



2011 Wake Forest Volleyball



General Information

Name of School Wake Forest University
 City (Zip) Winston-Salem, N.C. (27109)
 Founded 1834 in Wake Forest, N.C.
 Enrollment 4,657 (undergraduate)
 Nickname Demon Deacons
 School Colors Old Gold & Black
 Arena Reynolds Gym
 Capacity 1,500
 Affiliation NCAA Division I
 Conference Atlantic Coast Conference

President Dr. Nathan O. Hatch
 Alma Mater/Year Wheaton College, 1968
 Athletics Director Ron Wellman
 Alma Mater/Year Bowling Green, 1970
 Senior Assoc. Athletics Director/SWA Barbara Walker
 Athletic Dept. Phone (336) 758-5616
 Ticket Office Phone 888-758-DEAC

Team History

First Year of Volleyball 1971-1986, 1996-present
 Overall All-Time Record 502-471 (.519)
 All-Time ACC Record 107-178 (.387)
 NCAA Tournament Appearances 0
 Last Postseason Opponent N/A
 Result N/A

Coaching Staff

Head Coach Heather Kahl Holmes
 Years at Wake Forest 7th Season as Head Coach/11th Season Overall
 Alma Mater Clemson, 1996
 Record at Wake Forest 88-99 (.471)
 ACC Record 44-62 (.433)
 Career Record 88-99 (.471)
 Office Phone (336) 758-6992
 Email kahlhl@wfu.edu
 Assistant Coach Chad Willis
 Years at Wake Forest 7th Season
 Alma Mater James Madison, 2005
 Office Phone (336) 758-6997
 Email williscr@wfu.edu
 Assistant Coach Abbey Worrell
 Years at Wake Forest 1st Season
 Alma Mater Charlotte, 2006
 Office Phone (336) 758-6993
 Email worrelar@wfu.edu
 Athletic Trainer Tyson Rose

Team Information

2010 Record 19-12
 ACC Record/Finish 11-9/t5th
 2010 Postseason None
 2010 Final AVCA Ranking NR
 Starters Returning/Lost (including libero) 4/3
 Letterwinners Returning/Lost 9/5
 Newcomers 5
 Returning Players Kadija Fornah (Sr., 6-0, OH)
 Cambrey Oehler (Sr., 5-11, OH)
 Carlin Salmon (Sr., 6-1, MB)
 Madison Vain (Sr., 5-11, RS/OH)
 Andrea Beck (Jr., 6-1, MB)
 Megan Carnell (Jr., 6-2, S)
 Heather Kraft (Jr., 5-9, DS)
 Kristin Grissom (So., 6-1, MB/RS)
 Kylie Hargreaves (So., 6-0, OH/RS)
 Incoming Players Mary Hoey (Fr., 6-0, OH)
 Danae Rosendall (Fr., 6-2, S)
 Ashlee Rusk (Fr., 6-1, MB)
 Jazmen Russell (Fr., 5-11, OH)
 Dani Thompson (Fr., 5-7, L/DS)
 2011 Captains Andrea Beck, Cambrey Oehler

Media Relations

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 Winston-Salem, NC 27109
 Overnight Address 1834 Wake Forest Road
 Miller Center, Suite 310
 Winston-Salem, NC 27106





2011 Wake Forest Volleyball



2011 Numerical Roster

No.	Name	Ht.	Pos.	Yr.	Hometown/High School
1	Carlin Salmon	6-1	MB	Sr.	Wildwood, Mo./St. Joseph's Academy
2	Madison Vain	5-11	RS/OH	Sr.	St. Louis, Mo./Villa Duchesne
3	Kadija Fornah	6-0	OH	Sr.	West Palm Beach, Fla./Suncoast
4	Andrea Beck	6-1	MB	Jr.	Winston-Salem, N.C./Mount Tabor
5	Kristin Grissom	6-1	MB/RS	So.	Rancho Cucamonga, Calif./Etiwanda
6	Mary Hoey	6-0	OH	Fr.	Marietta, Ga./Pope
7	Megan Carnell	6-2	S	Jr.	Suwanee, Ga./Gwinnett High School
8	Kylie Hargreaves	6-0	OH/RS	So.	Ladera Ranch, Calif./Santa Margarita
9	Danae Rosendall	6-2	S	Fr.	Hudsonville, Mich./Hudsonville
11	Dani Thompson	5-7	L/DS	Fr.	Roswell, Ga./Pope
14	Ashlee Rusk	6-1	MB	Fr.	Liberty, Texas/Barbers Hill
15	Jazmen Russell	5-11	OH	Fr.	Hacienda Heights, Calif./Los Altos
17	Heather Kraft	5-9	DS	Jr.	Gainesville, Fla./Oak Hall
21	Cambrey Oehler	5-11	OH	Sr.	Houston, Texas/Cy-Fair

Coaching Staff

Head Coach: Heather Kahl Holmes (7th Season, Clemson 1996)

Assistant Coach: Chad Willis (7th Season, James Madison 2005)

Assistant Coach: Abbey Worrell (1st Season, Charlotte 2006)

2011 Alphabetical Roster

No.	Name	Ht.	Pos.	Yr.	Hometown/High School
4	Andrea Beck	6-1	MB	Jr.	Winston-Salem, N.C./Mount Tabor
7	Megan Carnell	6-2	S	Jr.	Suwanee, Ga./Gwinnett High School
3	Kadija Fornah	6-0	OH	Sr.	West Palm Beach, Fla./Suncoast
5	Kristin Grissom	6-1	MB/RS	So.	Rancho Cucamonga, Calif./Etiwanda
8	Kylie Hargreaves	6-0	OH/RS	So.	Ladera Ranch, Calif./Santa Margarita
6	Mary Hoey	6-0	OH	Fr.	Marietta, Ga./Pope
17	Heather Kraft	5-9	DS	Jr.	Gainesville, Fla./Oak Hall
21	Cambrey Oehler	5-11	OH	Sr.	Houston, Texas/Cy-Fair
9	Danae Rosendall	6-2	S	Fr.	Hudsonville, Mich./Hudsonville
14	Ashlee Rusk	6-1	MB	Fr.	Liberty, Texas/Barbers Hill
15	Jazmen Russell	5-11	OH	Fr.	Hacienda Heights, Calif./Los Altos
1	Carlin Salmon	6-1	MB	Sr.	Wildwood, Mo./St. Joseph's Academy
11	Dani Thompson	5-7	L/DS	Fr.	Roswell, Ga./Pope
2	Madison Vain	5-11	RS/OH	Sr.	St. Louis, Mo./Villa Duchesne



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2011 Wake Forest Volleyball Schedule

Date	Day	Opponent	Site	Time
Sept. 2-3	Fri.-Sat.	DEACON INVITATIONAL	Winston-Salem, N.C.	
Sept. 2	Fri.	ARKANSAS	Reynolds Gym	7 p.m.
Sept. 3	Sat.	CHARLESTON SOUTHERN	Reynolds Gym	12 p.m.
Sept. 3	Sat.	GEORGETOWN	Reynolds Gym	7 p.m.
Sept. 4	Sun.	NORTH FLORIDA	Reynolds Gym	TBA
<i>Sept. 9-10</i>	<i>Fri.-Sat.</i>	<i>Western Kentucky Tournament</i>	<i>Bowling Green, Ky.</i>	
<i>Sept. 9</i>	<i>Fri.</i>	<i>vs. LSU</i>	<i>Bowling Green, Ky.</i>	<i>10 a.m.</i>
<i>Sept. 9</i>	<i>Fri.</i>	<i>at Western Kentucky</i>	<i>Bowling Green, Ky.</i>	<i>7 p.m.</i>
<i>Sept. 10</i>	<i>Sat.</i>	<i>vs. Xavier</i>	<i>Bowling Green, Ky.</i>	<i>11 a.m.</i>
Sept. 16-17	Fri.-Sat.	BLACK & GOLD CHALLENGE	Winston-Salem, N.C.	
Sept. 16	Fri.	DUKE*	Reynolds Gym	7 p.m.
Sept. 17	Sat.	CHARLOTTE OR HIGH POINT	Reynolds Gym	5 p.m.
<i>Sept. 20</i>	<i>Tues.</i>	<i>at Appalachian State</i>	<i>Boone, N.C.</i>	<i>7 p.m.</i>
Sept. 23	Fri.	CLEMSON	Reynolds Gym	7 p.m.
Sept. 24	Sat.	GEORGIA TECH	Reynolds Gym	5 p.m.
<i>Sept. 30</i>	<i>Fri.</i>	<i>at Miami</i>	<i>Coral Gables, Fla.</i>	<i>7 p.m.</i>
<i>Oct. 2</i>	<i>Sun.</i>	<i>at Florida State</i>	<i>Tallahassee, Fla.</i>	<i>1 p.m.</i>
<i>Oct. 6</i>	<i>Thurs.</i>	<i>at Virginia Tech</i>	<i>Blacksburg, Va.</i>	<i>7:30 p.m.</i>
<i>Oct. 7</i>	<i>Fri.</i>	<i>at Virginia</i>	<i>Charlottesville, Va.</i>	<i>7 p.m.</i>
Oct. 14	Fri.	MARYLAND	Reynolds Gym	7 p.m.
Oct. 15	Sat.	BOSTON COLLEGE	Reynolds Gym	TBA
Oct. 19	Wed.	NC STATE	Reynolds Gym	7 p.m.
Oct. 21	Fri.	NORTH CAROLINA	Reynolds Gym	7 p.m.
<i>Oct. 28</i>	<i>Fri.</i>	<i>at Georgia Tech</i>	<i>Atlanta, Ga.</i>	<i>7 p.m.</i>
<i>Oct. 29</i>	<i>Sat.</i>	<i>at Clemson</i>	<i>Clemson, S.C.</i>	<i>5 p.m.</i>
Nov. 1	Tues.	VCU	Reynolds Gym	7 p.m.
Nov. 4	Fri.	VIRGINIA TECH	Reynolds Gym	7 p.m.
Nov. 5	Sat.	VIRGINIA	Reynolds Gym	TBA
Nov. 11	Fri.	FLORIDA STATE	Reynolds Gym	7 p.m.
Nov. 12	Sat.	MIAMI	Reynolds Gym	5 p.m.
<i>Nov. 18</i>	<i>Fri.</i>	<i>at Boston College</i>	<i>Chestnut Hill, Mass.</i>	<i>7 p.m.</i>
<i>Nov. 20</i>	<i>Sun.</i>	<i>at Maryland</i>	<i>College Park, Md.</i>	<i>2 p.m.</i>
<i>Nov. 22</i>	<i>Tues.</i>	<i>at Duke</i>	<i>Durham, N.C.</i>	<i>7 p.m.</i>
<i>Dec. 2-4</i>	<i>Fri.-Sun.</i>	<i>NCAA First & Second Rounds</i>	<i>TBA</i>	<i>TBA</i>
<i>Dec. 9-10</i>	<i>Fri.-Sat.</i>	<i>NCAA Regionals</i>	<i>TBA</i>	<i>TBA</i>
<i>Dec. 15-17</i>	<i>Thurs.-Sat.</i>	<i>NCAA Semifinals & Finals</i>	<i>TBA</i>	<i>TBA</i>

HOME MATCHES IN BOLD CAPS

* - ACC Match

All Times Eastern