

VOLLEYBALL



2009 MARQUETTE VOLLEYBALL

QUICK FACTS

GENERAL INFORMATION

SchoolMarquette University
 LocationMilwaukee, Wis.
 Enrollment11,516
 NicknameGolden Eagles
 ColorsBlue (PMS 281) and Gold (PMS 123)
 Home ArenaAl McGuire Center (4,000)
 ConferenceBIG EAST
 PresidentRev. Robert A. Wild, S.J.
 Athletics DirectorSteve Cottingham
 Sr. Woman Admin. Sarah Bobert

COACHING STAFF

Head CoachBond Shymansky
 Alma MaterIowa (1995)
 Record at MUFirst Season
 Overall record172-64 (seven seasons)
 AssistantCraig Dyer (Susquehanna (Pa.), 1995)
Michaela Franklin (Kansas State, 2004)
 Office Phone(414) 288-5157

TEAM INFORMATION

2008 Record11-18
 BIG EAST Record5-9
 BIG EAST FinishT-11th
 BIG EAST TournamentN/A
 Starters R/L3/3+Liberato
 Letterwinners R/L5/8
 Newcomers8

MEDIA RELATIONS

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CREDITS

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ABOUT MARQUETTE

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Loaded with stats, highlights, reactions, features and all the news about Marquette Golden Eagle athletics, www.GoMarquette.com is the first place to find out everything about Marquette volleyball and Marquette athletics.

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TABLE OF CONTENTS

2009 Schedule	2
2009 Roster	3
Al McGuire Center	4-5
Individual Instruction	6-7
Strength/Conditioning	8-9
Student-Athlete Performance	10-11
Marquette University Overview	12-13
BIG EAST Conference	14-15
Milwaukee, Wis.	16-17
Camps & Clinics	18
Triplesfest & Summerfest	19
All-Americans (Mueller & Todd)	20-21
Why Marquette?	22
What They Are Saying... ..	23
Season Preview	24-26
Coaches & Staff	27-34
2009 Player Bios	35-56
2008 Recap	57-70
History & Tradition	71-85
Marquette University	86-99
Media Information	100


Date	Opponent	Location	TIME
AUGUST			
Loyola (Ill.) Invitational (Aug. 28-29)			
Fri. 28	Eastern Kentucky	Chicago, Ill.	4:30 p.m.
Sat. 29	Iowa	Chicago, Ill.	10:30 a.m.
	Loyola (Ill.)	Chicago, Ill.	7 p.m.
SEPTEMBER			
Home Tournament (Sept. 4-5)			
Fri. 4	Texas State	Al McGuire Center	2 p.m.
	Butler	Al McGuire Center	7 p.m.
Sat. 5	Binghamton	Al McGuire Center	3 p.m.
	Austin Peay	Al McGuire Center	7:30 p.m.
Panther Invitational (Sept. 11-12)			
Fri. 11	Western Michigan	Milwaukee, Wis.	11 a.m.
	South Dakota	Milwaukee, Wis.	5 p.m.
Sat. 12	UW-Milwaukee	Milwaukee, Wis.	1:30 p.m.
Sun. 13	Ohio State	Al McGuire Center	1 p.m.



2009 SCHEDULES

Michigan/adidas Invitational (Sept. 18-19)			
Fri. 18	Michigan	Ann Arbor, Mich.	12:30 p.m.
	Oregon State	Ann Arbor, Mich.	4:30 p.m.
Sat. 19	Dayton	Ann Arbor, Mich.	4 p.m.
Sat. 26	at Pittsburgh*	Pittsburgh, Pa.	1 p.m.
Sun. 27	at West Virginia*	Morgantown, W. Va.	1 p.m.

OCTOBER			
Fri. 2	Seton Hall*	Al McGuire Center	7 p.m.
Sun. 4	Rutgers*	Al McGuire Center	1 p.m.
Fri. 9	at UConn*	Storrs, Conn.	6 p.m.
Sun. 11	at St. John's*	Queens, N.Y.	1 p.m.
Fri. 16	Georgetown*	Al McGuire Center	6 p.m.
Sun. 18	USF*	Al McGuire Center	2 p.m.
Wed. 21	Green Bay	Al McGuire Center	7 p.m.
Sat. 24	Syracuse*	Al McGuire Center	2 p.m.
Fri. 30	at Cincinnati*	Cincinnati, Ohio	6:30 p.m.

NOVEMBER			
Sun. 1	at Louisville*	Louisville, Ky.	1 p.m.
Fri. 6	Notre Dame*	 Al McGuire Center	7 p.m.
Sun. 8	DePaul*	Al McGuire Center	2 p.m.
Sun. 15	Villanova*	Al McGuire Center	1 p.m.
BIG EAST Tournament (Nov. 20-22)			

20-22 BIG EAST Tournament Louisville, Ky.			
Fri. 27	Central Michigan	Al McGuire Center	7 p.m.

DECEMBER	
3-6	NCAA First and Second Rounds
11-12	NCAA Regionals
17	NCAA Final Four
19	NCAA Championship

MARQUETTE INVITATIONAL (Sept. 4-5)

Sept. 4	Butler vs. Austin Peay	Noon
	MU vs. Texas State	2 p.m.
	Austin Peay vs. Binghamton	5 p.m.
	MU vs. Butler	7 p.m.
Sept. 5	Binghamton vs. Butler	11 a.m.
	Texas State vs. Austin Peay	1 p.m.
	MU vs. Binghamton	3 p.m.
	Butler vs. Texas State	5:30 p.m.
	Austin Peay vs. MU	7:30 p.m.

PROMOTIONS

Sept. 4	vs. Butler	Welcome Back Party
Sept. 5	vs. Austin Peay	Archdiocese Clinic
Sept 13	vs. Ohio State	Student Organization Night
		Camper Reunion Day
		Hometown Heroes
Oct. 2	vs. Seton Hall	Girl Scout Day/ Open Clinic
Oct. 4	vs. Rutgers	DIG PINK
Oct. 16	vs. Georgetown	Alumni Weekend
		Marquette Madness
Oct. 18	vs. USF	High School Day
Oct. 21	vs. Green Bay	Faculty/Staff Night
Oct. 24	vs. Syracuse	Camper Reunion Day
Nov. 6	vs. Notre Dame	Pack the Al
		Future Fanatic Clinic
Nov. 8	vs. DePaul	Student Organization Day
Nov. 15	vs. Villanova	Youth Team Day/Senior Day
Nov. 27	vs. CMU	Toy Drive

* - denotes BIG EAST Conference game

Home games listed in **BOLD**

All times listed in Central Time

NUMERICAL ROSTER

No.	Name	Pos.	Class	Ht.	Hometown	High School/College
1	Ciara Jones	OH	So.	5-10	Orlando, Fla.	Edgewater
2	Leslie Bielski	OH	Jr.	6-0	Chanhassen, Minn.	Chaska
3	Kelsey Warner	DS/L	Fr.	5-5	Folsom, Calif.	Folsom
4	Nikki Klingsporn	S	Jr.	5-10	Oakdale, Minn.	Tartan/Wisconsin
5	Ashley Beyer	OH	So.	5-11	Bloomington, Ill.	Bloomington/Kishwaukee (Ill.)
6	Ellie Hovda	DS/L	Fr.	5-7	Wausau, Wis.	Wausau East
7	Holly Mertens	OH/MH	Fr.	6-0	Stanley, Wis.	Stanley-Boyd
8	Danielle Carlson	OH/MH	Fr.	6-2	Marshfield, Wis.	Marshfield
9	Alexandra Coello	DS/L	So.	5-2	South Elgin, Ill.	St. Charles East
10	Kelsey Mattai	MH	Fr.	6-1	Vadnais Heights, Minn.	White Bear Lake Area
11	Rabbecca Gonyo	MH	Jr.	6-4	Ingleside, Ill.	Grant Community
12	Shelly Mueller	S	Fr.	5-9	Mount Prospect, Ill.	John Hersey
13	Carol Henney	MH	Fr.	6-1	Burlington, Wis.	Catholic Central
14	Hailey Viola	DS/L	Sr.	5-7	Pleasant Prairie, Wis.	St. Joseph

Head Coach: Bond Shymansky, first season (Iowa, 1995)
 Assistant Coaches: Craig Dyer, first season (Susquehanna (Pa.), 1995)
 Michaela Franklin, first season (Kansas State, 2005)
 Volunteer Assistant: Rob Koehler, first season (Carthage, 2007)

ALPHABETICAL ROSTER

No.	Name	Pos.
5	Ashley Beyer	OH
2	Leslie Bielski	OH
8	Danielle Carlson	OH/MH
9	Alexandra Coello	DS/L
11	Rabbecca Gonyo	MH
13	Carol Henney	MH
6	Ellie Hovda	DS/L
1	Ciara Jones	OH
4	Nikki Klingsporn	S
10	Kelsey Mattai	MH
7	Holly Mertens	OH/MH
12	Shelly Mueller	S
14	Hailey Viola	DS/L
3	Kelsey Warner	DS/L

2009 ROSTERS

ROSTER SUMMARY

Returning Players (6)

Leslie Bielski, RS-Jr., OH
 Rabbecca Gonyo, Jr., MH
 Hailey Viola, Sr., DS/L
 Alexandra Coello, So., DS/L
 Ciara Jones, So., OH
 Holly Mertens, RS-Fr., OH/MH

Newcomers (8)

Ashley Beyer, So., OH
 Danielle Carlson, Fr., OH/MH
 Carol Henney, Fr., MH
 Ellie Hovda, Fr., DS/L
 Nikki Klingsporn, Jr., S
 Kelsey Mattai, Fr., MH
 Shelly Mueller, Fr., S
 Kelsey Warner, Fr., DS/L

By Class

Seniors (1): Viola
 Juniors (3): Bielski, Gonyo, Klingsporn
 Sophomores (3): Beyer, Coello,
 Jones
 Freshmen (7): Carlson, Henney, Hovda,
 Mattai, Mertens (RS), Mueller,
 Warner

By Position

Outside Hitter (4): Beyer, Bielski, Jones,
 Mertens
 Middle Hitter (4): Carlson, Gonyo, Henney
 Mattai
 Setter (2): Klingsporn, Mueller
 Defensive Specialist/Libero (4): Coello,
 Hoda, Viola, Warner

By Home State

California (1): Warner
 Illinois (4): Beyer, Coello, Gonyo, Mueller
 Florida (1): Jones
 Minnesota (3): Bielski, Klingsporn, Mattai
 Wisconsin (5): Carlson, Henney, Hovda,
 Mertens, Viola

Pronunciation

Ashley Beyer buyer
 Alex Coello co-EL-o
 Michaela Franklin muh-KAY-la
 Rabbecca Gonyo rebecca gon-YO
 Ciara Jones SEE-air-uh
 Ellie Hovda HAV-duh
 Kelsey Mattai muh-tay
 Bond Shymansky she-MAN-ski



The AL MCGUIRE CENTER

Marquette University provides its student-athletes the opportunity to train in one of the nation's elite practice facilities - The Al McGuire Center.



Game Day at the Al McGuire Center

Practice Gym

Marquette's private full-size practice gym is located on the lower level of the McGuire Center.

Academic Center

The McGuire Academic Center offers comfort, space and the latest in computing technologies to support Marquette volleyball players in achieving academic success. The facility features a completely wireless environment in which student-athletes can work at one of 20 computer stations, four individual tutoring rooms and an adjacent conference room.

Strength & Conditioning/Sports Medicine Facilities

Marquette's state-of-the art 4,000 square-foot strength and conditioning facility, plus sports medicine suite that includes a three-pool hydrotherapy room, were designed to assist student athletes in reaching peak performance.

Volleyball Offices, Player Lounge and Locker Room

The staff's offices, locker room and player lounge are all conveniently located within steps of the gym. The locker room and lounge are currently undergoing a facelift to provide the athletes with a more inviting and comfortable environment.

Opened in October 2003, the facility is named after the legendary basketball coach Al McGuire, who led the men's program to an NCAA championship, an NIT title and 295 victories in 13 seasons.

Through the generosity of alumni and friends, Marquette Athletics has been provided a facility that is unparalleled as they continue to compete in the BIG EAST Conference. The \$31 million practice and play facility features a 4,000 seat arena and full-size practice gym, strength and conditioning area, sports medicine and athletic training areas, coaches' offices, team locker room and lounge, and academic center.

The Al McGuire Center provides the best possible environment for the development of Marquette's student-athletes – academically, athletically and personally.



Athletic Training Facilities



Al McGuire Center SportCourt©



Volleyball Lounge



Weight Room



Academic Center



During his seven years as a head volleyball coach, **BOND SHYMANSKY** has averaged over 24 wins per season and coached nine players to AVCA All-America honors.

At Marquette, Shymansky has built a coaching and support staff focused on helping student-athletes attain their absolute peak on the court and in the classroom.

His motto "**SUCCESS TODAY**" speaks to that very point. Shymansky wants to make sure everyday that his players are feeling success and are making incremental improvements on their way to becoming the best.

Individual

INSTRUCTION



Championships and Honors Won By the Marquette Volleyball Coaching Staff

Bond Shymansky

(With Georgia Tech)

2004 Atlantic Coast Conference Coach of the Year
2004 AVCA East Region Coach of the Year
2004 NCAA Regional Semifinalist (Sweet 16)
2004 ACC Regular Season Champions
2003 NCAA Regional Finalist (Elite Eight)
2003 ACC Regular Season Champions
2002 NCAA Second Round Participant
2002 ACC Tournament Champions
Coached nine AVCA All-Americans,
21 All-ACC selections
Two ACC Players of the Year
Five professional players

Craig Dyer

(With Penn State Men's Squad)

2008 NCAA Men's Volleyball National Champion
2008 & 2007 EIVA Conference Championship
Coached AVCA Co-Player of the Year &
NCAA Tournament MVP (Matt Anderson)
Seven AVCA All-Americans
(With Rutgers & Seton Hall Women)
Three All-BIG EAST selections

Michaela Franklin

(With Northern Illinois)

2006 Mid-American Conference West Division Champions
(Playing at Kasas State)
2004 NCAA Second Round Participant
2003 NCA Regional Semifinalist (Sweet 16)
2003 Big 12 Tournament Champion
2002 NCAA Second Round Participant

Rob Koehler

(Playing at Carthage)

2008 AVCA Second Team All-American
Career blocks leader



MARQUETTE *Volleyball*

Craig Dyer and Michaela Franklin join Shymansky in Milwaukee, both with impressive resumes' themselves. Dyer helped the Penn State men's program to the 2008 NCAA Championship, while also having previous coaching experience in the BIG EAST. Franklin, prior to coaching at Northern Illinois, was an integral part of the Kansas State volleyball team which went to the NCAA Tournament three-straight years and captured the 2003 Big 12 Tournament title.



Strength and Conditioning Philosophy at Marquette

Strength and conditioning is an integral part of the athletes' year-round training at Marquette University. The Student-Athlete Performance staff works closely with each coaching staff and sports medicine to develop a program appropriate for their sport, catering to the strengths and weaknesses of the individual athlete.

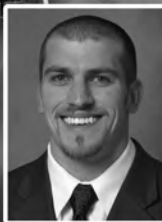
The goal of the athletic performance staff is to prepare the athletes for the physical and mental demands of their sport. Physically, an increase in strength improves durability, decreasing the risk of injury. Strength training focuses on the use of free weight multi-joint exercises. Olympic Weightlifting movements and plyometrics teach athletes explosiveness. Speed,

quickness, and agility drills help to transfer the gained strength and power to the athletic arena. In addition, just as athletics places mental demands on the athletes and teams, training focuses on the development of mental toughness and team cohesiveness. Athletes are taught to train through their comfort zone and work with their teammates to achieve optimal performance.

Conditioning workouts train for the metabolic demands of the sport through the manipulation of work intervals, rest intervals, movements and distances. Sport specific conditioning tests are performed throughout the year in order to monitor changes in fitness and speed, as well as to motivate the athletes to perform at their highest level during each workout. The strength and con-

Strength and

CONDITIONING



NATE HEYRMAN *Asst. Strength and Conditioning Coach*

Nate Heyrman is in his second year as a strength and conditioning coach at Marquette. Heyrman designs, implements and supervises year-round periodized strength, speed and conditioning programs for Marquette women's volleyball, men's and women's track & field and cross country, and women's tennis.

Prior to arriving at Marquette, Heyrman competed as a thrower for the Colorado State University track & field team. He earned his bachelor's degree in exercise science from Colorado State University in 2007.

conditioning programs are designed to improve strength and durability, as well as teach the body to perform explosively in athletic movements. All workouts are designed to work the entire body, focusing on quality, not quantity.

The athletic performance department is excited to participate in the development of each of the athletes' careers at Marquette and feels that strength and conditioning is an essential component to the success of all athletes regardless of age, sport, or ability level.



The Student-Athlete Performance component of Student-Athlete Support Services includes the areas of Academic Support, Sports Medicine and Strength and Conditioning. The staff members in these departments work together to provide services that maximize the opportunity for each student-athlete to prosper, academically and athletically.

Services are offered to ensure physical, mental, and emotional well-being and individual programs are developed for student-athletes that request or require specific attention to needs in the areas of health, nutrition, performance enhancement, time management and academic success.



Student-Athlete

PERFORMANCE



TOM FORD

Associate AD, Academic Services

Tom Ford is in 20th year as director of academic support and student programs for Marquette's student-athletes. Ford's office offers programs designed to meet the special needs of student-athletes, including an orientation program, tutoring, writing labs, study hall, computer lab, coordination of volunteer services, on-going drug and alcohol education program, career planning, job search assistance for seniors.

He served as advisor/mentor at Wis.-Parkside before coming to Marquette. Additionally, he was assistant director for the Educational Opportunity Program at the New Jersey Institute of Technology from 1982-87. Ford has also worked in the Wisconsin Department of Public Instruction as an education counselor.

A graduate of Wis.-Parkside, Ford earned a bachelor's degree in English in 1972. He earned a master's degree in education from Carthage College in 1998.