



2006 Numerical/Alphabetical Rosters	16
Pronunciations	16
Roster Breakdowns	17
Season Outlook	18-19
All-American Monica Miesner	20
All-American Tessa Jones	21
All-Region Mandi Cox	22
All-MIAA Erica Cowhick	23
Senior Valerie Peterson	24
Junior Bailey Saal	25
Sophomore Stephanie Holub	26
Sophomore Stephanie Nitz	27
Sophomore Carolyn Raynes	28
Sophomore Bobi Riley	29
Sophomore Joanna Alfors	30
Lady Blues Newcomers	30-32



2 Returning All-Americans

3 Returning All-Region

4 Returning All-MIAA

The Lady Blues return all but three players from last year's team that set a school record for wins, won the MIAA and went to the NCAA tournament. Returning players Monica Miesner and Tessa Jones earned All-America honors while Mandi Cox joined them on the all-region team. All three earned all-MIAA honors, as did Erica Cowhick.



THE PLAYERS



2006 Lady Blues Numerical Roster/Pronunciations

No.	Name	Pos.	Ht.	Yr./Exp	Hometown	Previous College	High School	Birthday	Pronunciation
1	Ashley Shepard	OH	5-10	Fr./HS	Rossville, Kan.		Rossville	05/01/88	
2	Danielle Bergmeier	OH	5-9	Fr./HS	Omaha, Neb.		Millard North	10/25/87	BERG-my-er
3	Bailey Saal	OH	5-11	Jr./1L	Indianola, Iowa	Des Moines Area CC	Indianola	08/13/85	BAY-lee SAUL
4	Monica Miesner	OH	5-11	Jr./2L	Florissant, Mo.		Trinity Catholic	07/28/85	MEES-ner
5	Stephanie Holub	L/DS	5-5	So./1L	Overland Park, Kan.		Blue Valley West	04/29/87	HAUL-ub
6	Bobbi Riley	OH	5-10	So./1L	Lawrence, Kan.		Lawrence	07/17/87	
7	Erica Cowhick	L/DS	5-7	Jr./2L	Topeka, Kan.		Shawnee Heights	06/03/86	COW-hick
8	Joanna Alfes	OH/RS	5-10	Fr./RS	Axtell, Kan.		Axtell	03/11/87	ALL-fers
9	Valerie Peterson	RS	5-9	Sr./3L	Manhattan, Kan.		Riley County	02/28/85	
10	Carolyn Raynes	S	5-8	So./1L	Lawrence, Kan.		Lawrence	05/28/87	
11	Tessa Jones	RS	6-1	Jr./1L	Lee's Summit, Mo.	Kansas	Bishop O'Hara	12/18/86	
12	Stephanie Nitz	MH	6-2	So./1L	Moline, Ill.		Moline	06/11/87	
13	Shannon Bechard	MH	6-0	Fr./HS	Salina, Kan.		Sacred Heart	02/24/88	
15	Mandi Cox	MH	6-0	Jr./2L	Richmond, Kan.		Central Heights	04/28/86	
16	Kelci Wigger	MH	6-1	Fr./HS	Lyndon, Kan.		Lyndon	06/11/88	
17	Kate Hampson	S	5-7	Fr./HS	Fort Collins, Colo.		Rocky Mountain	06/07/88	
	Chris Herron	Head Coach			Willard, Mo.	Ozarks '80	Willard	07/15/58	
	Trent Jones	Assistant Coach			Lee's Summit, Mo.	Graceland '02	Bishop O'Hara	10/16/79	
	Dani McHenry	Graduate Assistant			Topeka, Kan.	Washburn '05	Shawnee Heights	10/26/82	

2006 Lady Blues Alphabetical Roster/Pronunciations

No.	Name	Pos.	Ht.	Yr./Exp	Hometown	Previous College	High School	Birthday	Pronunciation
8	Joanna Alfes	OH/RS	5-10	Fr./RS	Axtell, Kan.		Axtell	03/11/87	ALL-fers
13	Shannon Bechard	MH	6-0	Fr./HS	Salina, Kan.		Sacred Heart	02/24/88	
2	Danielle Bergmeier	OH	5-9	Fr./HS	Omaha, Neb.		Millard North	10/25/87	BERG-my-er
7	Erica Cowhick	L/DS	5-7	Jr./2L	Topeka, Kan.		Shawnee Heights	06/03/86	COW-hick
15	Mandi Cox	MH	6-0	Jr./2L	Richmond, Kan.		Central Heights	04/28/86	
17	Kate Hampson	S	5-7	Fr./HS	Fort Collins, Colo.		Rocky Mountain	06/07/88	
5	Stephanie Holub	L/DS	5-5	So./1L	Overland Park, Kan.		Blue Valley West	04/29/87	HAUL-ub
11	Tessa Jones	RS	6-1	Jr./1L	Lee's Summit, Mo.	Kansas	Bishop O'Hara	12/18/86	
4	Monica Miesner	OH	5-11	Jr./2L	Florissant, Mo.		Trinity Catholic	07/28/85	MEES-ner
12	Stephanie Nitz	MH	6-2	So./1L	Moline, Ill.		Moline	06/11/87	
9	Valerie Peterson	RS	5-9	Sr./3L	Manhattan, Kan.		Riley County	02/28/85	
10	Carolyn Raynes	S	5-8	So./1L	Lawrence, Kan.		Lawrence	05/28/87	
6	Bobbi Riley	OH	5-10	So./1L	Lawrence, Kan.		Lawrence	07/17/87	
3	Bailey Saal	OH	5-11	Jr./1L	Indianola, Iowa	Des Moines Area CC	Indianola	08/13/85	BAY-lee SAUL
1	Ashley Shepard	OH	5-10	Fr./HS	Rossville, Kan.		Rossville	05/01/88	
16	Kelci Wigger	MH	6-1	Fr./HS	Lyndon, Kan.		Lyndon	06/11/88	

2006 Lady Blues Volleyball



The 2006 Washburn Lady Blues from left to right: (bottom row) Kate Hampson, Ashley Shepard, Shannon Bechard, Kelci Wigger, Joanna Alfes, Danielle Bergmeier, (middle row) Mandi Cox, Monica Miesner, Erica Cowhick, Valerie Peterson, Carolyn Raynes, Stephanie Holub, Bobi Riley, (top row) Bailey Saal, assistant coach Trent Jones, head coach Chris Herron, graduate assistant coach Dani McHenry, Tessa Jones, Stephanie Nitz

Roster Breakdowns

Alphabetical	Position	Height	Year	Hometown	Birthday	Major
Alfes 8	OH Alfes	6-2 Nitz	Sr. . Peterson	Axtell, Kan..... Alfes	02/24/88 ... Bechard	Accounting..... Miesner
Bechard ... 13 Bergmeier	6-1 Jones	Jr. . Cowhick	Lawrence, Kan..... Raynes	02/28/85 .. Peterson	Business Cox
Bergmeier .. 2 Miesner Wigger Cox Riley	03/11/87 Alfes	Education Cowhick
Cowhick 7 Riley	6-0 Bechard Jones	Lyndon, Kan..... Wigger	04/28/86 Cox Raynes
Cox 15 Saal Cox Miesner	Manhattan, Kan..... Peterson	04/29/87 Holub	Marketing..... Nitz
Hampson. 17 Shepard	5-11 ... Miesner Saal	Overland Park, Kan... Holub	05/01/88 ... Shepard	Mass Media..... Jones
Holub 5	MH ... Bechard Saal	So..... Holub	Richmond, Kan..... Cox	05/28/87 Raynes Shepard
Jones 11 Cox	5-10 Alfes Nitz	Rossville, Kan. Shepard	06/03/86 .. Cowhick	Physical Therapy... Bechard
Miesner 4 Nitz Riley Raynes	Salina, Kan..... Bechard	06/07/88. Hampson	Pre-Engineering.. Bergmeier
Nitz 12 Wigger Shepard Riley	Topeka, Kan..... Cowhick	06/11/87 Nitz	Pre-Law..... Cox
Peterson 9	RS..... Alfes	5-9 .. Bergmeier	RFr.... Alfes	Florissant, Mo..... Miesner	06/11/88 ... Wigger	Social Work..... Saal
Raynes 10 Jones Peterson	Fr. .. Bechard	Lee's Summit, Mo. Jones	07/17/87 Riley	Radiology Peterson
Riley 6 Peterson	5-8 Raynes Bergmeier	Moline, Ill..... Nitz	07/28/85 ... Miesner	Undecided Alfes
Saal 3	S Hampson	5-7 Cowhick Hampson	Fort Collins, Colo. . Hampson	08/13/85 Saal Hampson
Shepard 1 Raynes	5-7 .. Hampson Shepard	Indianola, Iowa Saal	10/25/87. Bergmeier Holub
Wigger 16	L/DS.. Cowhick	5-5 Holub Wigger	Omaha, Neb. Bergmeier	12/18/86 Jones Riley
 Holub				 Wigger

Looking for More, Lady Blues Return Two All-Americans for 2006 Season

Few teams can boast the returning talent that the Lady Blues will have this year when they take the court looking to defend their MIAA championship. Four returning starters earned

Juniors Monica Miesner and Tessa Jones return as the second and third AVCA All-Americans at Washburn.

postseason honors last year, including All-Americans Monica Miesner and Tessa Jones. They became the second and third AVCA All-Americans in Washburn history.

No other school in the nation will return more AVCA all-region players than WU, three, and WU is one of only seven teams in the country that will be returning two All-Americans.

Despite the athletic caliber of the players he has returning, head coach Chris Herron knows it will take a lot for his team to return to the level they reached last year.

"The dynamics of our team are very differ-

ent this year," he said. "While the talent level will be there again, the character of each player is somewhat different.

Last year we had great team chemistry and if all those things come back together then we will have another great season."

Last year the Lady Blues rolled through the regular season and won their second conference title in four years. They swept Emporia State in the first round of the MIAA tournament and then, with a 34-1 record, played the only team that had beaten them all season: Truman State.

The Bulldogs once again beat Washburn and then after the Lady Blues won their first round game in the NCAA South Central Region tournament, beat them again in the second round to end Washburn's season.

Will the Lady Blues be able to have

another stellar regular season and then make it deeper into the postseason than ever before?

"The talent level is there and, like I said, you have to have great team chemistry," said Herron. "Another thing you need to make it that far in the season is luck. That means keeping your players healthy all year."

Besides returning some of the top players in the MIAA and country, Herron feels his new class of recruits will add something right away.

"We have some young, talented kids coming in here and we recruited them for a reason. If they can adjust to the speed of the college game quickly then they will play immediately."

Returning All-Americans

Washburn	2
Concordia (Minn.)	2
Lock Haven	2
Tampa	2
Dowling	2
Florida Southern	2
Florida Gulf Coast	2

MIAA Divided into two Divisions

The conference will be divided into divisions this season. Central Missouri State, Missouri Western, Northwest Missouri State, Southwest Baptist and Truman will be in the East Division. The West includes Emporia State, Fort Hays State, Missouri Southern, Pittsburg State and Washburn.

The top four teams in each division will advance to the MIAA Postseason Tournament. First-round matches will be hosted by the top two seeds in each division on Oct. 31.

The last two rounds will be hosted by the highest remaining West Division seed starting Nov. 3, with the finals the next day.



Quick Starting Lady Blues Unbeatable

The Lady Blues have won their last 58 matches in which they have won the first game of the match. Last year Washburn was 30-0 in such matches and in 2004 the Lady Blues went 27-0. Last year they lost the first game of a match just eight times and came back to win five of those.

At Colorado School of Mines on September 2, the Lady Blues fell behind 2-0 but won the next three games to take the match. That was one of just four matches to go five games last year and Washburn was 3-1 in those matches.

The Lady Blues will look to continue their dominance from last year. They swept their opponent 22 times and were swept just once.

Lady Blues finish 2005 amongst the top of the MIAA and NCAA statistics, five players in top-2 of MIAA stats return

Category	Player	Stat	NCAA	MIAA
Att. Percentage	Mandi Cox	.373	15th	1st
	Tessa Jones	.285	--	7th
	Monica Miesner	.274	--	10th
	TEAM	.252	25th	1st
Kills Per Game	Monica Miesner	3.85	--	t-2nd
	Tessa Jones	3.58	--	8th
	TEAM	16.20	11th	2nd
Assists Per Game	Andi Moran	12.16	--	3rd
	TEAM	14.60	16th	3rd
Digs Per Game	Erica Cowhick	5.58	22nd	2nd
	Monica Miesner	4.07	--	9th
	TEAM	19.65	25th	2nd
Blocks Per Game	Tessa Jones	0.90	--	10th
	TEAM	2.60	29th	2nd
Aces Per Game	Andi Moran	0.44	--	2nd
	Monica Miesner	0.32	--	t-9th
	Tessa Jones	0.32	--	t-9th
	TEAM	1.80	--	2nd

Along with a large portion of their team returning for the 2006 season, the Lady Blues will return two players that fin-

Erica Cowhick was 22nd in the nation last year with 5.58 digs per game

ished first in the MIAA in two different statistical categories.

Mandi Cox led the MIAA with a .373 attack percentage. Cox's total was the 15th best in the nation while Erica Cowhick's 5.58 digs per game, which was 2nd best in the conference, was 22nd best in the nation.

Monica Miesner was second in the league in kills per game with 3.85 and her 4.07 digs per game was ninth best.

As a team, the Lady Blues were 11th in the nation in kills per game with 16.20 and 16th in assists with 14.60.

Washburn's .921 winning percentage not

That total was also the second highest in the MIAA

only set a school record, it was also the fourth highest in the nation last year.



2006 Lady Blues Volleyball

The Outside Hitters

Returning	Kills	K/G	Att. Pct.
Monica Miesner	505	3.85	.274
Bailey Saal	358	2.73	.170
Bobi Riley	41	0.64	.095
Total	904	6.80	.217
Lost	0	0.00	.000

Newcomers: Joanna Alferts (RS), Danielle Bergmeier, Ashley Shepard

Three players with experience return to the outside hitter position as the Lady Blues return All-American **Monica Miesner**, along with starter **Bailey Saal** and reserve **Bobi Riley**.

Miesner, named the team MVP after last year, led Washburn and was second in the MIAA with 3.85 kills per game and her .274 attack percentage was second on the team and 10th in the conference. Along with her



All-American Junior Monica Miesner

All-America award, she was named to the all-MIAA and all-region first teams. Saal racked up 2.73 kills per game while starting all but three matches. She was also third on the team with 415 digs and 3.17 per game. Riley played in all but three matches and averaged 0.64 kills per game.

Head coach Chris Herron will look to work red-shirt freshman **Joanna Alferts** and incoming freshmen **Danielle Bergmeier** and **Ashley Shepard** into the mix as outside hitters. Bergmeier was an all-conference selection at Millard North High School in Omaha, Neb., and she helped the Mustangs to a semifinal finish in state her senior year. Shepard was an all-state selection twice for the Rossville High School Bulldogs in Rossville, Kan. She set a single-season record with 387 kills and 4.70 per game her senior year. Alferts will hope her experience of watching the Lady Blues win the MIAA regular season championship and advance to the NCAA tournament will help her when she steps on to the court this fall.

The Middle Hitters

Returning	Blocks	B/G	Att. Pct.
Mandi Cox	111	0.89	.373
Stephanie Nitz	5	0.16	.114
Total	68.5	0.51	.360
Lost	91.5	0.69	.238

Newcomers: Shannon Bechard, Kelci Wigger

Mandi Cox and **Stephanie Nitz** will return to the middle hitter spot while freshmen **Shannon Bechard** and **Kelci Wigger** will look for time there as they start their careers.

Cox earned all-region honorable mention honors after averaging 2.56 kills per game and 0.89 blocks. Nitz, who played in 24 matches, averaged 0.34 kills and 0.22 digs per game.

Bechard earned all-state honors her junior year at Sacred Heart High School in Salina, Kan. Her senior year she helped the Knights to a second-place finish in the state and 36-2 record. Wigger was a member of the 2A state champions at Lyndon High School in Lyndon, Kan., last year. She was an all-state honorable mention pick her sophomore year for the Tigers.

The Rightside Hitters

Returning	K	K/G	Att. Pct.	Blk./G
Tessa Jones	458	3.58	.285	0.90
Valerie Peterson	9	0.08	-.051	0.00
Total	467	3.51	.274	0.86
Lost	22	0.17	.114	0.06

Newcomers: Joanna Alferts (RS)

The Lady Blues other returning All-American, **Tessa Jones**, will return to the rightside hitter position. She had a .285 attack percentage, seventh best in the conference and she averaged 3.58 kills per game to finish second on the team and eighth in the league. Jones was second on the team and 10th in the conference with 0.90 blocks per game.

Valerie Peterson, the only senior on the team, returns after playing in every match last year with nine starts.

Looking to get some playing time at rightside hitter will be Alferts. She earned all-state honors as a junior while playing at Lawrence High School in Lawrence, Kan.

The Setters

Returning	Assists	A/G
Carolyn Raynes	403	7.90
Total	403	7.90
Lost	1301	9.78

Newcomers: Kate Hampson

Sophomore **Carolyn Raynes** will look to start as the Lady Blues' setter after gaining valuable experience last year as a backup. She averaged 7.90 assists in 51 games and her 403 assists put her 17th all-time and 346 out of the top 10 at Washburn.

Herron also added freshman **Kate Hampson** to the roster. The Fort Collins, Colo., native will look to get on the court after earning first-team all-conference honors at Rocky Mountain High School last year.



All-American Junior Tessa Jones

The Liberos/Defensive Specialists

Returning	Digs	D/G
Erica Cowhick	720	5.58
Stephanie Holub	84	0.86
Total	804	6.05
Lost	0	0.00

Newcomers: None

Erica Cowhick, a first-team all-MIAA selection as a sophomore, will return for her third season as a Lady Blue. The libero/defensive specialist led the team with 720 digs and her 5.58 per game was second in the conference and 22nd in the nation. With 741 career digs, she can move into the top 10 all-time at Washburn with 464 digs and another season with 700 or more would put her near the top five.

Also returning as a libero/defensive specialist will be sophomore **Stephanie Holub**. She played in 98 games and averaged 0.86 digs per game. Holub will look to increase her playing time this year.

The Schedule

Washburn will travel to two tournaments early in the year and host an 11-team tournament of its own before getting deep into its MIAA schedule.

The Lady Blues will start the season at the Arkansas Tech Invitational August 25-26. They will then host Newman in their home opener August 30. Following that will be the Premier Invitational in Denver, Colo., September 1-2.

After traveling to Fort Hays State September 6 to mark the Tiger's first MIAA contest of any kind, Washburn will host the 11-team Lady Blues Classic September 8-9 that will feature some of the top teams in the country. The event will feature six teams that went to the NCAA tournament last year, including Elite Eight opponent Truman. Five of the teams finished ranked in the top-25 at the end of last year. On the second day of the event the Lady Blues will take on North Alabama, ranked ninth at the end of last year, and Nebraska-Omaha, ranked 23rd.

The Lady Blues will then play conference matches for the next month before traveling to the Henderson State Regional Crossover October 13-14.

The Lady Blues will try and win their first MIAA postseason tournament beginning October 31. The top seed in the region will then host the first rounds of the NCAA tournament starting November 9 and then West Florida will host the Elite Eight as part of the NCAA II Fall Sports Festival November 16-18.

Monica Miesner

Junior

Outside Hitter

Height: 5-11

Hometown: Florissant, Mo.

High School: Trinity Catholic

Birthdate: July 28, 1985

Major: Accounting

Parents: Paul and Sandra Miesner

Honors: 2005 2nd Team All-America • 2005 AVCA 1st Team All-Region • 2005 Daktronics 1st Team All-Region • 2005 1st Team All-MIAA • 2005 Team MVP

#4



At Washburn

Joined Tessa Jones as the second and third All-Americans at Washburn and the first named as high as second team...enters the year 405 kills out of the WU career top 10...needs 297 kills to become the 11th member of the Washburn 1,000 kill club.

As a Sophomore In 2005

Named a second-team All-American after starting 37 of 38 matches and leading the team with 505 kills and 3.85 per game...was also named a first-team all-region, first-team all-MIAA and first-team Daktronics all-region...finished second in

the MIAA in kills per game, sixth with 4.42 points per game and 10th with a .274 hitting percentage...had a team-high 25 double-doubles and had double-figure kills in 30 of her 38 matches...her 505 kills was the seventh highest total at WU and her 533 digs is the 10th highest total...she is 16th all-time in kills with 703 and needs 405 to enter the top 10.

As a Freshman In 2004

Finished fourth on the Lady Blues with 1.65 kills per game after recording 198 playing in 120 games...she started 18 of 36 matches...also finished sixth in digs after

recording 167 for a 1.39 digs per game average...also tallied 55 total blocks...had a career-high 13 kills against No. 22 Rockhurst on Oct. 7 in a five-game win for the Lady Blues.

Background

A 2003 graduate of Trinity Catholic High School...she earned first team all-conference, all-district and all-region honors her junior and senior seasons...named to the St. Louis all-metro second team and named the conference player of the year her senior season.



All About Monica

NicknameMonz

Favorites

Food Bananas

Song These Words, Love Shack

TV show Real World

Sports movie Love & Basketball

Pro team St. Louis Cardinals

"Other" sport Soccer

If I could live anywhere in the world

..... California

Most famous person I have met

..... Jackie Joyner-Kersey

Miesner's Career Highs

Kills 24 ---at Central Mo. --- 10/25/05

Attacks 69 ---at Central Mo. --- 10/25/05

Att. Pct. (10+ Att) -.650 ---vs Rockhurst --- 10/07/04

Aces 6 ---at Colo. Mines --- 09/02/05

Total Blocks 7 ---vs Southern Ark. --- 09/03/04

Solo Blocks 3 ---vs Southern Ark. --- 09/03/04

Assisted Blocks 4 2x

Assists 6 2x

Digs 28 ---at Central Mo. --- 10/25/05

Miesner's Outstanding Matches

Statistic **Fr.** **So.** **Total**

Double-Doubles 1 25 **26**

Double-figure Kills 4 30 **34**

Double-figure Digs 5 29 **34**

5-Plus Blocks 1 1 **2**

Miesner's Career Record Watch

Kills 703 ---16th--- 405 out of top 10

Digs 700 ---24th--- 505 out of top 10

Attack Attempts - 1904 ---15th--- 1527 out of top 10

Miesner's Career Statistics

Year	GP-IMP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2004	120-36	198	1.65	75	621	.198	44	0.37	5	0.04	3	167	1.39	13	11	44	55	0.46	14	7
2005	131-38	505	3.85	154	1283	.274	42	0.32	42	0.32	29	533	4.07	25	8	47	55	0.42	10	6
TOTAL	251-74	703	2.80	229	1904	.249	86	0.34	47	0.19	32	700	2.79	38	19	91	110	0.44	24	13

2006 Lady Blues Volleyball

Tessa Jones

Junior

Rightside Hitter

Height: 6-1

Hometown: Lee's Summit, Mo.

Previous School: Kansas

High School: Bishop O'Hara

Birthdate: December 18, 1986

Major: Mass Media

Parents: Larry and Teresa Jones

Honors: 2005 3rd Team All-America • 2005 AVCA 1st Team All-Region

• 2005 Daktronics 1st Team All-Region • 2005 1st Team All-MIAA

#11

At Washburn

Joined Monica Miesner as the second and third All-Americans at Washburn...another strong season will put her towards the top in career kills at Washburn.

As a Sophomore In 2005

Named a third-team All-American after recording 3.58 kills per game and 0.90 blocks per game and hitting .285...started in 33 matches and played in 128 games...also earned first-team all-region, first-team all-MIAA and first-team Daktronics all-region honors...had 13 double-doubles and 27 matches with double-figure kills...

was fourth in the MIAA with 4.43 points per game and her attack percentage was seventh highest...needs 542 kills to become the 11th member of the 1,000 kill club at Washburn...her 458 kills was the 10th highest single-season total at WU...her 26 kills against Central Missouri on 10/25/05 was a career high and the fourth highest for a Lady Blue since rally scoring started in 2001.

At Kansas

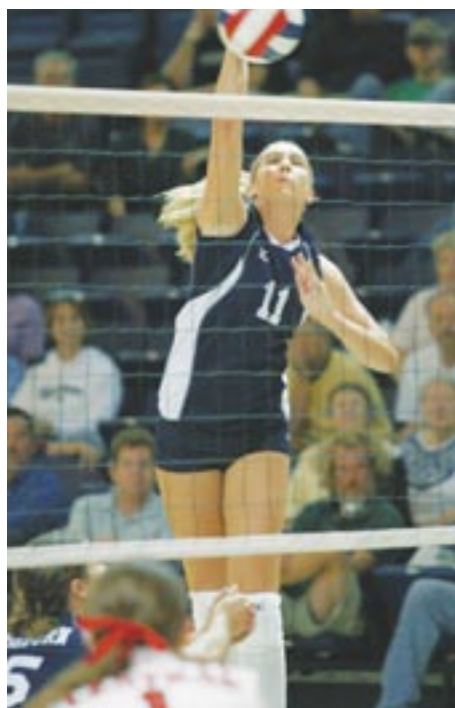
Played in 15 games and 10 matches for the Jayhawks...had seven kills, two digs and two blocks...Kansas finished 19-12.

Background

A 2003 graduate of Bishop O'Hara High School...named an All-American Fab 50 pick and a three-time all-state pick leading the Celtics to two state championships...an all-metro and first team all-tournament selection at the USVA national tournament...holds state record for kills...also named academic all-state...played club volleyball with the Kansas City Power.

Personal

Older brother Trent is the Lady Blues assistant volleyball coach.



All About Tessa

Nickname.....Tiny, T.J.

Role model.....Brother

Favorites

Food.....Mexican

Song.....Brown Eyed Girl

Book.....Night

Sports movie.....Rudy

Professional team.....Chiefs

Actor.....Brad Pitt

Most influential person in my life.....

.....My Parents

Biggest pet peeve.....No Drama

First purchase after winning the lottery.....

.....house on the beach

Like to be stranded on a desert island with.

.....Brad Pitt

Most famous person I have met.....

.....George Forman

Jones' Career Highs

Kills-----26----at Central Mo.---- 10/25/05

Attacks-----61----at Central Mo.---- 10/25/05

Att. Pct. (20+ Att)-.731--vs Mesa State ---- 09/03/05

Aces-----6----vs Henderson St. -- 08/26/05

Total Blocks-----11----Truman ----- 09/17/05

Solo Blocks-----4----Truman ----- 09/17/05

Assisted Blocks-----7----Truman ----- 09/17/05

Assists-----7----at Emporia State -- 10/01/05

Digs-----19----Truman ----- 11/12/05

Jones' Outstanding Matches

Statistic-----Fr.----So.----Total

Double-Doubles-----0-----13-----13

Double-Figure Kills-----0-----27-----27

Double-Figure Digs-----0-----13-----13

5-Plus Blocks-----0-----6-----6

Jones' WU Career Record Watch

Kills-----458----24th- 542 away from 1,000

Points-----567.0 --25th--- 827.0 out of top 10

Jones' Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2004 at Kansas	15-10	7	0.47	7	30	.000	1	0.07	0	0.00	2	2	0.13	0	0	2	2	0.13	1	0
2005	128-38	458	3.58	144	1101	.285	52	0.41	41	0.32	47	236	1.84	1	21	94	115	0.90	12	3
WU TOTAL	128-38	458	3.58	144	1101	.285	52	0.41	41	0.32	47	236	1.84	1	21	94	115	0.90	12	3
CAREER TOTAL	143-48	465	3.25	151	1131	.278	53	0.37	41	0.29	49	238	1.66	1	21	96	117	0.82	13	3

Tessa Jones/3rd Team All-America

THE PLAYERS

www.wusports.com

Mandi Cox

Junior

Outside Hitter

Height: 6-0

Hometown: Richmond, Kan.

High School: Central Heights

Birthdate: April 28, 1986

Major: Business/Pre-Law

Parents: Tom and Clara Cox

Honors: 2005 AVCA HM All-Region • 2005 HM All-MIAA

• 2005 MIAA Honor Roll

#15



Background

A three time all-area and all-league selection at Central Heights High School... earned Pomona all-tournament honors... also played basketball and earned all-area and all-league honors...placed third in the state in the high jump for Central Heights' track team.

At Washburn

Will return after a solid sophomore season in which she led the team in attack percentage and earned all-region honorable mention.

As a Sophomore In 2005

Earned a spot on the all-region and all-MIAA honorable mention teams...started 28 matches and played in 125 games...had 111 blocks, third most on the team, and averaged 0.89 per game, third highest... led the team with a .373 attack percentage and had 2.56 kills per game...had a career-high 19 kills against Rockhurst on

11/01/05 and reached double figures in kills 14 times...hit .615 against St. Mary 09/05/05 with nine kills in 13 attempts... led the team with five performances hitting .475 or better (min. 12 kills).

As a Freshman In 2004

Played in 51 games and 30 matches while starting four...finished sixth on the team with 1.10 kills per game...recorded a .277 hitting percentage with he 62 kills...also had 11 solo blocks and 20 assisted blocks averaging 0.61 per game...had a career-high 10 kills against No. 10 Central Missouri on Nov. 11.



All About Mandi

Favorites

FoodMexican
Song Hotel California
Book The Firm
TV show Friends
Sports movie Remember the Titans
Music group Eagles
Pro athlete Jackie Stiles
Actress Julia Roberts
Cartoon character Mickey Mouse

Most influential person in my life is
.....My Parents and Aunt Linda

"Other" sport Basketball

If I could live anywhere in the world
.....Tahiti

I came to Washburn because
.....Of the law school

Would play me in the movie of my life
.....Sandra Bullock

Advice to youngstersHave fun

If I owned one CDEagles Greatest Hits

Cox's Career Highs

Kills-----19----at Rockhurst ----- 11/01/05
Attacks -----31---at Truman ----- 10/15/05
Att. Pct. (10+ Att)-.615--St. Mary----- 09/05/05
Aces-----3-----3x
Total Blocks-----8----vs Mesa State ----- 09/03/05
Solo Blocks -----3----at Central Mo.----- 10/25/05
Assisted Blocks--7-----at Emporia State -- 10/01/05
Assists -----3-----Northwest Mo.---- 09/16/05
Digs-----4-----4x

Cox' Outstanding Matches

Statistic-----Fr.----So.----Total
Double-Figure Kills-----1-----14-----15
5-Plus Blocks-----3-----9-----12

Cox's Career Record Watch

Points-----494.0 --29th---900.0 out of top 10
Blocks-----142 ---27th-----217 out of top 10
Assisted Blocks--110 ----25th-----140 out of top 10

Cox's Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2004	51-30	62	1.22	18	159	.277	4	0.08	0	0.00	0	11	0.22	0	11	20	31	0.61	8	4
2005	125-38	320	2.56	71	667	.373	17	0.14	25	0.20	22	59	0.47	0	21	90	111	0.89	8	2
TOTAL	176-68	382	2.17	89	826	.355	21	0.12	25	0.14	22	70	0.40	0	32	110	142	0.81	16	6

2006 Lady Blues Volleyball

Erica Cowhick

Junior

Libero/Def. Specialist

Height: 5-7

Hometown: Topeka, Kan.

High School: Shawnee Heights

Birthdate: June 3, 1986

Major: Elementary Education

Parents: Kent and Missy Cowhick

Honors: 2005 Daktronics 1st Team All-Region • 2005 1st Team All-MIAA

#7

At Washburn

Will look to continue in her roll as the libero/defensive specialist after earning all-conference marks last year...a repeat performance of her 720 digs from last year will move her near the top five in the Washburn career record book.

As a Sophomore In 2005

Was named to the all-MIAA first team...played in all 38 matches and in 129 games...led the Lady Blues with 720 digs and 5.58 per game...those totals were the most ever in a season for a Lady Blue...that total also was second in the MIAA for

the season and 22nd in the nation...had five matches in which she had 30 or more digs...holds the Washburn rally scoring record for most digs in a match with 43 in a four-game contest against Central Missouri 09/27/05...also holds the records for most digs in three-game and five-game matches.

As a Freshman In 2004

Played in 40 games and 24 matches for the Lady Blues and recorded one kill and three service aces...had a career-high five digs against Albany State on Sept. 11.

Background

A Class 5A all-state selection at Shawnee Heights High School her last two seasons, helping the team to a runner-up finish in the state tournament in 2003...named KVA 5A player of the year as a senior...earned all-league and all-city honors as a junior and a senior...also was a pitcher and first base on the Shawnee Heights softball team, earning all-city and all-league honors in the spring of 2003.



All About Erica

Role model.....Parents

Favorites

FoodMexican

SongBack Where I Come From

BookA Child Called It

TV showOne Tree Hill & The O.C.

Sports movieLeague of Their Own

Music groupRascal Flatts

Professional teamNew York Yankees

Pro athleteDerek Jeter

ActorWill Ferrel

ActressJennifer Aniston

Most influential person in my life is.....

.....My parents

Biggest pet peeve.....People who are late

Person in history I would want to meet.....

.....George Washington

Famous person I have met.....Cal Ripken, Jr.

Most prized possession

.....Ring from grandmother

Cowhick's Career Highs

Kills ----- 1 ----- 6x

Attacks ----- 4 ----- SW Baptist ----- 10/21/05

Att. Pct. (5+ Att) ----- NA

Aces ----- 3 ----- vs Mesa State ----- 09/03/05

Total Blocks ----- NA

Solo Blocks ----- NA

Assisted Blocks ----- NA

Assists ----- 3 ----- 2x

Digs ----- 43 ----- Central Missouri -- 09/27/05

Cowhick's Outstanding Matches

Statistic ----- Fr. ----- So. ----- Total

Double-Figure Digs ----- 0 ----- 36 ----- 36

Cowhick's Career Record Watch

Digs ----- 741 ----- 23rd ----- 464 out of top 10

Cowhick's Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2004	40-24	1	0.03	0	2	.500	2	0.05	3	0.08	4	21	0.52	0	0	0	0	0.00	0	0
2005	129-38	5	0.04	3	25	.080	26	0.20	27	0.21	38	720	5.58	17	0	0	0	0.00	0	2
TOTAL	169-62	6	0.04	3	27	.111	28	0.17	30	0.18	42	741	4.38	17	0	0	0	0.00	0	2

Erica Cowhick/1st Team All-MIAA

THE PLAYERS

www.wusports.com

Valerie Peterson

Senior

Rightside Hitter

Height: 5-9

Hometown: Manhattan, Kan.

High School: Riley County

Birthdate: February 28, 1985

Major: Radiologic Technology

Parents: Dennis and Donise Peterson

Honors: 2005 MIAA Honor Roll

#9



At Washburn

Will be the only senior on the team...will look to continue getting playing time and improving on her numbers as she finishes her career.

As a Junior In 2005

Played in every match and started nine...appeared in 120 games...finished the year with 152 digs and 1.27 per game...had three matches where she had double-figure digs...had 17 service aces.

As a Sophomore In 2004

Played in 96 games and 35 matches recording 17 kills and 36 digs...recorded a career-high four aces against Ouachita Baptist on Sept. 10...was named to the MIAA commissioner's academic honor roll.

As a Freshman In 2003

Played in 47 games, tallying 41 kills and 56 digs in her first season as a Lady Blue...had a career-high eight kills in 11 attempts without an error to hit .727 against Emporia State Oct. 4...recorded a career-high 13 digs at Northwest Missouri State Oct. 17.

Background

Earned first team all-Mid East League honors all four years at Riley County High School and was named team MVP her junior and senior seasons...recorded 197 kills, 167 blocks and 361 digs as a senior...played in Northeast Kansas All-Star volleyball game and was co-Valedictorian and a Wendy's Heisman state volleyball finalist.



All About Valerie

Nickname..... Val

Role model..... Mother Teresa

Favorites

Food.....BBQ Ribs

Song..... I Can Only Imagine

Book..... The Notebook

TV show..... Full House

Sports movie..... Remember the Titans

Music group..... Sawyer Brown

Cartoon character..... Bugs Bunny

Professional team..... New York Jets

Pro athlete..... Jon McGraw

Actor..... Brad Pitt

Most influential person in my life is..... My parents

Biggest pet peeve..... People not picking up after themselves

Person in history I would want to meet..... Martin Luther

First purchase after winning the lottery..... Corvette

Peterson's Career Highs

Kills-----8-----vs Emporia State -- 10/04/03

Attacks-----21-----vs Mo. Southern--- 10/22/03

Att. Pct. (5+ Att)--.727--vs Emporia State -- 10/04/03

Aces-----4-----2x

Total Blocks-----3-----vs West Alabama -- 09/04/04

Solo Blocks-----NA

Assisted Blocks-----3-----vs West Alabama -- 09/04/04

Assists-----7-----vs Truman----- 10/18/03

Digs-----13-----vs Northwest Mo. - 10/17/03

Peterson's Outstanding Matches

Statistic-----Fr.-----So.-----Jr.-----Total

Double-Figure Digs-----1-----0-----3-----4

Peterson's Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2003	47-24	41	0.87	31	137	.073	20	0.43	2	0.04	5	56	1.19	1	0	10	10	0.21	2	2
2004	96-35	17	0.18	14	49	.061	6	0.06	23	0.24	19	36	0.38	2	0	6	6	0.06	0	0
2005	120-38	9	0.08	11	39	-.051	14	0.12	17	0.14	16	152	1.27	10	0	0	0	0.00	0	5
TOTAL	263-97	67	0.25	56	225	.049	40	0.15	42	0.16	40	244	0.93	13	0	16	16	0.06	2	7

2006 Lady Blues Volleyball

Bailey Saal



Junior

Outside Hitter

Height: 5-11

Hometown: Indianola, Iowa

Previous School: Des Moines Area CC

High School: Indianola

Birthdate: August 13, 1985

Major: Social Work

Parents: Kirk and Beth Meints

#3



At Washburn

Will look to improve after a stellar freshman season in which she had 198 kills and 0.46 blocks per game...also recorded 44 block assists in her initial Lady Blues season.

As a Sophomore In 2005

Started 35 of 38 matches and played in 131 games...was third on the team with 2.73 kills per game and 358 total kills...was third on the team with 415 digs and 3.17 per game...had 13 double-doubles

and reached double figures in kills 19 times and in digs 24 times...had a career-high 18 kills 10/07/05 against Alabama-Huntsville and a career-high 20 digs against Truman 09/17/05.

At Des Moines Area CC

Saal was a first team all-conference selection and was a member of the regional all-tournament team after leading DMACC with 3.4 kills per game in 2004...also averaged 3.34 digs and 0.99 blocks per game.

Background

A 2003 graduate of Indianola High School, where she was a three time all-conference selection named conference player of the year her junior and senior seasons and a two-time all-state selection.



All About Bailey

Nickname..... B, Bails

Role Model..... Mom

Favorites

Song Fancy

Book The Notebook

TV show Desperate Housewives

Sports movie Coach Carter

Music group Kenny Chesney

Professional team St. Louis Cardinals

Pro athlete Kyle Korver

Actress Dakota Fanning

Most influential person in my life is.. Mother

Biggest pet peeve.....

..... When people wear black and brown

Saal's WU Career Highs

Kills 18 ---- vs Ala.-Huntsville - 10/07/05

Attacks 53 ---- at Central Mo. ---- 10/25/05

Att. Pct. (20+ Att) - .409 ----- 2x

Aces 3 ----- 2x

Total Blocks 5 ---- at Emporia State -- 10/01/05

Solo Blocks 2 ---- Truman ----- 09/17/05

Assisted Blocks 4 ---- at Emporia State -- 10/01/05

Assists 4 ----- 2x

Digs 20 ---- Truman ----- 09/17/05

Saal's Outstanding Matches

Statistic **So.** ---- **Total**

Double-Doubles 13 ---- **13**

Double-Figure Kills 19 ---- **19**

Double-Figure Digs 24 ---- **24**

5-Plus Blocks 1 ---- **1**

Saal's Career Record Watch

Points 403.5 -- 34th --- 990.5 out of top 10

Saal's Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2005	131-38	358	2.73	163	1144	.170	39	0.30	22	0.17	26	415	3.17	37	7	33	40	0.31	3	3
TOTAL	131-38	358	2.73	163	1144	.170	39	0.30	22	0.17	26	415	3.17	37	7	33	40	0.31	3	3

Junior Bailey Saal

THE PLAYERS

www.wusports.com

Stephanie Holub

Sophomore
Libero/Def. Specialist
Height: 5-5
Hometown: Overland Park, Kan.
High School: Blue Valley West
Birthdate: April 29, 1987
Major: Undecided
Parents: Scott and Cheryl Holub

#5



At Washburn

Will continue to look for time on the court after gaining strong experience as a reserve on the Lady Blues' backline last year.

As a Freshman In 2005

Played in every match with three starts and played in 98 games...finished the year with 84 digs and 0.86 per game...had a career high 20 digs at Colorado Mines 09/02/05...had a career-high two service aces against Missouri Western 10/12/05.

Background

A member of the Jaguars' 6A sub state champion teams in 2002 and 2003, leading the Eastern Kansas League in digs with 292 to earn league defensive specialist of the year honors...also tallied 45 aces as a junior and earned all-Sun County and honorable mention 6A all-state honors.

Personal

Her brother Chris is a junior on the Manhattan College lacrosse team.

All About Stephanie

Nickname.....Ted, Bee
Role model.....Lance Armstrong
Favorites
Food.....Cereal
Song.....Stairway to Heaven
Book.....Lords of Discipline
TV show.....Family Guy
Sports movie.....Rudy
Music group.....Outkast
Cartoon character.....Baby Stewie
Professional team.....Misty May / Keri Walsh
Pro athlete.....Lance Armstrong
Actor.....Vince Vaughn
Most influential person in my life is.... Father
Biggest pet peeve.....
 People driving slow in the fast lane

Holub's Career Highs

Kills.....NA
Attacks.....2.....2x
Att. Pct. (5+ Att).....NA
Aces.....2----Missouri Western - 10/12/05
Total Blocks.....1----vs Harding ----- 11/17/05
Solo Blocks.....NA
Assisted Blocks.....1----vs Harding ----- 11/17/05
Assists.....2.....3x
Digs.....20----at Colo. Mines ---- 09/02/05

Holub's Outstanding Matches

Statistic.....Fr. ----Total
Double-Figure Digs.....1----- 1



Holub's Career Statistics

Year	GP-IMP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2005	98-38	0	0.00	3	8	-.375	9	0.09	6	0.06	5	84	0.86	8	0	1	1	0.01	0	1
TOTAL	98-38	0	0.00	3	8	-.375	9	0.09	6	0.06	5	84	0.86	8	0	1	1	0.01	0	1

2006 Lady Blues Volleyball

Stephanie Nitz

**Sophomore
Middle Hitter**

Height: 6-2

Hometown: Moline, Ill.

High School: Moline

Birthdate: June 11, 1987

Major: Marketing

Parents: Allen and Kathryn Nitz

#12

At Washburn

Will look to improve after a stellar freshman season in which she had 198 kills and 0.46 blocks per game...also recorded 44 block assists in her initial Lady Blues season.

As a Freshman In 2005

Played in 24 matches and 32 games... finished the year with 11 kills, seven digs and five blocks...had one of her best games against Benedictine on 10/27/05 when she had career-highs of four kills, four digs, eight attacks and a .250 attack percentage.

Background

Nitz was named Quad Cities player of the year for Moline High School with a school-record 277 kills, 68 blocks, 157 digs and 47 service aces...a two-time first team all-conference and all-region selection, leading Moline to three conference titles and two regional titles in her three seasons...Moline won 95 matches during the last three seasons and advanced to the Class AA elite eight her senior season.

Personal

Her sister Melinda played volleyball at Blackhawk College.

All About Stephanie

Nickname Nitz
Role model Grandma Brown
Favorites
 Food Noodles
 Song Turn it up
 Book The Second Assistant
 TV show Eliminate
 Sports movie Remember the Titans
 Music group Big & Rich
 Professional team Anaheim Angels
 Actress Julia Roberts
Most influential person in my life is
 Sister Melinda
Biggest pet peeve ... People who chomp their food



Nitz' Career Highs

Kills -----4 -----Benedictine ----- 10/27/05
Attacks -----8 -----Benedictine ----- 10/27/05
Att. Pct. (5+ Att) --.250--Benedictine ----- 10/27/05
Aces -----1 -----2x
Total Blocks -----2 -----Truman ----- 09/17/05
Solo Blocks -----NA
Assisted Blocks --2 -----Truman ----- 09/17/05
Assists -----1 -----Baker ----- 08/30/05
Digs -----4 -----Benedictine ----- 10/27/05



Nitz' Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2005	32-24	11	0.34	7	35	.114	1	0.03	2	0.06	0	7	0.22	0	0	5	5	0.16	0	1
TOTAL	32-24	11	0.34	7	35	.114	1	0.03	2	0.06	0	7	0.22	0	0	5	5	0.16	0	1

Sophomore Stephanie Nitz

THE PLAYERS

www.wusports.com

27

Carolyn Raynes



Sophomore
Setter
Height: 5-8
Hometown: Lawrence, Kan.
High School: Lawrence
Birthdate: May 28, 1987
Major: History
Parents: Mel and Dorothy Raynes

#10



At Washburn

Will begin the year looking for a starting role as the Lady Blues' setter...tallied 403 assists appearing in less than half of WU's games and moved into 17th all-time at Washburn...can move into the top 10 with a repeat performance.

As a Freshman In 2005

Played in 23 matches with nine starts and appeared in 51 game...was second on the team with 403 assists and 7.90 per game... had a career-high 60 assists against Central Arkansas 10/08/05...that total was the second highest in rally scoring history at

WU in a four-game match...had career highs of eight kills, 22 attacks and 14 digs 10/01/05 against Emporia State...reached the 30-assists mark six times.

Background

Raynes was a two-time All-Sunflower League selection as a setter for the Lions and helped them to a second place finish in Class 6A in 2004...also was a member of Lawrence's track and basketball teams... a member of the National Honor Society... named second team all-Sunflower League as sophomore and junior and first team as a senior.

All About Carolyn

Nickname CiCi, Sweet Caroline
Favorites
Food Mexican
Song Bullhead City
TV Show Laguana Beach, Hogan Knows Best
Sports Movie Friday Night Lights
Music Group Umphry's McGee
Cartoon Character..... Goofy
Actor Will Ferrel
Biggest pet peevewhen people don't pull through into an open parking space
Person in history I would want to meet..... Jimi Hendrix



Raynes' Career Highs

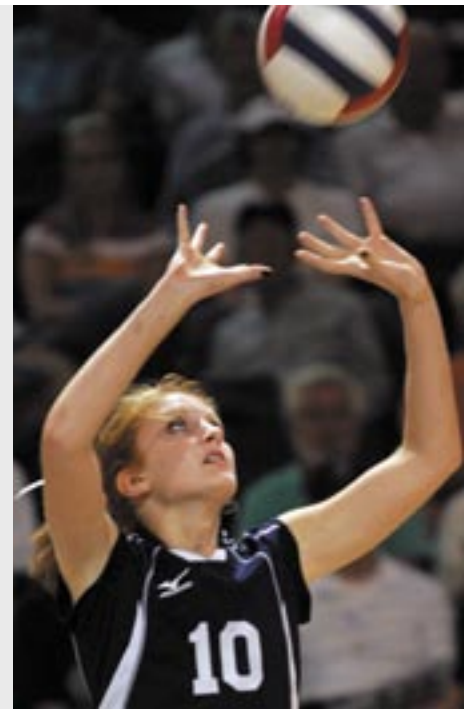
Kills ----- 8 ----at Emporia State -- 10/01/05
Attacks ----- 22 ----at Emporia State -- 10/01/05
Att. Pct. (10+ Att)- .500 --vs Christian Brothers- 10/08/05
Aces ----- 1 ----- 3x
Total Blocks ----- 5 ----vs West Georgia --- 10/07/05
Solo Blocks ----- 3 ----vs West Georgia --- 10/07/05
Assisted Blocks ----- 2 ----- 5x
Assists ----- 60 ----vs Central Ark. ---- 10/08/05
Digs ----- 14 ----at Emporia State -- 10/01/05

Raynes' Outstanding Matches

Statistic	Fr.	Total
Double-Doubles	2	2
Double-Figure Digs	2	2
30-Plus Assists	6	6
5-Plus Blocks	1	1

Raynes' Career Record Watch

Assists ----- 403 ----17th-----346 out of top 10



Raynes' Career Statistics

Year	GP-IMP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2005	51-23	41	0.80	16	103	.243	403	7.90	3	0.06	7	55	1.08	0	5	11	16	0.31	5	22
TOTAL	51-23	41	0.80	16	103	.243	403	7.90	3	0.06	7	55	1.08	0	5	11	16	0.31	5	22

2006 Lady Blues Volleyball

Bobi Riley

**Sophomore
Outside Hitter**

Height: 5-10

Hometown: Lawrence, Kan.

High School: Lawrence

Birthdate: July 17, 1987

Major: Undecided

Parents: Mike and Kayla Riley

#6

At Washburn

Will look to improve after a stellar freshman season in which she had 198 kills and 0.46 blocks per game...also recorded 44 block assists in her initial Lady Blues season.

As a Freshman In 2005

Appeared in all but three matches and in 64 games...had 41 kills and averaged 0.64 per game...finished with 32 digs and eight blocks...had career highs of four kills, 18 attacks and three blocks in the NCAA tournament match against Harding 11/17/05.

Background

Led Lawrence High School to a second-place finish in the Kansas 6A state tournament with a team-high 257 kills...named first team all-Sunflower League, first team Class 6A and second team all-metro by the Kansas City Star...named to the Class 6A state tournament team.

Personal

Her grandfather Ed Carter played football at Pittsburg State from 1959-62 and was a member of the 1961 national championship team.

All About Bobi

Nickname.....Bambi

Role model.....Jessica Simpson

Favorites

Food.....Pasta

Song.....This Love

Book.....The Great Gatsby

TV show.....Newlyweds

Sports movie.....Rudy

Music group.....Rascal Flatts

Professional team.....Misty May and Kerri Walsh

Pro athlete.....Kerri Walsh

Actress.....Jennifer Aniston

Most influential person in my life.....My Mother

Biggest pet peeve.....People who lie

Riley's Career Highs

Kills-----4-----vs Harding-----11/17/05

Attacks-----18-----vs Harding-----11/17/05

Att. Pct. (5+ Att)--.500--SW Baptist-----10/21/05

Aces-----2-----2x

Total Blocks-----3-----vs Harding-----11/17/05

Solo Blocks-----1-----at Mo. Southern---10/19/05

Assisted Blocks--3-----vs Harding-----11/17/05

Assists-----1-----4x

Digs-----4-----2x



Riley's Career Statistics

Year	GP-MP	K	KPG	E	TA	Pct	A	APG	SA	SAPG	SE	DIGS	DPG	RE	BS	BA	Total	BPG	BE	BHE
2005	64-35	41	0.64	26	158	.095	4	0.06	8	0.12	10	32	0.50	0	1	7	8	0.12	1	1
TOTAL	64-35	41	0.64	26	158	.095	4	0.06	8	0.12	10	32	0.50	0	1	7	8	0.12	1	1

Joanna Alferts



Redshirt Freshman
Outside/Rightside Hitter
Height: 5-10
Hometown: Axtell, Kan.
High School: Axtell
Birthdate: March 11, 1987
Major: Physical Education
Parents: Bernie and Julia Alferts

#8



At Washburn

Did not play last year and was a redshirt.

Background

A first team all-league selection three seasons and an honorable mention all-state selection at Axtell High School...earned Class 1A all-state honors as a junior...named Class 1A player of the year as a senior...played in the Kansas Volleyball Association All-Star match.

Personal

Mother played volleyball, track and basketball at Pittsburg State...father played football at Bethany.

All About Joanna

Nickname Jo
Role model My Family
Favorites
Food Chinese
Book John Grisham
TV show The Real World
Sports movie Coach Carter
Cartoon character Belle
Professional team Misty May & Kerri Walsh
Pro athlete Kerri Walsh
Actress Julia Stiles
Most influential person in my life is .. Granny
Person in history I would want to meet
 Princess Diana
"Other" sport softball



Shannon Bechard



Freshman
Middle Hitter
Height: 6-0
Hometown: Salina, Kan.
High School: Sacred Heart
Birthdate: February 24, 1988
Major: Physical Therapy
Parents: Susan and Harold Bechard

#13



Background

A three-time all-league and all-county selection for the Sacred Heart High School Knights, earning all-state honors as a junior in Class 2A...graduated in 2006...led her team to a Class 2A state title in 2004 with a 37-1 record and was named to the all-tournament team...helped the Knights to a second-place finish at the Class 3A state tournament with a 36-2 record her senior year and was named to the all-tournament team...led the Knights in kills, blocks, aces and hitting percentage her last two seasons and set school records with 104 blocks as a junior and 100 aces as a senior...Sacred Heart went 99-9 in the last three seasons with Bechard as a starter...started her last two seasons for the basketball and softball teams at Sacred Heart.

All About Shannon

Nickname Shan
Role model My family and God
Favorites
Food Chips and Salsa
Book Da Vince Code
Sports movie Rudy
Cartoon character Ducky (Land Before Time)
Professional team Saint Louis Cardinals
Pro athlete Albert Pujols
Actress Kate Hudson
Most influential person in my life is My parents
If I could live anywhere in the world Australia
Most prized possession State championship rings
"Other" sport Basketball and softball

Danielle Bergmeier



Freshman

Outside Hitter

Height: 5-9

Hometown: Omaha, Neb.

High School: Millard North

Birthdate: October 25, 1987

Major: Pre-Engineering

Parents: Barb and Jon Bergmeier

#2



Background

A two-time all-state selection at Millard North High School under coach Dave Cork...graduated in 2006...helped her team to a state semi-final finish her senior year...named to the all-conference team twice...earned academic all-state honors twice...finished in the top 10 in the state in digs and service aces her senior year...2005 National Invitational (Junior Olympics) all-tournament team.

Personal

Her father played basketball at Nebraska-Kearney and her mother ran track and cross country at UNK.

All About Danielle

Nickname..... D
Role model..... Parents
Favorites
 Food Italian
 Music Group Goo Goo Dolls
 Sports movie..... Remember the Titans
 Cartoon character Spongebob
 Actress Sandra Bullock
If I could live anywhere in the world Arizona
Reason I came to Washburn Volleyball
"Other" sport basketball

Kate Hampson



Freshman

Setter

Height: 5-7

Hometown: Fort Collins, Colo.

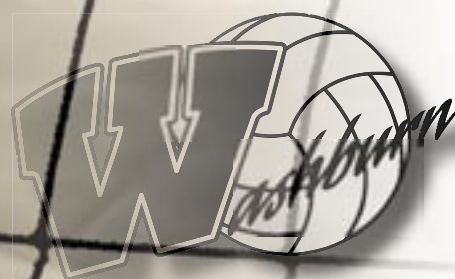
High School: Rocky Mountain

Birthdate: 06/07/88

Major: Undecided

Parents: Allan Hampson

#17



Background

A 2006 graduate of Rocky Mountain High School...lettered in volleyball four years for the Lobos under head coach Krista Schwartz...was an all-state team member and was on the all-state All-Star team...earned named to the all-conference first team her final two years and earned honorable mention her sophomore year...team MVP and two-time team captain...helped her team to the state tournament three times...also lettered in volleyball twice as the goalkeeper...named to the academic all-state team and honor roll three times.

All About Kate

Nickname..... Lil' Kate
Role model..... My friends
Favorites
 Food Tomato soup and grilled cheese
 Book To Kill a Mockingbird
 Sports movie..... Remember the Titans
 Musical group..... Rascal Flatts, Switchfoot, Relient K
 TV show..... Friends, Boy Meets World, The Amazing Race
 Professional team..... Colorado Avalanche, Colorado Rockies
 Pro athlete Todd Helton
 Actress Julia Roberts
Most influential person in my life is..... My mother
Person in history I would want to meet..... Roger Marris
"Other" sport Soccer, softball
If I could live anywhere in the world South Africa

Ashley Shepard



Freshman

Outside Hitter

Height: 5-10

Hometown: Rossville, Kan.

High School: Rossville

Birthdate: May 1, 1988

Major: Mass Media

Parents: Todd and Beth Shepard

#1



Background

A four-year starter and a 2006 graduate at Rossville High School for the Bulldogs, earning all-league honors her first three seasons, KVA all-state honors two seasons and was named to the Class 3A state tournament team her senior year...Rossville HS finished 37-3 and placed third at the state tournament in 2005...Shepard set school single-season records with kills (387), kills per game (4.7) and aces (61) as a senior...was co-captain of her team her senior year...her team also finished third in state her junior year...Shepard was also a starter for the basketball and softball teams her last three seasons at Rossville.

Personal

Her twin sister, Arica Shepard, will play volleyball at Emporia State.

All About Ashley

Nickname Ash

Role model My mom

Favorites

Food Chinese

Book A Brave New World

Sports movie A League of their Own

TV show Medium

Professional team Kansas City Chiefs

Actress Julia Robert

Actor Matt Damon

Most Prized Possession My stuffed panda, Pandy,

..... from when I was a kid

"Other" sport Softball

Kelci Wigger



Freshman

Middle Hitter

Height: 6-1

Hometown: Lyndon, Kan.

High School: Lyndon

Birthdate: June 11, 1988

Major: Undecided

Parents: Sandy and Larry Wigger

#16



Background

A 2006 graduate of Lyndon High School...Wigger led Lyndon to a 34-4 record and Class 2A state title over Moundridge in 2005...named to the Class 2A state all-tournament team and finished the season with 365 kills...a four-year starter at Lyndon and led the squad to its first-ever state tournament in 2003 and 26-8 record as a sophomore by earning all-state honorable mention honors...a first team all-area and all-county pick as a junior in 2004, leading the Tigers to a 29-3 record.

All About Kelci

Nickname Wig

Role model My mom

Favorites

Food Salad

Book The Great Gatsby

TV show Friends

Sports movie Remember the Titans

Music group Jessica Simpson

Professional team Cleveland Cavaliers

Pro athlete Kerri Walsh

Actress Julia Roberts

If I could live anywhere in the world Colorado

Biggest pet peeve Slow drivers

"Other" sport Basketball