



VANGUARD UNIVERSITY QUICK FACTS SHEET VOLLEYBALL - 2009



GENERAL

NAME OF SCHOOL	<i>Vanguard University</i>		
LOCATION	<i>Costa Mesa, CA</i>		
FOUNDED	<i>1920</i>	ENROLLMENT	<i>1250</i>
STADIUM	<i>The Pit</i>	CAPACITY	<i>1200</i>
NICKNAME	<i>Lions</i>		
SCHOOL COLORS	<i>Navy Blue and Gold</i>		
AFFILIATION	<i>NAIA</i>		
CONFERENCE	<i>Golden State Athletic Conference</i>		
PRESIDENT	<i>Dr. Carol Taylor, PhD</i>		
ALMA MATER, YR	<i>Florida State University</i>		
ATH. DIRECTOR	<i>Bob Wilson, MA, (15th Year)</i>		
ALMA MATER, YR	<i>Wyoming University '69</i>		
ATH. DEPT. PHONE	<i>(714)556-3610 Ext. 2305</i>		
ASSOCIATE AD	<i>Beth Renkoski, NSU '87, (7th Year)</i>		
ASSOCIATE AD	<i>Nolan Steputis, VUSC '06, (3rd Year)</i>		

SPORTS INFORMATION

SPORTS INFO. DIR.	<i>Beth Renkoski, (15th year)</i>		
SID OFFICE PHONE	<i>(714)556-3610 Ext. 2303</i>		
SID OFFICE FAX	<i>(714)668-6144</i>		
SPORTS HOTLINE	<i>(714)619-6600</i>		
RADIO PHONE LINE	<i>(714)556-3610, ext. 2398 or 2399</i>		
MAILING ADDRESS	<i>55 Fair Drive, Costa Mesa, CA 92626</i>		
VU ATHLETIC WEBSITE	www.vanguard.edu/athletics/		
VU LIVESTATS LINK	www.vanguard.edu/athletics/livestats/index.aspx		

TICKETING INFORMATION

ADMISSION: Adults - \$5, Non-VU Students with ID - \$3, Under 6 - Free
 VU Faculty, Staff, Students, Administration Free with ID
 Group Admission: Contact Nolan Steputis at nvsteputis@vanguard.edu
 FREE PARKING Limited on campus - See Campus Map

VU honors Vanguard passes for regular season HOME games and only NAIA passes for all sports in regular and postseason play.

ATHLETIC TRAINING

HEAD ATH. TRAINER	<i>Darin Voigt, MS, ATC (5th year)</i>		
ALMA MATER/YR	<i>CPP '94</i>		
OFFICE PHONE	<i>(714)556-3610 Ext. 2390</i>		
APEP DIRECTOR	<i>Dr. Terry Zeigler, Ed.D, ATC (25th year)</i>		
ALMA MATER/YR	<i>VUSC '83</i>		
OFFICE PHONE	<i>(714)556-3610 Ext. 2828</i>		
ASST. ATH. TRAINER	<i>Alise Juanes, MA, ATC (4th year)</i>		
ALMA MATER/YR	<i>VUSC '04</i>		
OFFICE PHONE	<i>(714)556-3610 Ext. 2392</i>		
ASST. ATH. TRAINER			
ALMA MATER/YR			
OFFICE PHONE	<i>(714)556-3610 Ext. 2391</i>		
AT ROOM HOURS OF OPERATION: 12pm - 6pm, Mon-Fri			
<i>The Athletic Training Room will open 2 hours prior to any home event and will be staffed by at least one certified athletic trainer.</i>			
ATR FAX NUMBER	<i>(714)662-5259</i>		

CHAMPIONS OF CHARACTER PROGRAM CENTER

CONTACT *Bob Wilson - Program Director*
 PHONE or E-MAIL *(714)556-3610, ext 2301 or bwilson@vanguard.edu*
Joining the NAIA in "Changing the Culture of Sport"
 WEBSITE: www.vanguard.edu/athletics/championsofcharacter/

COACHING STAFF

HEAD COACH	<i>Marissa Cothran (2nd year)</i>
ALMA MATER, YR	<i>VUSC, 2005</i>
VU RECORD (YRS), CAREER (YRS)	<i>18-12 (1), 18-12 (1)</i>
E-MAIL ADDRESS	mgcothran@vanguard.edu
VOLLEYBALL OFFICE PHONE	<i>(714)556-3610, ext. 2370</i>
BEST TIME TO REACH COACH	<i>8 AM - NOON</i>
ASST. COACHES (ALMA MATER/YR)	<i>Jenny Griffith (2nd year), (UCLA '93)</i>

TEAM INFORMATION

OVERALL RECORD LAST YEAR	<i>18-12</i>
CONF. RECORD/FINISH	<i>10-10/7th</i>
NATIONAL RANKING LAST YEAR	<i>17th</i>
STARTERS RETURNING/LOST	<i>5/2</i>
LETTERWINNERS RETURN/LOST	<i>7/5</i>

HISTORY

OVERALL ALL-TIME RECORD	<i>288-369 (since 1986)</i>
NAIA TOURN. APPEARANCES	<i>Tied 9th 2008</i>
LAST POST-SEASON OPPONENT	<i>PLNU, 12/05/08</i>
RESULT	<i>L 1-3, NAIA Playoff Round</i>

MEDIA INFORMATION

LA TIMES - OC EDITION	<i>(714)966-5904 PHONE</i>
	<i>(714)966-5663 FAX</i>
	peter.yoon@latimes.com
Peter Yoon (213)237-6469	
LA TIMES-MAIN EDITION	<i>(800)528-4637 ext.77145 PHONE</i>
	<i>(213)237-7876 FAX</i>
	sports@latimes.com
ASSOCIATED PRESS-LA	<i>(213)626-1200 PHONE</i>
	<i>(213)346-0200 FAX</i>
ORANGE COUNTY DAILY PILOT	<i>(714)966-4616 PHONE</i>
SPORTS CONTACTS:	<i>(714)966-4668 FAX</i>
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Dave Thorpe	dave.thorpe@latimes.com
ORANGE COUNTY REGISTER	<i>(714)796-7804 PHONE</i>
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	dbean@ocregister.com
	current@register.com
KOCE - TV	<i>(714)842-5790 FAX</i>
Rick Mielke - Anchor/Reporter	rmielke@koce.org (714)861-4357
Jack Gallagher - Assignment Desk	<i>(714)861-4356</i>
COSTA MESA BREEZE	<i>(714)445-6682 PHONE</i>
	<i>(714)445-6602 FAX</i>
TIME WARNER CABLE	<i>(714)549-5820 PHONE</i>
	<i>(714)641-2890 FAX</i>
	bjannelly@collegefanz.com
COLLEGE FANZ	<i>(308)383-1431 PHONE</i>
CONTACT: Jason Dannelly	<i>(909)392-9225 PHONE</i>
GSAC SPORTS INFO. DIRECTOR	
CONTACT: Sheri Pine	spine@gsacsports.org
GSAC WEBSITE	www.gsacsports.org



VANGUARD UNIVERSITY TEAM INFORMATION VOLLEYBALL - 2009



STARTERS RETURNING			2008 STATISTICS				COMMENTS	2009 SCHEDULE			
POS	HT	YR	MP/GP	Kills/Digs/Blocks/Assists	PG		Bold Denotes GSAC Matches				
Kelsey Wirt	OH	5-10	Sr.	30/105	2.87/2.53/.56/.64	06/08 All-GSAC/Scholar-Athlete	8/19	Holy Names	H	7:00 PM	
Meghan Walsh	S	5-6	Sr.	30/105	.59/2.07/.25/10.40	starting setter	8/22	Alumni Match	H	12:00 PM	
Heather DeJongh	OH	6-2	Sr.	30/104	2.88/1.92/.45/.24	Lion of the Week	8/28-29	Seaside Tournament	H	TBA	
Jamie Heenan	OH	5-9	So.	30/105	1.75/1.43/.21/.19	Newport Harbor HS	9/4-5	CUI Crowne-Plaza Tourn.	H	TBA	
Jessica Roy	MB	5-9	Sr.	28/76	1.83/.41/.75/.03	Orange Coast College	9/8	Concordia (CA)	A	7:00 PM	
OTHER KEY RETURNERS							9/10	Hope International	H	7:00 PM	
Alison Verwey	OH	6-0	So.	11/16	.25/.06/.06/0.0	Immanuel High School	9/15	The Master's	A	7:00 PM	
Chelsea McCrea	S	5-6	So.	5/7	0.0/0.0/0.0/.14		9/19	Fresno Pacific	H	3:00 PM	
STARTERS LOST							9/22	California Baptist	H	7:00 PM	
Shardai Sublett	MB	5-10	Sr.	30/101	2.41/.34/.76/.05	4-year senior	9/26	Azusa Pacific	A	7:00 PM	
Alexandra Griffiths	L/DS	5-6	So.	30/105	.04/3.94/.01/.34	2-year starter	10/1	Biola	H	7:00 PM	
OTHER KEY LOSSES							10/3	Westmont	H	7:00 PM	
Michal Shortridge	MB	6-0	Sr.	16/51	1.61/.49/.53/.02	3xNAIA Scholar-Athlete	10/6	Point Loma Nazarene	A	7:00 PM	
Lauren Jansen	OH	5-11	Sr.	22/45	.78/.47/.29/.04	2xNAIA Scholar-Athlete	10/10	San Diego Christian	A	7:00 PM	
Kristi Bishop	OH	5-10	Fr.	24/56	.14/.61/.02/.07	Mission Hills HS	10/13	Concordia (CA)	H	7:00 PM	
KEY NEWCOMERS							10/17	Hope International	A	3:00 PM	
							10/20	The Master's	H	7:00 PM	
Danielle Beebe	S	6-0	Fr.		All-League, 4xMVP HS	Spanish Springs HS	10/22	Fresno Pacific	A	7:00 PM	
Jordan Brackett	L	5-6	Fr.		All-Conf., '08 League Champs	Palm Desert HS	10/27	California Baptist	A	7:00 PM	
Candace Cedarstrom	MB	6-1	Fr.		Most Improved Player	Tesoro High School	10/31	Azusa Pacific	H	7:00 PM	
Alexandra Leja	S	5-8	So.		2xAll-League, MVP '08	Academy of Art Univ.	11/3	Westmont	A	7:00 PM	
Lisa Morgan	OH	5-10	So.		led team in aces	San Francisco Univ.	11/5	Biola	A	3:00 PM	
Ariel Strickler	L	5-6	So.		HS All-Conference	Graceland University	11/10	Point Loma Nazarene	H	7:00 PM	
							11/14	San Diego Christian	H	7:00 PM	
							11/21	NAIA Nationals Opening Rounds		TBA	
							12/1-5	NAIA National Tournament	Sioux City, IA,	TBA	

There will be no GSAC postseason Tournament.

All home matches played on campus at The Pit

2008 GSAC Final Standings

NAIA Rank	School	GSAC	Overall
1	Fresno Pacific (NAIA Champ)	20-0	35-1
2	Biola	17-3	31-4
3	Concordia (CA)	15-5	31-6
7	California Baptist	13-7	28-9
8	Azusa Pacific	12-8	25-11
13	Point Loma Nazarene	10-9	22-11
17	Vanguard	10-10	18-12
	Westmont	4-16	10-19
	The Master's	3-16	9-18
	Hope International	2-17	5-21
	San Diego Christian	1-18	5-26

GOLD PRIDE - Defines Who We Are !

visit the GSAC website at www.gsacsports.org

TRADITION

NEVER GRADUATES !!

2009 Volleyball Season Outlook

Marissa Cothran returns for her second season as Vanguard's head volleyball coach, coming off a very successful collegiate coaching debut where she led the Lions to their first ever NAIA National Volleyball Tournament. Posting an overall record of 18-12 and an even 10-10 showing in the incredibly tough Golden State Athletic Conference, Cothran and the Lions hosted and defeated Union University (Tenn.) in an NAIA "Opening Round" match to qualify for "Final Site" play in Sioux City, Iowa where the top 24 teams in the NAIA battled for the National Championship. One of 7 GSAC teams to advance, VUSC won two of three pool play matches to move on to the playoff round with only the final 12 teams left in competition. Losing 3-1 to 13th-ranked Point Loma, the 17th-ranked Lions were eliminated from their NAIA debut, tying for ninth place in the tournament standings. Losing five members of the 2008 team, Cothran will have more than half of the group returning to pursue a return trip to the NAIA Tournament. Six players with starting experience will lead the way with seniors Heather DeJongh, Kelsey Wirt, Meghan Walsh, and Jessica Roy expecting to finish their careers on a strong note. Wirt earned her 2nd All-GSAC award with a solid junior season in the top two in kills and digs for the Lions, while DeJongh is coming off her best season ever as the team-leader in kills per game and a very consistent presence in all areas of the game. Walsh returns as the offensive guide for the Lions, posting 10.4 assists per game as VU's main setter. Another year of experience should have her ready to push the team to a new level as they return to the court with higher expectations than ever. Roy, and sophomore Jamie Heenan, are two more offensive tools who made solid contributions in their 1st season in the blue and gold, and will be relied upon heavily in 2009. Joining the mix are three transfer sophomores (Strickler, Leja, and Morgan) and three freshmen (Beebe, Brackett, and Cedarstrom) who will be looking for ways to contribute right away. Cothran's main goals for the team involve more than winning. "My desire for the 2009 season is to have a group of student-athletes that are cohesive, show character, and compete hard every day in practice and matches."

GOLD PRIDE ! ! ! !

Vanguard University Volleyball 2008
Vanguard Combined Team Statistics (as of Aug 04, 2009)
All matches

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL MATCHES.....	(18-12)	(11-5)	(5-5)	(2-2)
CONFERENCE.....	(10-10)	(5-5)	(5-5)	(0-0)
NON-CONFERENCE.....	(8-2)	(6-0)	(0-0)	(2-2)

##	STATS	SUMMARY	-----ATTACK-----					--SET--		----SERVE----			--DIG--			-----BLOCKING-----					
			G	K	K/G	E	TA	Pct	A	A/G	SA	SE	SA/G	RE	DIG	D/G	BS	BA	Total	B/G	BE
1	SUBLETT, Shardai	101	243	2.41	85	575	.275	5	0.05	5	8	0.05	3	34	0.34	11	66	77	0.76	12	0
3	ROY, Jessica	76	139	1.83	64	284	.264	2	0.03	7	22	0.09	1	31	0.41	6	51	57	0.75	4	0
15	DEJONGH, Heather	104	300	2.88	120	709	.254	25	0.24	28	33	0.27	9	200	1.92	10	37	47	0.45	9	0
8	WIRT, Kelsey	105	301	2.87	148	736	.208	67	0.64	28	47	0.27	35	266	2.53	4	55	59	0.56	2	3
4	WALSH, Meghan	105	62	0.59	21	222	.185	1092	10.40	20	36	0.19	2	217	2.07	1	25	26	0.25	6	18
9	SHORTRIDGE, Michal	51	82	1.61	48	200	.170	1	0.02	7	12	0.14	2	25	0.49	2	25	27	0.53	1	1
7	BISHOP, Kristi	56	8	0.14	3	40	.125	4	0.07	2	1	0.04	5	34	0.61	0	1	1	0.02	0	1
6	GRIFFITHS, Alexandra	105	4	0.04	1	26	.115	36	0.34	42	37	0.40	43	414	3.94	0	1	1	0.01	0	2
10	HEENAN, Jamie	105	184	1.75	118	588	.112	20	0.19	33	49	0.31	21	150	1.43	4	18	22	0.21	3	0
14	JANSEN, Lauren	45	35	0.78	29	120	.050	2	0.04	0	6	0.00	1	21	0.47	1	12	13	0.29	2	1
5	MCCREA, Chelsea	7	0	0.00	0	0	.000	1	0.14	1	2	0.14	0	0	0.00	0	0	0	0.00	0	0
11	VERWEY, Alison	16	4	0.25	7	14	-.214	0	0.00	0	2	0.00	2	1	0.06	0	1	1	0.06	0	0
	TEAM												7								
	VANGUARD.....	105	1363	12.98	644	3515	.205	1256	11.96	173	255	1.65	131	1393	13.27	40	292	186.0	1.77	39	26
	Opponents.....	105	1167	11.11	571	3382	.176	1070	10.19	132	218	1.26	173	1297	12.35	44	396	242.0	2.30	55	35

TEAM STATISTICS	VUSC	OPP	DATE	OPPONENT	W/L	SCORE	SCORE-BY-GAME	ATTEND	
ATTACK.....			& 08/29/08	WESTMINSTER (UT)	W	3-0	25-13,25-14,25-21	80	
Kills.....	1363	1167	& 08/29/08	#12 SOUTHERN OREGON	W	3-0	30-28,25-19,25-15	135	
Errors.....	644	571	& 08/30/08	GREAT FALLS (MT)	W	3-0	25-23,25-22,29-27	145	
Total Attacks....	3515	3382	& 08/30/08	MONTANA TECH	W	3-0	25-12,25-14,25-13	122	
Attack Pct.....	.205	.176	09/06/08	HOLY NAMES	W	3-0	25-21,25-18,25-11	75	
Kills/Game.....	13.0	11.1	* 09/09/08	WESTMONT	W	3-0	25-19,25-19,26-24	203	
SET.....			* 09/11/08	#4 BIOLA	L	0-3	22-25,21-25,12-25	229	
Assists.....	1256	1070	* 09/16/08	at #5 Point Loma Nazarene	W	3-0	25-22,25-21,25-20	90	
Assists/Game.....	12.0	10.2	* 09/20/08	at San Diego Christian	W	3-1	19-25,25-15,25-23,25-19	115	
SERVE.....			* 09/23/08	#3 CONCORDIA	W	3-0	25-22,25-16,33-31	203	
Aces.....	173	132	* 09/27/08	at Hope International	W	3-0	25-19,25-20,25-22	150	
Errors.....	255	218	* 09/30/08	THE MASTER'S	W	3-0	25-15,25-21,25-22	101	
Attempts.....	2399	2285	* 10/02/08	at #1 Fresno Pacific	L	0-3	13-25,19-25,12-25	250	
Serve Pct.....	.894	.905	* 10/07/2008	at #2 California Baptist	L	1-3	20-25,25-23,19-25,25-27	595	
Aces/Game.....	1.6	1.3	* 10/11/08	#14 AZUSA	L	1-3	20-25,18-25,25-13,30-32	200	
SERVE RECEPTIONS....			* 10/16/08	at #3 Biola	L	1-3	18-25,13-25,25-17,12-25	321	
Errors.....	131	173	* 10/18/08	at Westmont	W	3-2	15-25,25-15,23-25,25-22,15-11	127	
Errors/Game.....	1.2	1.6	* 10/21/08	#15 POINT LOMA NAZAREN	L	1-3	21-25,22-25,25-20,17-25	154	
Attempts.....	2059	2140	* 10/25/08	SAN DIEGO CHRISTIAN	W	3-1	25-13,25-7,30-32,25-13	98	
Reception Pct....	.936	.919	* 10/28/08	at #2 Concordia	L	0-3	14-25,19-25,16-25	123	
DEFENSE.....			* 11/01/08	HOPE INTERNATIONAL	W	3-0	25-15,25-15,26-24	67	
Digs.....	1393	1297	* 11/04/08	at The Master's	W	3-0	25-19,25-18,25-15	125	
Digs/Game.....	13.3	12.4	* 11/08/08	#1 FRESNO PACIFIC	L	1-3	19-25,14-25,25-21,21-25	107	
BLOCKING.....			* 11/11/08	#7 CALIFORNIA BAPTIST	L	1-3	22-25,25-19,21-25,19-25	162	
Block Solo.....	40	44	* 11/14/08	at #8 Azusa	L	1-3	25-23,21-25,16-25,22-25	381	
Block Assist.....	292	396	\$ 11/22/08	UNION (TN)	W	3-1	25-22,22-25,25-20,27-25	249	
Total Blocks.....	186.0	242.0	\$ 12/02/08	vs #9 Lindenwood	L	1-3	25-19,20-25,28-30,19-25	150	
Blocks Per Game...	1.8	2.3	\$ 12/03/08	vs #4 Bellevue University	W	3-1	28-26,25-21,20-25,25-19	150	
Block Errors.....	39	55	\$ 12/04/08	vs #22 Doane	W	3-0	25-17,25-20,29-27	175	
Ball handling errors	26	35	! 12/05/08	vs #13 Point Loma Nazaren	L	1-3	25-23,18-25,18-25,22-25	113	
ATTENDANCE.....									
Total.....	2330	2277		& = Crowne Plaza Labor Day Volleyball Festival					
Dates/Avg Per Date	16/146	10/228		* = GSAC matches					
Neutral site #/Avg	4/147			\$ = NAIA Opening Round					
Current win streak	0	-							
Home win streak...	1	-							