



# STEPHANIE BLACKBURN

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## #3

### Stephanie Blackburn

Senior • 5-10 • Outside Hitter

Cincinnati, Ohio • Ursuline Academy

#### Career-Highs

Kills - 27  
Assists - 6  
Attacks - 52  
Solo Blocks - 2  
Digs - 26  
Assisted Blocks - 4  
Service Aces - 5  
Total Blocks - 6

2005, 2006 All-MAC First Team  
2005 Midwest Region Honorable Mention  
2004 All-MAC Second Team  
2004 MAC All-Freshman Team

**Carlston says:** *Stephanie epitomizes what it means to be a part of Ohio Volleyball. She is the reflection of what all great teams must have in terms of work ethic, competition and leadership.*

**2006:** Played in all 33 matches of the season, including 32 as a starter ... Named All-MAC First Team for the second year in a row ... Reached the 1,000 mark in both career kills and digs with 1,136 and 1,242, respectively ... Totaled 374 kills for a 3.22 kills per game average ... Led the team with 54 service aces ... Placed fifth on Ohio's all-time list for most digs in a single season with 498 ... Moved into fourth on Ohio's all-time list for career digs with 1,242 ... Season-highs include 18 kills vs. Notre Dame, 26 digs vs. Wisconsin, six assists at Davidson, six blocks at Central Michigan and a .585 hitting percentage vs. Buffalo ... Totaled 20 double-doubles for a career total 46 ... Finished third on the team with 464 points ... Ranked 71st in the nation with 0.47 aces per game and 163rd with 4.29 digs per game ... Named MAC East Player of the Week on Oct. 9.

**2005:** Tallied 10 kills and 14 digs in Sweet 16 match versus Arizona ... Selected to the All-MAC First Team ... Tallied 14 kills and 12 digs in quarterfinals of MAC Tourney ... Posted a team-high 20 kills with 15 digs versus Bowling Green ... Recorded a team-high 18 kills against Miami ... Hit a season-best .600 versus Kent State ... Posted 20 kills and 13 digs with a career-high four blocks against Miami ... Recorded 13 kills and 10 digs versus Ball State ... Tallied 13 kills and 12 digs against No. 16 Tennessee ... Recorded 17 kills and 15 digs against Iona ... Tabbed East Division Player of the Week for the week of Aug. 29 ... Named to the Courtyard Marriott Airport Classic All-Tournament Team after averaging four kills and 3.67 digs per game.

**2004:** Named All-MAC Second Team and MAC All-Freshman Team ... Played in all 102 games and led the Bobcats in double-doubles with 12 ... Finished second on the team in kills (335) and digs (299) ... Had 17 kills and 17 digs in the Bobcats two NCAA Tournament matches .. Averaged 3.64 kills and 2.82 digs per game in helping the Bobcats to the MAC Tournament title ...

Led the attack at home versus Kent State with a .647 hitting percentage from 13 kills on 17 attempts ... Two MAC East Player of the Week ... Named to the all-tourney team at the CSU Classic.

**High School:** Played on Ohio state championship squad in 2002 while team finished as runners-up in 2001 and 2003 ... 2002 Ohio Gatorade Player of the Year ... Three-time Ohio First Team All-State, First Team All-City, and First Team All-GGCL selections ... All-City Player of the Year as a junior ... 2002 and 2004 AAU National Tournament All-American ... Tournament MVP and member of 2002 AAU National Championships.

**Personal:** Majoring in pre-medicine ... Daughter of John and Elizabeth Blackburn ... Born November 24, 1985 ... Older sister Michaela is Ohio's career leader in digs.



#### Stephanie's Favorites

##### Movie:

Lord of the Rings

##### TV Show:

Sportscenter

##### Actor:

William Shatner

##### Comedian:

Mr. B

##### Subject:

Biology

##### Book:

The Great Gatsby

##### Musical Group:

Beyonce

##### Food(s):

Strawberries & Raspberries

##### Midnight Snack:

Ice Cream

##### Vacation Spot:

Anywhere Exotic

##### Athlete:

LeBron James

##### Song:

Lean Like a Cholo

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2004	102-32	335	3.28	128	794	.261	50	0.49	33	0.32	47	299	2.93	7	25	32	0.31
2005	120-36	427	3.56	157	1065	.254	36	0.30	38	0.32	63	445	3.71	8	35	43	0.36
2006	116-33	374	3.22	412	1034	.239	57	0.49	54	0.47	58	498	4.29	19	33	52	0.45
<b>TOTAL</b>	<b>338-101</b>	<b>1136</b>	<b>3.36</b>	<b>412</b>	<b>2892</b>	<b>.250</b>	<b>143</b>	<b>0.42</b>	<b>125</b>	<b>0.37</b>	<b>168</b>	<b>1242</b>	<b>3.67</b>	<b>34</b>	<b>93</b>	<b>127</b>	<b>0.38</b>



# #12 Melissa Griffin

Senior • 6-2 • Middle Blocker  
Whitehall, Mich. • Whitehall High School

**Career-Highs**

Kills - 24	Assists - 5	2006 All-MAC First Team
Attacks - 53	Solo Blocks - 4	2005, 2006 Academic All-MAC
Digs - 11	Assisted Blocks - 12	2006 AVCA Mid-east Honorable Mention
Service Aces - 5	Total Blocks - 14	2006 MAC Tournament MVP
		2005 All-MAC Second Team

*Carlston says: Melissa has grown more than any player I've coached in my career. She has become the glue for the team and is turning into a tremendous leader for us.*

**2006:** Started all 33 matches of the year ... Reached the 1,000 mark in career kills with 1,208, which is seventh all-time in the history of Ohio volleyball ... Finished second on the team with a 4.13 kills per game average, which ranked 83rd nationally ... Grabbed back-to-back MAC East Division Player of the Week honors on Nov. 6 and Nov. 13 ... Tallied a career-high 24 kills against Kentucky in the first round of the NCAA tournament ... Named MVP of the MAC Tournament after averaging 4.91 kills per game ... Selected to the Academic All-MAC Team for the second year in a row ... Named to the all-tournament team at the AVCA Showcase and the Holiday Inn Express Invitational ... Ranked 22nd in the nation with a .379 hitting percentage.

**High School:** Regional champ and state quarterfinalist as a senior ... Twice named a Michigan First Team All-State selection ... All-region and West Michigan All-Conference four years ... Three-year all-region first team honors ... State record-holder with 33 kills in a game ... School season record-holder for kills, blocks, and digs ... AAU National Tournament All-American.

**Personal:** A hearing/speech and language sciences major ... Daughter of Kimm and Anne Griffin ... Born Jan. 10, 1986.

**2005:** Named to the Community Bankers Classic All-Tournament Team ... Named to the Academic All-MAC Team ... Received second-team All-MAC honors ... Posted 11 kills and four blocks against Ball State at the MAC Championship ... Named the MAC East Division Player of the Week for the week of Oct. 24 ... Named the MAC East Division Player of the Week for the week of Sept. 19 after recording 30 kills and hitting .433 over two matches ... Tallied 12 kills and six blocks, while hitting a team-best .556 against No. 16 Tennessee ... Recorded a career-high four aces against Iona.

**2004:** Named Honorable Mention All-MAC and to the MAC All-Freshman Team ... Played in all 102 games and totaled 299 kills and hit for a .338 average ... Recorded a team-high 14 kills and .778 hitting percentage to lead the Bobcats over Pittsburgh in the NCAA Tournament ... Was one of four Bobcats to record double-digit kills in the semifinals and finals of the MAC Tournament ... Reached double figures in kills in six-straight matches ... Earned MAC East Division Player of the Week for her efforts against Buffalo and Kent State ... Reached her career-high hitting percentage in a victory at home over Buffalo with .778 percentage thanks to 14 kills on 18 attempts.



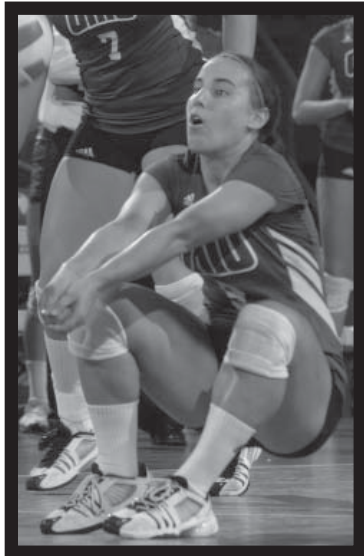
**Melissa's Favorites**

- Movie:**  
Prestige
- TV Show:**  
Sex and the City
- Actor:**  
Denzel Washington
- Comedian:**  
Dane Cook
- Subject:**  
Anatomy
- Book:**  
My Sister's Keeper
- Musical Group:**  
Beyonce
- Food(s):**  
Anything Sweet
- Midnight Snack:**  
Popcorn
- Vacation Spot:**  
Aruba
- Athlete:**  
Ben Wallace
- Song:**  
I like them all

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2004	102-32	299	2.93	92	612	.338	29	0.28	0	0.00	7	50	0.49	19	95	114	1.12
2005	120-36	430	3.58	124	955	.320	54	0.45	33	0.28	34	100	0.83	29	89	118	0.98
2006	116-33	479	4.13	103	991	.379	33	0.28	1	0.01	2	51	0.44	11	89	100	0.86
<b>TOTAL</b>	<b>338-101</b>	<b>1208</b>	<b>3.57</b>	<b>319</b>	<b>2558</b>	<b>.348</b>	<b>116</b>	<b>0.34</b>	<b>34</b>	<b>0.10</b>	<b>43</b>	<b>201</b>	<b>0.59</b>	<b>59</b>	<b>273</b>	<b>332</b>	<b>0.98</b>

# JANICE MATAIC

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## #9

### Janice Mataic (MAT-a-sick)

Senior • 5-5 • Defensive Specialist

Liberty Township, Ohio • Lakota East High School

#### Career-Highs

Kills - 1	Assists - 5
Attacks - 2	Solo Blocks - 0
Digs - 18	Assisted Blocks - 1
Service Aces - 2	Total Blocks - 1

**Carlston says:** *Janice quietly adds so many things to our team. She is the unsung hero for us, and we all know it. Every championship team must have a player like Janice, someone who does all the little things behind the scenes that keeps the team on track.*

**2006:** Played in all 33 matches of the season ... Averaged 2.39 digs per game

... Third on the team with 273 total digs ... Totaled 42 assists and nine service aces ... Had 11 double-digit dig performances, including a career-high 18 against Miami ... Season-highs include one kill in four matches, two attacks against Yale, five assists at Miami, two service aces at Buffalo, 18 digs against Miami and one block against Bowling Green.

**2005:** Posted nine digs versus Sacramento State ... Had 12 digs against Bowling Green ... Recorded six digs against Albany and matched it with six digs against Buffalo ... Tallied five digs against Idaho ... Season highs include one kill against Western Michigan, two assists versus Xavier and 12 digs against Bowling Green ... Averaged 1.47 digs per game ... Played in 32 matches and 88 games ... Earned a spot on the team as a walk-on.

**High School:** Named first-team all-conference and honorable mention all-city senior year ... Lettered four years in volleyball.

**Personal:** Majoring in exercise physiology and sports management with a minor in business administration ... Daughter of John and Christine Mataic ... Born January 8, 1985.



#### Janice's Favorites

##### Movie:

The Princess Bride

##### TV Show:

Smallville

##### Actor:

Harrison Ford

##### Comedian:

Robin Williams

##### Subject:

Math

##### Book:

The Count of Monte Cristo

##### Musical Group:

The Fray

##### Food(s):

Spaghetti

##### Midnight Snack:

Popcorn

##### Vacation Spot:

Outer Banks, N.C.

##### Athlete:

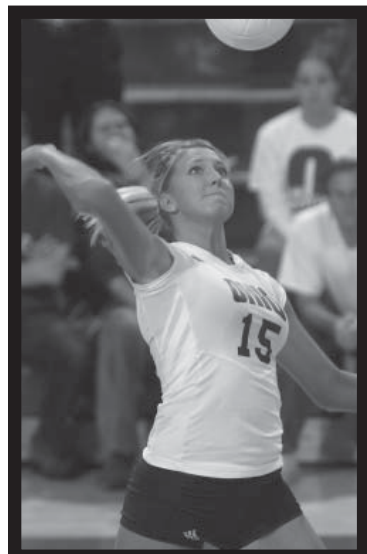
Barry Larkin

##### Song:

Here With Me by Dido

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2005	88-32	1	0.01	2	7	-.143	6	0.07	0	0.00	0	129	1.47	0	0	0	0.00
2006	114-33	4	0.04	1	11	.273	42	0.37	9	0.08	22	273	2.39	0	1	1	0.01
<b>TOTAL</b>	<b>202-65</b>	<b>5</b>	<b>0.02</b>	<b>3</b>	<b>18</b>	<b>.111</b>	<b>48</b>	<b>0.24</b>	<b>9</b>	<b>0.04</b>	<b>22</b>	<b>402</b>	<b>1.99</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>0.00</b>

**#15** **Amanda Andersen**  
Junior • 6-2 • Middle Blocker  
Lino Lakes, Minn. • Centennial High School



**Career-Highs**

Kills - 18	Assists - 3	2006 All-MAC Second Team
Attacks - 41	Solo Blocks - 4	2005 MAC Freshman of the Year
Digs - 8	Assisted Blocks - 6	
Service Aces - 2	Total Blocks - 8	

**Carlston says:** *Amanda is many things to the team. She is the goofball at times, then she is our fiercest competitor. The best thing about Amanda is she wants to be so good, she is an incredibly driven person.*

**2006:** Named second-team All-MAC ... Finished third on the team with a 3.29 kills per game average ... Started 32 of the year's 33 matches ... Totaled 15 service aces and 16 assists ... Third on the team with 81 blocks, including 18 solo and 63 assisted ... Had 22 double-digit kills performances ... Season-highs include 20 kills against Kentucky in the first round of the NCAA tournament, seven digs at Bowling Green and six blocks against Central Michigan, Eastern Michigan and Louisville.

**2005:** Named MAC Freshman of the Year ... Recorded 13 kills on a team-best .333 hitting percentage against Arizona ... Posted 12 kills and a career-high eight blocks versus Alabama ... Named Community Bankers Classic Most Valuable Player ... Tallied 14 kills and five blocks against Sacramento State ... Recorded career-high 18 kills while hitting .455 versus St. Mary's ... Posted a career-best seven blocks against Kent State ... Matched her career-high with seven blocks versus Miami ... Recorded 14 kills and five blocks against Northern Illinois ... Tallied 11 kills in win over Eastern Michigan ... Posted 11 kills against Kent State ... Recorded five blocks against Purdue ... Hit season-best .714 with five kills against Wake Forest ... Recorded eight kills and eight digs in win over Idaho.

**High School:** Andersen was a two-time team all-conference selection and team MVP as a senior at Centennial High School ... In helping Centennial to the second round of the sectionals, the 6-2 middle blocker led the team in kills, digs, blocks and aces, earning her All-Metro First Team honors ... Anderson also played with the M1 Juniors club team.

**Personal:** Majoring in public relations in health services ... Daughter of Doug and Amy Andersen ... Born June 25, 1987.



**Amanda's Favorites**

**Movie:**  
Garden State

**TV Show:**  
Making the Band 4

**Actor:**  
No Favorites

**Comedian:**  
Daniel Tosh

**Subject:**  
English

**Book:**  
Running with Scissors

**Musical Group:**  
Rascal Flats

**Food(s):**  
Big Mammals!

**Midnight Snack:**  
Big Mammals!

**Vacation Spot:**  
Hilton Head

**Athlete:**  
David Beckham

**Song:**  
Asian Jingle

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2005	109-33	259	2.38	90	599	.282	6	0.06	2	0.02	4	36	0.33	16	91	107	0.98
2006	113-33	372	3.29	131	900	.268	16	0.14	15	0.13	31	57	0.50	18	63	81	0.72
<b>TOTAL</b>	<b>222-66</b>	<b>631</b>	<b>2.84</b>	<b>221</b>	<b>1499</b>	<b>.274</b>	<b>22</b>	<b>0.10</b>	<b>17</b>	<b>0.08</b>	<b>35</b>	<b>93</b>	<b>0.42</b>	<b>34</b>	<b>154</b>	<b>188</b>	<b>0.85</b>



## #8

**Jill DeArmond (DEE-Arm-uhnd)**

Junior • 6-0 • Setter  
Fort Wayne, Ind. • Homestead High School

**Career-Highs**

Kills - 7	Assists - 44
Attacks - 8	Solo Blocks - 0
Digs - 6	Assisted Blocks - 1
Service Aces - 4	Total Blocks - 1

***Carlston says:** Jill is awesome. She does it all right. She has improved incredibly as a setter but more importantly, she has taken risks that have transformed her as a person.*

**2006:** Played in 17 matches and 25 games ... Averaged 5.64 assists per game ... Had a season-best performance against Portland in the Davidson Invitational with 44 assists and seven kills ... Matched a career-high with six digs against Miami while tallying 36 assists ... Season highs include eight attacks and six digs versus Miami, one service ace against Portland and one block in four matches.

**2005:** Tallied a team-high 21 assists, matched a then career-best with four kills and set a career mark with four aces against Central Michigan ... Recorded four kills and seven assists in one game against Toledo ... Posted a season-high 25 assists against Iona ... Tallied seven assists in two matches at Courtyard by Marriott Airport Classic ... Recorded 11 assists against Tennessee-Martin.

**High School:** Setting the Homestead High School attack, the 6-0 DeArmond led her team to a conference championship as a junior and a runner-up finish as a senior ... Was Homestead's captain and MVP in her senior campaign and earned all-conference and all-area honors.

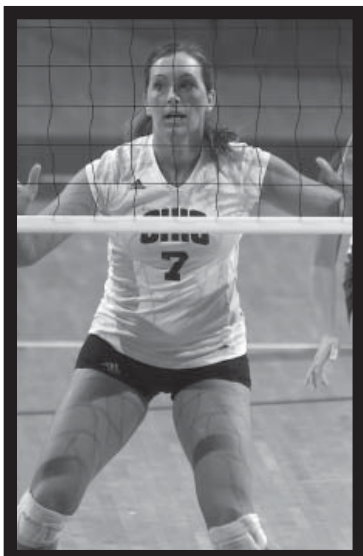
**Personal:** An exercise physiology major ... Daughter of Jay and Sher DeArmond ... Born Aug. 30, 1986.



**Jill's Favorites**

- Movie:**  
Wedding Crashers
- TV Show:**  
What Not to Wear
- Actor:**  
Matt Damon
- Comedian:**  
Dane Cook
- Subject:**  
Physics
- Book:**  
Tuesdays with Morrie
- Musical Group:**  
Kenny Chesney
- Food(s):**  
Chipolte Burritos
- Midnight Snack:**  
Popcorn
- Vacation Spot:**  
New York City
- Athlete:**  
Andy Roddick
- Song:**  
Don't Have One

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2005	25-17	14	0.56	6	32	.250	96	3.84	7	0.28	5	15	0.60	0	3	3	0.12
2006	25-17	23	0.92	3	37	.541	141	5.64	1	0.04	8	23	0.92	0	4	4	0.16
<b>TOTAL</b>	<b>50-34</b>	<b>37</b>	<b>0.74</b>	<b>9</b>	<b>69</b>	<b>.406</b>	<b>237</b>	<b>4.74</b>	<b>8</b>	<b>0.16</b>	<b>13</b>	<b>38</b>	<b>0.76</b>	<b>0</b>	<b>7</b>	<b>7</b>	<b>0.14</b>



# #7

## Whitney Maiden

Junior • 6-0 • Outside Hitter  
Nelsonville, Ohio • Nelsonville-York High School

### Career-Highs

Kills - 2	Assists - 1
Attacks - 7	Solo Blocks - 0
Digs - 3	Assisted Blocks - 2
Service Aces - 0	Total Blocks - 2

**Carlston says:** *Whitney is one of the most improved players we have on the team. She just keeps getting better as a volleyball player. Her personality allows her to connect with everyone around her.*

**2006:** Played in 14 matches and 18 games ... Tallied single kills against No.

1 Wisconsin in the AVCA Showcase, Portland, Akron, Northern Illinois and Central Michigan ... Had a career-best two kills against Brown ... Had a career-high two blocks against Davidson.

**2005:** Tallied single kills against Tennessee State, Louisville and Akron ... Posted three digs versus Iona ... Recorded first career kill against Tennessee-Martin.

**High School:** A three-sport standout at Nelsonville-York High School, earning a combined 13 varsity letters ... In volleyball, earned All-Ohio Honorable Mention, District 13 Player of the Year and was named the conference MVP as a junior ... The 6-0 outside hitter was an all-district and all-conference first team member in each of her last three seasons at Nelsonville-York ... In leading the team to 64 wins as a member of the varsity squad, Maiden racked up 673 kills and 247 blocks ... Also a two-time league MVP in basketball, recording over 1,000 points and rebounds ... Placed in the top 10 at the state track meet in the shot put and discus a combined six times during her career.

**Personal:** Majoring in pre-physical therapy with an emphasis on psychology ... Daughter of Tim and Paula Maiden ... Born Sept. 16, 1987.



### Whitney's Favorites

**Movie:**  
The Secret Garden

**TV Show:**  
Reba

**Actor:**  
Brad Pitt

**Comedian:**  
Will Ferrell

**Subject:**  
History

**Book:**  
Harry Potter

**Musical Group:**  
Charlie Daniel's Band

**Food(s):**  
Fettuccine Alfredo

**Midnight Snack:**  
Cheese & Crackers

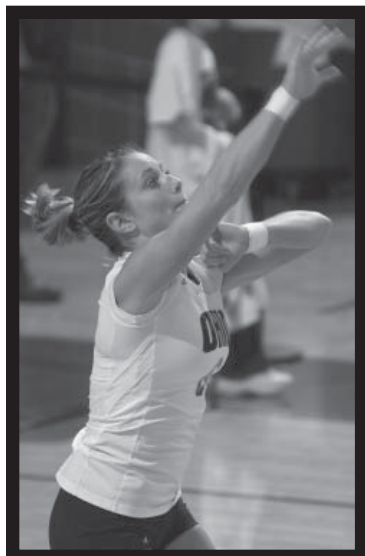
**Vacation Spot:**  
Hawaii

**Athlete:**  
Michael Jordan

**Song:**  
That's Amore by Dean Martin

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2005	10-8	5	0.50	6	19	-.053	0	0.0	0	0.0	0	3	0.30	0	1	1	0.10
2006	18-14	7	0.39	5	24	.083	1	0.06	0	0.00	0	5	0.28	0	2	2	0.11
<b>TOTAL</b>	<b>28-22</b>	<b>12</b>	<b>0.43</b>	<b>11</b>	<b>43</b>	<b>.023</b>	<b>1</b>	<b>0.04</b>	<b>0</b>	<b>0.00</b>	<b>0</b>	<b>8</b>	<b>0.29</b>	<b>0</b>	<b>3</b>	<b>3</b>	<b>0.11</b>

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## #6

### Molly Mangan (MANG-an)

Junior • 5-8 • Defensive Specialist  
 Claire, Ill. • Sycamore High School

#### Career-Highs

Kills - 1                      Assists - 3  
 Attacks - 5                  Solo Blocks - 0  
 Digs - 19                     Assisted Blocks - 0  
 Service Aces - 3            Total Blocks - 0

**Carlston says:** *Molly is a competitor in every sense of the word and is going to help this team win any way she can. She has a vision of what she wants for herself and this team, and that's important to have in your players.*

**2006:** Played in all 33 matches of the season ... Tallied single kills against San Diego, Buffalo, Ball State, Northern Illinois and Kentucky in the first round of the NCAA tournament ... Averaged 2.36 digs per game ... Totaled nine double-digit digs performances, including a career-high 19 at Bowling Green ... Had a career-high four service aces against Ball State and Buffalo ... Finished third on the team with 27 service aces.

**2005:** Posted two service aces versus Sacramento State ... Recorded 11 digs against Miami ... Tallied 10 digs versus Western Michigan ... Posted 28 digs in three matches at UAlbany Tourney ... Recorded three aces against West Virginia ... Tallied 15 digs in win over Idaho.

**High School:** The 5-8 standout helped lead Sycamore High to the Sweet 16 in each of her final three seasons and a 98-15 career record, including a 37-2 finish in 2004 ... Finished her career at Sycamore as a two-time team MVP, three-time all-conference selection and was named league MVP as a senior.

**Personal:** Majoring in geography and pre-law ... Daughter of Tom and Nancy Mangan ... Born Feb. 10, 1987.



#### Molly's Favorites

##### Movie:

Dumb and Dumber & Forest Gump

##### TV Show:

Grey's Anatomy & Entourage

##### Actor:

Steve Carell

##### Comedian:

McKenzie Mauck (that girl is a hoot)

##### Subject:

History

##### Book:

Da Vinci Code & The Harry Potter Series

##### Musical Group:

The Beatles

##### Food(s):

I Don't Play Favorites

##### Midnight Snack:

Big Mamma's Burritos

##### Vacation Spot:

Hitlon Head

##### Athlete:

Brian Urlacher

##### Song:

Wild World by Cat Stevens

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2005	78-27	4	0.05	4	20	.000	10	0.13	13	0.17	26	136	1.74	0	0	0	0.00
2006	99-33	6	0.06	5	32	.031	16	0.16	27	0.27	38	234	2.36	0	0	0	0.00
<b>TOTAL</b>	<b>177-60</b>	<b>10</b>	<b>0.06</b>	<b>9</b>	<b>52</b>	<b>.019</b>	<b>26</b>	<b>0.15</b>	<b>40</b>	<b>0.23</b>	<b>64</b>	<b>370</b>	<b>2.36</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.00</b>

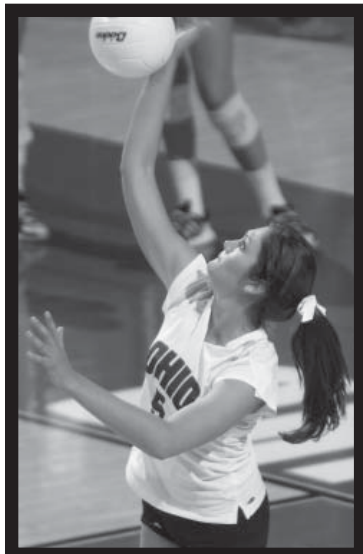
**#5**

**McKenzie Mauck (MAWK)**  
 Junior • 6-2 • Middle Blocker  
 Muncie, Ind. • Delta High School

**Career-Highs**

Kills - 9  
 Attacks - 14  
 Digs - 2  
 Service Aces - 0  
 Assists - 1  
 Solo Blocks - 1  
 Assisted Blocks - 4  
 Total Blocks - 4

**Carlston says:** *Mac (McKenzie) is probably the most hilarious player I have ever coached, she's also one of the most dedicated players. She comes ready to make our team better every day. That is an essential part of any champion.*



**2006:** Played in 23 matches and made three starts ... Recorded a career-high nine kills while hitting .800 and matching a career-high four blocks against Yale at the Stony Brook Tournament ... Had four kills against Bowling Green and three against Kansas State ... Had a career-high 14 attacks and two digs against Kent State ... Finished the season with 12 total blocks, one solo and 11 assisted.

**2005:** Recorded six kills while hitting .417 against Akron ... Tallied three kills versus Louisville ... Posted four kills and four blocks in first career start against Tennessee State ... Totaled 29.5 points.

**High School:** Three-time all-state selection ... Led Delta to two state championships, three county titles and four conference crowns ... In her MVP senior season, Mauck set school records for kills (480), attempts (792), blocks (74) and hitting percentage (.422).

**Personal:** Restaurant, hotel and tourism major ... Daughter of David Mauck and Brian and Robyn Cunningham ... Born March 13, 1987.

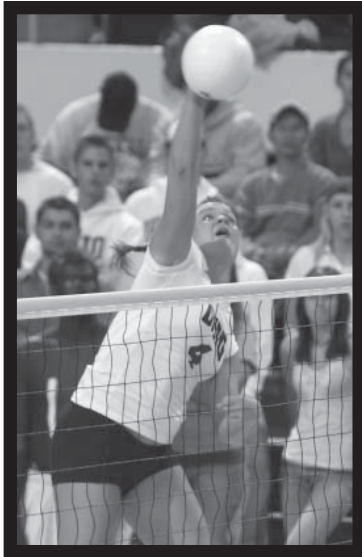


**McKenzie's Favorites**

- Movie:**  
Pretty Woman
- TV Show:**  
Food Network Shows
- Actor:**  
Adam Sandler
- Comedian:**  
Ellen Degeneres
- Subject:**  
Home Economics
- Book:**  
I always start a book and never finish it.
- Musical Group:**  
Pearl Jam & Audioslave
- Food(s):**  
Barbeque sauce, Reeces cups, and Coconut shrimp
- Midnight Snack:**  
String cheese
- Vacation Spot:**  
Any Beach
- Athlete:**  
Peyton Manning
- Song:**  
Anything with a beat

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2005	27-16	22	0.81	7	56	.268	1	0.04	0	0.00	0	3	0.11	1	13	14	0.52
2006	35-23	20	0.57	10	59	.169	2	0.06	0	0.00	3	6	0.17	1	11	12	0.34
<b>TOTAL</b>	<b>62-39</b>	<b>42</b>	<b>0.68</b>	<b>17</b>	<b>115</b>	<b>.217</b>	<b>3</b>	<b>0.05</b>	<b>0</b>	<b>0.00</b>	<b>3</b>	<b>9</b>	<b>0.15</b>	<b>2</b>	<b>24</b>	<b>26</b>	<b>0.42</b>

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## #4

### Ellen Herman

Sophomore • 6-1 • Outside Hitter  
Toledo, Ohio • Central Catholic High School

#### Career-Highs

Kills - 21  
Assists - 1  
Attacks - 63  
Solo Blocks - 3  
Digs - 7  
Assisted Blocks - 4  
Service Aces - 2  
Total Blocks - 5

2006 MAC Freshman of the Year

2006 All-MAC First Team

2006 All-MAC Freshman Team

***Carlston says:** Ellen is an amazing leader. She is known for being really physical on the court, but the thing that makes her truly special is her passion and the way she makes her teammates better.*

#### Ellen's Favorites

**Movie:**

The Goonies

**TV Show:**

Dirty Jobs

**Actor:**

Robert Deniro

**Comedian:**

Robin Williams

**Subject:**

Biology

**Book:**

Cosmo Magazine

**Musical Group:**

Dave Matthews Band

**Food(s):**

Yogurt Parfait

**Midnight Snack:**

Edy's Slow Churned Ice Cream

**Vacation Spot:**

Tubing, jet skiing, and bridge jumping in Michigan

**Athlete:**

Stephanie Blackburn

**Song:**

Sunday Kind of Love

**2006:** Started 32 of the season's 33 matches ... Named MAC Freshman of the Year ... Selected to the All-MAC Freshman Team ... The only freshman on the All-MAC First Team ... Tabbed MAC East Division Player of the Week on Sept. 12 ... Selected to the MAC All-Tournament Team ... Posted double-digit kills in 31 of 33 matches, including a career-high 27 against Eastern Michigan in the second round of the MAC tournament ... Finished fourth in the MAC with a .327 hitting percentage and 4.27 kills per game in conference matches only ... Finished second on the team with 523.5 points ... Totaled 482 kills which is second all-time on Ohio's single season list and is the most any Ohio player has ever had in a freshman campaign.

**High School:** Rated No. 43 in the recruiting class by PrepVolleyball.Com ... Was the first player in Central Catholic's history to become a two-time All-Ohio selection ... Was named the city, league and district player of the year as a junior and senior ... Holds school records for season (286) and career kills (964) ... Also holds school records for season and career blocks and kills, and digs in a match ... Earned four varsity letters in volleyball and three in basketball.

**Personal:** Majoring in health service administration ... Daughter of Chris and Marcia Herman and John and Debbie Siebert ... Born July 30, 1988.



YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2006	116-33	482	4.16	159	1078	.300	5	0.04	6	0.05	20	82	0.71	18	35	53	0.46
<b>TOTAL</b>	<b>116-33</b>	<b>482</b>	<b>4.16</b>	<b>159</b>	<b>1078</b>	<b>.300</b>	<b>5</b>	<b>0.04</b>	<b>6</b>	<b>0.05</b>	<b>20</b>	<b>82</b>	<b>0.71</b>	<b>18</b>	<b>35</b>	<b>53</b>	<b>0.46</b>



# #14 Sarah Petrulis (pa-TRU-lis)

Sophomore • 5-6 • Defensive Specialist  
Westlake, Ohio • Magnificat High School

**Career-Highs**

Kills - 0                      Assists - 2  
Attacks - 1                    Solo Blocks - 0  
Digs - 15                      Assisted Blocks - 0  
Service Aces - 1            Total Blocks - 0

*Carlston says: Sarah will be key for us this season. She is an awesome passer, something that will be huge for our success. She has also quietly become one of our leaders on the court.*

**2006:** Saw action in 16 matches ...  
Totalled five assists and two service

aces ... Averaged 1.62 digs per game ...  
Recorded a career-high 15 digs against Eastern Michigan in the quarterfinals of the Mid-American Conference Tournament.

**High School:** Earned team MVP honors as a senior and was named first-team all-conference and third-team All-Ohio as a senior ... Earned three varsity letters ... Helped lead Magnificat to the regional semifinals all four years.

**Personal:** Majoring in exercise physiology/ physical therapy ... Daughter of Rick and Alice Petrulis ... Has one brother and two sisters ... Brother, Jeff, participated in football and track at Princeton ... Born March 31, 1988.

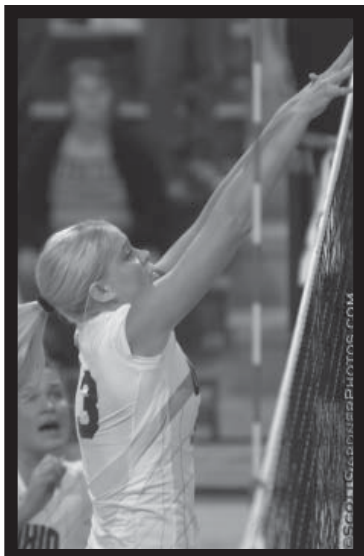


**Sarah's Favorites**

- Movie:**  
The Princess Bride
- TV Show:**  
Grey's Anatomy
- Actor:**  
Jude Law
- Comedian:**  
Dane Cook
- Subject:**  
Chemistry
- Book:**  
Harry Potter
- Musical Group:**  
O.A.R.
- Food(s):**  
Big Mamma's Burritos
- Midnight Snack:**  
Popcorn
- Vacation Spot:**  
Aruba
- Athlete:**  
Zydrunas Ilgauskas
- Song:**  
Holiday in Spain

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2006	29-16	0	0.00	1	2	-.500	5	0.17	2	0.07	1	47	1.62	0	0	0	0.00
<b>TOTAL</b>	<b>29-16</b>	<b>0</b>	<b>0.00</b>	<b>1</b>	<b>2</b>	<b>-.500</b>	<b>5</b>	<b>0.17</b>	<b>2</b>	<b>0.07</b>	<b>1</b>	<b>47</b>	<b>1.62</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0.00</b>

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## #13 Jane Sytsma (SITS-ma)

Sophomore • 6-3 • Middle Blocker  
Madison, Wis. • Memorial High School

### Career-Highs

Kills - 12                      Assists - 3  
Attacks - 23                  Solo Blocks - 2  
Digs - 2                        Assisted Blocks - 9  
Service Aces - 1              Total Blocks - 9

**Carlston says:** *Jane is our "X-factor". She has come so far in such a short time and I really think she is going to breakout this season. She has learned to relax and allow herself to make mistakes as she learns. That's huge for any player.*

**2006:** Started 26 of the 30 matches she played in ... Averaged 1.36 kills per game ... Ranked nationally in blocks per game with a 0.99 average ... Had two double-digit kills performances, including a career-high 12 kills against Akron and 10 kills versus Brown ... Had 20 or more attacks in four matches ... Recorded first career service ace against Akron ... Had a career-high nine blocks against Stony Brook ... Totaled 189 points.

**High School:** Rated No. 88 in the recruiting class by PrepVolleyball.Com ... Was a two-time all-state selection and earned city and conference player of the year honors as a senior ... Holds nine school records at Memorial, including career marks for kills (1,023), blocks (201), aces (182) and hitting percentage (.464) ... Earned four varsity letters and was named the team's captain and MVP as a junior and senior ... Named to Memorial's Honor Roll three years.

**Personal:** Engineering major ... Daughter of Ken and Jackie Sytsma ... Has seven siblings ... Sister, Kendra, played on the Virginia Tech volleyball squad as a junior and senior, after playing for Troy as a freshman and sophomore ... Born Sept. 4, 1987.



### Jane's Favorites

**Movie:**

Pirates of the Caribbean

**TV Show:**

Seinfeld & America's Next Top Model

**Actor:**

Brad Pitt & Channing Tatum

**Comedian:**

Dane Cook & Jerry Seinfeld

**Subject:**

Math

**Book:**

Harry Potter

**Musical Group:**

Timbaland

**Food(s):**

SpaghettiOs

**Midnight Snack:**

Chips and Salsa

**Vacation Spot:**

Virginia Beach

**Athlete:**

Alando Tucker

**Song:**

The Way I Are by Timbaland

YEAR	GP-MP	K	K/G	E	TA	PCT.	A	A/G	SA	SA/G	SE	DIG	D/G	BS	BA	TB	B/G
2006	99-30	135	1.36	54	344	.235	15	0.15	1	0.01	7	9	0.09	8	90	98	0.99
<b>TOTAL</b>	<b>99-30</b>	<b>135</b>	<b>1.36</b>	<b>54</b>	<b>344</b>	<b>.235</b>	<b>15</b>	<b>0.15</b>	<b>1</b>	<b>0.01</b>	<b>7</b>	<b>9</b>	<b>0.09</b>	<b>8</b>	<b>90</b>	<b>98</b>	<b>0.99</b>



#1

**Meghan Simons**Sophomore/TR • 6-3 • Middle Blocker  
Carroll, Ohio • Bloom Carroll High School • Ohio State

**Ohio State (2006):** Played in 11 matches and 31 games in one season with the Buckeyes ... Totaled 31 kills and a .433 hitting percentage ... Averaged 1.68 kills and 2.15 points per game.

**High School:** Played volleyball, basketball and was a member of the track team ... 2006 Volleyball Girls

Fab 50 selection ... 2005 and 2006 second-team Mizuno All-American ... Three-time All-Mid-State League ... Three-time first-team all-district ... 2005 all-district player of the year ... 2005 co-captain ... 2005 first-team all-state ... 2002 track regional qualifier in the high jump, setting a school record of 5'4" ... Coached in track by Tom Sarsfield ... Played center in basketball coached by Mark Garret ... Scholar-Athlete ... National Honor Society ... Graduated with Honors.

**Personal:** Communications major ... Daughter of William and Melissa Simons ... Born July 17, 1988.

**Favorites:** Movie (Pirates of the Caribbean), TV Show (That 70's Show), Actor (Harrison Ford / Rachel McAdams), Comedian (Dane Cook), Subject (Linguistics), Book (Frankenstein: The Modern Prometheus), Musical Group (Goo Goo Dolls), Food (Bagels, Zucchini, Shrimp), Midnight Snack (Granola Bar), Vacation Spot (Outer Banks), Athlete (Kenny Rogers), Song (Iris by Goo Goo Dolls / Holiday in Spain by Counting Crows)



**Carlston says:** *Meghan has been a real blessing for our program. The players love her and she grew a ton over the spring quarter, both as a player and in her confidence. She is going to do some amazing things here.*



#2

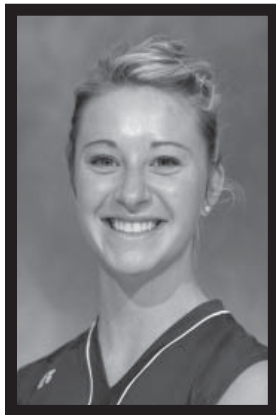
**Sue Jacobi**Freshman • 6-0 • Outside Hitter  
Louisville, Ky. • Presentation Academy

**High School:** Four-year letterwinner in volleyball ... First-team all-state as a senior ... Named to the district and region all-tournament teams ... Voted the fifth-best female athlete by "Best of Louisville" magazine ... Ranked the No. 93 recruit in the nation by PrepVolleyball.com.

**Personal:** Undecided on major ... Daughter of Terry and Denise Jacobi ... Born March 21, 1989.

**Favorites:** Movie (Talladega Nights), TV Show (Grey's Anatomy), Actor (Will Ferrell), Comedian (Dane Cook), Subject (Math), Book (Clay's Quilt), Musical Group (O.A.R.), Food (Chicken), Midnight Snack (Ice Cream), Vacation Spot (The Beach), Athlete (Tony Parker), Song (The Joker by The Steve Miller Band).

**Carlston says:** *Sue will be a major player for our program. She is physical and once you get to work with her for a bit, you realize that she is going to be an amazing piece of our puzzle.*



# #16 Meryl Bender

Freshman • 5-5 • Defensive Specialist  
Yorktown, Ind. • Yorktown High School

**High School:** An all-county, all-conference and all-state honorable mention ... Lead team in service aces for three years ... Four-year letterwinner in volleyball with one letter in track ... Totaled 308 digs and 74 service aces in 2006.

**Personal:** Intends to major in education ... Daughter of Jeff and Connie Bender ... Born November 6, 1988.

**Favorites:** Movie (Stepmom), TV Show (Americas Next Top Model), Actor (Julia Roberts), Comedian (Dane Cook), Subject (English), Book (A Child Called If), Musical Group (Meg and Dia), Food (Popcorn), Midnight Snack (Popcorn), Vacation Spot (Bahamas), Athlete (Lance Armstrong), Song (Indiana by Meg and Dia)

**Carlston says:** *Meryl personifies the energy and excitement I look for in our program. She is a connector, someone who will make us a stronger team instantly.*



# #10 Michelle Jantsch (JANTS)

Freshman • 5-10 • Setter  
Mission Hills, Kansas • St. Teresa's Academy

**High School:** Named the Missouri Gatorade Player of the Year in 2006 ... Member of the inaugural AVCA High School Senior All-America Team ... Named the Kansas City Star 2006 All-Metro Player of the Year ... Tabbed the top player in Kansas by receiving the 2006 Evelyn Gates Award ... A Wendy's High School Heisman candidate ... Three-time first-team all-region and all-district selection ... Three-time team captain ... Tabbed one of the top 50 incoming freshman in the nation by PrepVolleyball.com ... Named to the 2006 USAV National Junior Olympic All-Tournament Team.

**Personal:** Intends to major in international business ... Daughter of Tom and Kathy Jantsch ... Born March 10, 1989.

**Favorites:** Movie (Wedding Crashers), TV Show (Grey's Anatomy), Actor (Orlando Bloom / Channing Tatum), Comedian (Dane Cook), Subject (Math), Book (Harry Potter and the Deathly Hallows), Musical Group (Rascal Flats), Food (Barbaque), Midnight Snack (Bowl of Cereal), Vacation Spot (Orange Beach, Ala.), Athlete (Lance Armstrong), Song (She Is by The Fray)

**Carlston says:** *Michelle is one of the top three setters in that nation for her class. That being said, her biggest strength lies in her ability to lead people and make them believe that they are going win every match.*



# #11 Melissa Szkutnik (SKUT-nik)

Freshman • 6-1 • Outside Hitter  
Perrysburg, Ohio • Perrysburg High School

**High School:** Ranked the No. 54 recruit in the nation by PrepVolleyball.com ... Member of *Volleyball Magazine's* Fab 50 list of incoming freshmen ... Two-time first-team all-league selection ... Three-time Central Catholic All-Tournament Team member ... 2006 District Player of the Year ... 2006 second-team all-state ... Two-time all-county selection.

**Personal:** Intends to major in business marketing ... Daughter of Denny and Carol Szkutnik ... Born March 3, 1989.

**Favorites:** Movie (Super Troopers), TV Show (Family Guy), Actor (Will Ferrell), Comedian (Dane Cook), Subject (Psychology), Book (Kite Runner), Musical Group (Dave Matthews Band), Food (Chinese Sesame Chicken with Fried Rice), Midnight Snack (Toast), Vacation Spot (Siesta Key, Fla.) Athlete (Kerry Walsh), Song (Satellite by Dave Matthews Band).

**Carlston says:** *Melissa is smooth and physical. I am excited to watch her grow this year as a player and person.*



## MEET THE COACHES



2003, 2004, 2005, 2006 MAC CHAMPIONS

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# Geoff Carlston

5th Year • Head Coach • Minnesota '93



2006\*, 2005, 2004, 2003 MAC Coach of the Year  
 2005 Tachikara/AVCA National Coach of the Year Honorable Mention  
 2005, 2003 Mideast Region Coach of the Year  
 2005 Collegiate Volleyball Update Coach of the Year Honorable Mention

\* Co-Coach of the Year



Four seasons into his tenure in Athens, Ohio head coach Geoff Carlston has become the most successful at his skill in Bobcat history. Named the Mid-American Conference Coach of the Year in each of his four seasons, Carlston has taken the Bobcat program to the next level in Division I volleyball.

Carlston has accumulated 118 career wins at the Division I level and has led the Bobcats to a 75-1 record against MAC opponents. The Bobcat coach has led the program to MAC regular season and tournament titles in each of his four years on the sidelines. Carlston will enter the 2007 campaign having guided Ohio to 50 consecutive conference wins, the only blemish on his record being a loss on Nov. 8, 2003. With a .984 conference winning percentage, Carlston has the highest overall and conference winning percentage of any head coach in the history of the MAC.

Under Carlston, three Bobcats garnered AVCA All-American Honorable Mention, three have been named MAC Player of the Year, two have been named MAC Freshman of the Year and 22 have been added to all-conference teams. His Bobcats have led the MAC in hitting percentage and opponent's hitting percentage for the last four seasons, ranking among the national leaders in both categories, and have been among the league's best in kills and blocks.

Carlston reached his 100th career win last year and saw two of his players reach 1,000 career kills and one reach 2,000 career digs for a top-25 spot in the NCAA record book. In addition, Ohio spent the entire season ranked as one of the nation's top 25 programs.

In his first campaign on the sidelines at Ohio, Carlston experienced a level of success never before seen in Athens

at that time. The squad went 28-5 overall with a 15-1 mark in conference play, both school records at that point. The Bobcats capped off the season by winning the MAC regular season and tournament titles, and participating in the NCAA Tournament, all of which were firsts for the program.

At the end of the season, Ohio was listed 29th in the final AVCA Coaches Poll and finished tied for 11th in the nation with a .848 winning percentage. For his efforts, Carlston was recognized as the 2003 Mid-American Conference and NCAA Mideast Region Coach of the Year.

Carlston continued to build the program in his second season. The Bobcats captured the MAC regular season and tournament titles for the second-straight year and won their first-ever NCAA Tournament match with a sweep of Pittsburgh. His Bobcats became the first MAC team since 1994 to finish the conference schedule undefeated at 16-0 and the 29-3 overall record eclipsed the 28-win mark he set in his first season at Ohio for the most victories in program history. At season's end, Ohio ranked eighth in all of Division I in hitting percentage, 10th in assists and 12th in kills. For the second year in a row, Carlston was named the MAC Coach of the Year.

In 2005, Carlston maneuvered Ohio to its best season ever. The Bobcats ended the season ranked 14th in the nation, the highest ranking in program history. With a 33-3 overall record, the 'Cats tied for the national lead in wins and set a MAC record for most wins in a single season. Ohio also defeated Alabama and Ohio State to make their first ever appearance in the NCAA Tournament Sweet 16. Ohio's offense was one of the nation's elite, finishing the year ranked first in the country in kills and assists per game.

**Carlston's Career Coaching Record**

YEAR	CONF	PLACE	OVERALL	PCT.
2000*	6-12	8th	11-17	.393
2001*	10-8	5th	14-16	.467
2002*	13-5	3rd	24-9	.727
2003	15-1	1st	28-5	.848
2004	16-0	1st	29-3	.906
2005	16-0	1st	33-3	.917
2006	16-0	1st	28-5	.848
			92-26	.742
			167-58	

\* at Concordia University, St. Paul

**Carlston's Division I Coaching Record**

YEAR	CONF	OVERALL	PCT.
2003	15-1	28-5	.848
2004	16-0	29-3	.906
2005	16-0	33-3	.917
2006	16-0	28-5	.848
		63-1	.880

Prior to Ohio, Carlston posted a 49-42 record in three seasons at the helm of the Concordia University-St. Paul (Minn.) program. He took the Golden Bears from a 0-18 mark in the Northern Sun Intercollegiate Conference the season before his arrival to a serious run at the league title in 2002.

CUSP finished the 2002 campaign with a 24-9 record - its best-ever in Division II competition - and earned its first-ever national ranking during the season. He recruited three straight NSIC Freshman-of-the-Year selections to play for the Golden Bears and had five players named all-conference (three first-team, two second-team) in 2002.

In the summer of 2002, Carlston served as coach of a Division II all-star team that played in a tournament in Holland. Competing against the top Dutch college and professional league teams, the group won gold and bronze medals.

Before Concordia, Carlston served two seasons as a student assistant coach at Minnesota while completing a master's degree in social work. During that year, the Gophers compiled a 27-9 record and advanced to the Sweet Sixteen of the NCAA Tournament.



Carlston began his coaching career in 1994 as head coach at Hopkins High School. In his two-year tenure, his teams went 41-17 and captured the Classic Lake Conference title both seasons. He left the high school ranks for two years of service in Belize as a Peace Corps volunteer but stayed close

to the sport, serving as head coach of the Belize women's national team and as an assistant for the men's national team. He helped develop a year-round training program and the team finished fourth at the 1997 Central America championship, earning the country's first ever international victories.

Upon his return to the United States, Carlston became head coach of the 17's team of the Minnesota One Junior Olympics club, which competed in the 17 Open Division at USA Nationals three straight years under his direction.

In June 1993, Carlston earned his undergraduate degree in speech communication from the University of Minnesota, where

he played on the club team for the Gophers. He returned to earn a master's degree in social work from Minnesota in 1998. The Plymouth, Minn., native is married to the former Sara Tibesar of St. Paul, Minn.



# Nadia Edwards

3rd Year • Assistant Coach • Penn State '01



Nadia Edwards joined the Ohio volleyball staff in May 2005. During her career at Ohio she has assisted with all aspects of the game. A few of her on and off

court responsibilities include: middle hitter training, blocking, travel, co-directing camps and clinics and overseeing community outreach programs.

In 2003, she was a graduate assistant coach at Virginia Tech. While at Virginia Tech, she also took part in the Student-Athlete Mentor Program. She has also instructed All-American volleyball camps throughout the United States for the last three summers.

Before she started coaching, Edwards played volleyball professionally for three years, both in the states and overseas. She competed in the A1 European League for two years as a team captain and starting outside hitter for the Glarus (Switzerland) squad (2004-05) and then played in the opposite position for the Granada (Spain) team (2003-04). Edwards also played in the United States Professional Volleyball League (2001-02) for the St. Louis Quest.

Edwards graduated from Penn State in 2001 with a bachelor's degree in business marketing. She lettered four years in volleyball for the Nittany Lions under Head Coach Russ Rose. Edwards was a middle hitter on a squad that won four Big Ten

championships and competed in the NCAA Final Four three years in a row. Her team compiled a 71-2 record and won a national championship in 1999 while earning national runner-up finishes in 1997 and 1998.

Edwards is a native of Frankfort, Ill. She has three sisters and is the daughter of David and Millicent Edwards.



**Carlston says:** *Nadia has really become an integral part of our staff over the past two seasons. She is able to transfer her experiences as an elite-level athlete to our players. Having a female on my staff that is able to do that is invaluable to our program.*

## Don Gromala

4th Year • Assistant Coach • Iowa State '04



Don Gromala enters his fourth year on the Ohio sideline. After serving as a graduate assistant coach for two years,

Gromala was promoted to full-time assistant coach last year and helped lead the Bobcats to their fourth straight Mid-American Conference regular season and tournament titles. Gromala assists with all aspects of the program, including training outside hitters and setters, scouting opponents and directing camps and clinics.

Gromala came to Ohio after serving as a volunteer assistant coach at Iowa State during the 2003-04 season. His duties with the Cyclones included practice planning and instruction, pre-match warm-ups, video review, and match charting. Iowa State finished with its best season since 1996.

Prior to his stint as an assistant at Iowa State, Gromala served as an assistant at Des Moines Area Community College from 2000-03, coaching an NJCAA All-American and finishing 6th in the NJCAA Nationals.

A 2004 graduate of Iowa State with a bachelor's of liberal studies, Gromala was a player and head coach of the ISU Men's Volleyball Club during his time in Ames. As a coach from 1999-2004, the team recorded four NIRSA Top 25 finishes and were Midwest 10 Conference champs. During his playing career from 1998-2001, Gromala,

a native of Mt. Prospect, Ill., was a two-time all-conference selection and served as team captain each season.

Gromala's resume' also includes head coaching duties for the Iowa Power Volleyball Alliance during 2003-04 where the team placed fourth in the Iowa Regional. In addition, he led the Cyclone Cylect Juniors Volleyball Club to their first Junior Olympic National Tournament after winning the Northern Lights Qualifier.



**Carlston says:** *Don has grown tremendously as a coach over the past three years. He is a great guy to bounce ideas off of and get some perspective when I need it. His personality and passion are a tremendous fit for our program.*

# SUPPORT STAFF



**Alana Eichman**  
Athletic Trainer



**Bryan Weigel**  
Team Manager



**Ryan McFann**  
Equipment Manager



**Elaine Goodfellow**  
Administrative Assistant



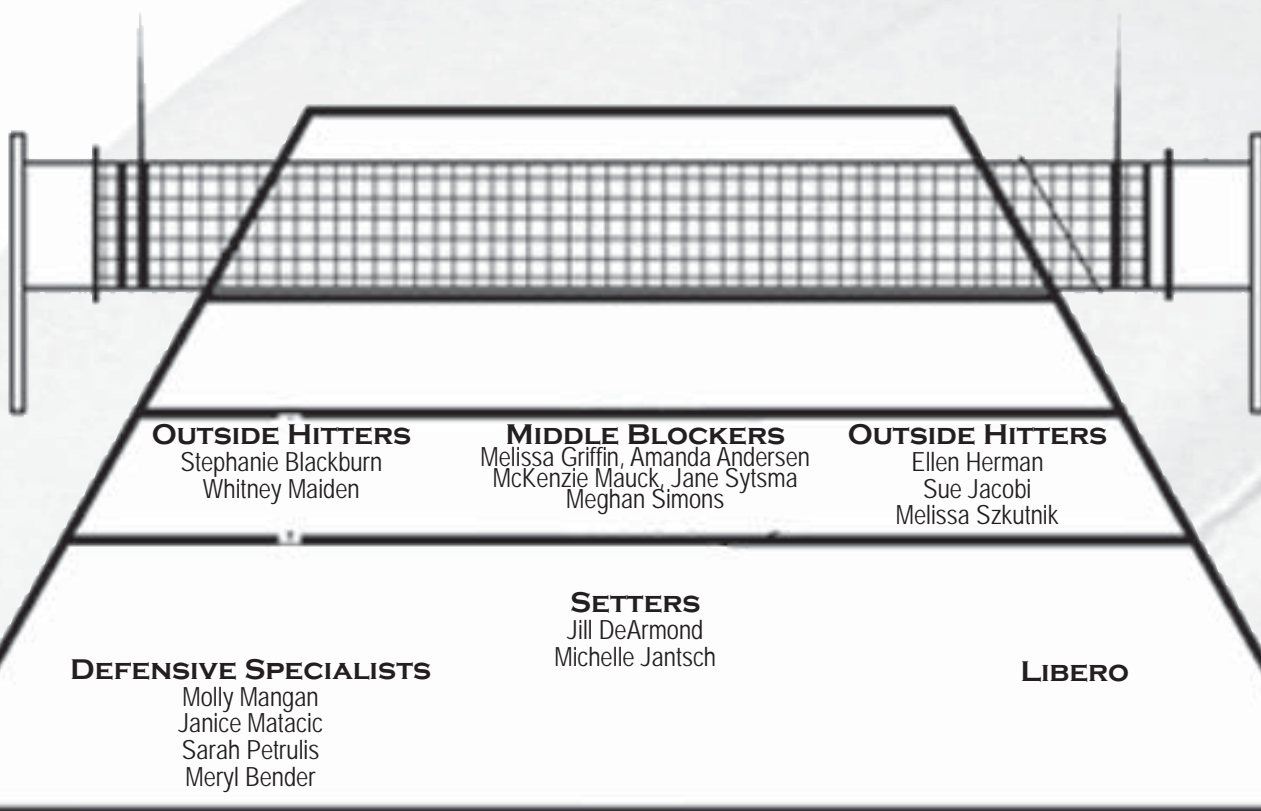
**Wes Liles**  
Media Relations



**Joe Fondale**  
Strength & Conditioning



**Amy King**  
Academics Services



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