# 2012-2013









	Fri	8/17	MVP Scrimmage		1:30 Ppm
	Sat	8/18	Madonna University Scrimmage	Livonia, MI	TBD
	F/S	8/24-25	Lansing CC Invitational	Lansing, MI	
	Fri	8/24	Oakland CC	Aim High	3:30 pm
	Fri	8/24	Owens CC	6	5:30 pm
	Sat	8/25	Columbus State		9:30 am
	Sat	8/25	Macomb CC		11:30 am
	Tues	8/28	Oakland CC Quad	Auburn Hills, MI	
	Tues	8/28	Owens CC		4:30 pm
	Tues	8/28	Columbus State		6:00 pm
	F/S	8/31-9/1	Owens CC Invitational	Toledo, OH	
	Fri	8/31	Vincennes University		I:45 pm
	Fri	8/31	Kishwaukee College		5:15 pm
	Sat	9/1	Edison CC		9:00 am
	Sat	9/1	Monroe CC		2:15 am
	Sat	9/1	McHenry CC		4:00 pm
	Tues	9/11	ANCILLA COLLEGE	Donaldson, IN	6:30 pm
	Thur	9/13	KALAMAZOO VALLEY CC	Kalamazoo, MI	6:30 pm
	F/S	9/14-15	Kankakee CC Tournament	Kankakee, IL	TBD
	Fri	9/14	Kankakee CC		
	Fri	9/14	Kankakee CC		
	Sat	9/15	Kankakee CC		
	Sat	9/15	Kankakee CC		
	Tues	9/18	LAKE MICHIGAN COLLEGE	Home	5:00 pm
	Thur	9/20	LANSING CC	Lansing, MI	6:30 pm
	Fri	9/21	GRAND RAPIDS CC	Home	5:00 <sup>'</sup> pm
	Tues	9/25	KELLOGG CC	Home	5:00 pm
l.	Thur	9/27	JACKSON CC	Jackson, MI	6:30 pm
ł	S/S	9/29-30	Grand Rapids CC Invitational	Grand Rapids, MI	TBD
	Sat	9/29	Grand Rapids CC	•	
	Sat	9/29	Grand Rapids CC		
	Sun	9/30	Grand Rapids CC		
	Sun	9/30	Grand Rapids CC		
	Tues	10/2	GRAND RAPIDS CC	Grand Rapids, MI	6:30 pm
	Thur	10/4	ANCILLA COLLEGE	Home	5:00 pm
	Tues	10/9	KALAMAZOO VALLEY CC	Home	5:00 pm
	Thur	10/11	LAKE MICHIGAN COLLEGE	Benton Harbor, MI	6:30 pm
	Tue	10/16	LANSING CC	Home	5:00 pm
	Thur	10/18	KELLOGG CC	Battle Creek, MI	6:30 pm
	F/S	10/19-20	Kishwaukee College Tournament	Malta, IL	TBD
	Fri	10/19	Kishwaukee College		
	Fri	10/19	Kishwaukee College		
	Fri	10/19	Kishwaukee College		
	Sat	10/20	Kishwaukee College		
	Sat	10/20	Kishwaukee College		
	Tues	10/23	JACKSON CC	Home	5:00 pm
	Sat	10/27	MCCAA State Tournament	Jackson, MI	TBD
	F/Sun	11/2-4	Regional Tournament		



#	Name	Pos	Ht	Yr	Hometown/High School
I	Julie Larson	S	5'8"	So	Muskegon/Fruitport High School
2	Beka German	MH	5'10''	Fr	Fruitport/Fruitport High School
3	Amber Carmean	L	5'5"	Fr	Fruitport/Fruitport High School
6	Kristina Ledezma	MH	5'10''	So	Grant/Grant High School
7	Anna Teichthesen	rs/ds	5'10''	So	Montague/Montague High School
9	Maggie Farrell	rs/mh	5'10''	So	Muskegon/Muskegon Catholic Central H S
10	Amanda Smolinski	OH	5'10''	Fr	Rogers City/Rogers City High School
11	Kammi Eacker	OH	5'8"	Fr	Muskegon/North Muskegon H S
12	Rachel Flagstead	OH	5'10''	So	Montague/Montague High School
16	Lindy Szilagyi	L	5'6''	Fr	Rosebush/Mt. Pleasant Sacred Heart H S





#### Muskegon Community College 2012-2013 Women's Volleyball Head Coach-Rick Rykse



Rick Rykse begins his 2nd season as the head coach at Muskegon Community College and 3rd season overall as part of the Jayhawks Volleyball Program. During the 2011 season the Jayhawks were Conference Champions, finished 3rd in the MCCAA State Championship and finished runner-up in the Regional 12 Championship while compiling an overall record of 32-12.

Prior to coming to Muskegon Community College Rick was the Head Coach at Davenport University from 2006-2009 where he started the volleyball program in 2006. During his time at Davenport Rick had 9 players receive all conference awards and in 2009 started a JV program.

From 2001-2005, Rick was the head coach at

Ravenna High School. During his time at Ravenna the Bulldogs captured 4 district titles, 3 regional titles, 3 Final 4 appearances including two State runners-up finishes in Class C. Coach Rykse also received the award as Muskegon Chronicle All Area Coach of the Year on two occasions. Over the 4 seasons at Ravenna Rick had 8 players receive MHSAA All State honors.

Rick owns and operates Inside Out Volleyball in Muskegon where he serves as President and General Manager. He is also the club director of the Inside Out Juniors program and serves as the Master Coach overseeing the instruction of all the club teams. Rick is also the Tour Director of the Midwest Professional Volleyball Association. The MPVA is a West Michigan based beach volleyball tour that attracts pro and amateur players from throughout the Midwest.

Rick has been married to Amy Rykse for the past 25 years and they have three boys; Adam, who just graduated from Michigan State University, Zach, a freshman at MSU and Alex who will be a senior at Reeths-Puffer High School. Their family resides in Muskegon.





#### Muskegon Community College 2012-2013 Women's Volleyball Assistant Coach-Al Garter



Al Garter begins his second season as assistant coach at Muskegon Community College. For over 20 years Al has been the assistant volleyball coach at Spring Lake High School working under Sarah Bulthuis. He has always been an active member in the local volleyball community running beach and indoor tournaments in the Tri City area and helping to raise funds for high school programs.

Al is employed by John Queen Insurance Agency in Spring Lake.

Al and his wife Patty have been married for over 28 years and reside in Spring Lake, Michigan. He is a graduate of Grand Valley State University.





#### Muskegon Community College 2012-2013 Women's Volleyball Assistant Coach-Lindsey Balcom

#### PICTURE NOT AVAILABLE

Lindsey will return to M.C.C. as an assistant coach on the JayhawkVolleyball staff after having been a player on the 2002 and 2003 teams. The 2002 team was the most successful team in Jayhawk history with a 39-5 record and a 5th place finish at Nationals. Lindsey then went on to play at Aquinas College.

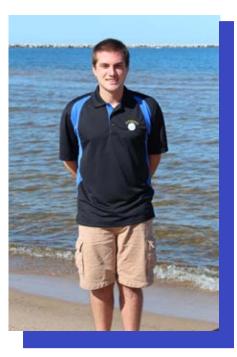
In 2006 Lindsey graduated from Aquinas College with a degree in Sports Management and Business administration. Over her coaching career Lindsey has served as the Freshmen and J.V.coach at Ravenna High school and has been Coach Rykse's assistant coach for a total of 7 seasons with the last 4 being at Davenport University from 2006-2209.

Lindsey and her husband Shane reside in Conklin with their 2 children Kaylee age 6 and Sawyer age 1.





#### Muskegon Community College 2012-2013 Women's Volleyball Assistant Coach-Adam Rykse



Adam begins his first season as an assistant coach on the Jayhawk staff after serving as a hitting instructor in 2011. For the past two seasons Adam has also helped with videotaping matches, photography, and statistics. For the 2012-2013 school year Adam is also serving as the Sports Information Director for Muskegon Community College.

Adam is a recent graduate of Michigan State University with a Bachelor of Science in Chemistry with an additional degree in Physiology, and will continue his education in medical school in the fall of 2013. While at MSU, Adam competed on the nationally ranked club volleyball team for four years.







Name: Julie Larson Parents: Julius and Laurel Larson High School Coach: Nicole Bayle Club Volleyball: Inside Out Juniors Club Coach: Shane Balcom Course of Study: Nursing Career Goal: Registered Nurse or Nurse Practitioner Favorite Athlete: Kerri Walsh Favorite Non-Athletic Activity: Reading Favorite Quote: "If you can dream it, you can do it." –Walt Disney Favorite Movie: Sweet Home Alabama Favorite Song: Anything by Rascal Flatts



Name: Beka German Parents: Bob and Amy German High School Coach: Nicole Bayle Club Volleyball: Inside Out Juniors Club Coach: Shane Balcom Course of Study: Elementary Education Favorite Athlete: Josh Hamilton Favorite Non-Athletic Activity: Relax and enjoy time with family and friends Favorite Quote: 2 Corinthians 12:9-10 Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. For when I am weak, then I am strong. Favorite Movie: The Blind Side

Favorite Song: wanted by hunter hayes



Name:Amber Carmean Parents: Bryan and Laura Carmean High School Coach: Nicole Bayle Club Volleyball: Inside Out Junriors Club Coach: Lindsey Balcom Course of Study: Occupational Therapy CareerGoal:Work at Devos Children's Hospital Favorite Athlete: Cam Newton Favorite Non-Athletic Activity: Spending time with friends and family & Turtle Hunting. Favorite Quote: Philippians 4:13 "I can do everything through him who gives me strength" Favorite Movie: Mulan Favorite Song: "Ain't No Mountain High Enough" Favorite Song: Anything by Rascal Flatts





Name: Kristina Ledezma Parents: Marcas and Kerry Ledezma High School Coach: Tricia Schuitema Club Volleyball: Inside Out\_Juniors Club Coach: Shane Balcom Course of Study: Art Education Career Goal: to open an art studio and hold classes there Favorite Athlete: Kerry Walsh Favorite Non-Athletic Activity: Drawing Favorite Quote: Simply become who you are Favorite Movie: The Dark Night Returns Favorite Song: Sunday Morning by Maroon 5



Name: Anna Teichthesen Parents: Troy & Cindy Teichthesen High School Coach: Dale Hazekamp Club Volleyball: Inside Out Juniors Club Coach: Shane Balcom Course of Study: Nuclear Medicine Technology Career Goal: To receive my masters Favorite Athlete: Kerri Walsh Favorite Non-Athletic Activity: Kayaking Favorite Quote: Be the change you want to see in the world-Mahatma Ghandi Favorite Movie: 21 Jump street Favorite Song: Crash Into Me-Dave Mathews Band



Name: Maggie Farrell Parents: Dan and Mary Farrell High School Coach: Katie Miller Club Volleyball: Inside Out Juniors Club Coach: Shane Balcom Career Goal: Go to art school Favorite Athlete: Candace Parker Favorite Non-Athletic Activity: Painting Favorite Quote: "I'm not superstitious, but I am a little stitious." -Michael Scott Favorite Movie: Adventureland Favorite Song: Wanted- Hunter Hayes







Name: Amanda Smolinski Parents: Kristy & Allan Smolinski High School Coach: Kristy Smolinski Club Volleyball: Inside Out Juniors Club Coach: Matt Kozuch/ Trent Smillie Course of Study: Pre-Med Career Goal: Radiologist Favorite Athlete: Kerri Walsh Favorite Non-Athletic Activity: Horse back riding Favorite Quote: "Learn from yesterday, live for today, hope for tomorrow." Favorite Movie: the proposal Favorite Song: Wanna be by Spice Girls

PICTURE NOT AVAILABLE Name: Kammi Eacker Parents: Bob & Kathy Eacker High School Coach: Bob Eacker, Wayne Brenneman, Club Volleyball: 2007-2011 Club Coach: Joe Holder Course of Study: Business Career Goal: Eventually run my own business Favorite Athlete: Oscar Pistorius Favorite Non-Athletic Activity: going to the beach, reading Favorite Quote: People will hate you, rate you, shake you, and break you. But how strong you stand is what makes you – Unknown. 2 Chronicles 15:7 But as for you, be strong and do not give up, for your work will be rewarded Favorite Movie: Breakfast Club Favorite Song: Come on Over by Christina Aguilera



Name: Rachel Flagstead Parents: Frank and Karen Flagstead High School Coach: Dale Hazekamp Club Volleyball: Inside Out Juniors Club Coach: Shane Balcom and Trent Smillie Course of Study: Medical Career Goal: Ultrasound Technician Favorite Athlete: Kerri Walsh Favorite Non-Athletic Activity: watching movies Favorite Quote: Life is like a box of chocolates; you never know what you're gonna get – Forrest Gump Favorite Movie: Stick It Favorite Song: um...I have lots of favorite songs





Name: Lindy Szilagyi Parents: Mariska and Jeff Gepford High School Coach: Mike Kruske Club Volleyball: CVC Club Coach: John Qudini Career Goal: Anything that involves traveling Favorite Athlete: Phil Dalhausser\_ Favorite Non-Athletic Activity: Camping Favorite Quote: "life is a climb, but the view is great" Favorite Movie: inception Favorite Song: "Don't let me fall" B.O.B.





# Jayhawk Volleyball 2011 Season Recap

Record: 32-12 Highest National Ranking: 10 National Ranking End of Season: 13 Regional Finish: 2 State Finish: 3 Conference Finish: Champions Longest Match Winning streak: 7

#### Individual Post Season Awards

Ist Team All Conference, All State, All Region: Ashley Hulbert, Audrey Skrabis, Julie Larson MCCAA All Freshman Team: Julie Larson Region 12 All Tournament Team: Ashley Hulbert, Audrey Skrabis NJCAA Player of the Week: Ashley Hulbert

#### Team Awards

Most Valuable: Ashley Hulbert Most Improved: Kristina Ledezma Defensive Award: Emily Tjapkes & Alyssa Guarnaccia Team Mate Award: Audrey Skrabis Inspirational Award: Taylor Keyser Coaches Award: Julie Larson





MCC Jayhawk Volleyball

Team Season Records

# MCC Jayhawk Volleyball Individual Season Records

Successful Serves	Holly Punches	824	2002	Best Record	39-5	2002
Service Ace	Taylor Keyser	113	2010	Most Wins	39	2002
Serve Percentage	Amanda Vollmer	99.6	2000	Best Serving Percentage	95	2002
Ace Percentage	Ashley Hulbert	18	2010	Most Aces	542	2010
Attacks	Ashley Hulbert	1689	2011	Most Solo Blocks	142	2009
Kills	Ashley Hulbert	689	2011	Most Assisted Blocks	458	2010
Assists	Taylor Keyser	1603	2010	Most Digs	2870	2001
Digs	Ashley Moon	695	2009	Most Kills	1964	2010
Digs/Game Avg.	Ashley Moon	4.7	2009	Hitting Efficiency	0.286	2011
Block Solo	Holly Punches	131	2002	Kills/Game Avg.	14.53	2002
Block Assist	Amy Molenaar	161	2002	Aces/Game Avg.	3.39	2010
Hitting Efficiency	Audrey Skrabis	0.436	2011	Digs/Game Avg.	22.09	2002
Kills/Game Avg.	Ashley Hulbert	4.66	2011	Assists/Game Avg.	12.14	2002
Aces/Game Avg.	Amy Seaban	0.872	1992	Best Conference Finish	Tie/Firs	st 2002
Assists/Game Avg.	Holly Punches	11.17	2002		Tie/Firs	st2011
Block/Game Avg.	Amy Molenaar	2.33	2002	Best State Finish	Secon	d 2003
Marks	Ashley Hulbert	783.5	2011		Secon	d 2010
Receive Efficiency	Ashley Hulbert	<b>9</b> 6%	2010	Best Regional Finish	First	2002
	Ashley Hulbert	<b>9</b> 6%	2011	Best National Finish	Fifth	2002
Pass Rating	Ashley Hulbert	2.4	2010			
Serve Rating	Taylor Keyser	2.25	2010			





# MCC Jayhawk Volleyball Career Records

Culeel Recolus		
<b>Serves Made</b> Taylor Keyser Amber Trygstad-Subdon Dana Judd Amy Seaben Tiffany Brufladt Alex Fairfield	1069 1016 1010 993 980 926	Years 10-11 94&98 93-94 91-92 09-10 08-09
<b>Service Ace</b> Taylor Keyser Amy Seaben Tiffany Brufladt Anita Buckner Amber Trygstad-Subdon Holly Punches	177 173 135 128 126 125	10-11 91-92 09-10 05-06 94&98 02-03
<b>Serving %</b> Carrie Meyers Alex Fairfield Dana Judd Stephanie Zerlaut Karisa Griener April Smith Christina Scraver	97% 95.6% 95% 95% 94% 94% 94%	95-96 08-09 93-94 98 93-94 96-97 07-08
<b>Kills</b> Ashley Hulbert Kristi Ritcheski Tiffany Brufladt Allisa Johnson Ryah Ferguson Amy Molenaar Amanda Sokolowski	1182 966 849 685 683 603 602	10-11 01-02 09-10 93-94 09-10 02-03 06-07
Hitting Efficiency Audrey Skrabis Nicole Sands Stacey Hulbert Ryah Ferguson Anita Buckner Holly Punches	0.390 .386 .300 .295 .274 .272	10-11 93 98 09-10 05-06 02-03
Assists Holly Punches Dana Judd Anita Buckner Alex Fairfield Alley Miesch	2278 2241 2057 1960 1191	02-03 93-94 05-06 08-09 90-91
<b>Block Solo</b> Audrey Skrabis Tiffany Bruufladt Andrea Robinson Alana Belrose Amanda Sokolowski Alisa Johnson	90 84 83 78 73 69	10-11 09-10 89-90 96-97 06-07 93-94

<b>Block Assists</b> Tiffany Brfuladt Ryah Ferguson Erin Monette Leanne VanderZyl Alana Belrose	233 196 186 186 160	<b>Years</b> 09-10 9-10 95-96 97-98 96-97
<b>Digs</b> Alyssa Guarnaccia Ashley Moon Jamie Brown Christina Scraver Anita Buckner Lindsey Nanninga	1159 1008 782 773 765 742	10-11 08-09 95-96 07-08 05-06 02-03
Marks(Aces+Kills+Blocks Ashley Hulbert Tiffany Brufladt Emily Chase Amy Molenaar Alisa Johnson Ryah Ferguson Audrey Skrabis Erin Monette	5) 1413 1301 1194 1042 991 929 898 876	10-11 09-10 00-01 02-03 93-94 09-10 10-11 95-96
Aces Per Game Amy Seaben Nicole Sands Anita Buckner Lisa Start Holly Punches	.742 .740 .659 .607 .607	91-92 93 05-06 89 02-03
Kills Per Game Ashley Hulbert Nicole Sands Amy Molenaar Mallory McEnroe Amanda Sokolowski Tiffany Brufladt	3.88 3.430 2.927 2.900 2.77 2.73	02-03
Assists Per Game Holly Punches Anita Buckner Dana Judd Sue Spetoskey Alex Fairfield	10.600	
<b>Blocks Per Game</b> Amy Molenaar Mallory McEnroe Nicole Sands Kris Bonner Erin Monette	1.937 1.740 1.570 1.130 1.100	93 89
<b>Digs Per Game</b> Christina Scraver Anita Buckner Ashley Moon Lori Hubbard Lindsey Nanninga	3.94 3.94 3.78 3.73 3.65	07-08 05-06 08-09 91-92 02-03



# MCC Jayhawk Volleyball Two Game Match Record

Successful Serves	Paula Schubert	20	Columbus State	1997
Successful Serves	Amber Subdon	20	Sauk Valley	1998
Service Ace	Angie Waller	12	Columbus State	1995
Kills	Erin Monette	15	Vincennes	1996
Kills	Leanne Vanderzyl	15	Mott CC	1997
Attack Efficiency	Alisa Johnson	.786	Morton CC	1993
Assists	Stacey Schultz	33	Mott CC	1997
Digs	Korrinda Bowne	19	Owens CC	2009
Block Solo	Amy Shoberg	5	Henry Ford CC	1990
Block Assists	Leanne VanderZyl	7	Sauk Valley	1998
Marks	Angie Waller	20	Columbus State	1995

# MCC Jayhawk Volleyball Three Game Match Record

Successful Serves	Amy Osborn April Smith Tiffany Brufladt	24 24 24	GRJC Calvin JV Henry Ford	1990 1996 2010
Service Ace	Ashley Platt	12	Wayne CCC	2007
Kills	Ashley Hulbert	23	Kellogg	2011
(min 12 attempts)				
Attack Efficiency	Alana Belrose	0.786	6 Cornerstone	1996
Assists	Julie Larson	47	Macomb	2011
	Dana Judd	47	Oakland CC	1993
Digs	Emily Tjapkes	24	Vincennes	2011
-	Jessica Luxford	22	KVCC	1990
	Christina Scraver	22	Kellogg CC	2007
	Ashley Moon	22	KVCC	2009
Block Solo	Nicole Sands	6	Elgin CC	1993
Block Assists	Nicole Sands	8	Delta CC	1993
Marks	Ashley Hulbert	25.5	Kellogg	2011
	Nicole Sands	25	Elgin CC	1993
			Kankakee	1993
	Tiffany Brufladt	25	Kellogg	2010





# MCC Jayhawk Volleyball Four Game Match Record

Successful Serves	Carrie Meyers	26	Lansing	1995
	Taylor Keyser	26	Kellogg	2010
Service Ace	Taylor Keyser	9	Kellogg	2010
Kills	Ashley Hulbert	24	Vincennes	2011
	Alissa Johnson	22	KVCC	1993
Attack Efficiency	Audrey Skrabis	0.667	<sup>7</sup> Kellogg	2011
	Nicole Sands	0.615	5 KVCC	1993
Assists	Dana Judd	56	KVCC	1993
Digs	Christina Scraver	36	Jackson CC	2007
Block Solo	Audrey Skrabis	5	Comumbus State	2011
	Kris Bonner	4	Hillsdale JV	1989
	Leanne VanderZyl	4	Grace Bible	1997
	Korrinda Bowne	4	Henry Ford CC	2008
Block Assist	Tiffany Brufladt	10	Lake Michigan CC	2009
	Tiffany Brufladt	10	Henry Ford CC	2009
Marks	Alissa Johnson	29	KVCĆ	1993

# MCC Jayhawk Volleyball Five Game Match Record

Successful Serves	Emily Tjapkes	32	Grand Rapids	2011
	Alex Fairfield	31	Kellogg	2009
Service Ace	Lori Hubbard	10	Lake Michigan	1992
Kills	Ashley Hulbert	24	Kellogg CC	2010
Attack Efficiency	Korrinda Bowne	.667	GRCC	2009
Assists	Dawn Hayes	59	Jackson CC	2007
Digs	Ashley Moon	38	Rock Valley CC	2009
Block Solo	Leanne VanderZyl	5	Lake Michigan	1998
Block Assist	Lisa Start	12	Kellogg CC	1989
Marks	Lori Hubbard	35	Lake Michigan	1992





# GO NHANNSI





#### MUSKEGON COMMUNITY COLLEGE

Location: 221 S. Quarterline Rd. Muskegon, MI 49442 Athletic Department phone: 231.777.0381 Athletic Department fax: 231.777.0437

MCC Founded: 1926 Nickname: Jayhawks Colors: Royal Blue & Gold Gym: Bartels-Rode Gymnasium Affiliation: NJCAA Region XII - MCCAA Western Conference President: Dr. Dale Nesbary Chairman of the Board: Dr. Don Crandall Vice President of Student Services: Dr. John Selmon Athletic Director: Marty McDermott Head Athletic Trainer: Lindsey Townsel Sports Medicine Center: MHP Sports Medicine at Hackley TV Announcers: John Arter & Gene Young (Basketball) Dan Potts & Scott VanderWerp (Volleyball) John Arter (Wrestling) Jayhawk Talkshow Host: John Arter Television Producer: Rod VanNortwick



Muskegon Community College