



KNIGHTS VOLLEYBALL



**ST. ANDREWS
2011-2012 MEDIA GUIDE**

About St. Andrews

St. Andrews is an undergraduate liberal arts college in Laurinburg, North Carolina providing a nationally recognized interdisciplinary curriculum to a diverse student body on a residential campus and to adult learners through satellites and online. Opportunities include study abroad programs, award-winning pipe band, championship equestrian teams, NCAA Division-II athletics, and academics ranging from forensics, equestrian, business, sciences to creative writing, education and psychology. St. Andrews is military-friendly.

For more information about St. Andrews, please visit our website, www.sapc.edu, or feel free to contact the Admissions Office at any of the following: (800)763-0198, 910-277-5000, or admissions@sapc.edu.

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The Online Media Guides were assembled by Morgan Farroll and Philip Ratchford, SA Sports Information. A special thanks to Rooney Coffman for the pictures.

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Cover Pictures:
(Clockwise from top left)
#6 Celia Duggan
#12 Benee Norton
#9 Amanda VanKleeck
#13 Allie Garland

Message from the Office of the President...

Greetings fans, friends, alumni, student-athletes and parents,

As a former student-athlete myself, I'm aware of how much time and energy it takes to be successful in the classroom and on the field. Every student-athlete learns quickly that leadership, teamwork and responsibility are more than just words for a résumé. The dedication that it takes to successfully balance coursework and fieldwork yields lessons that last a lifetime. I am excited to watch the stories that our student-athletes will write on their fields of play during the 2011-2012 academic year. I have no doubt that our athletes will be able to look to their coaches for the understanding and guidance necessary to help them achieve the academic excellence that we value so highly at St. Andrews. I hope our new Online Media Guides help you stay current with all of our teams and athletes. Best of luck this season,

Sincerely,

Paul

Paul Baldasare '77

President



Message from the Director of Athletics...

Greetings from the Knights,

St. Andrews student-athletes strive for excellence in the classroom and on the field. Professors and coaches work together to ensure that academic and athletic programs work hand in hand so that our student-athletes have a full and rich educational experience. Achieving this goal requires the dedication of the entire St. Andrews family: students, faculty, and staff.

This has been an exciting recruiting season for our coaches. Teams have added players from across the country as well as Canada, Australia, and the Bahamas. Our fans will notice larger rosters and some very talented recruits for the 2011-2012 seasons. I look forward to working with the athletics staff to mentor our student-athletes and help them grow as people and players.

Fans are an integral part of St. Andrews athletics. When a student-athlete hits a home run, makes that impossible looking three-point shot, or scores a goal with just seconds on the clock, our fans are a part of the excitement. So, please accept my invitation to attend our games, cheer on our teams, and become part of the Knights tradition.

Sincerely,

Glenn

Glenn T. Batten, '90

Vice President

Director of Athletics



2011 WOMEN'S VOLLEYBALL ROSTER



<u>No.</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr.</u>	<u>Ht.</u>	<u>Hometown</u>	<u>Previous School</u>
1	Ilaisha Hale	MB	Fr	5-6	Moreno, CA	Vista Del Lago HS
2	Lex Cowger	DS	Sr	5-6	Indiana Head, MD	Henry E. Lackey HS
3	Lyndsey Moss	OH	Jr	5-6	Marston, NC	Sandhills C.C.
4	Samantha Neveu	S/RS	So	5-9	Greenville, SC	Laurens District 55 HS
5	Ashley McNeill	DS	Jr	5-8	Sanford, NC	Lee Christian HS
6	Celia Duggan	MB	Fr	5-10	Lugoff, SC	Lugoff-Elgin HS
7	Megan Nelson	L	So	5-4	Edmonds, WA	Gonzaga University
8	Stephanie Lombardo	OH	Jr	5-10	Winterville, NC	Pitt C.C.
9	Amanda Vancleeck	DS	Jr	5-4	Orange City, FL	Seminole State
10	Ashleigh Fritter	S/RS	Fr	5-7	Midway Park, NC	White Oak HS
11	Ruka Akolade	S/OH	So	5-4	Aurora, CO	UNC-Pembroke
12	Benee Norton	OH	Jr	5-8	Rex, GA	Benjamin E. Mays HS
13	Allie Garland	S/RS	Fr	5-4	Moreno Valley, CA	Valley View HS

Head Coach: Angela Franke (1st Season)

Revised 08/11/11

2011 WOMEN'S VOLLEYBALL SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>SITE</u>	<u>TIME</u>
Fri.-Sat.	Sept. 2-3	Lees-McRae Tournament	Banner Elk, NC	TBA
Wed.	Sept. 7	at Coker College*	Hartsville, SC	7:00 PM
Fri.-Sat.	Sept. 9-10	at Tri-Match Edward Waters	Jacksonville, FL	3:00 PM
Tues.	Sept. 13	at Mount Olive College*	Mount Olive, NC	7:00 PM
Fri.	Sept. 16	at Erskine College*	Due West, SC	7:00 PM
Sat.	Sept. 17	at Converse College*	Spartanburg, SC	2:00 PM
Wed.	Sept. 21	at Barton College*	Wilson, NC	7:00 PM
Sat.	Sept. 24	at Tri-Match Coker	Hartsville, SC	3:00 PM
Tues.	Sept. 27	at Queens University of Charlotte*	Charlotte, NC	6:30 PM
Fri.	Sept. 30	LIMESTONE COLLEGE*	Laurinburg, NC	7:00 PM
Tues.	Oct. 4	PFEIFFER UNIVERSITY*	Laurinburg, NC	7:00 PM
Fri.	Oct. 7	BARTON COLLEGE*	Laurinburg, NC	7:00 PM
Sat.	Oct. 8	MOUNT OLIVE COLLEGE*	Laurinburg, NC	2:00 PM
Fri.	Oct. 14	at North Greenville University*	Tigerville, SC	7:00 PM
Sat.	Oct. 15	at Tri-Match King College*	Bristol, TN	12:00 PM
Wed.	Oct. 19	COKER COLLEGE*	Laurinburg, NC	7:00 PM
Fri.-Sat.	Oct. 21-22	at Lander University Tournament	Greenwood, SC	TBA
Wed.	Oct. 26	at Clafin University	Orangeburg, SC	7:00 PM
Fri.	Oct. 28	BELMONT ABBEY COLLEGE*	Laurinburg, NC	7:00 PM
Sat.	Oct. 29	LEES-McRAE COLLEGE*	Laurinburg, NC	2:00 PM
Fri.	Nov. 4	QUEENS UNIVERSITY OF CHAR.*	Laurinburg, NC	7:00 PM
Sat.	Nov. 5	at Pfeiffer University*	Misenheimer, NC	1:00 PM
TBA	TBA	<i>Conf. Carolinas Tourney ~ Quarterfinals</i>	<i>at Higher Seed</i>	TBA
TBA	TBA	<i>Conf. Carolinas Tourney ~ Semifinals</i>	<i>at Higher Seed</i>	TBA
TBA	TBA	<i>Conf. Carolinas Tourney ~ Finals</i>	<i>at Higher Seed</i>	TBA

*Conference Carolinas Game
HOME GAMES IN BOLD
Conference Tourney in Italics

COACH'S BIOGRAPHY

ANGELA FRANKE

Angela Franke is entering her first season as the head coach of the St. Andrews Women's Volleyball team, after the athletic department suspended the program for the 2010 season.

Franke came to St. Andrews in March 2011 after working at McCook Community College in McCook, NE. At McCook CC, she served as the head women's volleyball coach and the Housing Director for the two years that she was on staff.

Prior to becoming a coach, Franke played volleyball for Mesa Community College (Mesa, AZ), South Mountain Community College (Phoenix, AZ), and Jackson State University (Jackson, MS). Franke completed her undergraduate career at Alcorn State and went on to pursue a M.S. at her alma mater following her undergraduate career. While attaining her M.S., she was awarded a Volleyball Graduate Assistantship which allowed her to gain valuable coaching experience on the D-I level with the Alcorn Braves.



Franke chose to give back to the community after receiving her Master's Degree. In an altruistic spirit, she joined AmeriCorps in February of 2009 as a site coordinator and relocated to New Orleans, LA. As a part of AmeriCorps, Franke served as a youth leader and helped develop a safe, inclusive environment for children to be active in sports and physical activity.

The Phoenix, AZ, native holds a B.A. in Interdisciplinary Studies with concentrations in Physical Education and Psychology and a M.S. in Guidance Education, both from Alcorn State University.

Franke currently resides in Laurinburg, NC.

COSIDA INFORMATION

GENERAL INFORMATION

School: St. Andrews Presbyterian College
Address: 1700 Dogwood Mile
City, State: Laurinburg, NC 28352
Founded: 1958
Enrollment: 500
Nickname: Knights
School Colors: Royal Blue and White
Arena: Harris Court
Capacity: 1,500
National Affiliation: NCAA Division II
Conference: Conference Carolinas
Region: Southeast
President: Paul Baldasare
Alma Mater: St. Andrews, '77
Athletic Director: Glenn Batten
Alma Mater: St. Andrews, '90
Athletic Dept. Phone: (910) 277-5556

NCAA HISTORY

1st Year NCAA WV: 1995-96
NCAA All-Time Record: 203-253
Years in NCAA Tournament: 1 (2004)
Last Post-Season Opponent: N/A
Result: N/A
Regular Season Titles: None
Conference Tournament Titles: None

SPORTS INFORMATION

Sports Information : Morgan Farroll
Alma Mater: St. Andrews, '10
Office Phone: (910) 277-5751
Cell Phone: Upon Request
Email: farrollmc@sapc.edu
Sports Information: Philip Ratchford
Alma Mater: St. Andrews, '11
Office Phone: (910) 277-3932
Cell Phone: Upon Request
Email: ratchfordpm@sapc.edu
SID Mailing Address: 1700 Dogwood Mile
Laurinburg, NC 28052
SID Office Fax: (910) 277-5272
Website: www.sapc.edu/athletics/athleti.php

COACHING STAFF

Head Coach: Angela Franke
Alma Mater: Alcorn State, '07
Record at SAPC: 0-0 (First Season)
NCAA Career Record: 0-0 (First NCAA Season)
VB Office Phone: (910) 277-5429
Assistant Coach: N/A
Alma Mater: N/A
Athletic Trainer: Paula Moore

TEAM INFORMATION:

2009 Overall Record: 12-20
2009 Conference Record: 7-11
2009 Conference Finish: 8th
2009 Final Ranking: 8th
Letterwinners Returning: 0
Letterwinners Lost: 3
Newcomers: 12

MEDIA INFORMATION

Please email results, releases, and box scores for all St. Andrews men's soccer matches to the following email addresses. Thanks!

St. Andrews SID:
farrollmc@sapc.edu
The Laurinburg Exchange:
zcolburn@heartlandpublications.com
Fayetteville Observer:
sports@fayobserver.com
Charlotte News & Observer:
obsports@charlotteobserver.com
Conference Carolinas SID:
sid@triad.rr.com
WLNC Radio:
wlnradio@carolina.net
North Carolina Associated Press:
NCsports@ap.org
JMcCreary@ap.org

A FRESH START FOR VOLLEYBALL



7 Megan Nelson

The 2011 Knights Volleyball season is looking to be an exciting one. We are in the midst of rebuilding the program and plan on hitting the ground running. This season we have two returning players from last year: Samantha Neveu, a 5'10" sophomore setter/right side from Greenville, SC, and Ashley McNeill, a 5'8" junior defensive specialist from Sanford, NC. Next we have two dual sport athletes joining the program, 5'6" senior defensive specialist Lex Cowger, who is also member of the women's softball team, and Bence Norton, a 5'8" junior outside hitter who is also a member of the women's basketball team. Coach Franke is looking forward to these four ladies being leaders on and off the court to all of the new comers; not only by helping them come together as a team, but also by helping teach them all about the St. Andrews pride and tradition.

Knights Volleyball is bringing in five transfers this season: Amanda VanKleeck, a 5'4" junior defensive specialist from Deltona, FL, transferring in from Seminole State, Megan Nelson, a 5'4" sophomore libero from Edmonds, WA, transferring from Gonzaga University, Lyndsey Moss, a 5'6" junior outside hitter from Marston, NC, transferring from Sandhills Community College, Ruka Akolade, a 5'4" sophomore outside hitter/setter from Aurora, CO, transferring from UNC-Pembroke, and Stephanie Lombardo, a 5'10" junior outside hitter from Winterville, NC, transferring from Pitt Community College. These young ladies are going to bring a tremendous amount of court awareness to the Knights' play and will be a large part of creating solid team cohesion. Coach Franke believes that they will bridge the gap for all of the players, both new and old.

Finally, four freshman that are eager to get out on to the court and prove themselves among the veterans will be joining the Knights Netters: Allie Garland, a 5'4" setter/right side, and Ilaisha Hale, a 5'6" middle blocker, are both traveling to St. Andrews from Moreno Valley, CA. Ashleigh Fritter, a 5'7" setter/right side from Midway Park, NC, and Celia Duggan, a 5'10" middle blocker from Lugoff, SC, will also become Knights this year. The enthusiasm all four have displayed throughout the recruiting process is a positive indicator of what they will bring to the program.

"I believe we have the talent and tenacity to break away from the pack this upcoming season; starting off fresh with no predispositions standing in our way. We might be small in stature, but we will definitely make up for it in heart, dedication, and sheer talent. I believe we will not only have a stellar offense, but our defense will be immaculate as well. These young ladies will not shy away from a challenge and demand to be seen as a threat anywhere on the court," says Coach Franke.

All of the summer workouts, 2-mile runs, and 2-a-day practices will pay off for the Knights this season. They have put in the hard work and are now ready to show it on the court. Coach Franke is looking forward to an exceedingly thrilling season, as this is just the beginning to the new St. Andrews Knights Volleyball legacy.



11 Ruka Akolade

2009 SEASON STATISTICS

Overall record: 12-20 Conf: 7-11 Home: 4-7 Away: 5-8 Neutral: 3-5

OVERALL

##	Name	G	ATTACK				Pct	SET	
			K	K/G	E	TA		A	A/G
6	Galina Podolsky.....	93	259	2.78	125	699	.192	5	0.05
11	Jessica Himalstein..	57	115	2.02	61	326	.166	8	0.14
1	Heather Bolwerk.....	107	214	2.00	170	729	.060	16	0.15
7	Kelly Stine.....	103	117	1.14	88	436	.067	408	3.96
14	Leah Davison.....	104	81	0.78	69	305	.039	18	0.17
5	Elysia Tiegs.....	107	80	0.75	50	306	.098	6	0.06
16	Miranda Love.....	49	28	0.57	35	144	-.049	2	0.04
15	Chelsea Taylor.....	28	9	0.32	18	66	-.136	2	0.07
12	Tyler Lee.....	38	11	0.29	14	74	-.041	0	0.00
4	Jaime Hayes.....	83	12	0.14	6	38	.158	327	3.94
9	Courtney McDonald...	108	5	0.05	4	29	.034	24	0.22
10	Erica Davis.....	105	1	0.01	2	20	-.050	16	0.15
13	Lauren Clements.....	1	0	0.00	0	1	.000	0	0.00
	ST. ANDREWS.....	111	932	8.40	642	3173	.091	832	7.50
	Opponents.....	111	1038	9.35	481	2929	.190	908	8.18

Name	SERVE		RE	DIG		BLOCKING			
	SA	SA/Gm		DIG	Dig/G	BS	BA	Total	B/Game
Galina Podolsky.....	63	0.68	11	140	1.51	16	35	51	0.55
Jessica Himalstein..	10	0.18	7	71	1.25	0	7	7	0.12
Heather Bolwerk.....	31	0.29	38	224	2.09	6	17	23	0.21
Kelly Stine.....	20	0.19	4	162	1.57	7	41	48	0.47
Leah Davison.....	13	0.12	1	29	0.28	20	48	68	0.65
Elysia Tiegs.....	1	0.01	0	33	0.31	22	62	84	0.79
Miranda Love.....	5	0.10	10	50	1.02	1	2	3	0.06
Chelsea Taylor.....	1	0.04	7	23	0.82	1	1	2	0.07
Tyler Lee.....	0	0.00	0	8	0.21	1	18	19	0.50
Jaime Hayes.....	23	0.28	1	128	1.54	0	5	5	0.06
Courtney McDonald...	41	0.38	53	454	4.20	0	0	0	0.00
Erica Davis.....	26	0.25	29	183	1.74	0	0	0	0.00
Lauren Clements.....	0	0.00	0	0	0.00	0	0	0	0.00
TEAM.....			25						
ST. ANDREWS.....	234	2.11	186	1505	13.56	74	236	192.0	1.73
Opponents.....	185	1.67	182	1304	11.75	71	231	186.5	1.68



THANK YOU TO OUR SPONSORS!



Laurinburg
1676-B S. Main St.
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Shirt Tales

