SSU Sports Information Weekly Release - November 9, 2009

2009 Schedule and Results
(22-6, 14-6 CCAA)

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time/Score</th>
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<tr>
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<td>NOTRE DAME de NAMUR</td>
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<td>WESTERN OREGON</td>
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<td>CENTRAL WASHINGTON</td>
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<td>9/3</td>
<td>vs BYU-Hawaii</td>
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<td>9/3</td>
<td>vs Seattle Pacific</td>
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<td>vs Evergreen State</td>
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<td>vs #21 Western Washington</td>
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<td>CSU DOMINGUEZ HILLS</td>
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<td>CAL STATE L.A.*</td>
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<td>9/16</td>
<td>HUMBOLDT STATE*</td>
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<tr>
<td>9/18</td>
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<td>at Cal Poly Pomona*</td>
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<td>CAL POLY POMONA*</td>
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<td>11/6</td>
<td>at #25 Chico State*</td>
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<td>11/7</td>
<td>at Cal State Stanislaus*</td>
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<tr>
<td>11/13</td>
<td>at #4 UC San Diego*</td>
<td>7:00 pm</td>
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<tr>
<td>11/14</td>
<td>at Cal State East Bay*</td>
<td>7:00 pm</td>
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</table>

* CCAA game; home games in CAPS.

2009 Sonoma State Volleyball
*CCAA game; home games in CAPS.

11/14 at Cal State East Bay 7:00 pm
11/6 at #25 Chico State* W, 3-0
10/31 CAL POLY POMONA* W, 3-0
10/24 SAN FRANCISCO STATE* W, 3-0
10/21 at Humboldt State* W, 3-1
10/17 at CSU Dominguez Hills* W, 3-0
10/15 at Cal State Stanislaus* W, 3-0
9/29 CENTRAL WASHINGTON W, 3-0
9/3 vs BYU-Hawaii W, 3-0
9/3 vs Seattle Pacific W, 3-0
9/4 vs Evergreen State W, 3-0
9/4 vs #21 Western Washington W, 3-1
9/10 CSU DOMINGUEZ HILLS* W, 3-0
9/12 CAL STATE L.A.* W, 3-2
9/16 HUMBOLDT STATE* W, 3-0
9/18 at San Francisco State* L, 2-3
9/19 at CSU Monterey Bay* W, 3-1
9/25 at Cal Poly Pomona* W, 3-1
9/26 at #2 CSU San Bernardino* L, 1-3
10/2 CAL STATE STANISLAUS* W, 3-0
10/3 CHICO STATE* L, 2-3
10/9 CAL STATE EAST BAY* W, 3-0
10/10 #3 UC SAN DIEGO* L, 2-3
10/16 at Cal State L.A.* L, 0-3
10/17 at CSU Dominguez Hills* W, 3-0
10/21 at Humboldt State* W, 3-1
10/23 CSU MONTEREY BAY* W, 3-0
10/24 SAN FRANCISCO STATE* W, 3-0
10/30 #3 CSU SAN BERNARDINO* L, 0-3
10/31 CAL POLY POMONA* W, 3-2
11/6 at #25 Chico State* W, 3-0
11/7 at Cal State Stanislaus* W, 3-0
11/13 at #4 UC San Diego* 7:00 pm
11/14 at Cal State East Bay* 7:00 pm

* CCAA record; ^Overall record

#18 Seawolves Wrap Up The Regular Season On The Road:

at #4 UC San Diego TRITONS (26-2, 18-2 CCAA)
Seawolves at Tritons, Friday, 7:00 pm, RIMAC Arena, La Jolla, Calif.

After the Tritons, then ranked second in the AVCa poll, was upset by San Francisco State 3-1 on Friday, UC San Diego bounced back with a sweep over Cal State Monterey Bay on Saturday. Ranked second in last week's NCAA Division II West Region poll, the Tritons fell to fourth in the national poll, released Monday. The team is second in the conference in hitting percentage (.262), opponent hitting percentage (.147), assists per set (12.90) and kills per set (13.91) behind first place Cal State San Bernardino. Setter Elaine Chen leads the CCAA in assists per set (11.21) and Roxanne Brunsting sits atop the service ace list with 0.54 aces/set. Outside hitter Sylvia Schmidt is a two-time CCAA Volleyball Player of the Week this season, leading the Tritons with 408 kills. The last time the Seawolves and Tritons met, UC San Diego squeezed out a five-set victory at Rohrert Park after being down 2-0 in the match.

Seawolves at Pioneers, Saturday, 7:00 pm, Pioneer Gymnasium, Hayward, Calif.
Being down 2-1 against San Francisco State on Saturday, the Pioneers came storming back to defeat the Gators in five sets, including a 16-14 win in the deciding fifth frame. The win snapped a five-match losing streak for Cal State East Bay. Sukhjit Athwal leads the Pioneers with 254 kills and Roxanne Neely has recorded 45 service aces. Lauren Massa is one of the CCAA's top defenders, sitting at second with 4.42 digs per set. The last time the Seawolves and Pioneers met, Sonoma State swept Cal State East Bay at Rohnert Park and SSU now holds a 15-3 all-time record against CSUEB (formerly known as Cal State East Bay).

Seawolves Sweep #25 Wildcats, Warriors
Behind the 16 kills and .419 hitting percentage by sophomore Keala Peterson on Friday, the Seawolves avenged an earlier-season loss to Chico State by sweeping the Wildcats in three-straight sets at Art Acker Gymnasium in front of a crowd of 804. A night later at Cal State Stanislaus, the Seawolves fought off a pesky Warrior team in the first set but cruised through the second and third frames to claim Sonoma State's third sweep in as many matches. Freshman Ally Sather had 16 kills and a .441 hitting percentage as Peterson added her 12th double-double of the season with 11 kills and 14 digs. Four other Seawolves recorded double-digit digs, including sophomore Taylor Krenwinkel, who had a team-high 15.

She's Diggin' It
With 485 digs this season, sophomore Taylor Krenwinkel broke Sonoma State's all-time record for most digs by a sophomore in a season. Former Seawolf Taylor Manton held the former record of 479 that was set in 2005. She also eclipsed the 1,000 dig mark in her career. Currently, she is fifth on the all-time digs list with 1,008. Krenwinkel has been the top defender in the California Collegiate Athletic Association all season long, ranking at the top of the digs per set list since the beginning of the season (4.75 digs/set).

Peterson Breaks Sophomore Record
Sophomore Keala Peterson also set a sophomore class record on Saturday -- most kills by a sophomore in a season. With 353 kills this season, she topped the former record of 346 held by Christine Shiba (2001). Another side note, the 25 kills by Peterson on 10/9 against Cal State East Bay set a new school record for most kills in a three-set match. She topped former Sonoma State volleyball player Christina Difani's 12-year-old record of 24, set back on 10/25/1997. Peterson also tied the record for most kills in a four-set match (24) on 10/21 at Humboldt State. Peterson is also a big contributor on defense, as she leads the team with 12 double-doubles (at least 10 kills and 10 digs in a match) this season.

Passin’ Them Out Left And Right
Senior Lindsay Brown is on the verge of creating another career milestone. She needs just 10 more assists for 1,000 this season. Should she get 10 assists on Friday at UC San Diego, it will be the fourth time in Sonoma State history that a player has passed out 1,000 or more assists in a single-season. She went over 1,000 assists in a season already once in her career (1,140 in 2007) which set the single-season record for assists.
The One, Two Punch
The success of freshman Ally Sather and sophomore Keala Peterson has helped Sonoma State become a mainstay in the national rankings this season. The two have combined for 762 kills -- 56 percent of the team's production in that department. Sather and Peterson will continue to re-write the freshman and sophomore kill record book each week with each additional kill this season. With Peterson's 4.20 kills per set and Sather's 4.09, the two rank third and fifth, respectively, in the CCAA.

Seawolves Against Nationally Ranked Opponents
Sonoma State hasn't had much success against nationally ranked opponents in their history. Since volleyball records began to be kept in 1991, the Seawolves (known as the Cossacks up until the 2002 season) are 21-116 against teams ranked in the Top 25 of the American Volleyball Coaches Association (AVCA) poll. However, in the past two seasons, the Seawolves are 8-12 against ranked opponents. Going into Friday's match with fourth-ranked UC San Diego, Sonoma State has never beaten a Top Five team in its history (0-29).

National Spotlight on Sonoma State
The release of the American Volleyball Coaches Association (AVCA) poll on Monday has tabbed Sonoma State as the No. 18th ranked division II team in the nation, holding steady at 18th despite three straight sweeps. In week three, the No. 13 ranking put the Seawolves higher in the national rankings than any other Sonoma State volleyball team has been in the program's history. Back in 1993, Sonoma State got as high as 19th in the country. To see what the Seawolves have done in the AVCA poll this season, a complete list is included on page three of this release.

Sather Continues to “Kill” Freshman Record
With a team-leading 409 kills so far, true freshman Ally Sather continues to set the new freshman kills record. She topped the former freshman kills record of 304 set by current Sonoma State junior Marianne Fox. It's the fourth time in school history that a player has racked up 400 or more kills in a season. Making her case to be named the California Collegiate Athletic Association Freshman of the Year this season, Ally has blasted 15 or more kills in 16 matches this season, including a career-high 25 kills on 9/18 at San Francisco State and 23 kills a night later in a four-set victory over Cal State Monterey Bay on 9/19.
Among the CCAA’s Best
With the early season success on the hardwood, the Seawolves have also risen to (or near) the top of the conference stat sheet in nearly every statistical category. Sonoma State leads the CCAA in digs per set with 17.55/set while hitting percentage (.261) and opponent hitting percentage (.166) are good for third and fourth, respectively. Sophomore Keala Peterson (4.20 kills/set) and freshman Ally Sather (4.09 kills/set) are third and fifth, respectively, and senior Rikki Buckshnis is the fourth most efficient hitter in the conference, posting a .326 clip with 161 kills in 389 attacks with only 34 errors. Sophomore libero Taylor Krenwinkel leads the CCAA in digs per set with 4.75 and senior Lindsay Brown is third in the conference in service aces per set (0.43).

First Set Success
The Seawolves have had great success in the first set of matches this season. In 28 matches, Sonoma State is 22-6 in the first set and have held opponents to single digits on four occasions.

Home Sweet Home
The Seawolves enjoyed the friendly confines of The Wolves’ Den this season, going 12-3 on their home floor. During the last two seasons, Sonoma State owns a 25-4 record at home.

Assists...and now Service Aces
Senior setter Lindsay Brown continues to rewrite the Sonoma State volleyball record book as she set another all-time mark. She had two service aces against then-second-ranked Cal State San Bernardino on 9/26, eclipsing the career service aces mark set my former Seawolf Taylor Manton in 2007. Brown now has 143 aces in her four-year career, topping Manton’s mark of 130. Brown also handed out her 3,000th career assist at Cal State Monterey Bay on 9/19. She now has 3,501 for her career, doing so in 380 sets played (9.21 assists/set). With the 990 assists so far this season, Brown has created a near impossible feat to top the mark she is on pace to set. She already holds the record for most assists in a season (1,140 in 2007).

Brown Named CCAA Player of the Week
Senior setter Lindsay Brown was named as the California Collegiate Athletic Association Volleyball Player of the Week for Sept. 7-13. She tallied 13 kills in 25 attacks with just one error (.480), while recording 71 assists and 14 digs against Cal State Dominguez Hills and Cal State L.A. The school’s all-time leader in assists, Brown is currently ranked fifth in the conference with 10.42 assists per set. She has also posted 93 kills, a .343 hitting percentage, 41 service aces and 45 blocks.
NCAA National Rankings

1. Concordia-St. Paul
2. Cal State San Bernardino
3. Nebraska-Kearney
4. UC San Diego
5. Central Missouri
6. West Texas A&M
7. Tampa
8. Washburn

# Player from University

1. Western Washington
2. Northwest Nazarene
3. Seattle Pacific
4. Cal State L.A.
5. Alaska Anchorage
6. Hawai'i-Hilo
7. SONOMA STATE
8. UC San Diego

CCAA Player of the Week

- Roxanne Brunsting (UCSD)
- Jane Chafeh (CSUSB)
- Sylvia Schmidt (UCSD)
- Beth Perkins (SFSU)
- Elaine Chen (UCSD)
- Jane Chafeh (CSUSB)
- Sylvia Schmidt (UCSD)
- Beth Perkins (SFSU)

CCAA College Volleyball

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<td>NOTRE DAME de NAMUR</td>
<td>W</td>
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<td>WESTERN OREGON</td>
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<td>DOMINICAN</td>
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<td>CENTRAL WASHINGTON</td>
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Statistics

- Set 1: 11/14 at Cal State East Bay - 7:00 p.m.
- Set 2: 11/14 at UC San Diego - 7:00 p.m.
SSU Sports Information Weekly Release - November 9, 2009

2009 Sonoma State Volleyball

Contact: Tyler Lobe (707) 664-2478

Quick Kicks

Sunday 0-0
Monday 0-0
Tuesday 0-0
Wednesday 2-0
Thursday 3-0
Friday 9-3
Saturday 8-3
August 4-0
September 9-2
October 7-4
November 2-0
Home 12-3
Road 6-3
Neutral 4-0

Record in Set 1 22-6
Record in Set 2 20-8
Record in Set 3 19-9
Record in Set 4 9-3
Record in Set 5 3-3

All-Time Records vs. 2009 Opponents

BYU-Hawaii 2-0
Central Washington 5-1
Western Oregon 7-1
Dominican 1-0
Seattle Pacific 3-4
Evergreen State 1-0
Western Washington 8-3
Notre Dame de Namur 2-0
Cal State Stanislaus 32-8
San Francisco State 28-3
Cal State Monterey Bay 9-3
Humboldt State 20-6
Cal State L.A. 6-27
UC San Diego 5-19
Cal State Dominguez Hills 25-5
Cal State East Bay 15-3
Cal State San Bernardino 5-26
Cal Poly Pomona 13-20
Chico State 24-16

Individual Match Highs

Kills
Keala Peterson Cal State East Bay 10/9 25
Ally Sather San Francisco State 9/18 25
Keala Peterson Humboldt State 10/21 24

Hitting Pct. (20 att)
Ally Sather Western Oregon 8/28 .517
Keala Peterson Cal State East Bay 10/9 .500
Sarah Illingworth Humboldt State 9/16 .450

Assists
Lindsay Brown Dominican 8/29 54
Lindsay Brown Western Washington 9/4 54
Lindsay Brown Cal Poly Pomona 10/31 52

Digs
Taylor Krenwinkel Chico State 10/3 29
Taylor Krenwinkel CSU Monterey Bay 9/19 28
Taylor Krenwinkel Western Oregon 8/28 27

Blocks
Sarah Illingworth Evergreen State 9/4 8
Rikki Buckshnis Western Washington 9/4 7
Sarah Illingworth CSU San Bernardino 10/30 6

Aces
Marianne Fox Dominican 8/29 6
Lindsay Brown Humboldt State 9/16 5
Keala Peterson San Francisco State 10/24 5

CCAA Leaderboard THROUGH SUNDAY

Hitting Pct (min 3.0 att/set)
Megan Johnson, CSUSB .410
Julia Freidenberg, UCSD .397
Samantha Middleborn, CSUSB .362
Rikki Buckshnis, SSU .326
Mary Laupepa, CSULA .309

Kills (per set)
Makenzie Snyder, CSUC .474
Jane Chafeh, CSUSB .469
Keala Peterson, SSU .420
Sylvia Schmidt, UCSD .416
Allyson Sather, SSU .409

Assists (per set)
Elaine Chen, UCSD 11.21
Sara Hoffman, CSUSB 11.19
Iris Toleneda, SFSU 10.63
Sable Villaescusa, CSUC 10.48
Lindsay Brown, SSU 10.42

Service Aces (per set)
Roxanne Brunsting, UCSD .54
Jessica Leek, CSUC .44
Lindsay Brown, SSU .43
Mary Laupepa, CSULA .41
Elaine Chen, UCSD .40

Blocks (per set)
Samantha Middleborn, CSUSB 1.00
Allison Drobish, HSU .91
Lindsay Poulos, CPP .91
Marquis Mora, CSULA .90
Brianna Bryant, CSUEB .90

Assists (per set)
Keala Peterson (25), vs Cal State East Bay, 10/9
Hitting Pct: Ali Walker (.556 - 18 att.), vs Humboldt State, 9/16
Assists: Lindsay Brown (40), twice
Digs: Taylor Krenwinkel (18), vs BYU-Hawaii, 9/3
Blocks: Sarah Illingworth (8), vs Evergreen State, 9/4
Aces: Keala Peterson (5), vs San Francisco State, 10/24

3-Game Match Highs

Kills: Keala Peterson (25), vs Cal State East Bay, 10/9
Hitting Pct: Ali Walker (.556 - 18 att.), vs Humboldt State, 9/16
Assists: Lindsay Brown (40), twice
Digs: Taylor Krenwinkel (18), vs BYU-Hawaii, 9/3
Blocks: Sarah Illingworth (8), vs Evergreen State, 9/4
Aces: Keala Peterson (5), vs San Francisco State, 10/24

4-Game Match Highs

Kills: Keala Peterson (24), vs Humboldt State, 10/21
Hitting Pct: Ally Sather (.517), vs Western Oregon, 8/28
Assists: Lindsay Brown (54), vs Western Washington, 9/4
Digs: Taylor Krenwinkel (28), vs CSU Monterey Bay, 9/19
Blocks: Rikki Buckshnis (7), vs Western Washington, 9/4
Aces: Taylor Krenwinkel (4), vs Humboldt State, 10/21

5-Game Match Highs

Kills: Ally Sather (25), vs San Francisco State, 9/18
Hitting Pct: Rikki Buckshnis (.722 - 18 att.), vs Dominican, 8/29
Assists: Lindsay Brown (54), vs Dominican, 8/29
Digs: Taylor Krenwinkel (29), vs Chico State, 10/3
Blocks: (5) Two times
Aces: Marianne Fox (6), vs Dominican, 8/29

Important Numbers

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