.69). She improved her average to 10.4 assists per set in conference play alone. Barth also led the team with eight assist-dig double-doubles. She is considered one of the top returning setters in the OVC. She was named OVC Setter of the Week twice last year.

"Sarah has matured into the leader of this team's offense," said Coach Ren. "She has a better understanding of our system and I expect her to execute it precisely. I believe she is one of the best setters in the OVC."

Freshman Angela Cichelero will challenge for playing time at the setter position. Cichelero led Ursuline Academy in assists and points as both a junior and senior. She is considered one of the top prep setters in Missouri.

### OUTSIDE HITTER

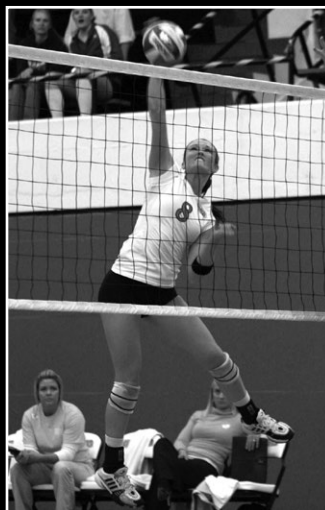
Last season, the outside hitter position was considered the strength of the team with All-OVC selections Aubrey Dondlinger and Karleigh DeLong. However, both players were hampered by injuries which forced other players to step up and make an impact.

Claire Keaton was one of those difference makers. Keaton started all 27 matches and led the team in kills and points. A Second-Team All-OVC selection, she ranked eighth in the OVC with 313 kills. She also led the team with eight kill-dig double-doubles and ranked second on the team in digs.

"Claire is one of our go-to weapons," said Coach Ren. "She can perform well in pressure situations and embraces that role. If we can keep Claire healthy, she will be one of the top outside hitters in the OVC."

Injuries limited DeLong to just 14 matches last season. However, the 2007 AVCA All-Region Honorable Mention selection still managed to finish the year with three double-doubles. She expects to bounce back and lead the team offensively in her final season.

"Karleigh is a fierce competitor," said Coach Ren. "She is determined to go out with a bang and achieve two seasons worth of goals. I look for Karleigh to be one of our key leaders on this year's squad."



**CLAIRE KEATON**

Sophomore Paige Dossey also saw considerable action while playing an unfamiliar position. She played in 24 matches, starting 11 en route to ranking fourth on the team in blocks. She, too, will move back to the outside and battle for a starting spot.

"Paige had a breakout spring," said Coach Ren. "She is constantly looking for ways to improve her game and is 100 percent committed to excellence. I expect Paige to play a major role in our offense this season."

A pair of high profile, athletic freshmen in Brittney Kalinoski and Karlee Lursen round out this year's outside hitters. A two-time all-state selection, Kalinoski holds single-season and career records in blocks and kills at Olathe East High School. She was one of the top players in the Kansas City area, as well. Lursen, also an all-state honoree, was one of the top hitters in Minnesota. She led Apple Valley High School in kills, blocks, aces and digs as her team finished 28-5 as the state runner-up her senior year.

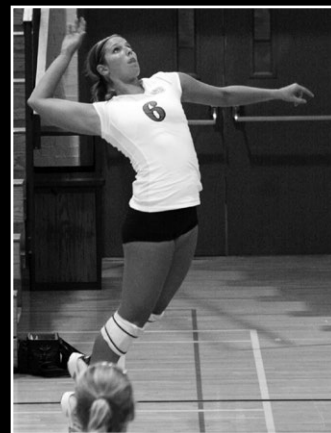
### MIDDLE BLOCKER

Junior Emily Hughes is coming off a successful preseason and looks to build on a strong 2008 campaign. She started all 26 matches at middle blocker, where she lead the team in blocks and finished sixth in the OVC in blocking average per set (0.74). She also made the most of her chances on offense, leading the team in attack percentage and ranking among the top 10 in the OVC. In addition, Hughes finished third on the team in kills. Hughes was limited during the spring due to injuries but has returned at full strength.

"We are all very anxious to get Emily back on the court and see her in action this season," said Coach Ren. "She is a very smart hitter, has great blocking reads and is one of the strongest players on the team. She will be one of the top middle's in the OVC this season."

Junior college transfer Amanda Rickhoff saw plenty of action on the right side in DeLong's absence. She played in 25 matches and made 14 starts, averaging 2.24 kills and 2.55 digs per set. She is expected to move back to the outside and compete for a starting spot this year. She is also one of the most versatile players on the team and could see time at other positions.

"Amanda made great strides in just one season," said Coach Ren. "She is committed to getting stronger and continues to improve her offensive game. She is an all-round athlete that can be used at several key positions."

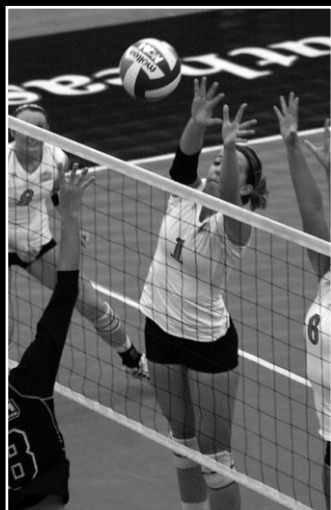


**AMANDA RICKHOFF**



# VOLLEYBALL

## 2009 REDHAWKS OUTLOOK



**EMILY HUGHES**

Emily Maher came to Southeast last season as a highly-touted middle from the state of Texas last season. Unfortunately, a knee injury suffered kept her off the court. Nevertheless, she returned in the spring after extensive rehabilitation.

Freshman Jenny Bellairs adds to the depth in the middle. Standing at 6-2, Bellairs is the tallest player on the team. She joins the Redhawks from Osage Community High School, where she was an honorable mention all-state selection after leading her team in kills and blocks.

### LIBERO/DEFENSIVE SPECIALISTS

The Redhawks are one of the top defensive teams in the league because of their strength at the libero/defensive specialist positions.

Senior Molly Davis is considered one of the top liberos in the OVC and one of the best to go through the Southeast program. Davis, who ranks among the school's single-season and career record-holders in digs. She enters the year needing 14 to break Southeast's all-time career digs record. Davis has played in every game in her career. She ranked fourth in the OVC and 55th in the nation with 447 digs in 2008.

"Molly has been in the gym throughout the summer working to be a better ball-handler," said Coach Ren. "We are excited to see the progress she's made. I expect Molly to raise her game to another level and exceed all expectations this season."

Junior Kelly Benacka saw action in all 27 matches, mainly as a defensive specialist. She was the team's top server, who ranked seventh in the OVC with 20 service aces. Benacka registered double-digit digs in five straight matches, including a career-best 25 vs. Arkansas State. Benacka will battle Davis for the starting nod.



**MOLLY DAVIS**

"Kelly is committed to improving both her mental and physical game," said Coach Ren. "She is a solid player that will compete for the starting libero position."

Meagan Webb saw limited action, playing in nine matches last season. She improved considerably over the course of the season.

"Meagan is a breath of fresh air," said Coach Ren. "Her contributions to this team exceed what she does on the court. She keeps things light and always has a smile on her face, and she has made great strides on defense."

Freshman Samantha Lowman has the makeup to become another promising libero for the Southeast volleyball program. She set the single-season and career digs records at Lincoln Community High School. Lowman will also be among those competing for a starting job.

### THE SCHEDULE

After a tough 2008 schedule, which saw Southeast face five teams that reached the NCAA Tournament, the Redhawks have another competitive schedule in 2009.

This year's scheduled features matches against three NCAA Tournament participants from a year ago, as well as teams from the SEC, ACC and Conference USA.

Southeast begins the season with three straight tournaments on the road. The Redhawks open the year against Arkansas State (Aug. 28) at the University of Memphis Invitational. Southeast will also face Memphis and Evansville (Aug. 29) in tournament action before heading to the Belmont Invitational a week later.

The Redhawks will face three teams that each won over 24 games last season including the host Bruins (Sept. 4), former OVC member Samford and Central Arkansas (Sept. 5). Southeast is a perfect 9-0 against these teams heading to the "Music City."

After that, Southeast heads to the Georgia Tech Courtyard Classic where it will face the toughest collection of teams in recent memory. The Redhawks will begin that tournament against Ole Miss (Sept. 11), Coach Ren's alma mater. Southeast also plays Georgia Tech and 2008 ACC Tournament champion and NCAA Tournament participant Clemson (Sept. 12).

Southeast begins OVC play at defending OVC Tournament champion Tennessee Tech on Sept. 18. That match is the first of three OVC road games to start the conference season. The Redhawks host Austin Peay in their home opener (Sept. 25) before taking on Tennessee State the next day. Following two road matches, Southeast returns home to play five matches in a span of 12 days.

Highlighting that homestand is a match against Tennessee Tech (Oct. 10) and two conference matches featuring Southern Illinois University-Carbondale and Southern Illinois University-Edwardsville. The Redhawks will play future OVC member SIUE on Oct. 13 and regional rival SIUC on Oct. 20.

The final portion of the team's schedule includes home matches against Morehead State (Nov. 6) and Eastern Kentucky (Nov. 7), and visits to Murray State (Nov. 10) and Eastern Illinois (Nov. 13).

Coach Ren hopes this year's challenging schedule will have the Redhawks primed to make their 19th OVC Tournament appearance.



**KELLY BENACKA**



# REDHAWKS

## MEET THE REDHAWKS



**SARAH BARTH**

# 3

### MEET SARAH

Favorite cereal----- Frosted Flakes...They're Greeeeaaattt!!!  
 Favorite smell----- Home-cooked meals =)  
 Favorite celebrity as a child ----- Justin Timberlake  
 Where do you spend your money----- Clothes!!! I love to shop!  
 What is your dream job----- Hair stylist  
 What cartoon character are you ----- Cinderella  
 Who have you met that is famous ----- Red Schoendienst  
 Volleyball fantasy --- Win the OVC Tourney and NCAA berth  
 Easier to forgive or forget-----It's always better to forgive  
 Scary movies or happy endings----- Happy endings!!! =)

**5-11 SENIOR SETTER GERMANTOWN, ILL. CENTRAL COMMUNITY H.S.**

**2008:** Played in 24 matches with 22 starts for the Redhawks...ranks seventh in career assists...led the team in assists with 785 while averaging 9.69 per set...finished second in the OVC in assists...in OVC play averaged 10.40 assists per set...against Murray State, had a career-high four service aces and season-highs with 58 assists, 12.0 points and digs with 20...posted double digit assists in 23 of 24 matches played...fourth on the team in kills with 124...ranked fourth on the team with a .218 attack percentage, including four matches with an attack percentage over .400...recorded a .257 attack percentage and 2.70 digs per set in OVC play...averaged 1.79 kills per set and 10.09 assists per set in home matches...third on the team with 17 service aces...recorded six matches with over 40 assists...had a team-high eight double-doubles on the season...recorded only one receiving error on the season...named OVC Setter of the Week twice...member of the Ohio Valley Conference Commissioner's Honor Roll...Southeast Scholar Athlete.

**2007:** Played in 29 matches with 25 starts for the Redhawks as a sophomore...led the team in assists with 1197 while averaging 10.98 a game...ranked seventh in the Conference in total assists...in OVC play averaged 11.44 assists per game...fourth on the team in blocks with 45 on the season...career high four blocks vs Saint Louis University and Eastern Illinois...against Connecticut, had a career-high 11 kills with a .556 hitting percentage, 14.5 points, 51 assists, and 10 digs, recording one of two triple-doubles on the season...second triple-double against Jacksonville State with 10 kills, 55 assists, and 19 digs...match and career high 62 assists at Tennessee Tech...match high 61 assists against Tennessee Tech in the OVC Tournament...posted 16 matches of double digit digs...tied a career-high with 20 digs against Ball State...recorded 19 digs vs Jacksonville State...match high 18 digs against Austin Peay...averaged 2.64 digs a game with 288 on the season, ranking 5th on the team...fifth on the team with 18 service aces...recorded 13 matches with over 50 assists...had a double-double against Austin Peay with 10 kills and 53 assists...finished the season with 159 kills and 200.5 points...did not commit a single receiving error on the season...member of the Ohio Valley Conference Commissioner's Honor Roll...Southeast Scholar Athlete.

**2006:** Saw action in 22 matches, starting eight of them as a true freshman...second on the team with 283 assists...averaged 6.29 assists per game...registered first career triple-double vs. Samford with 45 assists, 17 digs and a season-high 10 kills...season-best 57 assists vs. Tennessee State...recorded 50 assists and a career-high 20 digs at Eastern Illinois...finished with 50 kills on the year...11 kills vs. Tennessee State and at Eastern Illinois...12 blocks, three solo for the season...season-high three blocks, two solo vs. Tennessee State...six service aces...13 digs and two aces at Saint Louis...Southeast Scholar Athlete.

**Prep:** Attended Central Community High School in Germantown, Ill...led team to 2005 IHSA Class A state championship...named team captain her senior year...two-time All-Conference selection...named to the Effingham Cross-Road Classic All-Tournament Team twice...St. Louis Post Dispatch Player of the Week...three-year starter...honorable mention All-State selection in her sophomore season...three-year letterwinner...coached by Jim Cook...National Honor Society member.

**Personal:** Born 9-10-87...daughter of Bernie and Linda Barth...majoring in Secondary Education...recruited by Wichita State, SIU Edwardsville & Central Missouri.



### CAREER HIGHS

Kills ----- 11 vs Connecticut 9/8/07  
 Attempts ----- 29 vs Samford 10/21/06  
 Attack % ----- .556 vs Connecticut 9/8/07  
 Digs ----- 20 (three times)  
 Aces ----- 4 vs Murray State 10/28/08  
 Assists ----- 62 at Tennessee Tech 9/15/07  
 Block Assists ----- 4 (two times)  
 Block Solo --- 2 vs Tennessee State 10/27/06

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'06	46	50	27	1.09	140	.164	283	6.15	6	98	2.13	3	9	12	0.26
'07	109	159	81	1.46	478	.163	1197	10.98	18	288	2.64	2	43	45	0.41
'08	81	124	52	1.53	330	.218	785	9.69	17	193	2.38	1	17	18	0.22
	236	333	160	1.41	948	.182	2265	9.60	41	579	2.45	6	69	75	0.32



# VOLLEYBALL

## MEET THE REDHAWKS



**MOLLY DAVIS**

# 5

### MEET MOLLY

Favorite TV show --- One Tree Hill, Desperate Housewives  
 Favorite cereal --- Lucky Charms, Cracklin Oat Bran & Crispix  
 Favorite sound-----Loud laughter  
 Favorite celebrity as a child ----- Dominique Moceanu  
 What was your first car ----Haha! A beautiful red Dodge Neon  
 What is your dream job --- Building a baseball stadium in Cape G  
 Favorite SEMO volleyball moment-----Beating Murray in 5  
 Place you want to visit----- Cancun, Spring Break anyone?  
 Volleyball fantasy----- Win the OVC Tourney and NCAA berth  
 Scary movies or happy endings--- Happy endings of course

**5-2 SENIOR LIBERO MUNCIE, IND. BURRIS H.S.**

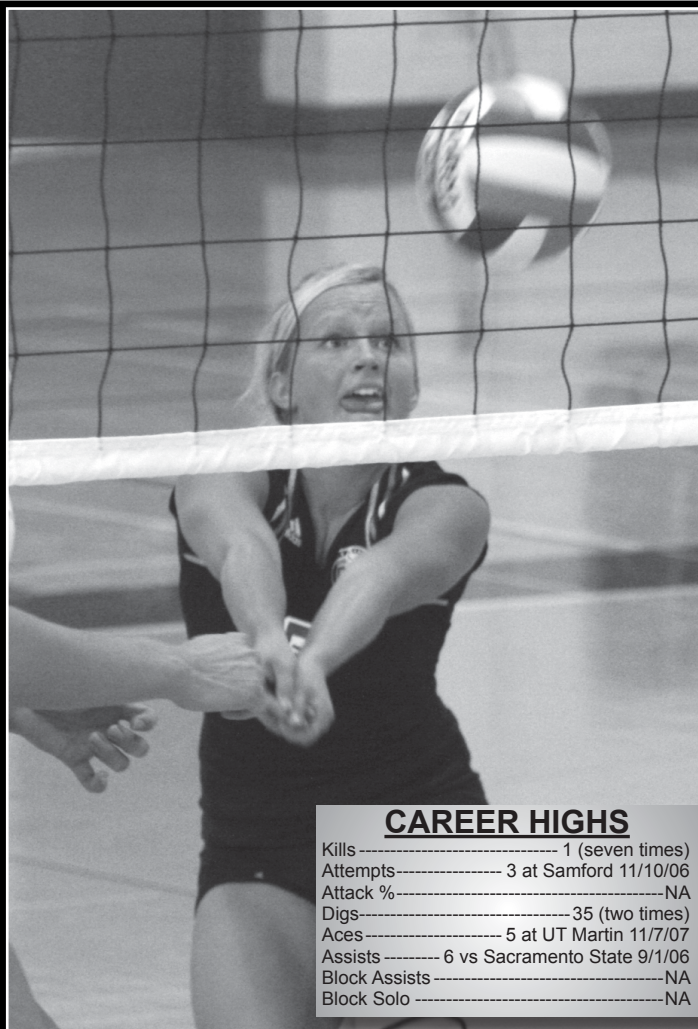
**2008:** CoSIDA/ESPN The Magazine Academic All-American Third Team selection...started at the libero position in all 27 matches...led the team in digs with 447...averaged 4.61 digs per set, ranking 55th nationally...in OVC play averaged 5.03 digs per set...ranked 4th in the OVC in digs...career-high 35 digs against Western Illinois and Southern Illinois at the Saluki Invitational while being named to the All-Tournament team and also named the OVC Defensive Player of the Week...second on the team in service aces with 18...season-high three service aces against Murray State...third on the team in assists with 39...dished out a season-high five assists while recording 21 digs against Tennessee Tech...recorded double digit digs in 25 matches...had 20 or more digs in 6 matches...recorded 28 digs against Murray State...double-digit digs in 20 straight matches to end the season...became school's all-time leader in digs at the NCAA Division I level with 1,624...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**2007:** Started at the libero position in all 32 matches as a sophomore...led the team in digs with 637 setting a new single season D-I record...averaged 4.98 digs per game which ranked 80th nationally...in OVC play averaged 5.07 digs per game...ranked 7th in the OVC in digs...third on the team in service aces with 24...notched three service aces against Tennessee State and Eastern Illinois...fourth on the team in assists with 51...recorded double digit digs in 31 matches...had 25 or more digs in 10 matches...match and season-high 32 digs against North Florida...30 digs against Eastern Illinois twice...match-high 28 digs against Morehead State...recorded match and career-high 5 service aces against UT Martin...tallied 23 digs in only 3 games against Austin Peay...named to the Ball State University All-Tournament team...committed only 53 receiving errors...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**2006:** Played in all 33 matches at the libero position as a true freshman...led the team and finished eighth in the OVC with 540 digs which ranks third on the single season D-I charts...averaged 4.46 digs per game...recorded over 20 digs in nine matches...registered double-digit digs in all but three matches...season-high 31 digs at Murray State...26 digs at Tennessee Tech and vs. Murray State in OVC quarterfinal...23 digs vs. Lipscomb, Samford, Eastern Illinois and Morehead State...third on the team with 76 assists...career-best six assists vs. Sacramento State...five assists vs. Louisiana Tech, Lipscomb and Tennessee Tech...fourth on the team with 16 service aces...four aces vs. Arkansas-Little Rock...three aces vs. Western Carolina...Southeast Scholar Athlete

**Prep:** Attended Burriss High School in Muncie, Ind...coached by Steve Shondell...won four state championships in her prep career...in 2004, her team won the National Championship...also led the team to three conference championships...2nd team all-state selection...all-conference selection...academic all-state selection in 2005...member of the Munciana Junior Club team...club team finished third nationally in 2005 and fifth in 2003 and 2004...coached by Tim Lyon...National Honor Society member...graduated with a perfect 4.0 GPA...lettered in basketball and track four years.

**Personal:** Born 4-17-88...daughter of Ron and Janelle Davis...majoring in Sport Management...recruited by Indiana State, Southern Indiana & Hope College...current employee of the Sports Information Department...represented Southeast Missouri State at the 2009 NCAA National Student-Athlete Leadership Conference in Orlando, Florida...2009 Southeast Missouri State Student Athlete Advisory Council President.



### CAREER HIGHS

Kills ----- 1 (seven times)  
 Attempts----- 3 at Samford 11/10/06  
 Attack %----- NA  
 Digs----- 35 (two times)  
 Aces----- 5 at UT Martin 11/7/07  
 Assists ----- 6 vs Sacramento State 9/1/06  
 Block Assists ----- NA  
 Block Solo ----- NA

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'06	121	3	3	0.02	18	.000	76	0.63	16	540	4.46	0	0	0	0.00
'07	128	2	1	0.02	13	.077	51	0.40	24	637	4.98	0	0	0	0.00
'08	97	2	0	0.02	5	.400	39	0.40	18	447	4.61	0	0	0	0.00
	346	7	4	0.02	36	.083	166	0.48	58	1624	4.69	0	0	0	0.00



# REDHAWKS

## MEET THE REDHAWKS



**KARLEIGH DELONG**

# 2

### MEET KARLEIGH

Favorite TV show----- Sportscenter, Family Guy, One Tree Hill  
 Favorite smell ----- The ocean in the morning  
 Favorite sound ----- Waves crashing  
 Favorite celebrity as a child ----- Paul Walker  
 Bungee jump or sky dive----- Bungee jump  
 What is your dream job-----Playing on the AVP  
 Who have you met that is famous---- Karch Kiraly, Sinjin Smith  
 Favorite SEMO volleyball moment----- Memphis match in 2007  
 Place you want to visit-----Jamaica  
 Where do you spend your money ----- Jimmy Johns

**5-11 SENIOR OH/RS CORONA, CALIF. SANTIAGO H.S.**

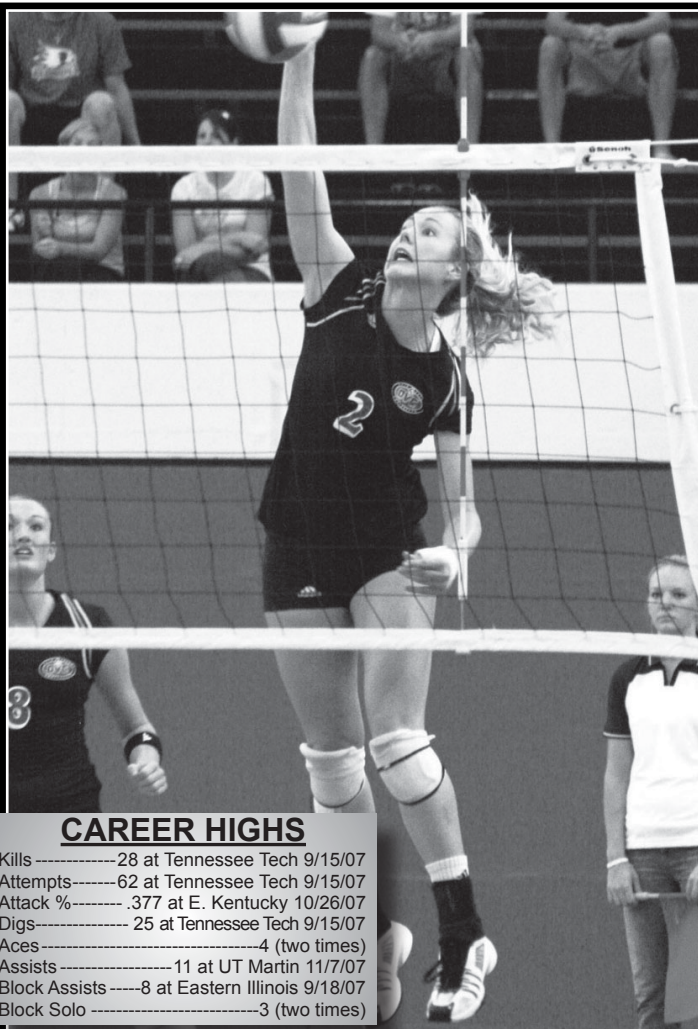
**2008:** Named to the 2008 Preseason All-OVC First team...played in 14 matches while starting 12 for the Redhawks...second on the team in kills per set with 2.67...in OVC play averaged 2.79...in home matches averaged 2.81 kills per set...in OVC play posted a .234 attack percentage...posted a season-high 15 kills against Eastern Kentucky...recorded double-digit kills in seven matches...recorded double-digit digs in four matches...posted three double-doubles for the Redhawks...in season opener vs. South Dakota State recorded 11 kills and a season-high 13 digs...tallied 83 digs on the season...sixth on the team in total blocks with 27 on the season...had 13 kills, seven digs, two aces and 16.0 points against Idaho...recorded a season-high seven assists and added 10 digs vs. Tennessee State...Southeast Scholar Athlete.

**2007:** AVCA All-Region honorable mention...First Team All-OVC...OVC Co-Offensive Player of the Week...played in 29 matches, with 28 starts as a sophomore co-captain...led the team in kills with 433 for a 3.77 per game average, ranking 7th in OVC...ranked first on the team in service aces with 31...team leader in points with 4.46 a game...ranked fourth in OVC in points with 513.5...in OVC play recorded 383.5 points to rank second in the conference...averaged 4.73 points per game in OVC play which ranked third...registered six matches of 20 or more kills... finished second on the team in digs with 383 for a 3.33 per game average...second on the team in blocks with 86...recorded a career high nine blocks at Eastern Illinois and had six matches of 5 or more blocks...ranked third on the team in assists with 99...recorded first career 20-20 game with career-highs in kills (28) and digs (25) at Tennessee Tech...recorded eight blocks against Eastern Illinois...added three solo blocks against Austin Peay and Tennessee Tech...served four aces against Memphis and three aces against UT Martin...tallied 24 double digit kill matches and 21 matches of double digit digs...recorded her first career triple-double at UT Martin with 16 kills, 10 digs, and 11 assists...finished second on the team with 19 kill/dig double-doubles...match high hitting percentage of .377 against Eastern Kentucky...notched a match high 20 digs against Murray State...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**2006:** Played in 23 matches, starting 21...recorded 136 digs...registered double-digit digs in five matches...season-high 21 digs and 12 kills along with six assists in OVC quarterfinal vs. Murray State...13 digs vs. Austin Peay...10 digs at Tennessee-Martin and in both matches at Jacksonville State, including the OVC final...122 kills...10 kills vs. Tennessee Tech and at Jacksonville State...tied for second on the team with 17 service aces...four aces at Eastern Illinois...three aces at Saint Louis and at Jacksonville State in the OVC championship...fifth on the team with 28 blocks, two solo...season-best four blocks at Eastern Illinois...43 assists...season-best seven assists at Eastern Illinois...10 kills vs. Tennessee Tech and at Jacksonville State.

**Prep:** Attended Santiago High School in Corona, Calif...two-time all-area selection...three-time all-league selection...named to six different all-tournament teams...led area in kills and digs...two-time Junior Olympic indoor medalist...represented Team USA at the Women's Under 21 Beach Volleyball World Championships...four-year letterwinner in volleyball...two-year letterwinner in basketball...three-time Scholar Athlete...four-time academic all-league...Principal's Award.

**Personal:** Born 10-5-87...daughter of Bill and Robin DeLong...majoring in Psychology.



### CAREER HIGHS

Kills -----28 at Tennessee Tech 9/15/07  
 Attempts-----62 at Tennessee Tech 9/15/07  
 Attack %----- .377 at E. Kentucky 10/26/07  
 Digs----- 25 at Tennessee Tech 9/15/07  
 Aces-----4 (two times)  
 Assists----- 11 at UT Martin 11/7/07  
 Block Assists -----8 at Eastern Illinois 9/18/07  
 Block Solo -----3 (two times)

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'06	78	122	71	1.56	454	.112	43	0.55	17	136	1.74	2	26	28	0.36
'07	115	433	144	3.77	1301	.222	99	0.86	31	383	3.33	13	73	86	0.75
'08	45	120	42	2.67	367	.213	29	0.64	7	83	1.84	3	24	27	0.60
	238	675	257	2.84	2122	.197	171	0.72	55	602	2.53	18	123	141	0.59



# VOLLEYBALL

## MEET THE REDHAWKS



**AMANDA RICKHOFF**

# 6

### MEET AMANDA

Favorite TV show --- One Tree Hill, Desperate Housewives  
 Favorite cereal ----- Lucky Charms for sure!!!  
 Favorite smell ----- Momma's cookin'!!!  
 Favorite sound ----- Text messaging ring =)  
 Favorite celebrity as a child ----- Justin Timberlake  
 What is your dream job ----- A doctor  
 Who have you met that is famous ----- Gary Gaetti  
 Red or Pink ----- Pink! Pink! Pink!  
 Volleyball fantasy ----- Duh!!! Win the OVC!  
 Scary movies or happy endings ----- Happy endings =)

**5-9 SENIOR OH BARTELSO, ILL. SOUTHWESTERN ILLINOIS COLLEGE**

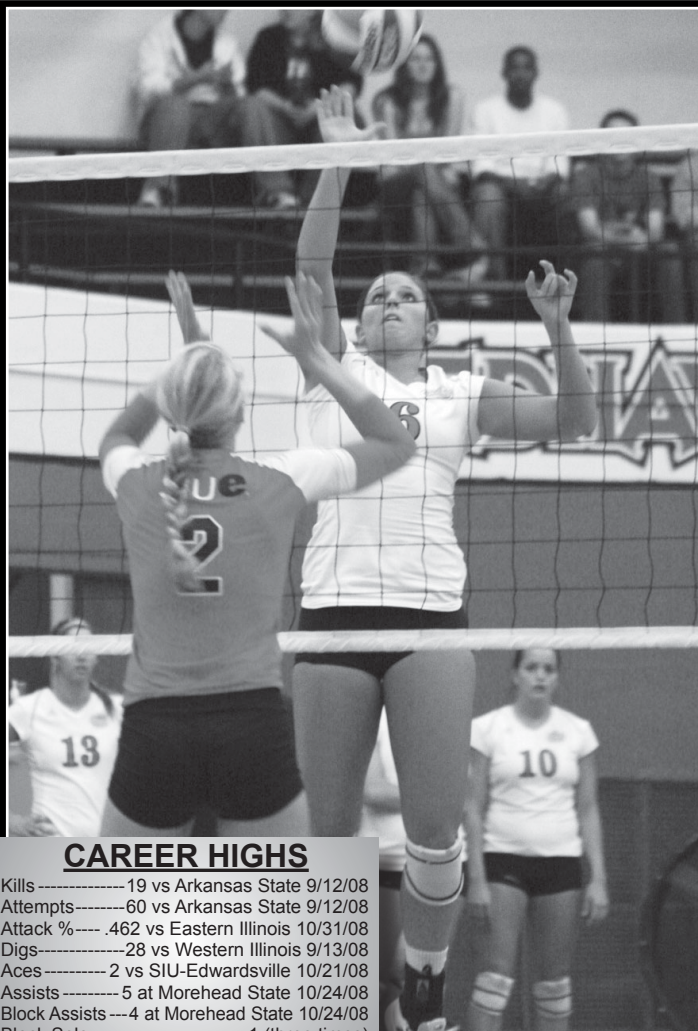
**2008:** Played in 25 matches, starting 14 of them during her first year as a Redhawk...fifth on the team with 2.24 kills per set...in OVC play averaged 2.55 digs...sixth on the team in total kills with 113...season-high 19 kills against Arkansas State...season-high 28 digs against Western Illinois...posted three matches with double-digit kills...six matches with double-digit digs...recorded first career double-double against Arkansas State with 19 kills and 19 digs...recorded a double-double vs Murray State with 11 kills and 15 digs...season-high four blocks against Morehead State...season-high 19 points against Arkansas State...recorded five kills and a season-high five assists against Morehead State...season-high two service aces against SIU Edwardsville.

**2007 (Southwestern Illinois):** Captained the team to a 36-9 record and a third-place finish at the NJCAA National Volleyball Tournament...garnered NJCAA First Team All-American honors...earned First Team All-Region and First Team All-Conference honors...team-high 796 kills and 129 aces for the Blue Storm breaking her own single-season school records in those categories she set her freshman season...owns the school career records in kills and aces...two-sport star for the Blue Storm as she averaged 6.9 ppg and 2.6 rpg as a starter for the women's basketball team.

**2006 (Southwestern Illinois):** led the team in aces...First Team All-Region honors...named First Team All-Conference.

**Prep:** Played prep volleyball at Mater Dei High School in Breese, Illinois...one of the top volleyball programs in Illinois...competed against current Redhawk Sarah Barth...team captain and Most Valuable Player for her Class AA Tournament qualifying team...First Team All-Region selection...Belleville News Democrat runner-up for Player of the Year...garnered 2nd Team All-State accolades as well as 2nd team St. Louis Post Dispatch All-Metro Team honors...averaged 2.75 kills per game, 1.95 blocks per game and 2.78 digs per game her senior season...also played basketball.

**Personal:** Born 9/5/87...daughter of Marvin and Becky Rickhoff...recruited by SIU, Minnesota, Murray State and Tennessee Martin.



### CAREER HIGHS

Kills ----- 19 vs Arkansas State 9/12/08  
 Attempts ----- 60 vs Arkansas State 9/12/08  
 Attack % ---- .462 vs Eastern Illinois 10/31/08  
 Digs ----- 28 vs Western Illinois 9/13/08  
 Aces ----- 2 vs SIU-Edwardsville 10/21/08  
 Assists ----- 5 at Morehead State 10/24/08  
 Block Assists --- 4 at Morehead State 10/24/08  
 Block Solo ----- 1 (three times)

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'08	79	113	67	1.43	419	.110	28	0.35	6	177	2.24	3	16	19	0.24
	79	113	67	1.43	419	.110	28	0.35	6	177	2.24	3	16	19	0.24



# REDHAWKS

## MEET THE REDHAWKS



**KELLY BENACKA**

# 4

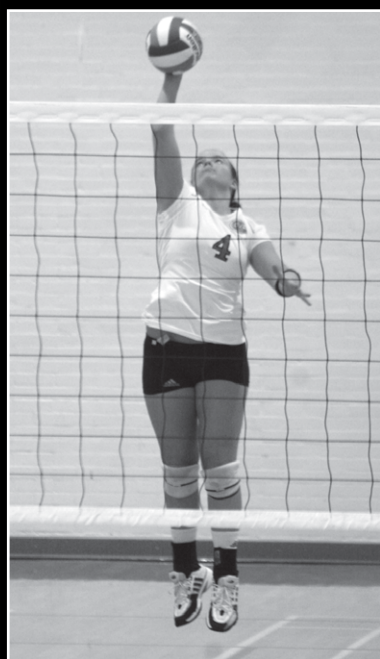
### MEET KELLY

Favorite TV show----- One Tree Hill, Entourage, House, Greys  
 Favorite cereal ----- Lucky Charms knock-off from Wal-Mart  
 Favorite smell ----- Vanilla and momma's cooking  
 Favorite sound--- Babies laughing & Emily Hughes singing  
 Favorite celebrity as a child ----- John Travolta  
 What is your dream job----- Being an actress=)  
 Your first car----- Eleanor! A Toyota Corolla  
 Volleyball fantasy----- Win conference, Win OVC for my seniors =)  
 Five years from now----- Starting pro team with Haley & Molly  
 Bungee jump or skydive ----- Skydive

**5-8 JUNIOR DS ALGONQUIN, ILL. JACOBS H.S.**

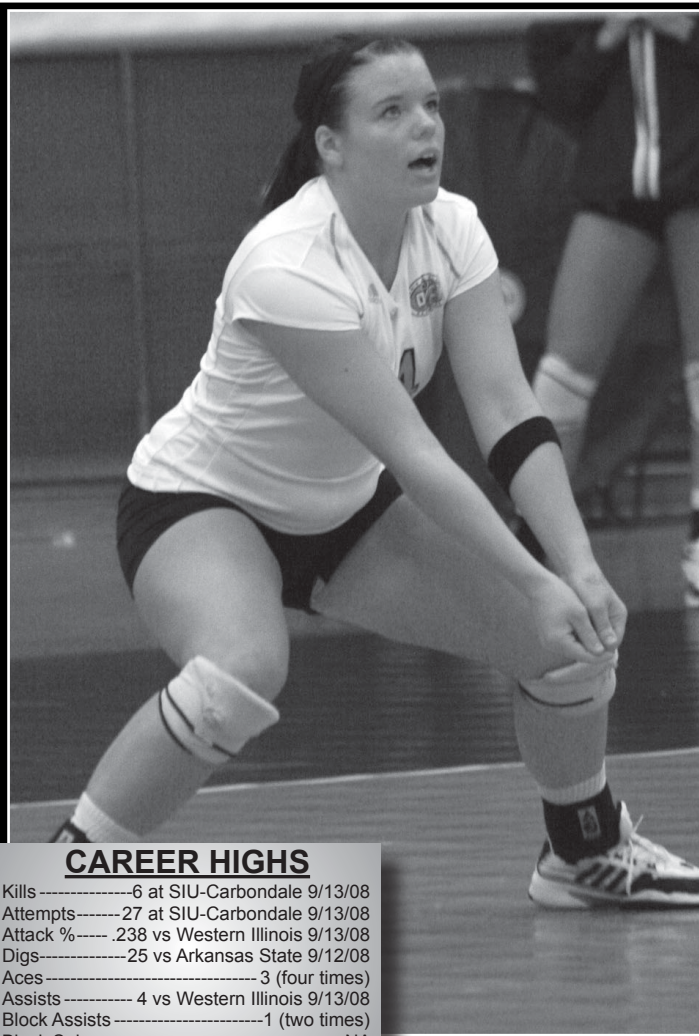
**2008:** Played in all 27 matches as a defensive specialist for the Redhawks...led the Redhawks with a career-high 20 service aces ranking seventh in the OVC with 0.25 service aces per set... was sixth on the team with 173 digs...averaged 2.16 digs per set...averaged 3.10 digs per set in non-conference matches...career-high three service aces against Middle Tennessee, Arkansas State, Southern Illinois and Eastern Kentucky... team-high 25 digs against Arkansas State at the Saluki Invitational...tallied a career-high six kills against Southern Illinois...five-straight matches with double-digit digs...season-high .238 attack percentage with five kills and 24 digs against Western Illinois...12 digs, two service aces and three kills against Jacksonville State...committed only 10 receiving errors all season...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**2007:** Played in 27 matches as a defensive specialist...totaled 10 service aces on the season...tallied 51 digs...best match against Austin Peay with career high 12 digs...recorded eight digs against North Florida...recorded six digs versus Tennessee Tech... first career kill at Eastern Kentucky... produced two assists against IUPUI...recorded two service aces against Tennessee Tech, Tennessee State, and Tennessee Martin...added five digs in only three games against Tennessee Martin...against Memphis played in all five games recording two digs...recorded four digs vs. Austin Peay...recorded two digs vs Weber State and two digs at Samford...committed only four receiving errors...Southeast Scholar Athlete.



**Prep:** Two-time Daily Herald and Northwest Herald all-area as a junior and senior at H.D. Jacobs High School in Algonquin, Ill....All-state honorable mention...All-Fox Valley Conference...Most Valuable Player...team captain as a senior...coached by Lisa Dwyer...competed with the Rolling Thunder and Sky High volleyball clubs...also played softball...four-year high honor roll student...student council member.

**Personal:** Born 11-18-88... daughter of Michael and Sheryll Benacka ... recruited by Manchester.



### CAREER HIGHS

Kills -----6 at SIU-Carbondale 9/13/08  
 Attempts----- 27 at SIU-Carbondale 9/13/08  
 Attack %----- .238 vs Western Illinois 9/13/08  
 Digs----- 25 vs Arkansas State 9/12/08  
 Aces----- 3 (four times)  
 Assists----- 4 vs Western Illinois 9/13/08  
 Block Assists----- 1 (two times)  
 Block Solo ----- NA

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'07	77	1	1	0.01	5	.000	5	0.06	10	51	0.66	0	0	0	0.00
'08	80	20	6	0.25	107	.131	22	0.28	20	173	2.16	0	2	2	0.03
	157	21	7	0.13	112	.125	27	0.17	30	224	1.43	0	2	2	0.01



# VOLLEYBALL

## MEET THE REDHAWKS



**EMILY HUGHES**

### MEET EMILY

Favorite sound-----John Legend  
 Favorite celebrity as a child-----JC from N'SYNC  
 Bungee jump or sky dive-----Neither! I'm afraid of heights  
 What is your dream job----Athletic trainer for an NBA team  
 Pink or Red-----Red  
 Your first car-----'99 Jeep Wrangler  
 Who have you met that is famous-----Three 6 Mafia  
 Place you want to visit-----Hawaii  
 Volleyball fantasy-----OVC, NCAA's!!!!  
 Favorite SEMO volleyball moment-----Beating APSU on the road

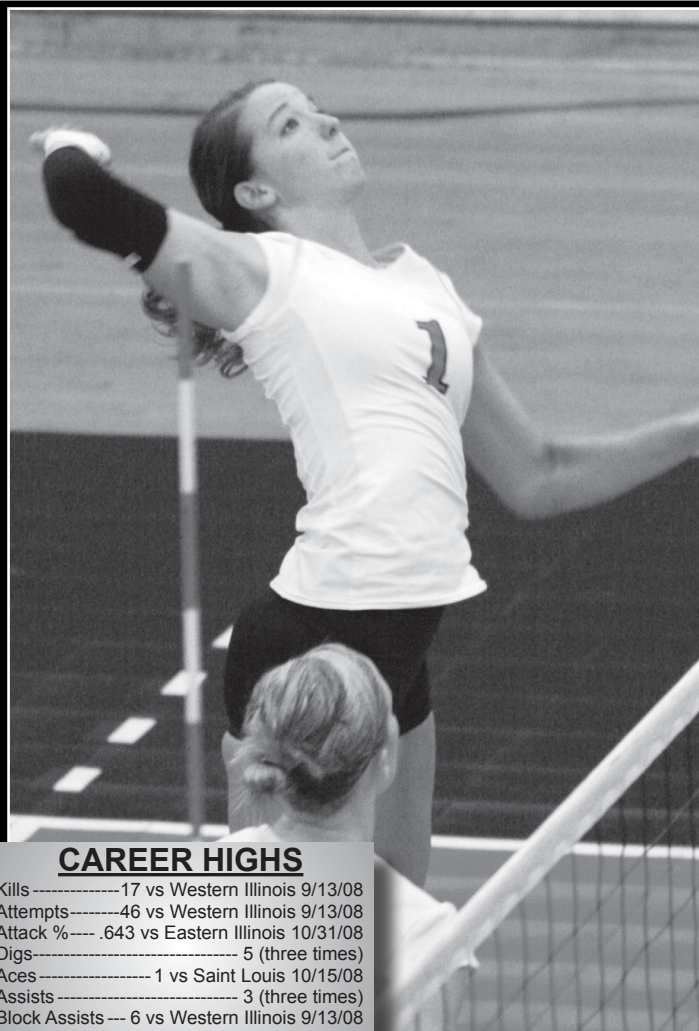
**5-11 JUNIOR MB MEMPHIS, TENN. ST. BENEDICT H.S.**

**2008:** Played and started in 26 matches for the Redhawks this season...led the Redhawks in blocks with 70 and averaged 0.74 which ranked sixth in the conference...in OVC play she bumped her average to 0.78...team high .248 attack percentage on the season which placed her 10th in OVC play...in OVC play had a team-high .262 attack percentage...recorded a .300 attack percentage or better in 10 matches...third on team in total kills with 192...recorded double-digit kills in five matches...recorded 14 assists, 42 digs and 235.5 points on the season...tallied a career-high 17 kills, career-high six blocks and career-high 20.0 points against Western Illinois...career high five digs on three different occasions including matches against conference rivals UT Martin, Morehead State and Tennessee Tech...season-high .643 hitting percentage against Eastern Illinois...recorded only one receiving error all season...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**2007:** Played in 29 matches, with 17 starts...contributed 90 kills on the season...finished fourth on the team with a .204 attack percentage...led the team in OVC play with a .283 attack percentage which ranked eighth in the conference...was fifth on the team in total blocks with 44...recorded three or more blocks in eight matches...against Murray State, recorded a season-high 11 kills while hitting .476 percent, earning 3 block assists and 12.5 points...tallied 21 digs on the season as a middle blocker...season-high 3 digs on two occasions against Austin Peay and Jacksonville State...had eight kills in two matches against Eastern Kentucky and Austin Peay...both matches finished with attack percentages above .350...tallied a season-high five blocks at home against Austin Peay...recorded four blocks against Samford and at Austin Peay...career-high hitting percentage of .750 at Jacksonville State...averaged 1.36 points per game and earned 113 total points...committed only one receiving error...Southeast Scholar Athlete.

**Prep:** All-state as a senior at St. Benedict at Auburndale High School in Cordova, Tenn...two-time team MVP...All-region from 2004-06...guided her team to a pair of regional championships...competed for T.A.C.A. All-Star team...three-time Best of the Preps nominee...earned the Scholar Athlete Award from 2004-06...member of National Honor Society, Spanish National Honor Society and Mu Alpha Theta math honor society.

**Personal:** Born 7-14-89...daughter of Simpson and Susan Hughes...recruited by Tennessee-Martin.



### CAREER HIGHS

Kills-----17 vs Western Illinois 9/13/08  
 Attempts-----46 vs Western Illinois 9/13/08  
 Attack %----.643 vs Eastern Illinois 10/31/08  
 Digs-----5 (three times)  
 Aces-----1 vs Saint Louis 10/15/08  
 Assists-----3 (three times)  
 Block Assists----6 vs Western Illinois 9/13/08  
 Block Solo ----2 vs Tennessee Tech 11/7/08

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'07	83	90	40	1.08	245	.204	7	0.08	0	21	0.25	2	42	44	0.53
'08	94	192	61	2.04	528	.248	14	0.15	1	42	0.45	15	55	70	0.74
	177	282	101	1.59	773	.234	21	0.12	1	63	0.36	17	97	114	0.64



# REDHAWKS

## MEET THE REDHAWKS



**CLAIRE KEATON**

# 8

### MEET CLAIRE

Favorite TV show — One Tree Hill, House, Friends, Jon & Kate Plus 8  
 Favorite cereal — Cocoa Puffs or Special K Cinnamon Pecan  
 Favorite celebrity as a child — N'SYNC & Backstreet Boys  
 What is your dream job — Physical therapist for the Cardinals  
 Who have you met that is famous — Dan Marino  
 Vacation in Australia or Italy — Italy, I want to go back  
 Place you want to visit — Spain  
 Your first car — Toyota Corolla  
 Volleyball fantasy — Winning both OVC titles and NCAAAs  
 Favorite SEMO volleyball moment — Beating Murray last season

**5-10 JUNIOR OH**

**ST. LOUIS, MO.**

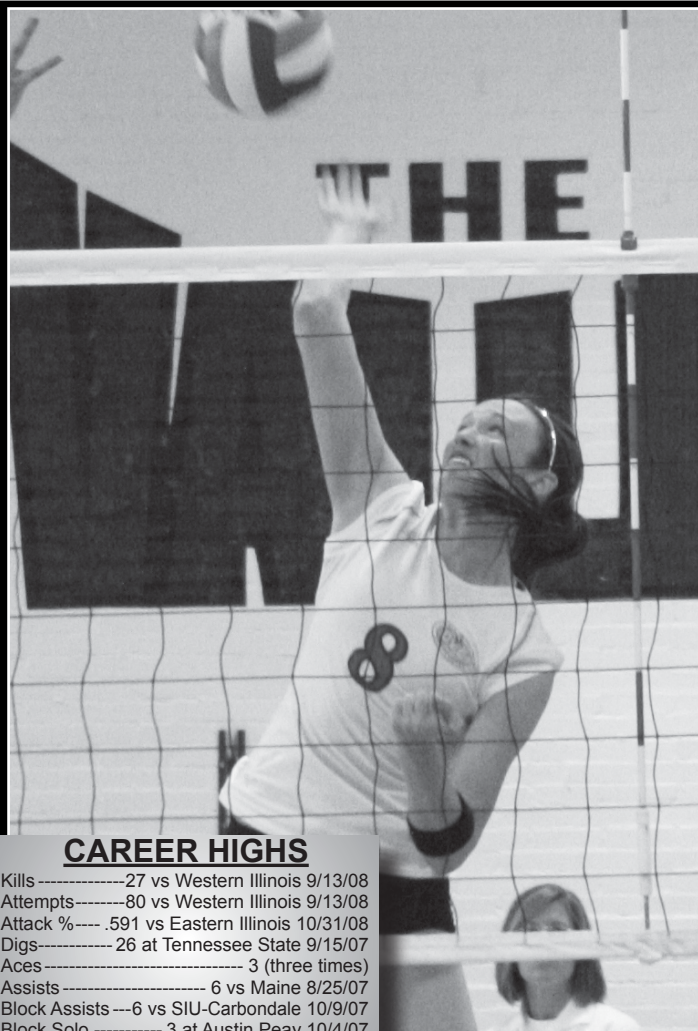
**INCARNATE WORD ACADEMY**

**2008:** All-OVC Second Team selection...only player to start all 27 matches for the Redhawks...led the Redhawks in kills with 313, kills per set with 3.19 and points with 349.5...ranked eighth in the OVC in kills...second on the team with 246 digs...averaged 3.31 kills per set in home matches...recorded 2.82 digs per set in away matches...had an attack percentage of .250 in OVC matches...recorded double-digit kills in 18 matches...double-digit digs in 11 matches...team-high eight double-doubles on the season...posted a career-high 27 kills against Western Illinois at the Saluki Invitational where she was named to the All-Tournament Team and earned OVC Offensive Player of the Week honors...season-high 20 digs against UT Martin...season-high four blocks and 30.5 points against Western Illinois...20 or more kills in three matches...recorded double-digit kills in 13 of the Redhawks final 16 matches, including 17 at UT Martin...recorded four matches with attack percentage over .450 including a career-high .591 vs Eastern Illinois...finished the season with 37 blocks and 13 service aces...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**2007:** Played in 32 matches with 18 starts...third on the team with 250 kills...averaged 1.97 kills per game...ranked fourth on the team with 21 service aces...finished third on the team with a .214 attack percentage...led the team in attack percentage with .548 percent against Austin Peay...registered 44 blocks on the season...fourth on the team with 292 digs, while averaging 2.3 per game...ranked fifth on the team in assists with 40 on the season...career-high six assists vs Maine...against Eastern Illinois University recorded season-high 23 kills, .309 kill percentage, 13 digs, 3 service aces, and 26.0 points...recorded three aces against EIU, Jacksonville State and SIUC...added five blocks against Murray State and SIUC...against Austin Peay recorded 17 kills, 14 digs and 3 solo blocks along with the match high hitting percentage of .414...produced a double-double against Tennessee Tech with 16 kills and season and match-high 26 digs...registered 11 matches of double-digit kills along with 14 matches of double-digit digs...finished with eight double-doubles on the season...15 or more kills in seven matches...averaged 2.32 points per game, ranking fourth on the team...Southeast Scholar Athlete.

**Prep:** Three-year starter at Incarnate Word Academy in St. Louis, Mo...All-State, All-Region, All-Conference and All-District...helped team win back-to-back state championships in 2004 and 2005...led the state by averaging six kills per game...team captain as a senior...selected as Best Attacker at 2006 Mizuno Cup in Chicago, Ill...MVP of Belleville East Metro Classic...served as captain of Team St. Louis club team for five years...claimed all-tournament team honors at the 15-and-under National Junior Olympics in 2004...featured in Juniors Spotlight section of Volleyball Magazine in May 2005...National Honor Society member...honor roll student.

**Personal:** Born 4-28-89...daughter of Bret and Andrea Keaton...recruited by Evansville, Austin Peay & University of Maryland-Baltimore.



### CAREER HIGHS

Kills — 27 vs Western Illinois 9/13/08  
 Attempts — 80 vs Western Illinois 9/13/08  
 Attack % — .591 vs Eastern Illinois 10/31/08  
 Digs — 26 at Tennessee State 9/15/07  
 Aces — 3 (three times)  
 Assists — 6 vs Maine 8/25/07  
 Block Assists — 6 vs SIU-Carbondale 10/9/07  
 Block Solo — 3 at Austin Peay 10/4/07

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'07	127	250	93	1.97	734	.214	40	0.31	21	292	2.30	5	39	44	0.35
'08	98	313	105	3.19	898	.232	17	0.17	13	246	2.51	10	27	37	0.38
	225	563	198	2.50	1632	.224	57	0.25	34	538	2.39	15	66	81	0.36



# VOLLEYBALL

## MEET THE REDHAWKS



**MEAGAN WEBB**

# 13

### MEET MEAGAN

Favorite TV show—One Tree Hill, Young and the Restless  
 Favorite cereal—Cinnamon Toasters  
 Favorite sound—Laughing  
 Bungee jump or sky dive—Sky dive  
 What is your dream job—Be a college student forever  
 Pink or Red—Pink  
 Your first car—Grand Pix  
 Place you want to visit—Greece  
 Five years from now—Working for a MLB team  
 Volleyball fantasy—NCAA Tournament

**5-8 JUNIOR DS LAS VEGAS, NEV. UNLV**

**2008 (Southeast Missouri State Volleyball):** Played in nine matches her sophomore year...seven of her digs came in OVC matches...recorded a season-high four digs, one assist and one service ace against Eastern Illinois...collected an ace vs Eastern Illinois...recorded three digs against Eastern Kentucky...had three attack attempts and two digs vs Arkansas State.

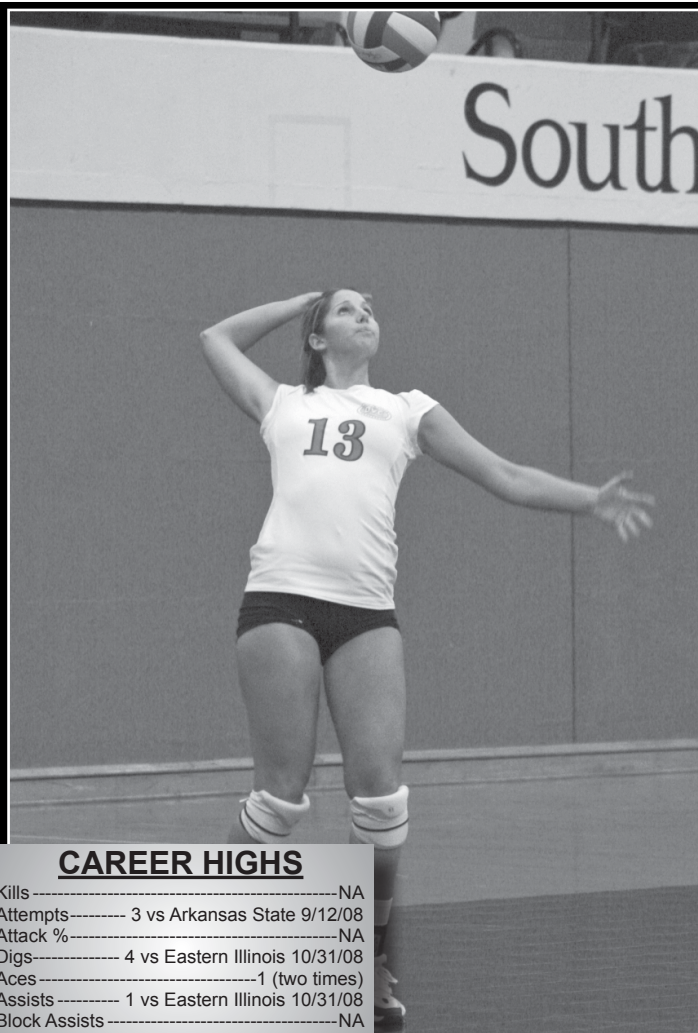
**2008 (Southeast Missouri State Softball):** Appeared in 11 games in the outfield for the Redhawks softball team including one start...recorded eight putouts...scored one run as a pinch runner...second on the team in substitution appearances.

**2007 (UNLV Softball):** Played in six games as a reserve third basemen and pinch runner for the Rebels as a true freshman...batted .333 on the year going 1-3 from the plate with one run scored...singled in only at-bat vs. Illinois-Chicago...recorded two putouts and three assists.

**Prep:** Started all four years as a setter for Las Vegas High School...coached by Sue Kennedy...Nevada Gatorade Player of the Year and Sunrise Region MVP in volleyball in 2005-06 as a senior...Gatorade Rookie of the year in 2002-03...Las Vegas Athletic Club's Female Athlete of the Year...Wendy's High School Heisman nominee...also a standout softball player leading her team to four-straight Northeast Division titles and Sunrise Region Championship in 2005...2nd Team All-State catcher after batting .461 with four homeruns and 23 RBIs...Northeast Division 2nd Team...coached by Kevin Jones.



**Personal:** Born 11-27-87...daughter of Scott and Sandra Webb...sister, Lyndsey, played catcher at Southeast from 2003-06...transferred to Southeast from UNLV prior to fall 2007 semester...major is undecided...enjoys sleeping, scrapbooking, playing volleyball and going to the lake...favorite athlete is Derek Jeter.



### CAREER HIGHS

Kills—NA  
 Attempts—3 vs Arkansas State 9/12/08  
 Attack %—NA  
 Digs—4 vs Eastern Illinois 10/31/08  
 Aces—1 (two times)  
 Assists—1 vs Eastern Illinois 10/31/08  
 Block Assists—NA  
 Block Solo—NA

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'08	14	0	1	0.00	3	-.333	1	0.07	2	9	0.64	0	0	0	0.00
	14	0	1	0.00	3	-.333	1	0.07	2	9	0.64	0	0	0	0.00



# REDHAWKS

## MEET THE REDHAWKS



**PAIGE DOSSEY**

# 10

### MEET PAIGE

Favorite TV show ----- Two and a Half Men, Friends  
 Favorite sound ----- Laughing  
 Favorite celebrity as a child ----- Shania Twain  
 Red or Pink ----- Pink  
 Place you want to visit ----- Hawaii  
 Five years from now --- Wishing I was still in college  
 Your first car ----- Toyota Celica  
 Dream job ----- Founder of a University for disabled people  
 Volleyball fantasy ----- OVC CHAMPSSSS!!!  
 Favorite SEMO volleyball moment ----- Beating Morehead!!!

**5-10**

**SOPHOMORE**

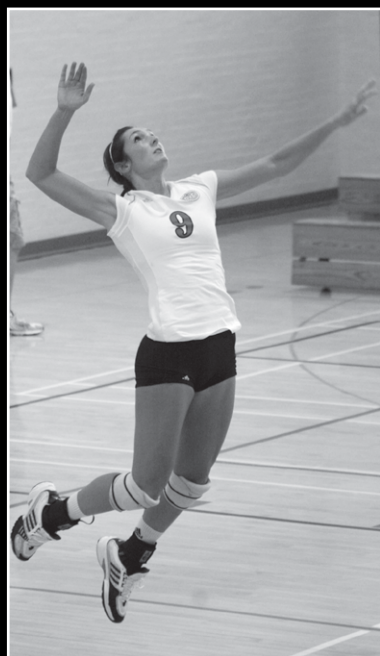
**OH**

**AVON, IND.**

**AVON H.S.**

**2008:** Played in 24 matches with 11 starts as a true freshman for the Redhawks...recorded 57 kills on the year, including a season-high seven against Eastern Illinois...fourth on the team in blocks per game with 0.42...averaged 0.89 kills per set in non-conference matches...three matches of six kills or more...season high four blocks against nationally ranked Middle Tennessee...season-high two solo blocks against conference rival Tennessee State...tallied six kills, two blocks and one assist in her first collegiate match...attempted season-high 27 attacks at SIUC...recorded 80.0 points on the season, including a season-high 8.5 against Eastern Illinois...only two receiving errors all season...OVC Medal of Honor recipient...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**Prep:** Four-year letterwinner and starter for Coach Scott McQueen at Avon High School...helped the Orioles post a 34-3 mark that included winning sectional and county championships...averaged 2.52 kills and 1.5 digs per game as a senior captain...ranked amongst the state leaders in kills...earned First Team All-West and All-conference accolades...competed on the South team in the Indiana All-Star match...played for the Circle City Volleyball Club.



**Personal:** Born 12-11-89... daughter of Mark Dossey and Darcy Hall...recruited by Eastern Illinois, Southern Indiana, Northern Kentucky, Regis University, Lynn University and Flagler College.



### CAREER HIGHS

Kills ----- 7 at Eastern Illinois 10/2/08  
 Attempts ----- 27 vs SIU-Carbondale 9/13/08  
 Attack % ----- .286 at Eastern Illinois 10/2/08  
 Digs ----- 6 vs SIU-Edwardsville 10/21/08  
 Aces ----- 1 (four times)  
 Assists ----- 2 (two times)  
 Block Assists ----- 3 (two times)  
 Block Solo ----- 2 vs Tennessee State 10/10/08

### CAREER STATS

YR	GP	K	E	KPS	TA	PCT	A	APS	SA	DIG	DPS	BS	BA	TB	BPS
'08	72	57	41	0.79	190	.084	7	0.10	4	37	0.51	8	22	30	0.42
	72	57	41	0.79	190	.084	7	0.10	4	37	0.51	8	22	30	0.42



# VOLLEYBALL

## MEET THE REDHAWKS



**EMILY MAHER**

**6-0 REDSHIRT FRESHMAN**  
**MB FLOWER MOUND, TEXAS**  
**MARCUS H.S.**

**Coach Ren's Remarks:** "Emily is a very exciting player to watch on the court. Her love for the game is quite evident and she will be a crowd favorite!"

**2008:** Medical Redshirt

**Prep:** Middle blocker out of Marcus High School...led the team in kills (443), blocks (162) and service aces (70) in her senior season...served as a team captain for Coach Cristie Liles...captured First Team All-Area honors by the Dallas Morning News...named the District 6-5A Blocker of the Year...member of the Texas Girls Coaches Association All-Star Team...also earned Academic All-District honors her senior year...2006 Dallas Morning News Newcomer of the Year...played for the Texas Advantage Volleyball Club...OVC Commissioner's Honor Roll...Southeast Scholar Athlete.

**Personal:** Born 11-20-89...daughter of Tim and Tracy Maher...recruited by Austin Peay and Harding-Truman.

### MEET EMILY

Fav TV show ----- Friends for sure! =)  
 Fav cereal ----- Lucky Charms  
 Fav smell ----- Roses  
 Fav sound ----- Laughter  
 Fav celebrity as a child ----- Justin Timberlake  
 Fav place to spend money ----- The Mall!!!!  
 Red or Pink ----- Pink  
 Bungee jump or sky dive ----- Sky diving  
 Scary movies or happy endings ----- Happy =)  
 Easier to forgive or forget ----- Forgive  
 Place you want to visit ----- Australia  
 Five years from now ----- Successful  
 Your first car ----- Honda Civic  
 Dream job ----- A nurse!!!  
 I met ----- Akon  
 Volleyball fantasy ----- Playing in the NCAA Tourney  
 Fav SEMO volleyball moment ----- Beating Morehead!!!



**JENNY BELLAIRS**

**6-2 FRESHMAN**  
**MB OSAGE, IOWA**  
**OSAGE COMMUNITY H.S.**

**Coach Ren's Remarks:** "Jenny excites me because she is already a good athlete but has so much potential as a volleyball player. By the time preseason is over I expect her to be right on track with the other middles."

**Prep:** Middle blocker out of Osage Community High School...All-State Special Mention her senior year...three-time All-Conference selection including First-Team All-Conference selection junior and senior seasons...All-District and All-Area honors her senior year...three-time letterwinner...led team in kills and blocks...named as a "Player to Watch in 2008" by the Des Moines Register as well as receiving Student Athlete of the Week honors by both KIMT television and the Glob Gazette her senior season...letterwinner in basketball...led the team in rebounding and blocks her senior season...National Honor Society member...four-year honor roll student.

**Personal:** Born 3-22-91...daughter of Dave and Beth Bellairs...plans on majoring in secondary education...recruited by SIU Edwardsville, Truman State and Wichita State.

### MEET JENNY

Fav TV show ----- CSI, Cold Case, Castle  
 Fav cereal ----- Lucky Charms  
 Fav smell ----- Clean clothes  
 Fav sound ----- Fireworks  
 Fav celebrity as a child ----- Shania Twain  
 Fav place to spend money ----- Movie theater  
 Red or Pink ----- Red  
 Bungee jump or sky dive ----- Sky dive  
 Scary movies or happy endings ----- Happy endings  
 Easier to forgive or forget ----- Forgive  
 Place you want to visit ----- Australia  
 Five years from now ----- Graduated, teaching, married  
 Your first car ----- Chevy Malibu  
 Dream job ----- Forensic scientist in a big city  
 I met ----- Dallas Clark  
 Volleyball fantasy ----- OVC Champs  
 Picked SEMO because ----- Met the girls and loved them!



**ANGELA CICHELERO**

**5-9 FRESHMAN**  
**DS ST. LOUIS, MO.**  
**URSULINE ACADEMY**

**Coach Ren's Remarks:** "Angela has a very good understanding of how to run an offense. I think this will make her transition to college ball a smooth one."

**Prep:** Setter out of Ursuline Academy where she helped her team to a District Championship in which she recorded 12 assists and 11 digs in title game...All-Conference selection...two-time All-District selection...led her team in assists and points and was second in digs and service aces her junior and senior seasons...team MVP her senior season...three year starter and letterwinner...Rookie of the Year in 2006...three-time Prepcasts Player of the Game...led her club team to five-straight USAV Junior Olympics tournaments...team captain and assists leader when playing for St. Louis CYC Volleyball Club where she helped lead her team to a 2nd place finish in the Gateway Regional Championships in 2007.

**Personal:** Born 9-18-90...daughter of Joe and Rhonda Cichelero...plans on majoring in education...recruited by Wright State, UT Martin, Florida Atlantic and SIUC.

### MEET ANGELA

Fav TV show ----- Grey's Anatomy, Friends, OTH...I like TV!  
 Fav cereal ----- Not a big cereal fan...Frosted Flakes  
 Fav smell ----- Flowers =)  
 Fav sound ----- Music  
 Fav celebrity as a child ----- N'SYNC & Britney  
 Fav place to spend money ----- Shopping & food!!!  
 Red or Pink ----- Pink  
 Bungee jump or sky dive ----- uhh, neither?  
 Scary movies or happy endings ----- Happy endings  
 Easier to forgive or forget ----- Forgive but never forget  
 Place you want to visit ----- New York  
 Five years from now ----- Successful, happy & coaching  
 Your first car ----- Toyota Camry  
 Dream job ----- Fashion designer in New York  
 I met ----- Taylor Swift, Mandy Moore & akon  
 Volleyball fantasy ----- Playing in the NCAA Tourney  
 Picked SEMO because ----- When I met the girls & coaches



# REDHAWKS

## MEET THE REDHAWKS



**BRITTNEY KALINOSKI**

**5-11 FRESHMAN**  
OH OVERLAND PARK, KAN.  
OLATHE EAST H.S.

**Coach Ren's Remarks:** "Brittney is a versatile hitter that can play both outside and rightside positions. She is a strong blocker and sees the court well. She has a big, bright future ahead of her."

**Prep:** Outside hitter at Olathe East High School...two-time All-State selection...two-time All-Conference selection...Kansas City Star All-Metro Team honorable mention...All-Sun County Team...member of the Olathe East Hall of Fame...school record-holder in single season and career record holder blocks and kills...two-time team captain...at the club level she received 2008 All-Sunflower and Tonganoxie Tournament MVP honors...member of KC Extreme Volleyball Club which placed 5th at Junior Olympic in 2007 and 21st in 2008.

**Personal:** Born 2-3-91...daughter of Scott and Bridget Kalinoski...recruited by Coastal Carolina, Central Connecticut State, Evansville, Denver, Truman and Washburn.



**SAMANTHA LOWMAN**

**5-7 FRESHMAN**  
LIBERO LINCOLN, ILL.  
LINCOLN COMMUNITY H.S.

**Coach Ren's Remarks:** "Sam is a gutsy player that has everything we look for in a libero. She is a competitor with a 'never-say-die' attitude. She will complement our team nicely."

**Prep:** Libero from Lincoln Community High School...First Team All-Conference selection in 2008...career record-holder in digs with 865 and single-season with 343...three-time letterwinner...helped her team to three IHSA Regional Championships and back-to-back Sweet Sixteen appearances her junior and senior year...two-time All-Tournament team in 2007-2008 at the Moldenhauer-Boilermaker Classic and Bradley-Bourbonnais Community High School Tournament...three-time letterwinner...four-year Honor Roll Student...recipient of the prestigious Foundation Leadership Award.

**Personal:** Born 1-16-91...daughter of Todd and Georgia Lowman...plans on majoring in animal sciences...recruited by Western Illinois and Lake Land College.



**KARLEE LURSEN**

**5-9 FRESHMAN**  
OH APPLE VALLEY, MINN.  
EASTVIEW H.S.

**Coach Ren's Remarks:** "Karlee is a ball of energy waiting to explode on the outside. She plays the game a lot bigger than she is. She can be relied on for both her offensive presence as well as her solid back row play."

**Prep:** Outside hitter out of Eastview High School where she helped lead her team to a 28-5 record as a senior...two-time Minnesota All-Star selection...2008 All-State selection...2008 All-Conference selection...led her team with 311 kills, 78 blocks, 42 service aces and 263 digs her senior season...three-time letterwinner...led Eastview to their first section championship and a runner-up finish in the Minnesota State Volleyball Tournament...2007 AAU All-American...led her AAU team to a runner-up finish at the 2007 AAU National Championships...led her AAU team to a fifth place finish at 2008 USJO Nationals.

**Personal:** Born 4-13-91...daughter of Kelly and Cora Lursen...plans on double majoring in broadcast journalism and math education...recruited by Truman, Iowa State and Concordia-St. Paul.

### MEET BRITTNEY

Fav TV show ----- Scrubs  
Fav cereal ----- Mini Wheats  
Fav smell ----- Vanilla  
Fav sound ----- My best friend's singing  
Fav celebrity as a child ----- Mia Hamm  
Fav place to spend money ---- Buying hair clips  
Red or Pink ----- Red  
Bungee jump or sky dive ----- Sky dive  
Scary movies or happy endings ----- Happy endings  
Easier to forgive or forget ----- Forgive  
Place you want to visit ----- The NCAA Tournament  
5 years from now ----- Coaching and graduate school  
Your first car ----- Yellow Ford Escape  
Dream job ----- Dolphin trainer at Sea World  
I met ----- Mia Hamm & Kristine Lilly  
Volleyball fantasy ----- Winning the OVC Tourney  
Picked SEMO because ----- Coach Ren

### MEET SAMANTHA

Fav TV show --- The Hills, Bachelorette & Castle  
Fav cereal ----- Fruit Loops!  
Fav smell ----- Revive on my show cattle  
Fav sound ----- MOOOOO!!!  
Fav celebrity as a child ----- Dale Earnhardt Jr.  
Fav place to spend money -- The mall or on food  
Red or Pink ----- Pink!!!  
Bungee jump or sky dive ----- Bungee jump  
Scary movies or happy endings ----- Happy endings =)  
Easier to forgive or forget ----- Forgive but never forget!  
Place you want to visit ----- Any tropical island  
Five years from now ----- Attending Vet school  
Your first car ----- Jeep Grand Cherokee  
Dream job ----- Own my own large animal vet clinic  
I met ----- Troy Aikman in VEGAS!!!  
Volleyball fantasy ----- OVC CHAMPS!!!  
Picked SEMO because ----- coaches & girls...locker room

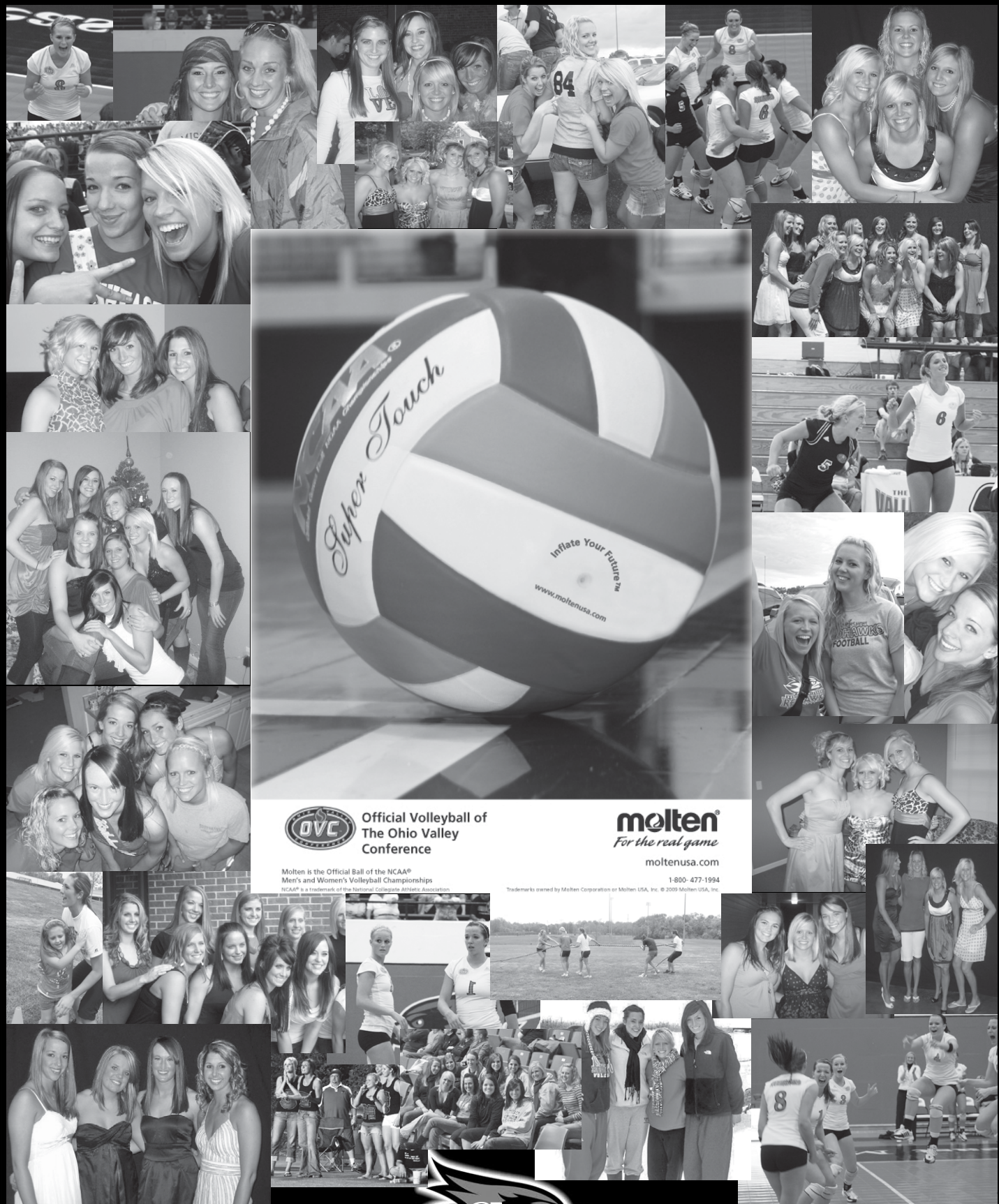
### MEET KARLEE

Fav TV show --- One Tree Hill, The O.C., Friends  
Fav cereal ----- Golden Grahams  
Fav smell ----- Gasoline  
Fav sound ----- The ocean  
Fav celebrity as a child ----- N'SYNC  
Fav place to spend money ----- On food  
Red or Pink ----- Red  
Bungee jump or sky dive ----- Sky dive  
Scary movies or happy endings ----- Happy endings  
Easier to forgive or forget ----- Forgive  
Place you want to visit ----- Paris  
Five years from now ----- Coaching and teaching  
Your first car ----- Bravada  
Dream job ----- On the field sports reporter  
I met ----- No one famous  
Volleyball fantasy ----- Playing in the NCAA Tourney  
Picked SEMO because ----- When I met the girls



# VOLLEYBALL

## INSIDE REDHAWKS VOLLEYBALL



Official Volleyball of  
The Ohio Valley  
Conference

Molten is the Official Ball of the NCAA®  
Men's and Women's Volleyball Championships  
NCAA® is a trademark of the National Collegiate Athletic Association

**molten®**  
For the real game  
moltenusa.com

1-800-477-1994

Trademarks owned by Molten Corporation or Molten USA, Inc. © 2009 Molten USA, Inc.



## 2008 IN REVIEW



**Claire Keaton was named Second-Team All-OVC in 2008**

Southeast Missouri State entered the 2008 season picked to finish third in the Ohio Valley Conference Pre-season Poll. The Redhawks returned five starters from a team which won 20 matches and captured a share of the 2007 OVC regular-season title. Unfortunately, injuries and inexperience at key positions led to some early and mid-season struggles before a late run led Southeast to an OVC Tournament berth.



**Sarah Barth finished second in the OVC in assists**

Injuries then began to plague the team when Aston and De-Long went down. As a result, the Redhawks dropped their next five matches, including a 3-0 home loss to then-nationally ranked Saint Louis. Southeast, however, bounced back to qualify for the OVC Tournament when it rallied for wins in six of its final eight conference matches. The Redhawks also had a five-match winning streak during that stretch as they defeated the top-three teams in the

OVC standings (Morehead State, Tennessee Tech, Murray State). The Redhawks started the season slow at the Blue Raider Bash Tournament, where they fell to 0-3. Two weeks later, Southeast was without four starters including setter Sarah Barth, outside hitter Aubrey Dondlinger, outside hitter Karleigh DeLong and middle blocker Kim Unnerstall. Despite the loss of those key players, the Redhawks made a strong run through the Hampton Inn/Saluki Invitational. Southeast posted come-from-behind wins against Arkansas State and Western Illinois before losing to the host Salukis in the championship game.

Outside hitter Claire Keaton and libero Molly Davis were named to the Hampton Inn/Saluki Invitational All-Tournament Team for their outstanding efforts. Senior setter Alyssa Aston, along with Keaton and Davis, swept the OVC weekly awards after their solid performances at the Invite. It marked the first time under Coach Ren that the Redhawks swept the league's weekly awards.



**Molly Davis ranked fourth in the OVC in digs**

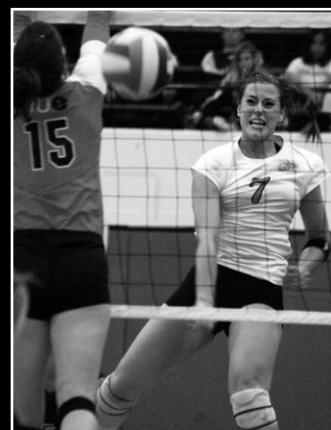
Southeast opened OVC play at home against Eastern Kentucky and rallied back from an 0-2 deficit to win the match in five sets. The Redhawks would continue their winning ways as they opened up conference play with victories in four of their next six matches.

The Redhawks made their 18th-consecutive OVC Tournament and managed to finish fifth in the conference at 11-7. Southeast entered the OVC Tournament as a No. 5 seed and lost to Austin Peay in the first round, ending its season at 13-14 overall.

Dondlinger captured First-Team All-OVC honors while Keaton was named Second-Team All-OVC. Dalanded a spot on the CoSIDA/ESPN The Magazine All-America Third-Team for her accomplishments on the court and in the classroom.

Davis' 447 digs last season moved her into third in career digs at Southeast. She has 1,624 career digs and stands only 13 behind the Southeast all-time career leader Leslie Caughman. She also became the school's all-time leader in digs at the NCAA Division I level.

The individual honors capped the season and provided the program a valuable look at its young and unproven talent. Southeast hopes its mixture of youth and veterans can help the team assemble a successful 2009 campaign.



**Aubrey Dondlinger was named First-Team All-OVC**

# VOLLEYBALL

## 2008 FINAL STATS & RESULTS

### Overall Record: 13-14

### OVC: 11-7

### Home: 5-5

### Away: 5-6

### Neutral: 3-3

	G	K	K/G	E	TA	Pct	A	A/G	SA	SE	SA/G	RE	Dig	Dig/G	BS	BA	TB	B/G	BE	BHE
Claire Keaton	98	313	3.19	105	898	.232	17	0.17	13	14	0.13	19	246	2.51	10	27	37	0.38	14	1
Aubrey Dondlinger	80	233	2.91	90	670	.213	18	0.22	4	17	0.05	19	204	2.55	7	13	20	0.25	6	3
Emily Hughes	94	192	2.04	61	528	.248	14	0.15	1	4	0.01	1	42	0.45	15	55	70	0.74	14	3
Sarah Barth	81	124	1.53	52	330	.218	785	9.69	17	14	0.21	1	193	2.38	1	17	18	0.22	9	15
Karleigh DeLong	45	120	2.67	42	367	.213	29	0.64	7	7	0.16	8	83	1.84	3	24	27	0.60	3	2
Amanda Rickhoff	79	113	1.43	67	419	.110	28	0.35	6	8	0.08	12	177	2.24	3	16	19	0.24	1	2
Kim Unnerstall	59	68	1.15	29	171	.228	6	0.10	4	6	0.07	0	22	0.37	9	27	36	0.61	7	0
Paige Dossey	72	57	0.79	41	190	.084	7	0.10	4	7	0.06	2	37	0.51	8	22	30	0.42	4	0
Kelly Benacka	80	20	0.25	6	107	.131	22	0.28	20	5	0.25	10	173	2.16	0	2	2	0.03	0	0
Alyssa Aston	41	11	0.27	3	50	.160	198	4.83	2	1	0.05	0	69	1.68	0	5	5	0.12	2	1
Molly Davis	97	2	0.02	0	5	.400	39	0.40	18	11	0.19	24	447	4.61	0	0	0	0.00	0	0
Meagan Webb	14	0	0.00	1	3	-.333	1	0.07	2	1	0.14	0	9	0.64	0	0	0	0.00	0	0
Team												19								
SOUTHEAST	98	1253	12.79	497	3738	.202	1164	11.88	98	95	1.00	106	1702	17.37	56	208	160.0	1.63	60	27
Opponents	98	1384	14.12	562	3903	.211	1295	13.21	106	149	1.08	97	1759	17.95	81	249	205.5	2.10	46	36

## RESULTS

### Three games: 6-9

### Four games: 3-4

### Five Games: 4-1

Date	Opponent	Score	Score-by-game	Record	OVC	Time	Attend
! Aug 29, 2008	vs South Dakota State	1-3	20-25, 25-19, 20-25, 23-25	0-1	0-0	1:29	-
! Aug 30, 200	vs Idaho	1-3	22-25, 16-25, 25-20, 16-25	0-2	0-0	1:04	-
! Aug 30, 2008	at #15 Middle Tennessee	0-3	14-25, 21-25, 20-25	0-3	0-0	1:24	-
+ Sep 12, 2008	vs Arkansas State	3-2	25-17, 26-24, 20-25, 18-25, 15-8	1-3	0-0	1:39	523
+ Sep 13, 2008	vs Western Illinois	3-2	22-25, 24-26, 25-14, 26-24, 15-11	2-3	0-0	2:15	70
+ Sep 13, 2008	vs Southern Illinois	1-3	25-23, 18-25, 16-25, 23-25	2-4	0-0	1:53	46
* Sep 19, 2008	<b>EASTERN KENTUCKY</b>	<b>3-2</b>	<b>25-27, 21-25, 25-6, 25-19, 15-11</b>	<b>3-4</b>	<b>1-0</b>	<b>2:08</b>	<b>350</b>
* Sep 20, 2008	<b>MOREHEAD STATE</b>	<b>0-3</b>	<b>18-25, 25-27, 21-25</b>	<b>3-5</b>	<b>1-1</b>	<b>1:28</b>	<b>468</b>
* Sep 23, 2008	<b>UT MARTIN</b>	<b>3-0</b>	<b>25-15, 25-21, 25-20</b>	<b>4-5</b>	<b>2-1</b>	<b>1:22</b>	<b>285</b>
* Sep 26, 2008	at Jacksonville State	3-0	26-24, 25-16, 25-15	5-5	3-1	1:18	387
* Sep 27, 2008	at Tennessee Tech	0-3	13-25, 21-25, 12-25	5-6	3-2	1:24	309
* Oct 02, 2008	at Eastern Illinois	3-0	25-21, 25-12, 25-21	6-6	4-2	1:25	211
* Oct 10, 2008	<b>TENNESSEE STATE</b>	<b>3-0</b>	<b>25-13, 25-16, 25-16</b>	<b>7-6</b>	<b>5-2</b>	<b>1:12</b>	<b>519</b>
* Oct 11, 2008	<b>AUSTIN PEAY</b>	<b>0-3</b>	<b>22-25, 22-25, 18-25</b>	<b>7-7</b>	<b>5-3</b>	<b>1:26</b>	<b>253</b>
Oct 15, 2008	<b>SAINT LOUIS</b>	<b>0-3</b>	<b>19-25, 16-25, 19-25</b>	<b>7-8</b>	<b>5-3</b>	<b>1:21</b>	<b>179</b>
* Oct 17, 2008	at Murray State	0-3	19-25, 22-25, 14-25	7-9	5-4	1:23	187
* Oct 18, 2008	at UT Martin	2-3	25-19, 21-25, 25-22, 22-25, 13-15	7-10	5-5	2:08	407
Oct 21, 2008	<b>SIU EDWARDSVILLE</b>	<b>1-3</b>	<b>25-20, 16-25, 22-25, 21-25</b>	<b>7-11</b>	<b>5-5</b>	<b>1:45</b>	<b>386</b>
* Oct 24, 2008	at Morehead State	3-1	25-23, 25-21, 16-25, 26-24	8-11	6-5	1:46	278
* Oct 25, 2008	at Eastern Kentucky	3-0	25-19, 25-16, 25-21	9-11	7-5	1:19	125
* Oct 28, 2008	<b>MURRAY STATE</b>	<b>3-2</b>	<b>25-18, 19-25, 22-25, 28-26, 17-15</b>	<b>10-11</b>	<b>8-5</b>	<b>2:05</b>	<b>237</b>
* Oct 31, 2008	at Eastern Illinois	3-0	25-11, 25-17, 25-11	11-11	9-5	1:09	217
* Nov 07, 2008	<b>TENNESSEE TECH</b>	<b>3-1</b>	<b>26-24, 22-25, 25-17, 25-19</b>	<b>12-11</b>	<b>10-5</b>	<b>1:50</b>	<b>174</b>
* Nov 08, 2008	<b>JACKSONVILLE STATE</b>	<b>0-3</b>	<b>24-26, 25-27, 26-28</b>	<b>12-12</b>	<b>10-6</b>	<b>1:37</b>	<b>267</b>
* Nov 14, 2008	at Austin Peay	0-3	17-25, 22-25, 21-25	12-13	10-7	1:20	183
* Nov 15, 2008	at Tennessee State	3-1	19-25, 25-22, 25-21, 25-22	13-13	11-7	1:45	122
# Nov 20, 2008	vs #4 seed Austin Peay	0-3	18-25, 16-25, 17-25	13-14	11-7	1:19	197

Legend: Bold refers to Home Matches

! refers to Blue Raider Bash (Murfreesboro, TN)

+ refers to Hampton Inn Saluki Invitational (Carbondale, IL.)

\* refers to OVC Matches

# refers to OVC Tournament Matches



# RED HAWKS

## 2008 IN PICTURES



24

20

SOUTHEAST MISSOURI  
RED HAWKS

09

# VOLLEYBALL

## THE OHIO VALLEY CONFERENCE

### 2008 FINAL OVC STANDINGS

	OVC			Overall		
	W	L		W	L	
Tennessee Tech	14	4	.778	19	3	.594
Morehead State	14	4	.778	23	8	.742
Murray State	13	5	.722	18	13	.581
Austin Peay	13	5	.722	22	11	.667
<b>Southeast Missouri</b>	<b>11</b>	<b>7</b>	<b>.611</b>	<b>13</b>	<b>14</b>	<b>.481</b>
Tennessee Martin	7	11	.389	9	24	.273
Jacksonville State	6	12	.333	9	19	.321
Tennessee State	6	12	.333	8	18	.308
Eastern Kentucky	4	14	.222	6	23	.207
Eastern Illinois	2	16	.111	5	24	.172

### OVC HONORS

#### PLAYER OF THE YEAR



1993 - Pam Kirsch

1996 - Tuba Meto

1997 - Tuba Meto



1999 - Amy Henken



2000 - Krista Haukap

#### ROOKIE OF THE YEAR

2000 - Emily Scannell

#### 1st TEAM ALL-OVC

1991 - Janet Bucheit  
 1992 - Pam Kirsch  
     Sandy Seiler  
 1993 - Tracie Gordon  
     Pam Kirsch  
     Ceylon Tokan  
 1994 - Ceylon Tekon  
 1995 - Leanne Huffman  
     Tuba Meto  
 1996 - Tuba Meto  
     Theresa Sebacher  
     Erin Willrich  
 1997 - Jackie Derwort  
     Tuba Meto

1998 - Angie Aschoff  
 1999 - Angie Aschoff  
     Krista Haukap  
     Amy Henken  
 2000 - Lea Beckenmeyer  
     Krista Haukap  
 2002 - Emily Johnson  
     Emily Scannell  
 2003 - Emily Scannell  
 2005 - Jessica Koeper  
 2006 - Jessica Koeper  
 2007 - Karleigh DeLong  
 2008 - Aubrey Dondlinger

#### 2nd TEAM ALL-OVC

1991 - Sandy Seiler  
 1992 - Tracie Gordon  
 1994 - Tracie Gordon  
     Ami Mitchell  
 1995 - Theresa Sebacher  
 1996 - Leanne Huffman  
 1997 - Angie Aschoff  
 1998 - Jackie Derwort  
     Krista Haukap  
     Amy Henken  
 1999 - Lea Beckenmeyer  
 2000 - Rachelle Knapp  
 2001 - Jessica Houpt  
     Bobbi Carlile  
     Emily Scannell  
 2002 - Bobbi Carlile  
 2003 - Suzanne Gundlach  
 2004 - Jessica Koeper  
 2005 - Jamie Baumstark  
 2008 - Claire Keaton

#### HONORABLE MENTION

1995 - Susie Thompson

#### ALL-FRESHMAN

#### ALL-NEWCOMER TEAM

1991 - Tracie Gordon  
 1992 - Yvette Luyten  
 1994 - Theresa Sebacher  
 1995 - Cathy Pritchard  
 1996 - Angie Aschoff  
 1997 - Krista Haukap  
 1998 - Amy Henken  
 1999 - Emily Johnson  
 2000 - Emily Scannell  
 2001 - Jessica Houpt  
 2002 - Jill Miller  
 2003 - Jessica Wilfong  
 2007 - Aubrey Dondlinger



1998 OVC Tourney Champions



2000 OVC Tourney Champions

### OVC CHAMPIONS

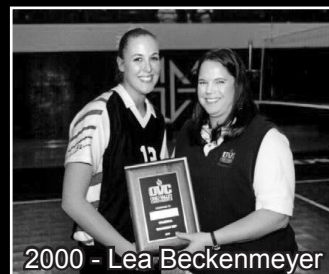
Year	Regular Season	Tournament
1991	Eastern Kentucky	Austin Peay
	<b>Southeast Missouri</b>	
1992	Austin Peay	Murray State
1993	<b>Southeast Missouri</b>	Morehead State
1994	<b>Southeast Missouri</b>	<b>Southeast Missouri</b>
1995	<b>Southeast Missouri</b>	Middle Tennessee
1996	<b>Southeast Missouri</b>	<b>Southeast Missouri</b>
1997	<b>Southeast Missouri</b>	Tennessee Tech
1998	Eastern Illinois	<b>Southeast Missouri</b>
1999	<b>Southeast Missouri</b>	<b>Southeast Missouri</b>
2000	<b>Southeast Missouri</b>	<b>Southeast Missouri</b>
2001	Tennessee-Martin	Eastern Illinois
2002	Tennessee-Martin	Tennessee-Martin
2003	Morehead State	Murray State
2004	Eastern Illinois	Eastern Kentucky
	Eastern Kentucky	
2005	Eastern Kentucky	Jacksonville State
2006	Jacksonville State	Jacksonville State
2007	<b>SEMO, JSU, MSU</b>	Tennessee State
2008	Tennessee Tech	Tennessee Tech
	Morehead State	

#### OVC TOURNAMENT MVP

1994 - Tracie Gordon  
 1996 - Tuba Meto  
 1998 - Jackie Derwort  
 1999 - Krista Haukap

#### ALL-TOURNAMENT TEAM

1991 - Tracie Gordon  
 1992 - Sandy Seiler  
 1993 - Tracie Gordon  
     Pam Kirsch  
     Ceylon Tokan  
 1994 - Ceylon Tekon  
 1995 - Theresa Sebacher  
 1996 - Theresa Sebacher  
     Susie Thompson  
 1997 - Jackie Derwort  
 1998 - Krista Haukap  
     Amy Henken  
 1999 - Lea Beckenmeyer  
     Krista Haukap  
     Amy Henken  
 2000 - Lea Beckenmeyer  
     Krista Haukap  
     Emily Scannell  
 2001 - Emily Johnson  
 2002 - Bobbi Carlile  
 2005 - Jill Miller  
 2006 - Jamie Baumstark  
     Jessica Koeper



2000 - Lea Beckenmeyer



# REDHAWKS

## YEAR-BY-YEAR RESULTS

Year	Coach	Record	Pct	Conf.	Pct	Finish
1974	Marjorie Parker	7-3	.700	N/A	N/A	N/A
1975	Marjorie Parker	15-7	.682	N/A	N/A	N/A
1976	Donna Enlow	6-21	.222	N/A	N/A	N/A
1977	Donna Enlow	10-24	.294	N/A	N/A	N/A
1978	Kris Burns	8-27	.229	N/A	N/A	N/A
1979	Kris Burns	1-16	.059	N/A	N/A	N/A
1980	Kerri Harris	13-18-1	.406	N/A	N/A	N/A
1981	Kerri Harris	29-15-1	.644	N/A	N/A	N/A
1982	Lana Flynn	18-14-3	.537	1-9	.100	Sixth
1983	Lana Flynn	22-18-1	.537	10-5	.667	Third
1984	Lana Flynn	40-11	.784	9-3	.750	Third
1985	Lana Flynn	26-13	.667	4-3	.571	Fourth
1986	Lana Flynn	37-9	.804	5-2	.714	Third
1987	Lana Flynn	27-12	.692	4-4	.500	Fourth
1988	Lana Flynn	33-14	.702	7-3	.700	Third
1989	Cindy Gannon	31-21	.596	7-2	.778	Third
1990	Cindy Gannon	31-12	.721	9-2	.818	Third
1991	Cindy Gannon	20-17	.571	12-1	.923	First-tie
1992	Cindy Gannon	19-18	.514	11-5	.11-5	Third
1993	Cindy Gannon	28-11	.718	15-1	.938	First
1994	Cindy Gannon	27-14	.659	15-1	.938	First
1995	Cindy Gannon	24-12	.667	14-2	.875	First
1996	Cindy Gannon	28-8	.778	18-0	1.000	First
1997	Cindy Gannon	26-9	.743	15-3	.833	First
1998	Cindy Gannon	24-12	.667	13-5	.722	Third
1999	Cindy Gannon	28-6	.823	17-1	.944	First
2000	Cindy Gannon	23-9	.719	16-0	1.000	First
2001	Cindy Gannon	15-14	.517	10-6	.625	Fourth
2002	Cindy Gannon	20-12	.625	13-3	.825	Third
2003	Cindy Gannon	11-19	.367	10-6	.625	Third-tie
2004	Cindy Gannon	11-17	.393	9-7	.562	Fourth-tie
2005	Renata Nowacki	16-16	.500	11-5	.687	Fifth
2006	Renata Nowacki	16-18	.471	8-8	.500	Sixth
2007	Renata Nowacki	20-12	.625	15-5	.750	First-tie
2008	Renata Nowacki	13-14	.481	11-7	.611	Fifth
Overall Record		723-493-6	.595			
OVC Record		233-67	.777			
Division I Record		369-220	.626			



The 1996 team was the first OVC team to go undefeated in conference play with a 18-0 OVC record



The 1999 team compiled a school best winning percentage of .823 as they went 28-6 overall

## ALL-TIME RECORDS AGAINST OPPONENTS

Air Force -----	1-0	Florida Southern -----	0-4	Missouri -----	3-9	South Carolina -----	2-0
Akron -----	0-1	Florida State -----	0-1	Missouri State -----	2-11	South Dakota State -----	0-1
Alabama -----	1-0	Fresno State -----	1-0	UMKC -----	7-0	South Florida -----	0-3
Albany -----	0-1	Georgia -----	0-1	<b>Morehead State -----</b>	<b>24-12</b>	<b>SIUC -----</b>	<b>10-15</b>
Appalachian State -----	1-1	<b>Georgia Tech -----</b>	<b>0-0</b>	<b>Murray State -----</b>	<b>44-16</b>	<b>SIUE -----</b>	<b>0-1</b>
Arkansas -----	2-2	George Washington -----	1-1	New Mexico State -----	1-0	Southwestern -----	1-0
Arkansas-Little Rock -----	3-4	Hofstra -----	2-0	North Alabama -----	4-0	Stanford -----	0-1
<b>Arkansas State -----</b>	<b>17-23</b>	Idaho -----	0-1	North Carolina -----	1-0	Stephen F. Austin -----	1-3
<b>Austin Peay -----</b>	<b>29-14</b>	Illinois -----	0-2	Northern Illinois -----	0-1	Stetson -----	1-0
Ball State -----	1-2	Illinois State -----	0-2	Northern Iowa -----	1-0	Syracuse -----	1-0
<b>Belmont -----</b>	<b>1-0</b>	Indiana -----	0-1	UNC-Greensboro -----	1-0	Tennessee-Chattanooga -----	1-0
Bradley -----	3-4	Indiana State -----	2-3	North Florida -----	1-0	<b>Tennessee-Martin -----</b>	<b>54-12</b>
Butler -----	2-3	Iowa State -----	2-3	Northeastern Illinois -----	5-1	<b>Tennessee State -----</b>	<b>35-3</b>
Cal State-Sacramento -----	0-1	IUPUI -----	1-2	Northwestern -----	0-1	<b>Tennessee Tech -----</b>	<b>32-9</b>
<b>Central Arkansas -----</b>	<b>0-0</b>	Jackson State -----	1-0	Oakland -----	1-0	Texas-El Paso -----	0-1
Central Florida -----	0-1	<b>Jacksonville State -----</b>	<b>8-8</b>	Ohio State -----	0-1	Texas-San Antonio -----	0-1
Central Michigan -----	1-0	Kansas -----	0-3	Oklahoma State -----	0-2	Texas Tech -----	16-4
Chicago State -----	3-0	Kansas State -----	0-3	Oral Roberts -----	0-4	Tulsa -----	4-1
Cincinnati -----	0-1	Kentucky -----	1-0	Pittsburgh -----	0-1	Utah State -----	0-1
<b>Clemson -----</b>	<b>0-0</b>	Lamar -----	0-1	Penn State -----	0-1	Valparaiso -----	2-3
Colorado -----	0-1	Lipscomb -----	1-0	Purdue -----	1-0	Virginia Tech -----	1-0
Colorado State -----	0-2	Louisiana Tech -----	2-1	Portland State -----	0-1	Washington State -----	0-1
Connecticut -----	0-1	Louisville -----	0-1	Rhode Island -----	0-1	Wayne State -----	1-0
Dayton -----	0-3	Loyola (Ill.) -----	0-2	St. Joseph's -----	1-1	Weber State -----	0-2
DePaul -----	0-3	Maine -----	1-1	Sacramento State -----	0-1	West Virginia -----	2-0
Drake -----	3-1	Marquette -----	1-1	Saint Louis -----	15-20	Western Carolina -----	1-0
East Tennessee State -----	2-1	McNeese State -----	1-1	<b>Samford -----</b>	<b>8-0</b>	Western Illinois -----	4-1
East Carolina -----	1-0	<b>Memphis -----</b>	<b>3-9</b>	Sam Houston State -----	0-1	Western Kentucky -----	5-3
<b>Eastern Illinois -----</b>	<b>20-15-1</b>	Middle Tennessee -----	24-3	San Diego -----	0-1	Wichita State -----	1-4
<b>Eastern Kentucky -----</b>	<b>29-5</b>	<b>Mississippi -----</b>	<b>0-2</b>	Santa Clara -----	0-1	Wisconsin -----	0-1-1
Eastern Michigan -----	0-1	Miss. Univ. of Women -----	2-4	Southern California -----	0-1	Wisconsin - Green Bay -----	0-1
Eastern Montana -----	1-0			South Alabama -----	1-0	Xavier (Ohio) -----	0-1
<b>Evansville -----</b>	<b>15-3</b>						
Florida -----	0-1						
Florida Atlantic -----	1-0						

2009 Opponents in Bold



# VOLLEYBALL

## RECORD BOOK - SEASON

### KILLS

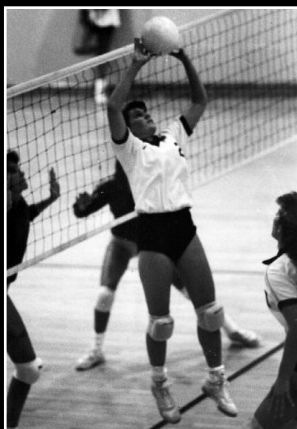
1.	753	Lori Kramper	1988
2.	634	Pam Kirsch	1993
3.	625	Jennifer Dolan	1989
4.	617	Ceylan Tokcan	1993
5.	609	Pam Kirsch	1992
6.	581	Krista Haukap	2000
7.	565	Lea Beckemeyer	2000
8.	562	Shelley Kennedy	1989
9.	548	Krista Haukap	1999
10.	547	Shelley Kennedy	1990



Lori Kramper set a school single season record kills and attempts in 1988

### ASSISTS

1.	1,714	Laura Dill	1990
2.	1,567	Tuba Meto	1997
3.	1,555	Tuba Meto	1996
4.	1,524	Tuba Meto	1995
5.	1,517	Tracie Gordon	1993
6.	1,511	Amy Henken	1999
7.	1,507	Laura Dill	1988
8.	1,469	Amy Henken	1998
9.	1,453	Emily Scannell	2000
10.	1,451	Emily Scannell	2002



Laura Dill dished out a school record 1,714 assists in 1990

### BLOCK SOLO

1.	180	Lori Kramper	1988
2.	152	Lori Kramper	1987
3.	127	Noly Broadnax	1982
4.	122	Jennifer Dolan	1989
5.	119	Rachaelle Hayes	1984
6.	107	Kathy Day	1984
7.	106	Nancy Scheller	1987
8.	97	Lori Kramper	1985
9.	91	Jennifer Dolan	1988
10.	89	Lori Kramper	1986



Molly Davis recorded 637 digs in 2007, the third best single season total

### TOTAL ATTEMPTS

1.	1,648	Lori Kramper	1988
2.	1,424	Jennifer Dolan	1989
3.	1,422	Ceylan Tokcan	1993
4.	1,382	Jessica Koeper	2005
5.	1,381	Pam Kirsch	1993
6.	1,358	Pam Kirsch	1992
7.	1,324	Jill Stephens	1988
8.	1,321	Krista Haukap	2000
9.	1,308	Shelley Kennedy	1989
10.	1,302	Shelley Kennedy	1990

### HITTING PERCENTAGE

1.	.468	Kim Lance	1984
2.	.466	Rachaelle Hayes	1984
3.	.431	LeAnn Powers	1985
4.	.429	Noly Broadnax	1982
5.	.401	Lori Kramper	1987
6.	.390	Judy Scheller	1986
7.	.386	Rachaelle Hayes	1983
8.	.384	Angie Aschoff	1999
9.	.381	Judy Scheller	1985
10.	.377	Kim Lance	1986

### DIGS

1.	849	Leslie Caughman	1987
2.	684	Jill Stephens	1987
3.	<b>637</b>	<b>Molly Davis</b>	<b>2007</b>
4.	621	Jill Stephens	1988
5.	616	Lauren Scannell	2005
6.	611	Lisa Thornton	1989
7.	602	Leslie Caughman	1988
8.	584	Donna Thiele	1987
9.	<b>540</b>	<b>Molly Davis</b>	<b>2006</b>
		Shelley Kennedy	1989

### SERVICE ACES

1.	89	Lisa Chatron	1984
2.	81	Ceylan Tokcan	1993
		Cathy Hanna	1982
4.	71	Janet Bucheit	1991
5.	69	LeAnn Powers	1986
6.	68	Sandy Seiler	1992
7.	64	Jamie Baumstark	2005
		Ceylan Tokcan	1994
9.	63	Kim Lance	1986
10.	61	Tuba Meto	1994

### BLOCK ASSISTS

1.	292	Jennifer Dolan	1989
2.	263	Lori Kramper	1987
3.	257	Lori Kramper	1986
4.	209	Lori Kramper	1988
5.	189	Tina Thomas	1989
6.	179	Nancy Scheller	1987
7.	177	Judy Scheller	1986
8.	175	Jennifer Dolan	1988
9.	171	Jill Stephens	1989
10.	166	Mary Vaughn	1986

### TOTAL BLOCKS

1.	415	Lori Kramper	1987
2.	414	Jennifer Dolan	1989
3.	389	Lori Kramper	1988
4.	346	Lori Kramper	1986
5.	285	Nancy Scheller	1987
6.	266	Jennifer Dolan	1988
7.	253	Lori Kramper	1985
8.	234	Judy Scheller	1986
9.	233	Tina Thomas	1989
10.	232	Rachaelle Hayes	1984

# RED HAWKS

## RECORD BOOK - SEASON/MATCH/CAREER

### TEAM RECORDS-SEASON

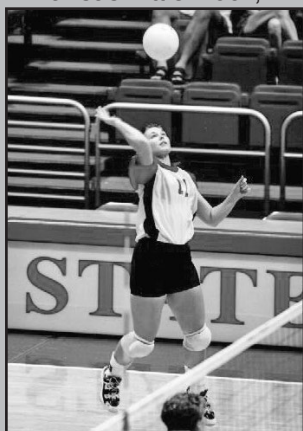
Wins -----	28 (1993, '96, '99)	Assists -----	1,879 (1994)
Winning Pct. -----	.824 (1999)	Service Aces -----	319 (1993)
OVC Wins -----	18 (1996)	Service Errors -----	462 (1993)
OVC Winning Pct. -----	1.000 (1996, '00)	Reception Errors -----	385 (1996)
Matches Played -----	41 (1994)	Digs -----	2,506 (1994)
Games Played -----	159 (1994)	Block Solo -----	133 (1996)
Kills -----	2,117 (1996)	Block Assists -----	438 (1993)
Kills per Game -----	17.21 (1996)	Team Blocks -----	343.5 (1996)
Errors -----	906 (1994)	Blocks per Game -----	2.51 (1996)
Total Attacks -----	5,663 (1994)	Blocking Errors -----	171 (1991)
Hitting Pct. -----	.292 (1999)	Ball Handling Errors -----	110 (1991)

### TEAM RECORDS-MATCH

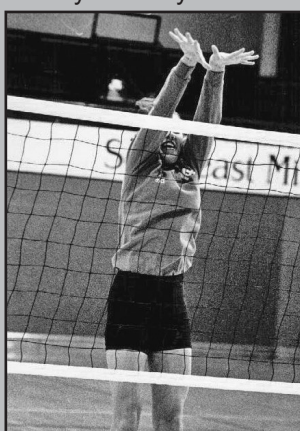
Kills ----	96 at Murray State 10/15/99	Longest Match -----	2:41 vs. Stephen F. Austin 9/1/00
Total Attacks ----	277 vs. EIU 9/30/97	Largest Home Attendance ----	1,168 vs. Murray State 11/9/93
Hitting Pct. ----	.568 vs. TSU 10/21/94	Largest Away Attendance ----	1,789 at Stanford (NCAA Tourney) 12/4/98
Assists ----	88 vs. Murray State 10/15/99		
Service Aces ----	17 vs. TTU 9/24/94		
Digs -----	153 vs. EIU 9/30/97		
Block Solo -----	11 at UTM 10/9/91		
Team Blocks ----	19 vs. Morehead 11/18/95		

### INDIVIDUAL RECORDS-MATCH

Kills -----	36 by Krista Haukap vs. North Carolina (NCAA Tourney) 11/30/00	Digs -----	38 by Jackie Derwort vs. Eastern Illinois, 9/30/97
Total Attacks ----	83 by Krista Haukap at Murray State, 10/15/99	Block Solo -----	7 by Erin Willrich at Tennessee Tech, 11/2/96
Hitting Pct. -----	1.000 by Jackie Dewort vs. Tennessee State, 10/10/98	Blocks Assists ----	11 by Angie Aschoff vs. Loyola Marymount, 12/2/99
Assists -----	82 by Tuba Meto at Murray State, 11/5/96	Total Blocks -	12 by Erin Willrich vs. Morehead, 11/18/95/ vs. Valparaiso 11/29/96
Service Aces -	8 by Ceylan Tokcan vs. Arkansas-Little Rock, 11/11/94		Angie Aschoff vs. Loyola Marymount 12/2/99



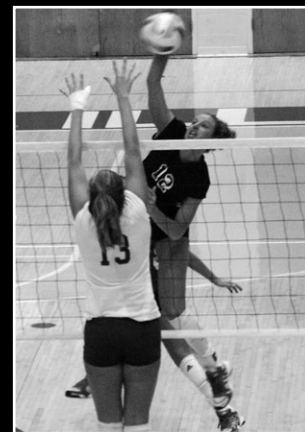
Krista Haukap set a match record with 36 kills vs. North Carolina at the 2000 NAAs



Angie Aschoff set a match record with 11 block assists

### KILLS

1.	2,070	Krista Haukap	1997-00
2.	1,675	Jennifer Dolan	1987-90
3.	1,639	Lori Kramper	1985-88
4.	1,561	Jessica Koeper	2003-06
5.	1,487	Pam Kirsch	1990-93
6.	1,405	Lea Beckemeyer	1998-00
7.	1,275	Angi Aschoff	1996-99
8.	1,271	Rachaelle Hayes	1981-84
9.	1,266	Jill Stephens	1981-84
10.	1,244	Nancy Scheller	1987-91



Jessica Koeper ranks second all-time with 4,510 career attempts

### TOTAL ATTEMPTS

1.	4,921	Krista Haukap	1997-00
2.	4,510	Jessica Koeper	2003-06
3.	3,861	Jennifer Dolan	1987-90
4.	3,756	Susie Thompson	1993-96
5.	3,709	Lori Kramper	1985-88
6.	3,452	Lea Beckemeyer	1998-00
7.	3,364	Pam Kirsch	1990-93
8.	3,247	Nancy Scheller	1987-91
9.	3,215	Theresa Sebacher	1993-96
10.	3,162	Leanna Huffman	1993-96

### HITTING PERCENTAGE

1.	.386	Judy Scheller	1985-86
2.	.372	Rachaelle Hayes	1981-84
3.	.366	Kim Lance	1983-86
4.	.345	Lisa Chatron	1981-84
5.	.339	Lori Kramper	1985-88
6.	.332	Angie Aschoff	1996-99
7.	.329	Tracie Gordon	1991-94
		Noly Broadnax	1981-82
9.	.321	Kathy Day	1983-84
10.	.302	Pam Kirsch	1990-93

# VOLLEYBALL

## RECORD BOOK - CAREER

### ASSISTS

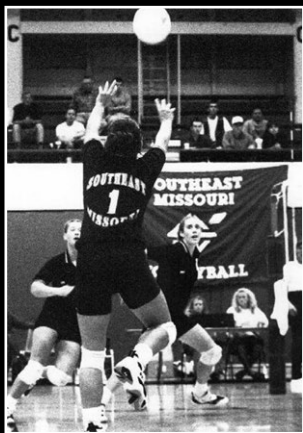
1.	5,641	Laura Dill	1987-90
2.	5,406	Tracie Gordon	1991-94
3.	5,313	Emily Scannell	2000-03
4.	5,003	Tuba Meto	1994-97
5.	3,473	Jamie Baumstark	2003-06
6.	2,980	Amy Henken	1998-99
7.	<b>2,265</b>	<b>Sarah Barth</b>	<b>2006-</b>
8.	661	Gwyn Mincher	1988-89
9.	553	Alyssa Aston	2005-08
10.	360	Julie Dill	1989-91



Leslie Caughman ranks first all-time in digs

### DIGS

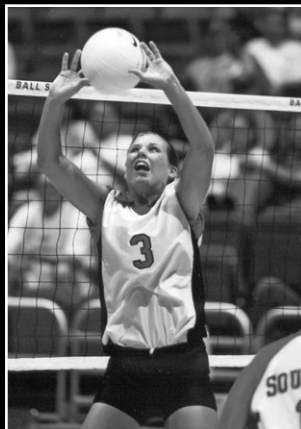
1.	1,637	Leslie Caughman	1986-88
2.	1,627	Jill Stephens	1985-88
3.	<b>1,624</b>	<b>Molly Davis</b>	<b>2006-</b>
4.	1,521	Tuba Meto	1994-97
5.	1,482	Laura Dill	1987-90
6.	1,465	Krista Haukap	1997-00
7.	1,451	Jill Miller	2002-05
8.	1,437	Donna Thiele	1986-89
9.	1,416	Theresa Sebacher	1993-96
10.	1,329	Susie Thompson	1993-96



Tuba Meto ranks third in aces and fourth in digs and assists

### SERVICE ACES

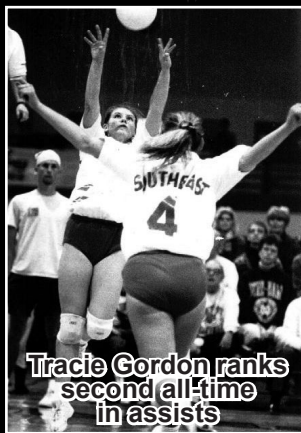
1.	243	Lisa Chatron	1981-84
2.	197	Jamie Baumstark	2003-06
3.	192	Tuba Meto	1994-97
4.	185	Tracie Gordon	1991-94
5.	178	Emily Scannell	2000-03
		Kim Lance	1983-86
7.	168	Cathy Hanna	1980-83
8.	165	Susie Thompson	1993-96
9.	160	Laura Dill	1987-90
		Lisa Thompson	1987-90



Emily Scannell ranks in the top five in assists and aces

### BLOCK SOLO

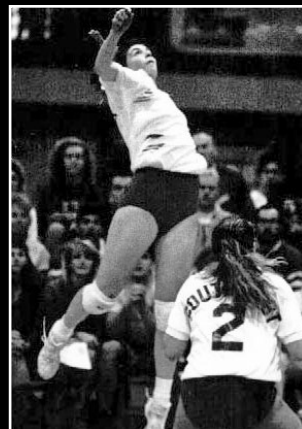
1.	518	Lori Kramper	1985-88
2.	296	Jennifer Dolan	1987-90
3.	290	Nancy Scheller	1987-91
4.	265	Rachaelle Hayes	1984-86
5.	206	Lisa Chatron	1981-84
6.	184	Jill Stephens	1985-88
7.	177	Noly Broadnax	1981-82
8.	164	Kathy Day	1983-84
9.	159	Erin Willrich	1993-96
10.	158	LeAnn Powers	1984-86



Tracie Gordon ranks second all-time in assists

### BLOCK ASSISTS

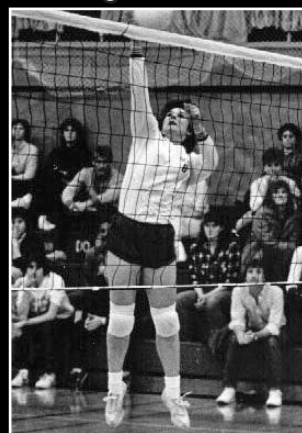
1.	885	Lori Kramper	1985-88
2.	728	Jennifer Dolan	1987-90
3.	543	Nancy Scheller	1987-90
4.	496	Laura Dill	1987-90
5.	463	Jill Stephens	1985-88
6.	360	Brenna Schlader	2004-07
7.	358	LeAnn Powers	1985-86
8.	347	Angie Aschoff	1996-99
9.	328	Theresa Sebacher	1993-96
10.	300	Kim Lance	1983-86



Pam Kirsch ranks in the top-10 in three offensive categories

### TOTAL BLOCKS

1.	1,403	Lori Kramper	1985-88
2.	1,024	Jennifer Dolan	1987-90
3.	833	Nancy Scheller	1987-91
4.	647	Jill Stephens	1985-88
5.	635	Laura Dill	1987-90
6.	516	LeAnn Powers	1984-86
7.	496	Rachaelle Hayes	1982-84
8.	463	Erin Willrich	1993-96
9.	438	Brenna Schlader	2004-07
10.	429	Angie Aschoff	1996-99



Jill Stephens ranks in the top-10 in three defensive categories

# REDHAWKS

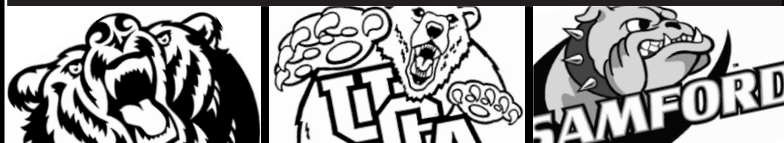
## OPPONENTS

### MEMPHIS INVITATIONAL



Match: Aug. 28-29  
Location: Memphis, Tenn.  
Venue: Elma Roane Fieldhouse  
Host School: Memphis  
Participating : Southeast Missouri State, Evansville, Arkansas State

### BELMONT INVITATIONAL



Match: Sept. 4-5  
Location: Nashville, Tenn.  
Venue: Curb Event Center  
Host School: Belmont University  
Participating: Southeast Missouri State, Central Arkansas, Samford

### GEORGIA TECH COURTYARD CLASSIC



Match: Sept. 11-12  
Location: Atlanta, Ga.  
Venue: O'Keefe Gymnasium  
Host School: Georgia Tech  
Participating: Southeast Missouri State, Mississippi, Clemson

### TENNESSEE TECH



Match: @Sept. 18 & Oct. 10  
Location: Cookeville, Tenn.  
Enrollment: 10,796  
Home Arena (Capacity): Eblen Center (10,152)  
Nickname: Golden Eagles

President: Dr. Robert (Bob) Bell  
Athletic Director: Mark Wilson  
Conference: Ohio Valley  
2008 Record: 19-13 (14-4 Conf.)  
Head Coach: John Blair  
Record at School: 78-102 (352-463)

Overall)  
SID: Steve Appelhans  
SID Phone: 931-372-3293  
SID Email: sappelhans@tntech.edu  
Website: www.ttusports.com

### JACKSONVILLE STATE



Match: @Sept. 19 & Oct. 9  
Location: Jacksonville, Ala.  
Enrollment: 8,957  
Home Arena (Capacity): Pete Matthews Coliseum (5,500)  
Nickname: Gamecocks

President: Dr. William A. Meehan  
Athletic Director: Oval Jaynes  
Conference: Ohio Valley  
2008 Record: 10-19 (6-12)  
Head Coach: Rick Nold  
Record at School: 129-76 (same)

SID: Josh Underwood  
SID Phone: 256-782-5915  
SID Email: underwood@jsu.edu  
Website: www.jsugamecocksports.com

### TENNESSEE MARTIN



Match: @ Sept. 22 & Oct. 31  
Location: Martin, Tenn.  
Enrollment: 7,200  
Home Arena: SkyHawk Field House  
Nickname: Skyhawks

President: Dr. Tom Rakes  
Athletic Director: Phil Dane  
Conference: Ohio Valley  
2008 Record: 9-24 (7-11 Conf.)  
Head Coach: Darrin McClure

Record at School: 9-24 (Same)  
SID: Matthew Maxey  
SID Phone: 731-881-7632  
SID Email: mmaxey@utm.edu  
Website: www.utmsports.com

### AUSTIN PEAY



Match: Sept. 25 & @ Oct. 24  
Location: Clarksville, Tenn.  
Enrollment: 9,401  
Home Arena (Capacity): Dunn Center (7,257)  
Nickname: Lady Govies

President: Tim Hall  
Athletic Director: Dave Loos  
Conference: Ohio Valley  
2008 Record: 22-11 (13-5 Conf.)  
Head Coach: Mike Johnson  
Record at School: First Year

SID: Cody Bush  
SID Phone: 931-221-7561  
SID Email: bushc@apsu.edu  
Website: www.apsugovernors.com

### TENNESSEE STATE



Match: Sept. 26 & @ Oct. 23  
Location: Nashville, Tenn.  
Enrollment: 9,024  
Home Arena (Capacity): Kean Hall  
Nickname: Lady Tigers  
President: Dr. Melvin Johnson

Athletic Director: Teresa L. Phillips  
Conference: Ohio Valley  
2008 Record: 8-18 (6-12 Conf.)  
Head Coach: Kathy Roulhac  
Record at School: 75-84 (237-259 Overall)

SID: Zekeya Anderson  
SID Phone: 615-963-1867  
SID Email: zanderson01@tnstate.edu  
Website: www.tsutigers.com

### EASTERN KENTUCKY



Match: @ Oct. 2 & Nov. 7  
Location: Richmond, Ky.  
Enrollment: 16,050  
Home Arena (Capacity): McBrayer Arena (6,500)  
Nickname: Colonels

President: Dr. Doug Whitlock  
Athletic Director: Mark Sandy  
Conference: Ohio Valley  
2008 Record: 6-23 (4-14 Conf.)  
Head Coach: Lori Duncan  
Record at School: 146-185 (175-285)

Overall)  
SID: Kevin Britton  
SID Phone: 859-622-2006  
SID Email: Kevin.britton@eku.edu  
Website: www.EKUSports.com



# VOLLEYBALL

## OPPONENTS

<b>MOREHEAD STATE</b> 	Match: @ Oct. 3 & Nov. 6 Location: Morehead, Ky. Enrollment: 9,066 Home Arena (Capacity): Wetherby Gym Nickname: Eagles President: Dr. Wayne D. Andrews	Athletic Director: Brian Hutchinson Conference: Ohio Valley 2008 Record: 23-8 (14-4 Conf.) Head Coach: Jaime Gordon Record at School: 102-90 (182-117 Overall)	SID: Matt Schabert SID Phone: 606-783-2556 SID Email: m.schabert@moreheadstate.edu Website: www.msueagles.com
<b>SIU EDWARDSVILLE</b> 	Match: Oct. 13 & @ Nov. 3 Location: Edwardsville, Ill. Enrollment: 13,398 Home Arena (Capacity): Vadalabene (4,000) Nickname: Cougars	President: Dr. Vaughn Vandegrift Athletic Director: Dr. Brad Hewitt Conference: Ohio Valley 2008 Record: 13-14 Head Coach: Todd Gober Record at School: 189-69	SID: Eric Hess SID Phone: 618-650-3608 SID Email: ehess@siue.edu Website: www.siue.edu/ATHLETIC/
<b>EASTERN ILLINOIS</b> 	Match: Oct. 16 & @ Nov. 13 Location: Charleston, Ill. Enrollment: 11,157 Home Arena (Capacity): Lantz Arena (4,200) Nickname: Panthers	President: Dr. William L. Perry Athletic Director: Barbara Burke Conference: Ohio Valley 2008 Record: 5-24 (2-16 Conf.) Head Coach: Alan Segal Record at School: First Year (273-136 Overall)	SID: Bart Rettberg SID Phone: 217-581-7480 SID Email: bvrettberg@eiu.edu Website: www.EIUpanthers.com
<b>SIU CARBONDALE</b> 	Match: Oct. 20 Location: Carbondale, Ill. Enrollment: 20,673 Home Arena (Capacity): Davies Gym Nickname: Salukis President: Dr. Glenn Poshard	Athletic Director: Mario Moccia Conference: Missouri Valley 2008 Record: 17-12 (7-11 Conf.) Head Coach: Brenda Winkler Record at School: 53-63 (135-135 Overall)	SID: Shalae Patrick SID Phone: 618-453-7102 SID Email: patrick2@siu.edu Website: www.siusalukis.com
<b>MURRAY STATE</b> 	Match: Oct. 30 & @ Nov. 10 Location: Murray, Ky. Enrollment: 10,500 Home Arena (Capacity): Racer Arena (5,500) Nickname: Racers	President: Dr. Randy Dunn Athletic Director: Allen Ward Conference: Ohio Valley 2008 Record: 18-13 (13-5 Conf.) Head Coach: David Schwepker Record at School: 152-151 (165-226 Overall)	SID: Teri LaJeunesse SID Phone: (270) 809-3351 SID Email: teri.lajeunesse@murraystate.edu Website: www.GoRacers.com

### OVC TOURNAMENT



Match: Nov. 19-21



## DIG FOR LIFE

### Breast Cancer Beware – Dig for Life is Back



*Join the Redhawks Volleyball team in their battle for better breast health.*

#### How You Can Help

Funds are raised for every Redhawk dig during October home volleyball matches to support area breast cancer education, prevention and detection. You can help by pledging a dollar amount for each dig or by making a flat donation. Dig for Life has raised \$65,000 for women's breast health since it began in 2000.

Call Dana Hukel of the Saint Francis Medical Center Foundation at 573-331-5994 to select a donation option.

#### Who You Will Help

Your Dig for Life donation will help provide free mammograms to Southeast Missouri women of all ages who may not have a screening due to lack of health insurance, high insurance deductibles, unemployment or inability to pay. The latest screening technology for breast cancer detection is available at Saint Francis Medical Center's Womancare. Digital mammography produces clearer tissue images for enhanced detection of abnormalities, lower radiation doses and shorter exam times. Call 573-331-5209 to schedule your mammogram.

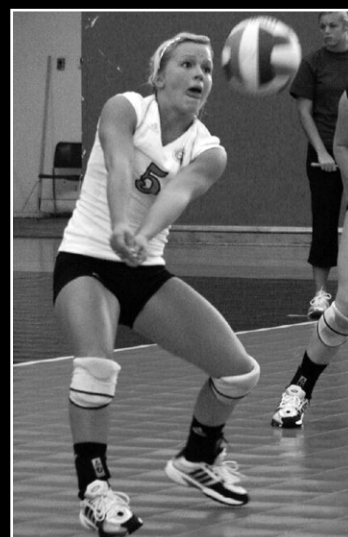


Once again the Redhawks will partner with Saint Francis Medical Center for the annual Dig for Life campaign. The Dig for Life campaign was started in 2000 by former volleyball head coach and current Associate Athletic Director Cindy Gannon and sponsored by the Saint Francis Medical Center to help educate women about breast cancer. The campaign also raises money to provide mammograms, transportation to medical treatments, babysitting services and more for women in the Southeast Missouri area. In 2008, Dig for Life was able to provide mammograms to nearly 200 area women who could not receive this screening due to lack of adequate health insurance, high deductibles, unemployment or inability to pay.

In 2008 the Redhawks raised \$4,400. The Redhawks and head coach Renata Heard presented a check to Saint Francis Healthcare System President and CEO Steven C. Bjelich prior to the Southeast men's basketball game against Murray State on Feb. 18 at the Show Me Center.

"I am pleased to see Southeast's volleyball athletes helping to fight breast cancer through Dig for Life," Heard stated in press release by Saint Francis. "These young ladies are inspirations to the many women in Southeast Missouri who are battling breast cancer."

The annual campaign runs during the month of October to coincide with National Breast Cancer Awareness Month. Members of the Southeast volleyball team secure pledges per dig that are tallied through all October home matches at Houck Fieldhouse. The money raised is then allocated to Saint Francis for the campaign's purpose of educating women in the Southeast Missouri area about breast cancer awareness, providing early detection opportunities and improving prevention efforts. The Redhawks produced 338 digs at home during that stretch last season. Molly Davis recorded the most digs during that span as she finished with 98 digs in October including 28 against Murray State on October 28. The team recorded 97 digs against the Racers on that day.



**Molly Davis recorded a team-best 98 digs in October and has been the team leader in digs during the Dig For Life campaign the last three seasons.**

"It is overwhelming to see the positive impact of this program on our community," Cindy Gannon, Southeast Associate Director of Athletics, said in the release. "I founded Dig for Life when my mother lost her battle with breast cancer in the hope I could do something to prevent other women from having to cope with this awful disease. It is truly wonderful to see this program continue to grow year after year."

Since 2000, the Dig for Life campaign has raised over \$65,000 to support early breast cancer education and treatment efforts for women in the area.



**The Redhawks volleyball team and head coach Renata Heard presented a check for \$4,400 to Saint Francis Hospital prior to the Redhawks men's basketball game vs. Murray State on Feb. 18 at the Show Me Center**

# 20 RADIO-TV ROSTER 09



**1 EMILY HUGHES**  
5-11 • Jr. • MH  
Memphis, Tenn.



**2 KARLEIGH DeLONG**  
5-11 • Sr. • OH/RS  
Corona, Calif.



**3 SARAH BARTH**  
5-11 • Sr. • S  
Germantown, Ill.



**4 KELLY BENACKA**  
5-8 • Jr. • DS  
Algonquin, Ill.



**5 MOLLY DAVIS**  
5-2 • Sr. • L  
Muncie, Ind.



**6 AMANDA RICKHOFF**  
5-9 • Sr. • OH  
Bartelso, Ill.



**7 KARLEE LURSEN**  
5-9 • Fr. • OH  
Apple Valley, Minn.



**8 CLAIRE KEATON**  
5-10 • Jr. • OH  
St. Louis, Mo.



**9 BRITTNEY KALINOSKI**  
5-11 • Fr. • OH  
Overland Park, Kan.



**10 PAIGE DOSSEY**  
5-11 • SO. • OH  
Avon, Ind.



**11 EMILY MAHER**  
6-0 • Fr.-RS • MB  
Flower Mound, Texas



**12 SAMANTHA LOWMAN**  
5-7 • Fr. • L  
Lincoln, Ill.



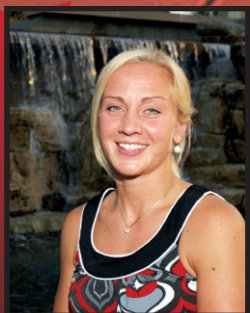
**13 MEAGAN WEBB**  
5-8 • Jr. • DS  
Las Vegas, Nev.



**14 JENNY BELLAIRS**  
6-2 • Fr. • MB  
Osage, Iowa



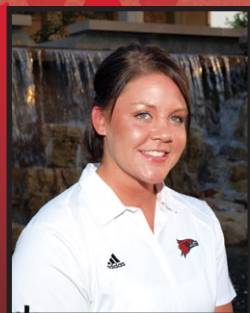
**15 ANGELA CICHELERO**  
5-9 • Fr. • S  
St. Louis, Mo.



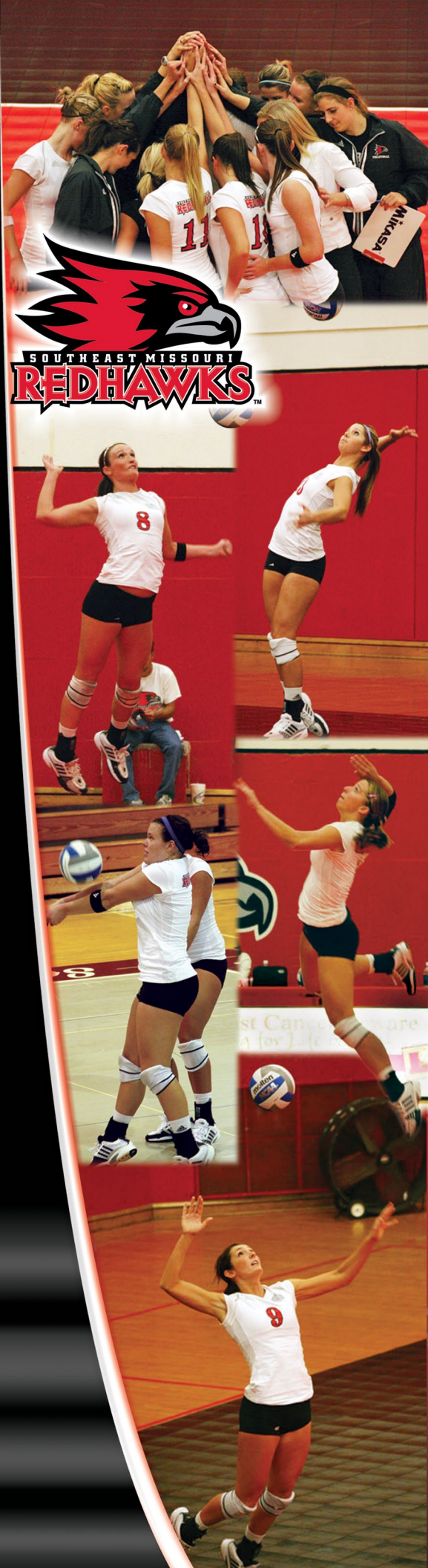
**RENATA HEARD**  
HEAD COACH  
(Ole Miss, 2001)



**JEREMIAH LARSEN**  
ASSISTANT COACH  
(BYU, 2002)



**RANDI RAFF**  
ASSISTANT COACH  
(Southern Indiana, 2005)



# 20 SCHEDULE 09

Aug. 28-29	@	Memphis Invitational Memphis, Tenn.	TBA
Sept. 4-5	@	Belmont Invitational Nashville, Tenn.	TBA
Sept. 11-12	@	Georgia Tech Courtyard Classic Atlanta, Ga.	TBA
Sept. 18	@	Tennessee Tech* Cookeville, Tenn.	7 p.m.
Sept. 19	@	Jacksonville State* Jacksonville, Ala.	2 p.m.
Sept. 22	@	UT Martin* Martin, Tenn.	7 p.m.
<b>SEPT. 25</b>	<b>VS.</b>	<b>AUSTIN PEAY*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>7 P.M.</b>
<b>SEPT. 26</b>	<b>VS.</b>	<b>TENNESSEE STATE*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>2 P.M.</b>
Oct. 2	@	Eastern Kentucky* Richmond, Ky.	6 p.m.
Oct. 3	@	Morehead State* Morehead, Ky.	1 p.m.
<b>OCT. 9</b>	<b>VS.</b>	<b>JACKSONVILLE STATE*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>7 P.M.</b>
<b>OCT. 10</b>	<b>VS.</b>	<b>TENNESSEE TECH*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>6 P.M.</b>
<b>OCT. 13</b>	<b>VS.</b>	<b>SIU-EDWARDSVILLE</b> <b>CAPE GIRARDEAU, MO.</b>	<b>7 P.M.</b>
<b>OCT. 16</b>	<b>VS.</b>	<b>EASTERN ILLINOIS*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>7 P.M.</b>
<b>OCT. 20</b>	<b>VS.</b>	<b>SOUTHERN ILLINOIS</b> <b>CAPE GIRARDEAU, MO.</b>	<b>7 P.M.</b>
Oct. 23	@	Tennessee State* Nashville, Tenn.	7 p.m.
Oct. 24	@	Austin Peay* Clarksville, Tenn.	2 p.m.
<b>OCT. 30</b>	<b>VS.</b>	<b>MURRAY STATE*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>7 P.M.</b>
<b>OCT. 31</b>	<b>VS.</b>	<b>UT MARTIN*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>2 P.M.</b>
Nov. 3	@	SIU-Edwardsville Edwardsville, Ill.	7 p.m.
<b>NOV. 6</b>	<b>VS.</b>	<b>MOREHEAD STATE*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>7 P.M.</b>
<b>NOV. 7</b>	<b>VS.</b>	<b>EASTERN KENTUCKY*</b> <b>CAPE GIRARDEAU, MO.</b>	<b>6 P.M.</b>
Nov. 10	@	Murray State* Murray, Ky.	7 p.m.
Nov. 13	@	Eastern Illinois* Charleston, Ill.	7 p.m.
Nov. 19-21		OVC Tournament	TBA

\*Conference Game

Home matches in **BOLD** and played at Houck Field House

GoSoutheast.com

