



# 2009 AIR FORCE VOLLEYBALL

WEEKLY RELEASE 09  
19 OCT 09

OVERALL RECORD: 8-12 ... MWC RECORD: 0-8  
HOME: 0-3 ... ROAD: 2-6 ... NEUTRAL: 6-3

## 2009 SCHEDULE

Aug. 28	vs Cleveland State \$	.....L, 0-3
Aug. 28	at LaSalle \$	.....W, 3-2
Aug. 29	vs Fairleigh Dickinson \$	.....W, 3-1
Aug. 29	vs Canisius \$	.....W, 3-0
Sept. 4	at Denver #	.....W, 3-0
Sept. 4	vs West Virginia #	.....L, 0-3
Sept. 5	vs Southern Utah #	.....W, 3-2
Sept. 5	vs Eastern Illinois #	.....L, 0-3
Sept. 11	vs Louisiana Tech %	.....W, 3-2
Sept. 11	at Central Arkansas %	.....L, 0-3
Sept. 12	vs Arkansas-Pine Bluff %	.....W, 3-0
Sept. 12	vs Louisiana Monroe %	.....W, 3-0
Sept. 17	at Utah**	.....L, 1-3
Sept. 19	at BYU**	.....L, 0-3
Sept. 24	UNLV** (KAFA)	.....L, 0-3
Oct. 1	at TCU**	.....L, 0-3
Oct. 3	at New Mexico**	.....L, 0-3
Oct. 8	Wyoming** (MTN / KAFA)	.....L, 0-3
Oct. 10	Colorado State** (KAFA)	.....L, 0-3
Oct. 16	at San Diego State**	.....L, 0-3
<b>Oct. 21</b>	<b>Northern Colorado</b> (KAFA)	<b>7:00 p.m.</b>
Oct. 24	at UNLV**	.....1:00 p.m.
<b>Oct. 29</b>	<b>New Mexico**</b> (KAFA)	<b>7:00 p.m.</b>
<b>Oct. 31</b>	<b>TCU**</b> (KAFA)	<b>1:00 p.m.</b>
Nov. 5	at Colorado State**	.....7:00 p.m.
Nov. 7	at Wyoming**	.....7:00 p.m.
<b>Nov. 13</b>	<b>San Diego State**</b> (KAFA)	<b>5:00 p.m.</b>
<b>Nov. 19</b>	<b>BYU**</b> (KAFA)	<b>7:00 p.m.</b>
<b>Nov. 21</b>	<b>Utah**</b> (KAFA)	<b>1:00 p.m.</b>

\$ LaSalle Invitational (Philadelphia, Pa.)  
# Denver Invitational (Denver, Colo.)  
% Sugar Bear Classic (Conway, Ark.)  
\*\* Mountain West Conference matches  
Remaining home matches in **bold**.

The Air Force volleyball team has a busy week ahead, returning to the Academy for its final non-conference match of the season and opening the second round of league action on the road. The Falcons will host local rival Northern Colorado on Wednesday, Oct. 21, at the Academy's Clune Arena, before traveling to Las Vegas, Nev., on Saturday, Oct. 24, for an afternoon match-up with UNLV.



### NORTHERN COLORADO

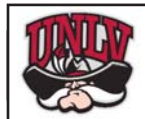
Radio: KAFA

Wednesday, Oct. 21 - 7:00 p.m.

2009 Record: 12-6 (6-2 Big Sky)

USAF Academy, Colo. (Clune Arena)

Head Coach: Lyndsey Benson



### UNLV

Saturday, Oct. 24 - 1 p.m. (PST)

2009 Record: 5-11 (3-5 MWC)

Las Vegas, Nev. (Cox Pavilion)

Head Coach: Allison Keeley

### NORTHERN COLORADO QUICK HITS

The Bears are 12-9 on the season, after splitting a pair of Big Sky conference matches with Portland State (W, 3-1) and Eastern Washington (L, 1-3). Senior Kenzie Shreeve leads Northern Colorado with 3.26 kills-per-set, while Bree VanDerMost holds a 3.70 digs-per-game average. UNC has played extra sets in 13 of its 21, but has swept its opponents in six of the remaining eight.

### UNLV QUICK HITS

The Rebels are 5-11 overall and 3-5 in Mountain West Conference action. UNLV is coming off of a split week-end on the road, falling to TCU and sweeping New Mexico. Cursty Jackson leads the Rebels with per-game averages of 3.27 kills and 1.02 blocks. With 3.23 digs-per-game, Kela Lau Hee is one of just eight players in the conference to average at least three digs per set.

### HISTORY 101

Northern Colorado holds a 48-13 record over Air Force, although the two local foes haven't faced one another 2006. The Bears are 3-0 against Air Force since joining Division I in 2004. After sweeping the Falcons at the Academy on Sept. 24, UNLV is 26-2 all-time against the Falcons. The Falcons only victories over the Rebels came during the 1996 and 1999 seasons. Air Force won both contests by matching 3-1 scores.

### CRACKING THE TOP 10

Junior Jessica Hellmann has accumulated 571 assists in 20 matches this season. That total is ranked 10th in the program's Division I single-season record book. She is just 37 helpers behind Kat Dehne's ninth-place total, set in 1997. She is the first Falcon to crack the top-10 list since Kim Kallabis tallied 671 during the 2007 campaign.

### A NIGHT OF FIRSTS

Two Falcons recorded a career "first" during the Falcons' three-set loss to San Diego State on Oct. 17. Junior Nichole Stilwell, who only began serving four matches earlier, accounted for her first career service ace during the second set, while freshman Julianne Haun picked up her first-ever kill in the third set. Haun added another kill, connecting on two of three attempts (no errors) for an impressive .667 hitting percentage.

### PUTTING ON THE DIFFERENT JERSEY

For the first time in her young career, freshman Maiya Perich wore the libero's jersey during the third set of the Falcons' match at San Diego State on Oct. 17. Perich collected three of her five digs during the final set. Perich, who has become a defensive specialist for Air Force over the first 20 matches, is ranked third on the team with 2.01 digs per game. In addition, with 22 service aces, she is just one serve shy of the team lead.

# 2009 AIR FORCE VOLLEYBALL

## ACADEMY QUICK FACTS

### AIR FORCE ACADEMY INFORMATION

Location . . . . .USAF Academy, Colo.  
 Founded . . . . .1954  
 Enrollment . . . . .4,400  
 Nickname . . . . .Falcons  
 Colors . . . . .Blue and Silver  
 Affiliation . . . . .NCAA Division I  
 Conference . . . . .Mountain West  
 Superintendent . . . . .Lt Gen Michael Gould  
 Athletics Director . . . . .Dr. Hans Mueh  
 Department Phone . . . . .(719) 333-4008

### COACHING STAFF INFORMATION

Head Coach . . . . .Penny Lucas-White (14th year)  
 Alma Mater . . . . .Memphis (1993)  
 Office Phone . . . . .(719) 333-7229  
 Office Fax . . . . .(719) 333-7570  
 AFA Record . . . . .97-293 (13 years)  
 Career Record . . . . .192-373 (18 years)  
 Assistant Coach . . . . .Verna Julaton (14th year)  
 Office Phone . . . . .(719) 333-2274  
 Assistant Coach . . . . .Ruth Lawanson (2nd year)  
 Office Phone . . . . .(719) 333-6789

### ARENA INFORMATION

Home Court . . . . .Clune Arena  
 Capacity . . . . .5,393  
 Press Row Phone . . . . .(719) 333-7809

### MEDIA INFORMATION

Media Contact . . . . .Valerie Perkin  
 Email . . . . .valerie.perkin@usafa.edu  
 Office Phone . . . . .(719) 333-8286  
 Cell Phone . . . . .(719) 440-5315

All information regarding Air Force volleyball is available at [GoAirForceFalcons.com](http://GoAirForceFalcons.com)

**INTERVIEWS:** To set up an interview with the Air Force players and coaches, please contact the media relations office. All requests must be made at least one day in advance. After each match, head coach Penny Lucas-White will be available following a 10-minute cooling off period. Upon request, players will also be available at that time.

**CREDENTIALS:** Press and photo credentials can be obtained by contacting the media relations office. Requests must be made at least one day in advance of the match.

## NUMERICAL ROSTER

##	NAME	POS	HT	YR	HOMETOWN   HIGH SCHOOL
1	Julianne Haun	OH/RS	5-11	Fr.	Navarre, Fla.   Navarre HS
2	Grace Konstanzer	OH	5-10	Fr.	Irvine, Calif.   Woodbridge HS
3	Kelly Spencer	DS/L	5-5	Jr.	Sharpsburg, Ga.   Northgate HS
4	Briana Jones	RS	5-10	Fr.	Chicago, Ill.   St. Ignatius College Prep
6	Dani Griffith	S	5-4	Fr.	The Woodlands, Texas   College Park HS
7	Jackie Norton	S	5-7	Jr.	Highland, Calif.   Redland East Valley HS
9	Jackie Bringman	MB/RS	6-1	Fr.	Torrance, Calif.   Redondo Union HS
11	Michelle Harrington	MH	6-1	Sr.	Stuttgart, Germany   Reagan (Texas) HS
12	Nichole Stilwell	MB	6-0	Jr.	Divide, Colo.   Woodland Park HS
13	Caroline Kurtz	OH	5-10	Jr.	Albuquerque, N.M.   St. Pius X HS
14	Emily Frick	OH	5-9	Jr.	Colorado Springs, Colo.   Doherty HS
15	Maile Lolohea	OH/MB	5-11	Fr.	Salt Lake City, Utah   Highland HS
16	Julia Hansen	OH	6-2	Jr.	Golden, Colo.   Lakewood HS
17	Jessica Hellmann	S	5-10	Jr.	Palisade, Colo.   Palisade HS
20	Preslee Maki	RS	6-1	Fr.	Florence, Mont.   Frenchtown HS
23	Maiya Perich	DS/L	5-6	Fr.	Houston, Texas   James E. Taylor HS

## ALPHABETICAL ROSTER

##	NAME	POS	HT	YR	HOMETOWN   HIGH SCHOOL
9	Jackie Bringman	MB/RS	6-1	Fr.	Torrance, Calif.   Redondo Union HS
14	Emily Frick	OH	5-9	Jr.	Colorado Springs, Colo.   Doherty HS
6	Dani Griffith	S	5-4	Fr.	The Woodlands, Texas   College Park HS
16	Julia Hansen	OH	6-2	Jr.	Golden, Colo.   Lakewood HS
11	Michelle Harrington	MH	6-1	Sr.	Stuttgart, Germany   Reagan (Texas) HS
1	Julianne Haun	OH/RS	5-11	Fr.	Navarre, Fla.   Navarre HS
17	Jessica Hellmann	S	5-10	Jr.	Palisade, Colo.   Palisade HS
4	Briana Jones	RS	5-10	Fr.	Chicago, Ill.   St. Ignatius College Prep
2	Grace Konstanzer	OH	5-10	Fr.	Irvine, Calif.   Woodbridge HS
13	Caroline Kurtz	OH	5-10	Jr.	Albuquerque, N.M.   St. Pius X HS
15	Maile Lolohea	OH/MB	5-11	Fr.	Salt Lake City, Utah   Highland HS
20	Preslee Maki	RS	6-1	Fr.	Florence, Mont.   Frenchtown HS
7	Jackie Norton	S	5-7	Jr.	Highland, Calif.   Redland East Valley HS
23	Maiya Perich	DS/L	5-6	Fr.	Houston, Texas   James E. Taylor HS
3	Kelly Spencer	DS/L	5-5	Jr.	Sharpsburg, Ga.   Northgate HS
12	Nichole Stilwell	MB	6-0	Jr.	Divide, Colo.   Woodland Park HS

## PRONUNCIATION GUIDE

Haun . . . . .hahn  
 Julaton . . . . .jewel-a-ton  
 Konstanzer . . . . .con-stan-sir  
 Kurtz . . . . .curts  
 Lawanson . . . . .luh-wahn-son  
 Lolohea . . . . .lola-hey-a  
 Maile . . . . .my-lay  
 Maiya . . . . .may-yah  
 Maki . . . . .mack-ee  
 Perich . . . . .pair-ick

**MOUNTAIN WEST CONFERENCE**

**TEAM STANDINGS (CONF, OVERALL)**

Team (Natl Rank)	W	L	W	L
Colorado State (25)	8	0	16	3
TCU	6	2	17	5
Utah	6	2	13	7
BYU	5	3	10	8
New Mexico	4	4	13	7
San Diego State	3	5	8	10
UNLV	3	5	5	11
Wyoming	1	7	10	12
<b>Air Force</b>	<b>0</b>	<b>8</b>	<b>8</b>	<b>12</b>

**PLAYERS OF THE WEEK**

Date	Name, School
Aug. 31	Bartkowiak, Utah
Sept. 7	Edwards, TCU
Sept. 14	Stilwell, Air Force / Edwards, TCU
Sept. 21	Walker, BYU
Sept. 28	Bartkowiak, Utah / Jackson, UNLV
Oct. 5	Edwards, TCU / Rhoades, New Mexico
Oct. 12	Bartkowiak, Utah
Oct. 19	Sexton, San Diego State

**UPCOMING SCHEDULE (MWC ONLY)**

Oct. 22	Colorado State at TCU
	San Diego State at UNLV
	Wyoming at New Mexico
Oct. 23	Utah at BYU
Oct. 24	Air Force at UNLV
	Colorado State at New Mexico
	Wyoming at TCU

**OVEALL MWC RANKINGS (AF ONLY)**

**Kills Per Set**

6th Caroline Kurtz (3.18 kps)

**Assists Per Set**

7th Jessica Hellmann (8.40 aps)

**Service Aces Per Set**

4th Caroline Kurtz (0.35)

5th Maiya Perich (0.32)

**Digs Per Set**

9th Kelly Spencer (2.76 dps)

10th Caroline Kurtz (2.65 dps)

**SWEET CAROLINE**

The Falcons have taken to singing Neil Diamond's "Sweet Caroline" whenever Caroline Kurtz scores for Air Force and the team's vocal chords have been getting a workout this season. The junior, who leads the squad in kills and aces, is ranked in four of the seven Mountain West Conference per-game statistical categories. She is ranked fourth in aces (0.35), sixth in both kills (3.18) and points (3.62), and 10th in digs (2.68). In addition, her 15 kills against Canisius and Colorado State are tied for the second-best three-set output in the league, while her five aces against both Louisiana-Monroe and Utah are also tied for second.

**I'LL TAKE TWO**

Air Force has two players ranked in a pair of different conference stat categories, including two in the top five. Caroline Kurtz is ranked fourth in the league with 0.35 aces per set, while Maiya Perich is ranked fifth with a 0.32 average. Kelly Spencer (2.76) and Kurtz (2.65) are ranked ninth and 10th, respectively, in digs per set.

**DOUBLE TROUBLE**

Caroline Kurtz tallied her seventh double-double of the season on Oct. 10, collecting 15 kills and 14 digs against Colorado State. It is the Falcons' first double-double since she posted a 15 kill/10 dig output against Utah. Kurtz has seven of the Falcons' nine double-doubles on the year, while classmate Jessica Hellmann has the other two.

**STEPPING UP TO THE COMPETITION**

Air Force fought hard against league-leading Colorado State (5-0) on Oct. 10. In their best-ever Division I performance against the Rams, the Falcons fell by just 10 combined points over the three-set match, including a 26-24 score in the second set. Air Force out-killed CSU 44-32, while hitting five points better than the visitors.

**WHAT A DIFFERENCE A DAY MAKES**

After collecting just 22 kills against Wyoming on Oct. 8, the Falcons roared back to double that total (44) on against Colorado State on Oct. 10. In addition, the Falcons improved their hitting percentage from .011 to .149.

**STARTING UP**

The Falcons started three freshmen against the Rams on Oct. 10. Grace Konstanzer was in the starting lineup for the 18th time in 19 matches, while Preslee Maki earned her second assignment in the starting rotation. And, for the first time since Aug. 28, Dani Griffith was selected as the starting setter. Konstanzer recorded 10 kills and eight digs, while Maki recorded three strikes and assisted on a team-high two blocks. Griffith added a pair of kills, while adding 10 assists.

**THE 500 CLUB**

Jessica Hellmann recorded her 500th assist of the season on Oct. 3 at New Mexico. She is just the 13th Air Force setter at the Division I level to record over 500 assists in a single season.

**THE FALCONS ON TV**

Oct. 8 marked the first televised volleyball match ever at Clune Arena. It was the third straight year that Air Force and Wyoming have faced off on television, although both prior televised matches came in Laramie.

**HOME SWEET HOME**

After playing 16 of its first 17 matches on the road, Air Force will play seven of its final 11 matches at home.

**MAKING THEIR MARK**

Freshmen Preslee Maki and Julianne Haun picked up their first statistics of their young career during the Oct. 1-3 matches. Playing in just her second match, Maki picked up a kill and assisted on a block at TCU (Oct. 1). In her collegiate debut, Haun earned her first dig at New Mexico (Oct. 3).

**MIDWAY RAMBLINGS**

At the unofficial midway point of the season, Air Force is 8-7. It is just the third time in NCAA Division I history that Air Force holds a winning margin 15 matches into the season. The 2009 squad joins the 2003 (10-5) and the 1999 (11-4) teams to accomplish that feat.

---

## 2009 AIR FORCE VOLLEYBALL

---

### ON THE ROAD AGAIN

Including the two matches over the Oct. 1-3 weekend, the Falcons were on the road for 16 of their first 17 matches. The tallies are a far cry from last year's total, where Air Force was home for 15 of its first 17.

### NOW SERVING

Jessica Hellmann tallied three service aces during the Falcons' 3-0 loss to UNLV on Sept. 24, tying for the third-best single-match performance of the season. Her first ace of the night was the Falcons' 79th of the season, matching the total output of aces that the Falcons accounted for one year ago in 29 total matches. In just 15 matches, the Falcons accumulated 81.

### WE'RE ALL TIED UP

Air Force's match against UNLV on Sept. 24 featured 32 tied scores, including 15 during the first set.

### ONE AND DONE

This will be a very quick week for the Falcons, as they have just one match in an 11-day span. Air Force opened the season with four matches in two days during each of the first three weeks, while playing two matches in three days over the past weekend.

### PUT AWAY THE BROOMS

The Falcons defeated Utah 25-23 in the third set on Sept. 17 to claim its first "set" win over the Utes since Oct. 15, 2005. It was only the fifth time in 24 matches that the Falcons have taken a game from Utah.

### EIGHT IS GREAT!

The Falcons picked up their eighth win of the season with a 3-0 victory over Louisiana-Monroe on Sept. 12. The eight wins are the most for an Air Force squad since 2003, when that team collected 14. The 8-4 start to the season is the best 12-match stretch for the Falcons since that year as well.

### THE HARDWARE STORE

Air Force collected several accolades following their 3-1 weekend at the Sugar Bear Classic. Michelle Harrington, Jessica Hellmann and Nichole Stilwell were named to the all-tournament team. In addition, Hellmann was selected as the Air Force Academy's Athlete of the Week and Stilwell was selected as the Mountain West Conference Co-Player of the Week.

### TOP OF THE MOUNTAIN

Junior Nichole Stilwell became the Falcons' first conference player of the week since the 2003 season, as she earned the honor on Sept. 15. At the Sugar Bear Classic, she averaged a team-high 3.57 kills, 1.00 blocks, 0.29 digs and 4.11 points per set, while hitting a team-best .455 (50-10-88) in 14 sets. Stilwell joins Shaylor Billings (1999), Summer Koons (1999), Delavane Diaz (2000, 2003) and Lamecca Jefferson (2003) as Air Force players who have earned a share of the MWC Player of the Week award.

### IT'S TOURNEY TIME

Michelle Harrington, Jessica Hellmann and Nichole Stilwell were named to the all-tournament team of the Sugar Bear Classic. All three were instrumental to the Falcons' 3-1 weekend, both offensively and defensively. Stilwell led the Falcons with 50 kills and a .465 hitting percentage, while tying with Hellmann for second on the team with 14 total blocks. Hellmann contributed 132 assists, while adding 15 kills, two service aces and 27 digs. Harrington, the weekend leader in blocks with 17, posted 29 kills and three service aces.

### MATCH-BY-MATCH RALLY SCORES

TEAM	RALLY SCORES	MATCH
Cleveland State	17-25, 20-25, 15-25	0-3
LaSalle	22-25, 18-25, 25-22, 25-22, 15-11	3-2
Fairleigh Dickinson	25-19, 25-17, 20-25, 25-20	3-1
Canisius	25-20, 25-23, 25-21	3-0
Denver	25-18, 25-23, 25-19	3-0
West Virginia	21-25, 19-25, 22-25	0-3
Southern Utah	19-25, 25-17, 25-23, 22-25, 15-8	3-2
Eastern Illinois	22-25, 20-25, 24-26	0-3
Louisiana Tech	23-25, 25-18, 25-21, 21-25, 19-17	3-2
Central Arkansas	16-25, 23-25, 22-25	0-3
Arkansas-Pine Bluff	25-13, 25-16, 25-10	3-0
Louisiana Monroe	15-16, 25-12, 25-10	3-0
Utah	20-25, 20-25, 25-23, 14-25	1-3
BYU	12-25, 23-25, 11-25	0-3
UNLV	23-25, 18-25, 23-25	0-3
TCU	23-25, 10-25, 18-25	0-3
New Mexico	07-25, 22-25, 20-25	0-3
Wyoming	15-25, 20-25, 14-25	0-3
Colorado State	22-25, 24-26, 20-25	0-3
San Diego State	19-25, 12-25, 17-25	0-3
Northern Colorado		
UNLV		
New Mexico		
TCU		
Colorado State		
Wyoming		
San Diego State		
BYU		
Utah		

---

### 2009 HONORS & AWARDS

NAME	AWARD	DATE
Caroline Kurtz	La Salle All-Tournament Team	29 Aug.
Nichole Stilwell	La Salle All-Tournament Team	29 Aug.
Michelle Harrington	Sugar Bear Classic All-Tournament Team	12 Sept.
Jessica Hellmann	Sugar Bear Classic All-Tournament Team	12 Sept.
Nichole Stilwell	Sugar Bear Classic All-Tournament Team	12 Sept.
Jessica Hellmann	Air Force Athlete of the Week	14 Sept.
Nichole Stilwell	Mountain West Co-Player of the Week	14 Sept.

---

**SHE'S QUIT THE HELPER**

Junior Jessica Hellmann recorded her 1,000th career assist over the Sept. 11-12 weekend in Arkansas. Hellmann, who split time at the setter position during her first two years, is just the sixth Air Force player to record over 1,000 helpers in the Division I era.

**STARTING OUT HOT**

Air Force's 8-4 start to the 2009 season is its best 12-match opening since 2003. That year, the Falcons also posted an 8-4 mark in their first 12 matches. Air Force's best 12-match start to a season since joining Division I was in 1999, when the Falcons rolled to an early 10-2 record.

**GETTING TO THE POINT**

The Falcons have cleared the 20-point plateau during 34 of their first 40 non-conference sets this season, not counting the 15-point fifth set. Air Force, which reached the winning 25-point mark on 21 occasions, has only missed that mark six times.

**NOW SERVING**

Air Force accounted for 21 combined service aces in a pair of 3-0 victories on Sept. 12. The Falcons blasted out 12 aces in the win over Arkansas-Pine Bluff, before adding nine in the nightcap win over Louisiana-Monroe. Freshman Maile Lolohea paced the Falcons with four against UAPB, while juniors Caroline Kurtz and Kelly Spencer each added three. Against ULM, Kurtz paced the team with five aces, including a span of four straight.

**TAKE A SEAT**

The Falcons dominated their opponents on Sept. 12, allowing the two teams to average just 12.8 points per set in a pair of sweeping victories. The Falcons stingy defense allowed Arkansas-Pine Bluff and Louisiana-Monroe to hit -.023 on the day (29-32-129). Air Force is currently ranked second in the conference with an opponent hitting percentage of .151 – an average just .001 off of the conference lead.

**WELCOME TO THE SHOW**

Junior Jackie Norton and freshman Preslee Maki made their collegiate debuts in the Falcons' victory over Arkansas-Pine Bluff. Maki narrowly missed recording her first kill, while Norton, who has been hampered by injuries during her first two years, had some solid serves, but accumulated no stats.

**OVERTIME, VOLLEYBALL-STYLE**

Air Force improved to 3-0 in five-set matches this season, after defeating Louisiana Tech in thrilling 23-25, 25-18, 25-21, 21-25, 19-17 fashion on Sept. 11. It is the first time in Division I history that Air Force has won three five-set matches in a single season.

**DON'T CALL IT A COMEBACK**

Air Force rallied from an 11-5 deficit to defeat LaTech 19-17 in the deciding fifth set.

**FALCONS TAKE FIVE**

With its victory over Southern Utah on Sept. 5, Air Force collected its fifth win of the season. In just eight matches, the Falcons have already matched their win total from all of last season (a span of 29 total matches).

**OUT OF THE GATES**

Air Force's 5-3 start to the 2009 season is its best eight-match opening since 2003. That year, the Falcons posted a record of 6-2 during their first eight matches. Air Force's best eight-match start to a season since joining Division I was in 1999, when the Falcons rolled to an early 7-1 record.

**AIR FORCE SWEEPS DENVER IN TOURNAMENT OPENER**

The Falcons made it an unhappy homecoming for Denver, sweeping the host Pioneers during the first match of the DU Invitational on Sept. 4. It is the first time since 2003 that Air Force has defeated Denver.

**BLOCK TRACKER**

**DIVISION I CAREER SOLO BLOCKS . . . . .**

- 1. Summer Koons . . . . .1996-99 . . . . .122
- 2. Kristin Hamlett . . . . .2002-05 . . . . .92
- 3. **Michelle Harrington .2006-present . . .62**
- Shaylor Billings . . . . .1997-99 . . . . .60
- 5. Brooke Akers . . . . .2004-05 . . . . .47
- 6. Tiffany Bishop . . . . .2001-02 . . . . .43
- 7. **Nichole Stilwell . . . . .2007-present . . .26**
- 8. Jaime Rempel . . . . .1997-00 . . . . .25
- 9. Jasmine Pettie . . . . .2005-08 . . . . .22
- 10. Lamecca Jefferson . . . . .2001-04 . . . . .19

**DIVISION I CAREER ASSISTED BLOCKS . .**

- 1. Summer Koons . . . . .1996-99 . . . . .282
- 2. Kristin Hamlett . . . . .2002-05 . . . . .249
- 3. **Michelle Harrington .2006-present . .193**
- 4. Shaylor Billings . . . . .1997-99 . . . . .158
- 5. Jasmine Pettie . . . . .2005-08 . . . . .149
- 6. **Nichole Stilwell . . . . .2007-present . .134**
- 7. Molly White . . . . .2001-04 . . . . .120
- 8. Brooke Akers . . . . .2004-05 . . . . .108
- 9. Robyn Duncan . . . . .1996-99 . . . . .107
- 10. Jaime Rempel . . . . .1997-00 . . . . .102

**DIVISION I CAREER TOTAL BLOCKS . . . . .**

- 1. Summer Koons . . . . .1996-99 . . . . .404
- 2. Kristin Hamlett . . . . .2002-05 . . . . .341
- 3. **Michelle Harrington .2006-present . .255**
- 4. Shaylor Billings . . . . .1997-99 . . . . .218
- 5. Jasmine Pettie . . . . .2005-08 . . . . .171
- 6. **Nichole Stilwell . . . . .2007-present . .160**
- 7. Brooke Akers . . . . .2004-05 . . . . .155
- 8. Molly White . . . . .2001-04 . . . . .137
- 9. Jaime Rempel . . . . .1997-00 . . . . .127
- 10. Tiffany Bishop . . . . .2001-02 . . . . .122

---

## 2009 AIR FORCE VOLLEYBALL

---

### HIT ME WITH YOUR BEST SHOT

Air Force defeated Denver with its strong attacking, as the squad collectively hit .345. Three Falcons hit over .300 on the day. Michelle Harrington connected at a .800 clip, connecting eight kills on 10 attempts, while committing no errors. Caroline Kurtz hit .429 (10k-1e-21a), while Emily Frick provided a spark off the bench at .312 (6k-1e-16a). In addition, Jessica Hellmann, who assisted on 29 scores, was a perfect five-for-five in kills.

### WHAT A WAY TO START!

Air Force's 3-1 season-opening weekend is the best start to a season since 1999. The season, the Falcons defeated Mississippi, Eastern Illinois and Fordham, before falling in four to Colorado. The Falcons went on to tally a 17-12 overall mark that year.

### DUO NAMED TO ALL-TOURNEY TEAM

Instrumental to the Falcons' success this weekend, Caroline Kurtz and Nichole Stilwell were named to the LaSalle Invitational all-tournament team. Kurtz paced the team with 47 kills and nine aces, while tying for the team lead in digs (39). Stilwell, hitting .194 on the weekend, tallied a team-best nine blocks, while adding 38 kills.

### FIVE ALIVE

The Falcons thrilling five-set victory (22-25, 18-25, 25-22, 25-22, 15-11) over La Salle on Aug. 28 marked the first time since 2006 that Air Force had rallied from a 2-0 deficit to win a match. On Oct. 16, Air Force trailed Centenary by two (25-30, 24-30), before rolling off three straight wins (30-25, 38-36, 15-10) to earn the win.

### SERVE IT UP

Last year, the Falcons' best single-match production of aces was three. Freshman Maiya Perich matched that record during the first set of her first match. Perich served up a pair of back-to-back aces during a 6-0 run by the Falcons, before tallying her third ace on the Falcons' next-to-last point.

### NO LONGER NEW

Grace Konstanzer, Dani Griffith and Maiya Perich are no longer 'newcomers' to the program, after seeing significant action in the season opener against Cleveland State. As starters, Konstanzer accounted for six kills, one ace, six digs and an assisted block, while Griffith tallied seven assists and three digs. Perich came in off the bench and posted three aces and eight digs. Maile Lolohea and Briana Jones also saw action in the opener.

### HOME SWEET HOME!?!?

The Falcons open the 2009 season with 14 consecutive road matches – a far cry from the 13-match homestand that started the 2008 campaign. In addition to not playing at home until Sept. 24, Air Force only sees the inside of Clune Arena on nine occasions this year. The Falcons will host all eight conference opponents and local rival Northern Colorado during the 2009 season.

### COMING FROM ALL CORNERS

Air Force added eight freshmen from around the country to the 2009 roster. The Falcons added a pair from California (Grace Konstanzer, Jackie Bringman) and another pair from Texas (Dani Griffith, Maiya Perich), as well as players from Florida (Julianne Haun), Illinois (Briana Jones), Montana (Preslee Maki) and Utah (Maile Lolohea).

### IT'S ALL ABOUT CONNECTIONS

Preslee Maki is the daughter of Air Force football All-American and Academy record-holder for tackles in a game, season and career, Terry Maki. She is one of five Falcons to have family connections to the Air Force Academy. Michelle Harrington's grandfather is an Academy graduate, as is Caroline Kurtz's older brother. Maiya Perich's older brother is currently a junior at USAFA.

### OH CAPTAIN, MY CAPTAIN

Senior Michelle Harrington will serve as the Falcons' captain during the 2009 season. She is the first solo captain since 2006, but the 22nd in the program's 32-year history.

## RECORD BOOK WATCH

### DIVISION I CAREER KILLS .....

1.	Delavane Diaz	.....2000-03	.....1468
2.	Kristin Hamlett	.....2002-05	.....1178
3.	Brooke Effland	.....1996-99	.....1092
4.	Lamecca Jefferson	.....2001-04	.....887
5.	Summer Koons	.....1996-99	.....797
6.	Shaylor Billings	.....1997-99	.....742
7.	Robyn Duncan	.....1996-99	.....741
8.	Kristina Stewart	.....2005-08	.....607
9.	<b>Michelle Harrington</b>	<b>.....2006-present</b>	<b>.....603</b>
10.	Katie Batchelder	.....2006-08	.....591

### DIVISION I CAREER ASSISTS .....

1.	Kristin Huitt	.....2000-03	.....3618
2.	Tharommony In	.....1996-99	.....2214
3.	Carly Siefken	.....2002-05	.....1941
4.	Kim Kallabis	.....2004-07	.....1482
5.	<b>Jessica Hellmann</b>	<b>.....2007-present</b>	<b>.....1259</b>
	Katherine Dehne	.....1996-97*	.....1054
7.	Kylie Adams	.....1998-99	.....652
8.	Stephanie Stanford	.....2007-08	.....470
9.	Katie Dildy	.....2000-02	.....399
10.	Hannah Sorber	.....2006	.....148

### DIVISION I CAREER DIGS .....

1.	Brooke Effland	.....1996-99	.....925
2.	Delavane Diaz	.....2000-03	.....842
3.	Kristin Huitt	.....2000-03	.....740
4.	Robyn Duncan	.....1996-99	.....688
5.	Kristina Stewart	.....2005-08	.....686
6.	Tracy Wilkerson	.....1996-99	.....671
7.	Kim Kallabis	.....2004-07	.....549
8.	<b>Caroline Kurtz</b>	<b>.....2007-present</b>	<b>.....534</b>
9.	Brittany Edmonds	.....2000-03	.....499
10.	Carly Siefken	.....2002-05	.....496

### DIVISION I SINGLE SEASON ASSISTS .....

1.	Tharommony In	.....1999	.....1249
2.	Kristin Huitt	.....2003	.....1205
3.	Kristin Huitt	.....2002	.....1163
4.	Carly Siefken	.....2005	.....1097
5.	Carly Siefken	.....2004	.....805
6.	Kristin Huitt	.....2000	.....698
7.	Kim Kallabis	.....2007	.....671
8.	Kylie Adams	.....1998	.....615
9.	Katherine Dehne	.....1997	.....608
10.	<b>Jessica Hellmann</b>	<b>.....2009</b>	<b>.....571</b>

## 2009 AIR FORCE VOLLEYBALL

### MATCH-BY-MATCH LEADERS

TEAM	KILLS .....	PCT* .....	DIGS .....	ACES .....	ASSISTS .....	BLOCKS .....
Cleveland State	Stilwell .....8	Harrington ...278	Spencer .....11	Perich .....3	Hellmann .....18	Harrington .....4
LaSalle	Stilwell .....17	Stilwell .....406	Kurtz .....15	Kurtz .....4	Hellmann .....33	Stilwell .....3
Fairleigh Dickinson	Kurtz .....12	Harrington ...421	Kurtz .....13	Kurtz .....3	Hellmann .....24	Stilwell .....4
Canisius	Kurtz .....15	Harrington ...600	Perich .....12	Konstanzer ...2 Perich .....2	Hellmann .....35	Three Players ...2
Denver	Kurtz .....10	Harrington ...800	Kurtz .....13	Four Players ...1	Hellmann .....29	.....
West Virginia	Harrington ....8 Stilwell .....8	Harrington ...250	Spencer .....8	Konstanzer ...2	Hellmann .....22	Harrington .....5
Southern Utah	Kurtz .....16	Stilwell .....450	Kurtz .....19	Kurtz .....2	Hellmann .....43	Harrington .....6
Eastern Illinois	Kurtz .....13	Kurtz .....286	Spencer .....10 Hellmann .....10	Hellmann .....2	Hellmann .....28	Harrington .....4
Louisiana Tech	Kurtz .....19	Harrington ...469	Spencer .....21	Konstanzer ...2	Hellmann .....56	Harrington .....7 Stilwell .....7
Central Arkansas	Stilwell .....10	Stilwell .....474	Spencer .....12	Three Players ...1	Hellmann .....27	Harrington .....5
Arkansas-Pine Bluff	Stilwell .....15	Stilwell .....591	Konstanzer ....7	Lolohea .....4	Hellmann .....29	Three Players ...3
Louisiana Monroe	Stilwell .....10	Stilwell .....438	Kurtz .....9 Spencer .....9	Kurtz .....5	Hellmann .....20	Harrington .....4
Utah	Kurtz .....15	Stilwell .....320	Perich .....13	Kurtz .....5	Hellmann .....39	Stilwell .....3
BYU	Kurtz .....6 Konstanzer ....6	Konstanzer ...188	Kurtz .....11		Hellmann .....17	Three Players ...1
UNLV	Harrington ....10 Stilwell .....10	Harrington ...667	Spencer .....17	Hellmann .....3	Hellmann .....38	Harrington .....2
TCU	Kurtz .....11	Stilwell .....526	Kurtz .....6 Spencer .....6	Three Players ...1	Hellmann .....17	Harrington .....2 Frick .....2
New Mexico	Kurtz .....11	Harrington ...400	Spencer .....10	Perich .....3	Hellmann .....26	Stilwell .....2
Wyoming	Stilwell .....8	Stilwell .....160	Spencer .....11	.....	Hellmann .....18	Stilwell .....4
Colorado State	Kurtz .....15	Kurtz .....300	Kurtz .....14	.....	Hellmann .....25	Stilwell .....2 Maki .....2
San Diego State	Harrington ....9	Harrington ...333	Konstanzer ....6 Kurtz .....6	Konstanzer ...2	Hellmann .....27	Harrington .....3
Northern Colorado						
UNLV						
New Mexico						
TCU						
Colorado State						
Wyoming						
San Diego State						
BYU						
Utah						

\* Minimum 10 attempts

**Bold** names are team leaders

**INDIVIDUAL MATCH HIGHS**

Pct.*	.667	Michelle Harrington	Sept. 24
	.600	Michelle Harrington	Aug. 29/2
Kills	19	Caroline Kurtz	Sept. 11/1
	17	Nichole Stilwell	Aug. 28/2
Atts.	45	Caroline Kurtz	.2x, last Sept. 11/1
	43	Caroline Kurtz	Aug. 28/2
Assists	56	Jessica Hellmann	Sept. 11/1
	43	Jessica Hellmann	Sept. 5/1
Digs	21	Kelly Spencer	Sept. 11/1
	19	Caroline Kurtz	Sept. 5/1
Aces	5	Caroline Kurtz	.2x, last Sept. 17
	4	Caroline Kurtz	Aug. 28/2
	4	Maile Lolohea	Sept. 12/1
Blocks	7	Michelle Harrington	Sept. 11/1
	7	Nichole Stilwell	Sept. 11/1
	6	Michelle Harrington	Sept. 5/1

**TEAM MATCH HIGHS**

Pct.	.364	vs. Arkansas-Pine Bluff	Sept. 12
	.345	at Denver	Sept. 4
Kills	66	vs. Louisiana Tech	Sept. 11
	58	at La Salle	Aug. 28
Atts.	193	vs. Louisiana Tech	Sept. 11
	159	at La Salle	Aug. 28
Assists	62	vs. Louisiana Tech	Sept. 11
	52	vs. Southern Utah	Sept. 5
Digs	75	vs. Louisiana Tech	Sept. 11
	60	at La Salle	Aug. 28
Aces	12	vs. Arkansas-Pine Bluff	Sept. 12
	9	vs. Louisiana-Monroe	Sept. 12
	9	at Utah	Sept. 17
Blocks	15.0	vs. Louisiana Tech	Sept. 11
	9.0	at Central Arkansas	Sept. 11
	9.0	vs. Southern Utah	Sept. 5

\* minimum of 10 kills

**MISCELLANEOUS INFORMATION**

Overall	8-12
Conference	0-8
Non-Conference	8-4
Tournament	8-4
Home	0-3
Away	2-6
Neutral	6-3
Three-Games	4-11
Four-Games	1-1
Five-Games	3-0
Wednesday	
Thursday	0-4
Friday	3-4
Saturday	5-4
Morning	3-0
Afternoon	5-4
Evening	0-8
First Match of Doubleheader	5-1
Second Match of Doubleheader	3-3
Facing Ranked Opponents	
Facing Opponents Receiving Votes	0-1
On National Television	0-1
On Home Radio	1-5
On Visiting Radio	0-3
Against Atlantic 10 Conference	1-0
Against Big East Conference	0-1
Against Big Sky	
Against Horizon League	0-1
Against Metro Atlantic Athletic Conference	1-0
Against Northeast Conference	1-0
Against Ohio Valley Conference	0-1
Against Southland Conference	0-1
Against Southwestern Athletic Conference	1-0
Against Summit League	1-0
Against Sun Belt Conference	2-0
Against Western Athletic Conference	1-0

**DOUBLE DOUBLES**

NAME	DATE	DOUBLES
Caroline Kurtz	Aug. 28/2	15 kills-15 digs
Caroline Kurtz	Aug. 29/1	12 kills-13 digs
Caroline Kurtz	Sept. 04/1	10 kills-13 digs
Caroline Kurtz	Sept. 05/1	16 kills-19 digs
Jessica Hellmann	Sept. 05/2	.28 assists-10 digs
Caroline Kurtz	Sept. 11/1	19 kills-15 digs
Jessica Hellmann	Sept. 11/1	.56 assists-12 digs
Caroline Kurtz	Sept. 17	15 kills-10 digs
Caroline Kurtz	Oct. 10	15 kills-14 digs



**2009 AIR FORCE VOLLEYBALL**

<b>STATS SUMMARY</b>	<b>G</b>	<b>K</b>	<b>K/G</b>	<b>E</b>	<b>TA</b>	<b>PCT</b>	<b>A</b>	<b>A/G</b>	<b>SA</b>	<b>SE</b>	<b>SA/G</b>	<b>RE</b>	<b>D</b>	<b>D/G</b>	<b>BS</b>	<b>BA</b>	<b>TB</b>	<b>B/G</b>	<b>BE</b>	<b>HE</b>	<b>PTS</b>
HARRINGTON, Michelle	66	142	2.15	48	346	.272	7	0.11	8	21	0.12	2	22	0.33	14	39	53	0.80	3	2	183.5
STILWELL, Nichole	68	179	2.63	72	436	.245	7	0.10	1	5	0.01	4	20	0.29	5	36	41	0.60	4	0	203.0
HELLMANN, Jessica	68	48	0.71	18	134	.224	571	8.40	10	18	0.15	0	105	1.54	2	26	28	0.41	5	26	73.0
KURTZ, Caroline	68	216	3.18	107	571	.191	22	0.32	23	41	0.34	22	180	2.654	1	13	14	0.21	6	2	246.5
LOLOHEA, Maile	20	8	0.40	5	21	.143	3	0.15	4	1	0.20	0	3	0.15	0	7	7	0.35	0	3	15.5
MAKI, Preslee	12	4	0.33	3	9	.111	0	0.00	0	0	0.00	0	0	0.00	0	4	4	0.33	1	1	6.0
FRICK, Emily	53	59	1.11	40	215	.088	6	0.11	1	2	0.02	2	22	0.42	1	9	10	0.19	2	2	65.5
GRIFFITH, Dani	20	4	0.20	3	14	.071	44	2.20	0	4	0.00	0	9	0.45	0	0	0	0.00	0	4	4.0
KONSTANZER, Grace	68	105	1.54	84	348	.060	10	0.15	16	36	0.24	15	127	1.87	1	8	9	0.13	0	1	126.0
NORTON, Jackie	5	0	0.00	0	0	.000	0	0.00	0	0	0.00	0	0	0.00	0	0	0	0.00	0	0	0.0
HAUN, Julianne	5	2	0.40	2	7	.000	0	0.00	0	1	0.00	0	2	0.40	0	0	0	0.00	0	0	2.0
PERICH, Maiya	68	2	0.03	3	22	-.045	20	0.29	22	17	0.32	16	137	2.01	0	0	0	0.00	0	1	24.0
HANSEN, Julia	28	17	0.61	23	71	-.085	6	0.21	0	0	0.00	0	5	0.18	1	10	11	0.39	4	2	23.0
SPENCER, Kelly	68	2	0.03	6	38	-.105	25	0.37	10	33	0.15	25	188	2.76	0	0	0	0.00	0	0	12.0
JONES, Briana	4	0	0.00	1	3	-.333	1	0.25	0	0	0.00	0	1	0.25	0	0	0	0.00	0	0	0.0
TEAM												3									
AIR FORCE	68	788	11.59	415	2235	.167	722	10.62	95	179	1.40	89	821	12.07	25	152	101.0	1.49	25	44	984.0
OPPONENT	68	772	11.35	353	2085	.201	700	10.29	89	135	1.31	95	859	12.63	24	235	141.5	2.08	27	24	1002.5

<b>TEAM STATISTICS</b>	<b>AF</b>	<b>OPP</b>	<b>DATE</b>	<b>OPPONENT</b>	<b>W/L</b>	<b>RES.</b>	<b>SCORE BY SET</b>	<b>ATT.</b>
ATTACK			Aug. 28	vs. Cleveland State	L	0-3	17-25, 20-25, 15-25	62
Kills	788	772	Aug. 28	at La Salle	W	3-2	22-25, 18-25, 25-22, 25-22, 15-11	78
Errors	415	353	Aug. 29	vs. Fairleigh Dickinson	W	3-1	25-19, 25-17, 20-25, 25-20	50
Total Attacks	2235	2085	Aug. 29	vs. Canisius	W	3-0	25-20, 25-23, 25-21	50
Attack Percentage	.167	.201	Sept. 04	at Denver	W	3-0	25-18, 25-23, 25-19	310
Kills/Set	11.6	11.4	Sept. 04	vs. West Virginia	L	0-3	21-25, 19-25, 22-25	250
SET			Sept. 05	vs. Southern Utah	W	3-2	19-25, 25-17, 25-23, 22-25, 15-8	150
Assists	722	700	Sept. 05	vs. Eastern Illinois	L	0-3	22-25, 20-25, 24-26	200
Attempts	2194	2049	Sept. 11	vs. Louisiana Tech	W	3-2	23-25, 25-18, 25-21, 21-25, 19-17	140
Assist Percentage	.329	.342	Sept. 11	at Central Arkansas	L	0-3	16-25, 23-25, 22-25	230
Assists/Set	10.6	10.3	Sept. 12	vs. Arkansas-Pine Bluff	W	3-0	25-13, 25-16, 25-10	84
SERVE			Sept. 12	vs. Louisiana-Monroe	W	3-0	25-16, 26-12, 25-10	93
Aces	95	89	Sept. 17	at Utah	L	1-3	20-25, 20-25, 25-23, 14-25	407
Errors	179	135	Sept. 19	at BYU	L	0-3	12-25, 23-25, 11-25	846
Attempts	1425	1500	Sept. 24	UNLV	L	0-3	23-25, 18-25, 23-25	324
Serve Percentage	.874	.910	Oct. 01	at TCU	L	0-3	23-25, 10-25, 18-25	965
Aces/Set	1.4	1.3	Oct. 03	at New Mexico	L	0-3	07-25, 22-25, 20-25	1289
SERVE RECEPTIONS			Oct. 08	Wyoming	L	0-3	15-25, 20-25, 14-25	613
Errors	89	95	Oct. 10	Colorado State	L	0-3	22-25, 24-26, 20-25	411
Errors/Set	1.3	1.4	Oct. 16	at San Diego State	L	0-3	19-25, 12-25, 17-25	203
Attempts	1364	1247						
Reception Percentage	.935	.924						
DEFENSE								
Digs	821	859						
Digs/Set	12.1	12.6						
BLOCKING								
Solo Blocks	25	24						
Assisted Blocks	152	235						
Total Blocks	101.0	141.5						
Blocks/Set	1.5	2.1						
Block Errors	25	27						
Ball Handling Errors	44	24						
ATTENDANCE								
Total	1348	4328						
Average	3/449	8/541						