

VANGUARD UNIVERSITY OF SOUTHERN CALIFORNIA



VOLLEYBALL - 2011 Preseason Prospectus

VUSC Volleyball on line at www.vanguardlions.com/sport/0/15.php

GENERAL

NAME OF SCHOOL **Vanguard University**
 LOCATION **Costa Mesa, CA**
 FOUNDED **1920** **ENROLLMENT 1400**
 GYMNASIUM **The Pit** **CAPACITY 1200**
 NICKNAME **Lions**
 SCHOOL COLORS **Navy Blue and Gold**
 AFFILIATION **NAIA**
 CONFERENCE **Golden State Athletic Conference**
 PRESIDENT **Dr. Carol Taylor, PhD**
 ALMA MATER, YR **Florida State University**
 ATH. DIRECTOR **Bob Wilson, MA, (17th Year)**
 ALMA MATER, YR **Wyoming University '69**
 ATH. DEPT. PHONE **(714)556-3610 Ext. 2305**
 ASSOCIATE AD **Beth Renkoski, NSU '87, (9th Year)**
 ASSOCIATE AD **Nolan Steputis, VUSC '06, (5th Year)**

SPORTS INFORMATION

SPORTS INFO. DIR. **Beth Renkoski, (17th year)**
 SID OFFICE PHONE **(714)556-3610 Ext. 2303**
 SID OFFICE FAX **(714)668-6144**
 SPORTS HOTLINE **(714)619-6600**
 RADIO PHONE LINE **(714)556-3610, ext. 2398 or 2399**
 MAILING ADDRESS **55 Fair Drive, Costa Mesa, CA 92626**
 VU ATHLETIC WEBSITE **www.vanguardlions.com**
 VU LIVESTATS LINK **www.vanguardlions.com/f/Broadcasts.php**

TICKETING INFORMATION

ADMISSION: Adults - \$6, 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 matches
 and only NAIA passes for all sports in regular and postseason play.**

ATHLETIC TRAINING

HEAD ATH. TRAINER **Darin Voigt, MS, ATC (7th year)**
 ALMA MATER/YR **CPP '94**
 OFFICE PHONE **(714)556-3610 Ext. 2390**
 ATEP DIRECTOR **Dr. Terry Zeigler, Ed.D, ATC (27th year)**
 ALMA MATER/YR **VUSC '83**
 OFFICE PHONE **(714)556-3610 Ext. 2828**
 ASST. ATH. TRAINER **Alise Juanes, MA, ATC (6th year)**
 ALMA MATER/YR **VUSC '04**
 OFFICE PHONE **(714)556-3610 Ext. 2392**
 ATHLETIC TRAINING **Rey Flores**
 INTERNS: **Katy Carter, Annie Nalepa**
 OFFICE PHONE **(714)556-3610 Ext. 2391**
AT ROOM HOURS OF OPERATION: 12pm - 6pm, Mon-Fri
The Athletic Training Room will open 2 hours prior to any home event and will be staffed by at least one certified athletic trainer.
 ATR FAX NUMBER **(714)662-5259**

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.vanguardlions.com**

COACHING STAFF

HEAD COACH **Eryn Leja (1st Year)**
 ALMA MATER, YR **Chapman Univ. 2010**
 VU RECORD (YRS), CAREER (YRS) **0-0 (0), 0-0 (0)**
 E-MAIL ADDRESS **eryn.leja@vanguard.edu**
 VOLLEYBALL OFFICE PHONE **(714)556-3610, ext. 2370**
 BEST TIME TO REACH COACH **8 AM - NOON**
 ASST. COACHES (ALMA MATER/YR) **Scott Panaro (UCI '04), 1st Year**

TEAM INFORMATION

OVERALL RECORD LAST YEAR **14-15**
 CONF. RECORD/FINISH **6-14/8th**
 NATIONAL RANKING LAST YEAR **Received Votes**
 STARTERS RETURNING/LOST **6/Libero**
 LETTERWINNERS RETURN/LOST **10/2**

HISTORY

OVERALL ALL-TIME RECORD **319-399 (since 1986)**
 NAIA TOURN. APPEARANCES **2008 (T-9th), 2009 (T-13th)**
 LAST POST-SEASON OPPONENT **#2CBU, 12/03/09**
 RESULT **L 0-3, NAIA Final Site Pool Play (3rd day)**

MEDIA INFORMATION

LA TIMES - OC EDITION **(714)966-5904 PHONE**
spcolleges@latimes.com **(714)966-5663 FAX**
 Peter Yoon (213)237-6469 **peter.yoon@latimes.com**
LA TIMES-MAIN EDITION **(800)528-4637 ext.77145 PHONE**
sports@latimes.com **(213)237-7876 FAX**
ASSOCIATED PRESS-LA **(213)626-1200 PHONE**
(213)346-0200 FAX
ORANGE COUNTY DAILY PILOT **(714)966-4616 PHONE**
 SPORTS CONTACTS: **(714)966-4668 FAX**
 Steve Virgen **steve.virgen@latimes.com**
 Barry Faulkner **barry.faulkner@latimes.com**
 Dave Thorpe **dave.thorpe@latimes.com**
ORANGE COUNTY REGISTER **(714)796-7804 PHONE**
 David Bean (714)796-7806 **(714)796-6765 FAX**
dbean@ocregister.com **preps@ocregister.com**
current@ocregister.com **sports@ocregister.com**
KOCE - TV **(714)842-5790 FAX**
 Rick Mielke - Anchor/Reporter **rmielke@koce.org (714)861-4357**
 Jack Gallagher - Assignment Desk **(714)861-4356**
COSTA MESA BREEZE **(714)445-6682 PHONE**
(714)445-6602 FAX
TIME WARNER CABLE **(714)549-5820 PHONE**
bob.gibson@twcable.com **(714)641-2890 FAX**
NAIA - Sports Information **(816)595-8000 PHONE**
 Chad Waller (816)595-8119 **(816)595-8200 FAX**
cwaller@naia.org **naia.cstv.com/**
COLLEGE FANZ **idannelly@collegefanz.com**
 CONTACT: Jason Dannelly **(308)383-1431 PHONE**
GSAC SPORTS INFO. DIRECTOR **(909)392-9225 PHONE**
 CONTACT: Sheri Pine **spine@gsacsports.org**
GSAC WEBSITE **www.gsacsports.org**

VANGUARD UNIVERSITY OF SOUTHERN CALIFORNIA

VOLLEYBALL - 2011

TEAM INFORMATION

Preseason Prospectus



STARTERS RETURNING

* = All-GSAC, ^ = All-American, % = Scholar-Athlete

2011 SCHEDULE

Name	POS	HT	YR	MP/MS	Kills/Digs/Blocks/Assists	P/Set	Comments	Bold Denotes GSAC Contests			
Jamie Heenan	OH	5-9	Sr.	25/24	3.45/2.2/22/14		Kills Leader for VU	8/13	Alumni Match	H	12:00 PM
Lisa Morgan	OH	5-10	Sr.	29/29	2.83/3.35/28/31		2nd in Kills %	8/18-19	Cougar Classic	APU	TBA
Alexandra Leja	S	5-8	Sr.	29/29	.50/1.91/17/8.66		VU's primary setter %	8/26-27	Holiday Inn Summer Slam	BU	TBA
KaUwila Lavea	OH	6-1	Sr.	28/27	2.73/.84/42/16		3rd in Kills, 4th in blocks	9/2-3	CUI Crowne-Plaza Tourn.	H	TBA
Caitlin Segert	MB	6-0	Sr.	18/18	1.35/.32/.87/.01		Led VU in Blocks per set	9/9-10	Seaside Invitational Tourn.	PLNU	TBA
Candace Cedarstrom	MB	6-1	Jr.	29/28	1.36/.76/.76/.01		Led VU in total Blocks	9/13	Concordia (CA)	H	7:00 PM

OTHER RETURNERS

Kristen Markowitz	RS	5-10	Sr.	29/10	.91/.23/.58/.26		part-time starter
Kelsey Smith	S/L	5-7	Sr.	29/7	.12/1.45/.03/1.64		Secondary Setter
Asia Hogland	L	5-6	Fr.	15/0	0/.76/0/0		Defensive Specialist
Sydney Prochnow	MB	5-11	So.	15/1	.24/.04/.12/.31/		2011 Redshirt

STARTERS LOST

NAME	POS	HT	YR	MP/MS	Kills/Digs/Blocks/Assists	P/Set	Comments
Ariel Strickler	L	5-6	Jr.	29/29	.08/4.65/0/.11		VU leader in digs

LETTERWINNERS LOST

NAME	POS	HT	YR	MP/MS	Kills/Digs/Blocks/Assists	P/Set	Comments
Chelsea McCrea	L	5-6	Jr.	19/1	.02/.21/0/0		Graduated

KEY NEWCOMERS

NAME	POS	HT	YR	MP/MS	Kills/Digs/Blocks/Assists	P/Set	Comments
Carly Maxwell	S		Fr.				Centennial High School 3xAll-League, Co-MVP-SWYL
Stevie Hurlbirt	OH/RS		Jr.				Centenary College Junior Transfer
Ashli Bellinger	OH		Fr.				Hamilton High School 1st-Team All-Reg/State - AZ
Kendall Haldi	MB		Fr.				Fallbrook High School 2xAll-League, Captain
J.D. Neves	RS/S		Fr.				Mission Viejo HS Coach's Award, Spirit Award
Kelly Heenan	L		So.				UC Santa Barbara Newport Harbor HS

ALPHABETICAL PRESEASON ROSTER

NAME	POS	HT	YR	HOMETOWN/LAST SCHOOL
Ashli Bellinger	OH	5-10	Fr.	Chandler, AZ/Hamilton High School
Morgan Burt	RS	5-9	Fr.	Bakersfield, CA/Liberty High School
Candace Cedarstrom	MB	6-1	Jr.	Ladera Ranch, CA/Tesoro High School
Kendall Haldi	MB	6-2	Fr.	Fallbrook, CA/Fallbrook Union High School
Jamie Heenan	OH	5-10	Sr.	Costa Mesa, CA/Newport Harbor High School
Kelly Heenan	L/DS	5-8	So.	Costa Mesa, CA/UC Santa Barbara
Asia Hogland	L/DS	5-6	So.	Phoenix, AZ/Sunnyslope High School
Stevie Hurlbirt	RS/OH	5-11	Jr.	Centennial, CO/Centenary College
Grace Konstanzer	OH	5-10	So.	Irvine, CA/United States Air Force Academy
Zoe Kurupas	L/DS	5-9	Fr.	Palm Desert, CA/Xavier Preparatory High School
KaUwila Lavea	OH/MB	6-1	Sr.	Waikoloa, HI/Academy of Art
Alexandra Leja	S	5-8	Sr.	Thermal, CA/Academy of Art
Kristen Markowitz	RS	5-11	Sr.	San Diego, CA/Lee University
Carly Maxwell	S	5-9	Fr.	Bakersfield, CA/Centennial High School
Lisa Morgan	L	5-10	Sr.	Indian Wells, CA/San Francisco State University
Jessica Neves	RS/S	6-1	Fr.	Mission Viejo, CA/Mission Viejo High School
Caitlin Segert	MB	6-0	Sr.	Corona, CA/Irvine Valley College
Kelsey Smith	S/L	5-7	Sr.	Temecula, CA/NW Nazarene

10/1	Hope International	H	7:00 PM
10/4	Azusa Pacific	A	7:00 PM
10/8	Fresno Pacific	A	3:00 PM
10/11	The Master's	H	7:00 PM
10/15	Biola	H	7:00 PM
10/18	San Diego Christian	A	7:00 PM
10/22	Westmont	H	7:00 PM
10/25	Point Loma Nazarene	H	7:00 PM
10/29	Hope International	A	7:00 PM
11/1	Azusa Pacific	H	7:00 PM
11/5	Fresno Pacific	H	3:00 PM
11/8	The Master's	A	7:00 PM
11/12	Concordia (CA)	A	7:00 PM
11/19	NAIA Nationals Opening Rounds		TBA
11/29-12/3	NAIA National Tournament	Sioux City, IA,	TBA

There will be no GSAC postseason Tournament.

All home matches played on campus at The Pit

2010 GSAC Final Standings

NAIA Rank	School	GSAC	Overall
3+^	Fresno Pacific	19-1	35-2
6	California Baptist	16-4	33-6
7	Biola	16-4	28-10
8	Azusa Pacific	14-6	29-8
11	Concordia (CA)	13-7	24-10
17	Point Loma Nazarene	11-9	22-13
RV	Westmont	8-12	14-15
	Vanguard	6-14	14-15
	Hope International	3-17	6-19
	San Diego Christian	2-18	9-20
	The Master's	2-18	7-22

+ denotes GSAC Champ, ^ denotes NAIA Champ

NAIA National Tournament Participant - 2008 (T-9th Place) and 2009 (T-13th Place)

2011 Volleyball Season Outlook

The 2011 season will begin a new era for the VU Volleyball program as former head coach Marissa Booker resigned at the end of the spring semester. The Lions ended 2010 with an overall record of 14-15 and a conference mark of 6-14, completing Booker's tenure at VU with an overall record of 49-42. A former All-GSAC setter and VU alum, Booker left the team in the capable hands of assistant coach Eryn Leja. Leja, who joined Cothran's coaching staff in 2010, will make her head coaching debut this fall with a roster that includes all but two players from last year and a large recruiting class. Seven of the 10 returners have starting experience with the Lions, including the only 4-year Lion on the team, Newport Harbor product Jamie Heenan. A 6-rotation player, Heenan will lead a core of 7 seniors from the outside hitting position and as one of VU's top defensive players and receivers. The other 6 seniors, including setter Alex Leja, have transferred to VU from another school and transitioned into a productive role in the VU system. Coach Leja's challenge will be to merge a large veteran group with a sizable sum of talented newcomers into one cooperative and competitive Lion Team. Six freshmen and three DI transfers join the program, presumably giving Leja a lot of teaching to do for a first-year coach. However, with nearly half the team graduating after this season, Leja will soon have a team full of her own recruits and a quick transition in terms of the program. Alex Leja, VU's primary setter in 2010, and Lisa Morgan, a 3rd-year Lion, will join Heenan in providing solid leadership in all areas of the game. Morgan, expected to switch roles and serve as VU's libero, will pass on her attacking and blocking duties to seniors Kristen Markowitz and Caitlin Segert, and junior Candace Cedarstrom. Heenan and senior KaUwila Lavea, VU's main returning offensive weapons, will be joined around the attacking line by freshmen Ashli Bellinger and Morgan Burt, and NCAA DI transfers Grace Konstanzer (US Air Force Academy), and junior Stevie Hurlbirt (Centenary Col), giving A. Leja and fellow setters Kelsey Smith and freshman Carly Maxwell a pool of powerful arms to select from when running the offense. Segert and Cedarstrom welcome freshmen Kendall Haldi and JD Neves for a big Lion block, while sophomore Asia Hogland, UC Santa Barbara transfer Kelly Heenan, and freshman Zoe Kurupas combine for a determined defensive unit on the floor. Coach Leja is optimistic about her first year at the helm of the Lions. "By combining such a seasoned and mature senior class with a new wave of young and talented freshmen, plus a solid group of athletes to fill that gap, we are expecting this next season to be the best VU has seen in a while."

GOLIONS ! ! ! !

Vanguard University Volleyball 2010
Vanguard Combined Team Statistics (June 1, 2011)
All matches

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL MATCHES.....	(14-15)	(6-8)	(4-7)	(4-0)
CONFERENCE.....	(6-14)	(3-7)	(3-7)	(0-0)
NON-CONFERENCE.....	(8-1)	(3-1)	(1-0)	(4-0)

##	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	BHE										
10	HEENAN, Jamie	94	324	3.45	95	892	.257	13	0.14	30	38	0.32	24	207	2.20	3	18	21	0.22	1	1											
2	LAVEA, KaUwila	106	289	2.73	93	797	.246	17	0.16	4	15	0.04	12	89	0.84	7	38	45	0.42	6	2											
13	CEDARSTROM, Candace	108	147	1.36	65	358	.229	6	0.06	5	11	0.05	2	16	0.15	12	70	82	0.76	14	0											
8	SEGERT, Caitlin	68	92	1.35	41	224	.228	1	0.01	0	1	0.00	0	22	0.32	4	55	59	0.87	7	1											
9	LEJA, Alexandra	109	54	0.50	20	167	.204	944	8.66	20	28	0.18	2	208	1.91	3	15	18	0.17	6	15											
4	PROCHNOW, Sydney	25	6	0.24	2	20	.200	0	0.00	1	0	0.04	0	1	0.04	1	2	3	0.12	2	0											
3	MORGAN, Lisa	109	309	2.83	148	891	.181	34	0.31	45	39	0.41	36	365	3.35	0	31	31	0.28	13	0											
7	MARKOWITZ, Kristen	97	88	0.91	42	316	.146	25	0.26	0	0	0.00	3	22	0.23	6	50	56	0.58	6	1											
15	SMITH, Kelsey	98	12	0.12	7	62	.081	161	1.64	10	20	0.10	1	142	1.45	1	2	3	0.03	1	0											
1	STRICKLER, Ariel	109	9	0.08	8	47	.021	15	0.14	37	54	0.34	53	507	4.65	0	0	0	0.00	0	0											
14	HOGLAND, Asia	38	0	0.00	0	2	.000	4	0.11	3	9	0.08	2	29	0.76	0	0	0	0.00	0	1											
11	MCCREA, Chelsea	52	1	0.02	2	3	-.333	0	0.00	7	21	0.13	0	11	0.21	0	0	0	0.00	0	0											
TEAM																																
VANGUARD.....													109	1331	12.21	523	3779	.214	1220	11.19	162	236	1.49	149	1619	14.85	37	281	177.5	1.63	56	21
Opponents.....													109	1354	12.42	594	3776	.201	1269	11.64	149	230	1.37	162	1663	15.26	53	264	185.0	1.70	44	26

TEAM STATISTICS	VUSC	OPP	DATE	OPPONENT	W/L	SCORE	SCORE-BY-GAME	ATTEND
ATTACK.....			* 09/01/10	at Hope International	W	3-2	25-16,21-25,21-25,29-27,15-11	173
Kills.....	1331	1354	09/03/10	MONTANA TECH	W	3-0	25-19,25-18,25-20	44
Errors.....	523	594	09/03/10	#25 CARROLL (MT)	L	2-3	25-23,22-25,25-20,23-25,13-15	89
Total Attacks....	3779	3776	09/04/10	CSU DOMINGUEZ HILLS	W	3-0	25-18,25-19,25-18	73
Attack Pct.....	.214	.201	09/04/10	GREAT FALLS (MT)	W	3-2	17-25,21-25,26-24,25-21,15-9	78
Kills/Game.....	12.2	12.4	* 09/07/10	#2 CONCORDIA (CA)	L	2-3	24-26,25-21,20-25,25-22,12-15	199
SET.....			09/10/10	vs Menlo	W	3-0	25-14,25-16,25-22	25
Assists.....	1220	1269	09/10/10	vs Dominican	W	3-0	25-19,25-19,25-22	34
Assists/Game.....	11.2	11.6	09/11/10	vs Southwestern (AZ)	W	3-1	24-26,25-23,25-23,25-21	10
SERVE.....			09/11/10	at William Jessup	W	3-0	25-20,25-21,25-18	20
Aces.....	162	149	09/11/10	vs Bethany	W	3-1	25-21,25-16,20-25,25-16	17
Errors.....	236	230	* 09/14/10	THE MASTER'S	W	3-0	25-14,25-13,25-17	197
Attempts.....	2389	2333	* 09/18/10	at #1 Fresno Pacific	L	0-3	12-25,14-25,14-25	225
Serve Pct.....	.901	.901	* 09/21/10	at #2 California Baptist	L	0-3	29-31,21-25,15-25	220
Aces/Game.....	1.5	1.4	* 09/25/10	#7 AZUSA PACIFIC	L	2-3	21-25,25-20,24-26,25-23,14-16	183
SERVE RECEPTIONS....			* 09/30/10	at #3 Biola	L	1-3	25-15,16-25,10-25,19-25	428
Errors.....	149	162	* 10/02/10	at Westmont	L	1-3	15-25,19-25,25-22,29-31	148
Errors/Game.....	1.4	1.5	* 10/05/10	#14 POINT LOMA	L	2-3	25-18,26-24,23-25,22-25,13-15	185
Attempts.....	2098	2148	* 10/09/10	SAN DIEGO CHRISTIAN	W	3-0	25-13,25-17,25-15	78
Reception Pct....	.929	.925	* 10/12/10	at #10 Concordia (CA)	L	1-3	24-26,25-16,15-25,23-25	157
DEFENSE.....			* 10/16/10	HOPE INTERNATIONAL	W	3-0	25-21,25-22,25-23	93
Digs.....	1619	1663	* 10/19/10	at The Master's	W	3-0	25-20,25-19,25-20	-
Digs/Game.....	14.9	15.3	* 10/23/10	#1 FRESNO PACIFIC	L	0-3	14-25,15-25,21-25	48
BLOCKING.....			* 10/26/10	#6 CALIFORNIA BAPTIST	L	1-3	18-25,25-21,22-25,15-25	110
Block Solo.....	37	53	* 10/30/10	at #8 Azusa Pacific	L	0-3	11-25,11-25,16-25	216
Block Assist.....	281	264	* 11/02/10	WESTMONT	L	2-3	23-25,22-25,25-22,25-20,9-15	151
Total Blocks.....	177.5	185.0	* 11/04/10	#7 BIOLA	L	2-3	22-25,25-23,25-21,22-25,12-15	102
Blocks Per Game...	1.6	1.7	* 11/09/10	at #19 Point Loma	L	0-3	21-25,24-26,23-25	135
Block Errors.....	56	44	* 11/13/10	at San Diego Christian	W	3-0	25-11,25-21,25-14	140
Ball handling errors	21	26						
ATTENDANCE.....								
Total.....	1630	1862						
Dates/Avg Per Date	14/116	11/169						
Neutral site #/Avg	4/22							
Current win streak	1	-						
Home win streak...	0	-						