



Contents

General Information IFC
 Quick Facts IFC
 Head & Assistant Coach 1
 2007 Preview 2
 2007 Roster 3
 Players 4-6
 2006 Stats 7
 The AMCC 8
 Records 9 & 10
 Facilities/Travel 11
 About FSU 12

Volleyball History

First Season of Volleyball 1994
 All-Time Record/Yrs. 315-158 (665)/13
 Number Post-Season App./Yrs. 6 (NCAA- 5; ECAC- 1)
 1996, 1999,
 2000, 2002, 2003 & 2004
 Last Post-Season App..... 2004 NCAA Tournament
 Result Defeated Salisbury 3-1; Lost to Juniata 3-0

Sports Information

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Frostburg State Quick Facts

City/Zip Frostburg, Md./21532
 Founded 1898
 Enrollment 5,200
 Nickname Bobcats
 School Colors Red, Black & White
 Affiliations NCAA Division III
 Conferences Atlantic Central Football Conference
 President Dr. Jonathan C. Gibraller
 Athletic Director Troy A. Dell
 Athletics Phone (301) 687-4462

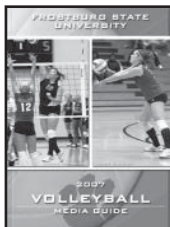
Volleyball Coaching Staff

Head Coach Peter Letourneau (Towson '03)
 Record at FSU/Yrs. 30-35 /Second
 Career Record/Yrs. 63-98/Five
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 Assistant Coach Barbara Letourneau
 Email Address bsletourneau0@frostburg.edu

2007 Schedule

Aug. 31	N.C. Wesleyan !	4:00 pm
	Bridgewater !	6:00 pm
Sept. 1	Mary Baldwin !	10:00 am
	Playoffs !	2:00 - 4:00 pm
Sept. 5	Hood	7:00 pm
Sept. 7	Eastern @	5:00 pm
	Gallaudet @	7:00 pm
Sept. 8	TBA @	TBA
Sept. 13	Waynesburg	7:00 pm
Sept. 15	Rutgers- Newark #	4:00 pm
	Swarthmore #	6:00 pm
Sept. 16	Semifinals and Finals	TBA
Sept. 19	Villa Julie	7:00 pm
Sept. 22	Medaile*	11:00 am
	Washington & Jefferson	3:00 pm
Sept. 26	Penn State Fayette	7:00 pm
Sept. 29	Hilbert*	1:00 pm
Oct. 2	Mt. Aloysius*	7:00 pm
Oct. 5	Baptisit Bible \$	7:30 pm
Oct. 6	Dickinson \$	11:00 am
	Lebanon Valley \$	1:00 pm
Oct. 10	La Roche*	7:00 pm
Oct. 13	Penn State Behrend*	11:00 am
	Catholic	3:00 pm
Oct. 16	Pitt- Greensburg*	7:00 pm
Oct. 20	Lake Erie*	1:00 pm
Oct. 24	Penn State Altoona*	7:00 pm
Oct. 27	Pitt-Bradford*	2:00 pm
Oct. 30	AMCC Tournament- First Round	TBA
Nov. 2	AMCC - Semifinals	TBA
Nov. 3	AMCC - Finals	TBA
Nov. 9	NCAA Tournament - First Round	TBA

Home game in **Bold**
 * Allegheny Mountain Collegiate Conference opponents
 ! at EMU Tournament, @ Battlefield Classic, # Garnet Classic,
 \$ Dutchman Quad Tourn.



Credits

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Peter Letourneau

College: Towson

Head Coach

Peter Letourneau enters his third season as the head women's volleyball coach at Frostburg State University after being named to the position on April 4, 2005.

Last fall, Letourneau led the Bobcats to a 13-19 overall record and a AMCC record of 7-2. In the AMCC tournament, the Bobcat squad defeated Pitt-Bradford 3-0, however, the 2006 season came to an end for Frostburg State in the AMCC semifinals against Penn State Altoona (3-0). FSU was the No. 3 seed in the AMCC Tournament and two players on the Bobcat squad were selected for the All-AMCC first team.

In his first season at the helm, Letourneau guided a young Bobcat squad to a 17-16 overall record and a 7-2 Allegheny Mountain Collegiate Conference mark. FSU struggled during the early part of the season, but rebounded with a seven-match winning streak including five wins in their first six conference matches. After a loss to Penn State Behrend, Frostburg State ended the season with three wins and a No. 3 seed in the AMCC Tournament. FSU defeated Pitt-Greensburg in the opening round, 3-1, but lost to Penn State Altoona in the semifinals, 3-1. Frostburg State placed three players on the All-AMCC second team.

Before coming to Frostburg State, he served for one year as the top assistant coach and recruiting coordinator at Division I Rutgers University in New Brunswick, N.J.

In his lone season at Rutgers, Letourneau helped the Scarlet Knights to a 16-10 overall record and a 4-6 mark in the



Barbara Letourneau

College: Towson

Assistant Coach

Barbara Letourneau enters her third season as the assistant coach for the Frostburg State volleyball program. She returns to college volleyball after teaching at Dunbar High School in Baltimore since 2002. Letourneau was the head volleyball coach at Dunbar in 2004 and guided the Poets into the regional championship of the state tournament, the best finish of any city school in 10 years.

Letourneau brings a wealth of playing and coaching experience to FSU. She served three years as the assistant coach at Villa Julie College and two seasons with Time Out Volleyball Club, and she has spent the past two summers conducting Gold Medal Squared volleyball camps throughout the eastern United States.

Letourneau is still an active player, competing in USA Volleyball's Chesapeake Region. Last June, she competed at

BIG EAST. The season was highlighted by a nine-match road winning streak and an upset of eventual conference runner-up Pittsburgh.

Prior to his stint at Rutgers, Letourneau served as the head coach of both the men's and women's volleyball programs at Division III Villa Julie College in Stephenson, Md., from 2001 to 2003. Letourneau's women's squads showed improvement each season, winning seven, eight and 14 matches, respectively, in his three seasons.

Before Villa Julie, Letourneau coached the Time Out Junior Olympic Volleyball Club. He has also coached at numerous camps over his career, including the Gold Medal Squared Volleyball Camp and the University of North Carolina at Chapel Hill Girls Volleyball Camp. In 2002, he received a Program Level I coaching accreditation from USA Volleyball.

Letourneau gained valuable experience during his playing career. Over his six-year stint with the United States Air Force (1992-98), he was selected to the All-Services Volleyball Team and the All-Air Force Team (1994-95). He also played on the Florida Pro-Beach Volleyball Tour (1990-92) and began his playing career at Division II East Stroudsburg University in 1989.

Letourneau, a 2003 graduate of Towson University, is married to his wife of four years, Barbara, who serving as the assistant coach. Together they have a six-month old son Nathaniel.

the USA Volleyball National Championships in Denver. Prior to moving from her home in Brazil, Letourneau played volleyball as a member of Minas Tenis Clube varsity volleyball team from age 11 to 16 and won city championships in Belo Horizonte, Brazil from 1985 to 1987. During the same period, she represented her school Colegio Monte Calvario in Belo Horizonte, Brazil, on the varsity team (as captain) from 1985 to 1987. Afterward, she played with the Colegio Arnaldo varsity team (as captain) from 1988 to 1990.

Letourneau brings fantastic energy and enthusiasm to the gym everyday that positively affects those around her. Her understanding of volleyball will be a tremendous asset to the Bobcats as they prepare for the 2006 season.

Letourneau will be completing her master's degree in human performance at Frostburg State in the fall.



Third-year head coach Peter Letourneau is excited and optimistic about the 2007 version of the Frostburg State volleyball team. He returns four starters from last season's squad that finished third in the Allegheny Mountain Collegiate Conference and a host of talented newcomers that should have the team pushing for a league title.

A big reason for Letourneau's excitement is the strength of the offensive attack, led by sophomore **Brooke Winterling (Glenelg, Md./Glenelg)**.

Winterling, the AMCC Newcomer of the Year and First-Team All-Conference selection last fall, dominated the league in her first year with FSU. Winterling led the AMCC and the Bobcats with 547 kills and finished second in the conference with 4.97 kills per game. The 547 kills are good for fourth on the all-time FSU single-season list. She was also second on the team in digs (320) and blocks (70).

Sophomore **Chelsea Wassell (Westernport, Md./Southern Garrett)** should start at middle hitter and freshman **Sarah Stephens (Oakland, Md./Southern Garrett)** and **Jamie Thomas (Laurel, Md./Reservoir)** are two immensely talented newcomers who should push for starting time.

Wassell was third on the team in kills (195) and fifth in digs (156) and she also added 24 service aces. Stephens is an "all-everything" high school star earning Most Valuable Player honors in volleyball, basketball and track & field at Southern Garrett. Stephens had her #25 volleyball jersey retired as a senior and she was also named the WMIL and All-Area Player of the Year. Thomas was a First-Team All-Met and All-County honoree and she was named Reservoir High Schools Player of the Year.

Sophomores **Leslie Brown (Fort Washington, Md./Bishop McNamara)** and **Jennifer Stiffler (Elkridge, Md./Long Reach)** and junior transfer **Lauren Carver (Gaithersburg, Md./Gaithersburg)** will battle for time in the middle. Brown was fourth on the FSU squad with 55 blocks while Stiffler added 40 blocks and Carver played volleyball for Catonsville for the last two seasons.

Sophomore **Sara Wolz (Poolesville, Md./Poolesville)** has developed her attack and blocking tremendously since arriving at Frostburg State and should see time on the right side. Freshmen **Krystal Morral (Flintstone, Md./Fort Hill)** and **Amanda Woodard (Fairfax, Va./Notre Dame Academy)** have improved during the preseason and are capable of contributing to the team's success this season.

Coach Letourneau is also excited about his team's ball control ability. Winterling is one of the squad's best serve receivers but Stephens, Thomas, Morral and freshman **Rachel Burke (Laurel, Md./Reservoir)** are solid defensive players who will help with the transition.

The position of setter is an open competition heading into the opening weekend of the season. Senior **Jennifer Wheaton (Ashburn, Va./Stone Bridge)**, sophomore **Joanna Murray (Bowie, Md./Bowie)** and freshman **Bekah Litz (Edgewater, Md./South River)** are all battling for a starting spot. Wheaton, who served as FSU's libero last season, led the team in both digs (414) and service aces (64) while Murray had 31 assists and 12 digs. Litz was an All-County First-Team selection at South River. Freshman **Heather Schrader (Myersdale, Pa./Myersdale)** will also battle for time at setter. She was a First-Team All-County and District Five selection at Myersdale.

This season, Burke will be the starting libero heading into the opening weekend. She was a Second-Team All-Met and an First-Team All-County honoree as a senior at Reservoir high school. Sophomore **Samantha Quirin (Lovettsville, Va./Loudoun Valley)** and freshman **Brittany McVeary (Severna Park, Md./Severna Park)** will also see time on defense. Quirin was an outside hitter last season recording 76 kills and 19 service aces and she was fourth on the team with 193 digs. McVeary was a Second-Team All-County selection as a senior.

Letourneau has also set the bar high despite a young team and a tough schedule. This season the Bobcats face Bridgewater (29-8), Eastern (26-11) and Lebanon Valley (21-11).

"The two tournaments in the first two weekends will measure where we are as a team", said Letourneau. "We have three or four players that could ultimately be named to the all-tournament teams."

This season the Bobcats were selected to finish third in the AMCC behind Penn State Altoona (17-13) and Penn State Behrend (29-4). PSA earned the title last season while PSB won the championship in 2005.

"Our goal is to host the conference championships," added Letourneau. "We're confident we can push into the conference finals and attempt to bring the title back to Frostburg."



2007 FROSTBURG STATE UNIVERSITY VOLLEYBALL ROSTER

No.	Name	Pos.	Ht.	Yr.	Hometown/High School (Prev. College)
1	Joanna Murray	S	5-7	So.	Bowie, Md./Bowie
2	Jamie Thomas	OH	5-9	Fr.	Laurel, Md./Reservoir
3	Sarah Stephens	OH	5-7	Fr.	Oakland, Md./Southern Garrett
4	Brittany McVeary	L/DS	5-4	Fr.	Severna Park, Md./Severna Park
5	Jennifer Wheaton	L/S	5-4	Jr.	Ashburn, Va./Stone Bridge
6	Samantha Quirin	OH	5-7	So.	Lovettsville, Pa./Loudoun Valley
7	Rachel Burke	L	5-6	Fr.	Laurel, Md./Reservoir
8	Bekah Litz	S	5-3	Fr.	Edgewater, Md./South River
9	Krystal Morral	OH	5-8	Fr.	Flintstone, Md./Fort Hill
10	Chelsea Wassell	MH/OH	5-10	So.	Westernport, Md./Southern Garrett
11	Jennifer Stiffler	MH	5-10	So.	Elkridge, Md./Long Reach
12	Sara Wolz	OP	6-0	So.	Poolesville, Md./Poolesville
13	Heather Schrader	S	5-6	Fr.	Myersdale, Pa./Myersdale
14	Amanda Woodard	OH	5-8	Fr.	Fairfax, Va./Notre Dame Academy
15	Leslie Brown	MH	5-8	So.	Fort Washington, Md./Bishop McNamara
16	Brooke Winterling	OH	5-11	So.	Glenelg, Md./Glenelg
17	Caitlin Nicewarner	OH/OP	5-10	So.	Hagerstown, Md./South Hagerstown
18	Lauren Carver	MH	6-0	Jr.	Gaithersburg, Md./Gaithersburg

Head Coach: Peter Letourneau, Towson '03 (Third Season)

Assistant Coaches: Barbara Letourneau, Towson '99 (Third Season)

Student Assistants: Lauren Weller and Sarah Nugent



Leslie Brown

Sophomore
Middle Hitter
Ft. Washington, Md./Bishop McNamara **15**

2006: Played in 23 matches ... Finished fourth on the team with 53 blocks ... Smashed 60 kills including a season-high 10 against Pitt Bradford in the AMCC Tournament Opening Round ...

Prior to FSU: Earned one varsity letter in volleyball while at Bishop McNamara ... Named Player of the Year in the fall of 2004 ... **Personal:** Born July 6, 1988 ... Daughter of David and Phyllis Brown ... Majoring in marketing with a minor in dance.



Rachel Burke

Freshman
Libero
Laurel, Md./Reservior **7**

Prior to FSU: Second-Team All-Met and First-Team All-County in 2006 ... Team MVP as a senior ... Gatorade Rookie of the Year Award in 2004 ... Honor Roll student as a junior ...

Personal: Born March 25, 1989 ... Daughter of Chuck and Dawn Burke ... Majoring in education with a minor in coaching.



Lauren Carver

Junior
Middle Hitter
Gaithersburg, Md./Gaithersburg **18**

Prior to FSU: Attended Catonsville CC and Montgomery College ... Earned Scholar Athlete honors in 2003 at Gaithersburg ... **Personal:** Born November 15, 1987 ... Daughter of Wesley and Vivian Carver ... Majoring in athletic training.



Rebekah Litz

Freshman
Setter
Edgewater, Md./South River **8**

Prior to FSU: First-Team All-County as a setter ... **Personal:** Born August 16, 1989 ... Daughter of Robert Litz and Tara Brumfield ... Majoring in graphic design with a minor in business.



Brittany McVeary

Freshman
Libero/DS
Severna Park, Md./Severna Park **4**

Prior to FSU: Second-Team All-County in 2006 ... Team captain as a senior ... Honor Roll and Principal Honor Roll student at Severna Park ... **Personal:** Born April 26, 1989 ... Daughter of

Scott and Julie McVeary ... Majoring in exercise sciences.



Krystal Morral

Freshman
Outside Hitter
Flintstone, Md./Fort Hill **9**

Prior to FSU: Earned five varsity letters in volleyball and tennis ... Outstanding Junior Athlete Award in volleyball and tennis ... Well Rounded Volleyball Award winner in 2007 ...

Best Tennis Player Award as a senior ... **Personal:** Born January 21, 1989 ... Daughter of Duane and Gail Morral ... Majoring in education.



Joanna Murray

Sophomore
Setter
Bowie, Md./Bowie **1**

2006: Competed in 13 matches ... Had 31 assists and 12 total digs ... Had 12 assists against Pitt-Bradford (10/29) ... **Prior to FSU:** First-team All-County selection as a junior and

and second-team All-County as a sophomore ... Honor Roll student and Athletic Scholar Award winner all four years of high school ... **Personal:** Born September 13, 1988 ... Daughter of Fred and Cynthia Murray ... Majoring in athletic training.



Caitlin Nicewarner

Freshman
OH/OP
Hagerstown, Md./South Hagerstown **17**

2006: Appeared in eight matches ... Had 18 kills and six digs ... **Prior to FSU:** Earned five varsity letters - three in volleyball and two in basketball - while in high school ... All-Area,

All-County and All-MVAL in volleyball as a junior and senior ... All-Area, All-County and All-MVAL in basketball as a freshman, sophomore and junior ... **Personal:** Born June 16, 1988 ... Daughter of Scott and Tressa Nicewarner ... Majoring in secondary education with a minor in coaching.



Sarah Stephens

Freshman
Outside Hitter
Oakland, Md./Southern Garrett **3**

Prior to FSU: The Sports Shoppe Volleyball Player of the Year, WMIL Conference and All-Area Player of the Year Award as a senior ... Jersey #25 retired during her final season ... **2006**

Most Outstanding Player and Cumberland Times News Area Student Athlete of the Month ... Thomas Johnson and Team Maryland Player ESI Hawaii All-Tournament Teams ... Area and regional champions and state finalist in 2006 ... WMIL Conference Player of the Year and team Most Valuable Player as a junior ... All-Area Second-Team, WMIL All-Conference First-Team and team Most Valuable Player as a sophomore ... W.Va./Md. All-Star Selection, team MVP, WMIL Player of the Year and Maryland 1A State Champions as a senior in basketball ... Team MVP, NBC 25 Alive Student Athlete for June and fourth place at the Maryland 1A high hurdles in track and field as a senior ... National Honor Society Vice President, Maryland Distinguished Scholar Honorable Mention, Honor Roll, Who's Who Among High School students, US Achievement Academy Award and USAA National History and Government Award ... **Personal:** Born September 14, 1989 ... Daughter of Michael and Helen Stephens ... Majoring in business administration with a minor in math.

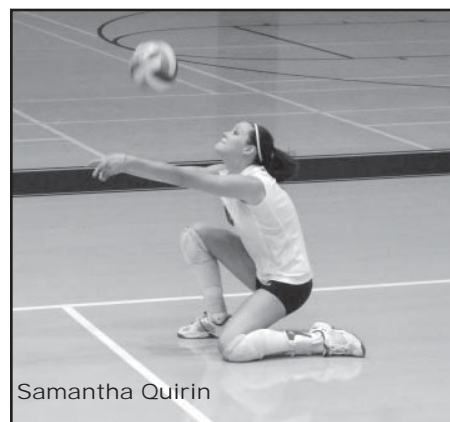


Samantha Quirin

Sophomore
Outside Hitter
Lovettsville, Va./Loudoun Valley **8**

2006: Played in 32 matches ... Fourth on the team with 193 digs ... Smashed 76 kills and 19 service aces ... Had 15 digs, two kills, and one block assist against Pitt-Johnstown (10/04)

... **Prior to FSU:** Earned four varsity letters - two in volleyball and two in softball - while at Loudoun Valley ... **Personal:** Born July 21, 1988 ... Daughter of Mike and Merry Quirin ... Majoring in physical education.



Samantha Quirin



Jennifer Stiffler

Sophomore
Middle Hitter
Elkridge, Md./Long Reach **11**

2006: Competed in 18 matches ... Had 15 kills, 14 digs, 28 block assists and 12 solo blocks ... Recorded one kill and five total blocks against Catholic (09/26) ... **Prior to FSU:** Earned two

varsity volleyball letters at Long Reach ... **Personal:** Born August 19, 1988 ... Daughter of David and Jean Stiffler ... Majoring in athletic training.



Heather Schrader

Freshman
Setter
Myersdale, Pa./Myersdale Area **13**

Prior to FSU: Second-Team All-County and Second-Team All-District in volleyball in 2006 ... Honorable-Mention All-County as a sophomore ... All-West PAC track team during final three

years at Myersdale ... Two-time District 5 champion; 4x800-meter relay and 800-meter run ... Holds the school record in the 800-meter run Honor Roll and National Honors Society student ... **Personal:** Born May 14, 1989 ... Daughter of Steve and Diane Schrader ... Majoring in mathematics education.



Jamie Thomas

Freshman
Outside Hitter
Laurel, Md./Reservior **2**

Prior to FSU: First-Team All-Met and All-County as a senior ... First-Team All-County as a sophomore and junior ... Voted as the Player of the Year in 2006 ... **Personal:** Born February 25,

1989 ... Daughter of Gary and Maryann Thomas ... Undecided major.



Chelsea Wassell

Sophomore
Middle Hitter
Westernport, Md./Southern Garrett **10**

2006: Appeared in 23 matches ... Third on the team with 195 kills ... Had 156 digs, 13 block assists and 10 service aces ... Had 19 digs, 17 kills and two service aces against St. Mary's (09/15) ... **Prior to FSU:** First-team All-Area and All-WMIL as a senior in volleyball ... Also that same season, voted team MVP and Best Defensive Player ... Distinguished Honor Roll all four years at Southern ... National Honor Society member two years ... Army Scholar Athlete Award winner in 2006 ... Minds in Motion recipient all four years ... **Personal:** Born April 25, 1989 ... Daughter of Paul and Stacy Wassell ... Majoring in computer engineering.



Jenny Wheaton

Junior
Libero/Settler
Ashburn, Va./Stone Bridge **5**

2006: Appeared in all 32 matches ... Fourth in the AMCC in digs (414) and seventh in digs per game (3.80) ... Led FSU in both service aces (64) and digs ... Had 19 digs, three service aces, and three set assists against Goucher (09/30) ... **2005:** One of two players to appear in all 113 games ... Led FSU with 59 service aces... Recorded 38 assists and 20 kills ... **Prior to FSU:** All-District second team and All-Tournament team selection at Cheers Invitational as a senior ... Earned two letters in volleyball at Stone Bridge ... National Honor Society and honor roll all four years ... **Personal:** Born June 22, 1987 ... Daughter of James and Kathleen Wheaton ... Undecided on a major.



Brooke Winterling

Sophomore
OH
Glenelg, Md./Glenelg **16**

2006: First-Team All-AMCC selection and AMCC Newcomer of the Year ... Played in all 32 matches ... Led the AMCC and FSU with 547 kills and finished second in the conference with 4.97 kills per game ... Second on the team in digs (320) and total blocks (70) ... Ranks fourth on the FSU single-season kill list ... Smashed 25 kills and 16 digs against Pitt-Johnstown (10/04) ... **Prior to FSU:** Earned six varsity letters in high school ... Most Valuable Player as a senior and Most Improved Player as a junior ... Honor Roll all four years ... Member of 2A state champion volleyball team at Glenelg ... **Personal:** Born May 5, 1988 ... Daughter of Paul and Connie Winterling ... Majoring in psychology.



Amanda Woodard

Freshman
Outside Hitter
Fairfax, Va./Notre Dame Academy **14**

Prior to FSU: Coaches Award winner as a senior ... Soccer team MVP in 2006 ... Honor Roll student all four years at Notre Dame ... **Personal:** Born November 21, 1988 ... Daughter of Chris Woodard ... Majoring in pre-medicine.



Brooke Winterling



Sara Wolz

Sophomore
Right Side
Poolesville, Md./Poolesville **12**

2006: Played in 27 matches ... 87 kills, 38 digs and 34 total blocks ... Had six kills, three blocks and three digs against Pitt-Greensburg (10/17) ... **Prior to FSU:** Earned five varsity letters at Poolesville ... Falcon Award winner as a senior ... Sportsmanship recipient as a junior ... **Personal:** Born April 25, 1989 ... Daughter of Jon and Pattie Wolz ... Majoring in athletic training.



2006 FROSTBURG STATE UNIVERSITY VOLLEYBALL RESULTS

OVERALL RECORD: 13-19 AMCC: 7-2 (3RD)

Date	Opponent	Result	Date	Opponent	Result
Sept. 1	vs. Wash. & Jeff. #	L/1-3	Oct. 7	vs. Rutgers-Newark (at York)	L/1-3
Sept. 1	vs. Urbana #	L/0-3	Oct. 10	at La Roche *	W/3-0
Sept. 2	vs. Greenville #	L/0-3	Oct. 14	at Penn State Behrend *	L/0-3
Sept. 2	vs. Earlham #	L/0-3	Oct. 14	Dickinson (at PSB)	L/2-3
Sept. 6	at Carlow	W/3-1	Oct. 17	Pitt-Greensburg *	W/3-0
Sept. 8	vs. Seton Hill !	L/0-3	Oct. 21	Lake Erie *	W/3-0
Sept. 8	vs. Scranton !	L/1-3	Oct. 25	at Penn State Altoona *	L/0-3
Sept. 9	vs. City College !	L/0-3	Oct. 29	Pitt-Bradford *	W/3-0
Sept. 9	vs. Richard Stockton !	W/3-0	Oct. 31	Pitt-Bradford ^	W/3-0
Sept. 12	Villa Julie	L/1-3	Nov. 3	vs. Penn State Altoona &	L/0-3
Sept. 15	vs. Villa Julie @	W/3-0			
Sept. 15	vs. St. Mary's @	L/1-3			
Sept. 16	vs. Washington @	W/3-0			
Sept. 16	vs. Goucher @	W/3-0			
Sept. 20	Seton Hill	L/0-3			
Sept. 23	at Medaille *	W/3-1			
Sept. 26	at Catholic	L/0-3			
Sept. 30	Hilbert *	W/3-0			
Sept. 30	Goucher	L/2-3			
Oct. 3	Mt. Aloysius *	W/3-1			
Oct. 4	Pitt-Johnstown	L/1-3			
Oct. 7	at York	L/0-3			

Home Games in Bold

* Allegheny Mountain Collegiate Conference Opponents

Coca Cola Classic

! Gettysburg College Battlefield Classic

@ Maryland Division III State Championship

^ AMCC Tournament Quarterfinals

& AMCC Semifinals at Penn State Behrend

2006 FROSTBURG STATE UNIVERSITY VOLLEYBALL STATISTICS

Name	GP	K	E	TA	H%	A	SA	SE	RE	DIG	BkA	BlKS	BlKE
Gaby Archibold	28	14	13	70	.014	0	4	10	4	42	3	0	0
Leslie Brown	77	61	40	204	.103	0	0	0	0	12	35	20	10
Kristen Byron	57	0	1	4	-.250	1	13	32	26	83	0	0	0
Amanda Hernandez	110	90	20	217	.323	1089	35	61	1	201	45	26	1
Courtney Lancaster	8	5	3	17	.118	0	0	0	0	0	1	0	1
Joanna Murray	24	4	7	36	-.083	31	1	13	5	12	3	0	1
Caitlin Nicewarner	21	18	16	57	.035	0	4	5	1	6	4	1	3
Sarah Nugent	97	2	1	4	.250	1	29	30	5	43	0	0	0
Talyor Osborne-Smith	3	2	2	11	.000	0	0	0	0	1	3	0	2
Samantha Quirin	99	76	76	320	.000	2	19	60	67	193	8	3	3
Jennifer Stiffler	54	15	7	65	.123	0	0	1	0	14	28	12	3
Chelsea Wassell	78	195	124	679	.105	10	24	60	43	156	13	3	4
Jenny Wheaton	109	17	17	80	.000	39	64	77	112	414	0	0	0
Brooke Winterling	110	547	197	1360	.257	2	24	68	75	320	36	34	6
Sara Wolz	90	87	64	324	.071	14	7	8	0	38	22	12	0
Caryn Wright	88	200	102	476	.206	1	1	3	0	15	52	18	2
Team	110	1333	690	3924	.164	1190	225	428	339	1550	253	129	36



2006 All-AMCC Women's Volleyball Team

First Team

Amanda Hernandez . . . S . . . Sr *Frostburg State*
 Brittany Hennessy . . . L/DS . . . So . . . Penn State Behrend
 Elaine Voltz OH . . . Sr . . . Penn State Behrend
 Jill McCoy OH . . . Sr Mount Aloysius
 Sara Kylor OH . . . Jr . . . Penn State Altoona
 Lisa Wagner OH . . . Sr . . . Penn State Behrend
Brooke Winterling . . . OH . . . Fr *Frostburg State*

Second Team

Brooke Gallentine S . . . Fr . . . Penn State Behrend
 Tabitha Ryan L/DS . . . Fr Pitt Bradford
 Brianna Baker MH . . . Jr Mount Aloysius
 Jamie Keane OH . . . Sr Pitt Bradford
 Breanne Bell OH . . . Jr Pitt-Greensburg
 Shawna Sulecki OH . . . So Lake Erie
 Kelly Helfrich MH . . . Fr . . . Penn State Altoona

Honorable Mention

Lisa Byars S . . . Fr . . . Penn State Altoona
 Megan Goss L/DS . . . Jr . . . Penn State Altoona
 Karla Murray OH . . . Sr . . . Penn State Behrend
 Sheena Cooper OH . . . Jr . . . Penn State Altoona
 Tiffany Farnier MH . . . So Lake Erie
 Lauren Smith OH . . . Sr Medaille
 Sheila Ogden MH . . . Fr . . . Penn State Behrend

Player of the Year

Elaine Voltz OH . . . Sr . . . Penn State Behrend

Newcomer of the Year

Brooke Winterling . . . OH . . . Fr *Frostburg State*

Coach of the Year

Phil Pisano Penn State Behrend

2006 Standings

	Conference			All Games		
Penn State Behrend	9	0	1.000	29	4	.878
Penn State Altoona	8	1	.888	17	13	.566
Frostburg State	7	2	.777	13	19	.406
Mt. Aloysius	5	4	.555	17	15	.531
Lake Erie	5	4	.555	12	23	.343
Pitt-Greensburg	4	5	.444	10	14	.416
Pitt-Bradford	3	6	.333	9	12	.429
Medaille	2	7	.222	9	20	.310
Hilbert	1	8	.111	5	18	.217
La Roche	0	9	.000	1	26	.037

2006 AMCC VOLLEYBALL TOURNAMENT

First Round - Tues., Oct. 31 (at higher seed)

#3 <i>Frostburg State</i>	30	30	30
#6 Pitt-Bradford	22	27	26
#4 Lake Erie	24	30	30
#6 Pitt-Greensburg	30	22	19

Semifinals - Fri., Nov. 3 (at Penn State Behrend)

#1 Penn State Behrend	30	30	30
#4 Lake Erie	15	15	15
#2 Penn State Altoona	30	30	30
#3 <i>Frostburg State</i>	28	27	17

Final - Sat., Nov. 4 (at Penn State Behrend)

#2 Penn State Altoona	30	22	30	30
#1 Penn State Behrend	26	30	27	27

AMCC Champions

Regular Season Champion

Tournament Champion

2006	Penn State Altoona	9-0	Penn State Altoona 3, Penn State Behrend 1 (30-26, 22-30, 30-27, 30-27)
2005	Penn State Behrend	9-0	Penn State Behrend 3, Penn State Altoona 0 (30-19, 32-30, 30-26)
2004	<i>Frostburg State</i>	<i>9-0</i>	<i>Frostburg State 3, Penn State Behrend 0 (30-25, 30-20, 30-17)</i>
2003	<i>Frostburg State</i>	<i>12-0</i>	<i>Frostburg State 3, Penn State Altoona 0 (30-20, 30-25, 30-19)</i>
2002	<i>Frostburg State</i>	<i>12-0</i>	<i>Frostburg State 3, Penn State Behrend 0 (30-17, 30-28, 30-27)</i>
2001	Penn State Altoona	11-1	Penn State Behrend 3, Frostburg State 1
2000	<i>Frostburg State</i>	<i>12-0</i>	<i>Frostburg State 3, Penn State Behrend 1</i>
1999	<i>Frostburg State</i>	<i>12-0</i>	<i>Frostburg State 3, Pitt-Bradford 0</i>
1998	<i>Frostburg State</i>	<i>10-0</i>	<i>Frostburg State 3, Pitt-Bradford 0</i>
1997	Penn State Behrend	10-1	<i>Frostburg State 3, Penn State Behrend 2</i>



YEAR-BY-YEAR RECORDS

Year	Overall	Conference/Place	Coach	Highlights
1994	10-27	n/a	Ann Wellham	
1995	15-24	n/a	Ann Wellham	
1996	22-13	n/a	Nancy Crawley	
1997	32-8	11-1/1st AMCC	Nancy Crawley	AMCC Champions
1998	36-4	11-0/1st AMCC	Jennifer Bowman	ECAC South Region Runners-Up
1999	36-5	12-0/1st AMCC	Jennifer Bowman	NCAA Tournament - First Round
2000	34-4	12-0/1st AMCC	Jon Teetzel	NCAA Tournament - Second Round
2001	14-18	6-6/2nd AMCC	Jeff Billington	AMCC Tournament Runners-Up
2002	25-10	12-0/1st AMCC	Jeff Billington	NCAA Tournament - First Round
2003	31-4	12-0/1st AMCC	Jeff Billington	NCAA Tournament - Second Round
2004	30-6	9-0/1st AMCC	Jeff Billington	NCAA Tournament - Second Round
2005	17-16	7-2/3rd AMCC	Peter Letourneau	AMCC Semifinals
2006	13-19	7-2/3rd AMCC	Peter Letourneau	AMCC Semifinals
Totals	315-158 (.665)	99-11 (.900)	13 Seasons	

Note: Frostburg State joined the AMCC in 1997

TEAM SINGLE-SEASON RECORDS

Most Wins (overall record)

36 (36-4)	1998
36 (36-5)	1999
34 (34-4)	2000
32 (32-8)	1997
31 (31-4)	2003

Most Losses (overall record)

27 (10-27)	1994
24 (15-24)	1995
19 (13-19)	2006
18 (14-18)	2001
16 (17-16)	2005

Consecutive Wins

22	1998
18	2000
14	2004
14	1999
14	2003

Consecutive Losses

9	1994
5	2002
5	1995
4	2006
2	1997, 1999, 2000

Kills

1,917	1999
1,768	1998
1,718	2004
1,705	2000
1,554	2003

Assists

1,585	2004
1,566	1999
1,513	1998
1,473	2000
1,419	2003

Hitting Percentage

.329	2000
.281	1998
.268	2004
.267	2003
.266	1999

Aces

375	2002
347	2003
296	2005
283	2001
267	1996

Digs

2,852	1995
2,390	1997
2,354	2004
2,139	2003
1,927	1998

Total Blocks

525.5	1997
439.5	1998
401	2004
383.5	2000
361	1999

BOBCAT POST-SEASON HONORS

AVCA All-Mid-Atlantic Region Team

Sara Schwartz	2000
Shannon Rexrode	1997 & 1999

AVCA Mid-Atlantic Region Coach of the Year

Jen Bowman	1999
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CoSIDA Academic All-District

Lauren Petrick (First Team)	2003
Lauren Petrick (First Team)	2004

ESPN the Magazine Academic All-America

Lauren Petrick (Third Team)	2004
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INDIVIDUAL SINGLE-MATCH

Kills

Shannon Rexrode vs. Gettysburg (9/15/99).....	35 (5 gm)
Shannon Rexrode vs. Catholic (9/24/99).....	32 (5 gm)
Shannon Rexrode vs. Gallaudet (10/9/99).....	31 (4 gm)
Shannon Rexrode vs. Wash. & Jeff. (11/14/98).....	30 (5 gm)
Sara Schwartz vs. Scranton (10/13/00).....	28 (4 gm)

Assists

Christy Mann vs. Wash. & Jefferson (11/14/98).....	70 (5 gm)
Amanda Hernandez vs. Goucher (9/30/06).....	67 (5 gm)
Carrie Ness vs. Shepherd (9/10/02).....	65 (5 gm)
Carrie Ness vs. Carnegie Mellon (9/6/03).....	60 (4 gm)
Carrie Ness vs. Penn State Altoona (10/9/03).....	60 (4 gm)

Aces

Carrie Ness vs. Potsdam (8/31/02).....	9 (3 gm)
Amanda Hernandez vs. La Roche (10/18/05).....	8 (3 gm)
Carly McDonald vs. Gwynedd Mercy (9/7/02).....	8 (3 gm)
Lauren Petrick vs. Shepherd (9/10/02).....	8 (5 gm)
Jennifer Wheaton vs. Goucher (9/16/06).....	8 (3 gm)

Blocks

Shannon Rexrode vs. Richard Stockton (9/27/97).....	19 (5 gm)
Heather Abucevics vs. Eastern (9/9/00).....	18 (5 gm)
Shannon Rexrode vs. Wash. & Jeff. (11/14/98).....	15 (5 gm)
Shannon Rexrode vs. Wash. & Jeff. (10/22/98).....	15 (4 gm)
Shannon Rexrode vs. PS Altoona (9/23/99).....	14 (3 gm)

Digs

Shannon Rexrode vs. Messiah (11/1/97).....	32 (4 gm)
Karen Moyer vs. Penn State Behrend (11/8/97).....	32 (5 gm)
Shannon Rexrode vs. PS Behrend (11/8/97).....	31 (5 gm)
Sam Seyffert vs. Gettysburg (9/04/04).....	28 (4 gm)
Kirsten Gitt vs. Wash. & Jefferson (11/14/98).....	27 (5 gm)

INDIVIDUAL SINGLE-SEASON

Kills

Shannon Rexrode - 1999.....	702
Shannon Rexrode - 1998.....	638
Sara Schwartz - 2000.....	600
Brooke Winterling - 2006.....	547
Lauren Petrick - 2004.....	453

Assists

Christy Mann - 1998.....	1,394
Christy Mann - 1999.....	1,374
Christy Mann - 2000.....	1,337
Amanda Hernandez - 2005.....	1,116
Carrie Ness - 2002.....	1,099

Aces

Lauren Petrick - 2002.....	88
Carrie Ness - 2002.....	84
Carly McDonald - 2002.....	76
Amber Waltz - 2000.....	74
Lauren Petrick - 2003.....	71

Total Blocks

Shanon Rexrode - 1997.....	276
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Shannon Rexrode - 1999.....	275
Jennifer Long - 1999.....	182
Jennifer Long - 1997.....	180
Shannon Rexrode - 1998.....	178

Digs

Tischa Blank - 1995.....	679
Sam Seyffert - 2004.....	573
Michelle Clise - 1995.....	562
Sam Seyffert - 2003.....	488
Amber Waltz - 1997.....	462

Hitting Percentage (min. of 300 TA)

Shannon Rexrode - 1996.....	0.460
Shannon Rexrode - 1997.....	0.419
Jodi Carpenter - 2004.....	0.405
Jennifer Long - 2000.....	0.403
Shannon Rexrode - 1998.....	0.391

INDIVIDUAL CAREER

Kills

Shannon Rexrode ('96-'99).....	2,019
Lauren Petrick ('01-'04).....	1,551
Sara Schwartz ('97-'00).....	1,450
Carly McDonald ('02-'05).....	1,035
Heather Abucevics ('98-'00).....	968

Assists

Christy Mann ('98-'00).....	4,105
Carrie Ness ('01-'04).....	3,572
Amanda Hernandez ('03-'06).....	3,439
Tischa Blank ('94-'96).....	1,203
Carrie Blank ('96-'98).....	1,029

Aces

Lauren Petrick ('01-'04).....	263
Carrie Ness ('01-'04).....	224
Amber Waltz ('97-'00).....	205
Carly McDonald ('02-'05).....	173
Kirsten Gitt ('96-'99).....	172

Total Blocks

Shannon Rexrode ('96-'99).....	774
Jen Long ('97-'00).....	608
Sara Schwartz ('97-'00).....	255
Lauren Petrick ('01-'04).....	253
Jodi Carpenter ('03 & '04).....	248

Digs

Sam Seyffert ('01-'04).....	1,585
Amber Waltz ('97-'00).....	1,412
Carly McDonald ('02-'05).....	1,265
Shannon Rexrode ('96-'99).....	1,217
Lauren Petrick ('01-'04).....	1,101

Hitting Percentage (min. 1,000 TA)

Shannon Rexrode ('96-'99).....	0.385
Jodi Carpenter ('03 & '04).....	0.384
Sara Schwartz ('97-'00).....	0.323
Jennifer Long ('97-'00).....	0.302
Heather Abucevics ('98-'00).....	0.242



The **Harold J. Cordts Physical Education Center** is a state-of-the-art facility for health and physical education classes, intramural and intercollegiate competition and general use by the university community. This complex features an Olympic-size swimming pool with separate diving well; courts for racquetball, handball and squash; two gymnasiums, including a 3,600-seat arena; a climbing wall; weight rooms; and a dance studio.

The Cordts Center is fully equipped for archery, tennis, track and field, volleyball, gymnastics, soccer and other athletic activities. Offices, classrooms, a training room, lockers and showers are also located in the complex. Outdoor facilities include tennis courts, playing fields and Bobcat Stadium with its track and field facilities and all-weather track. In recent years, FSU's excellent facilities were chosen by the Wooten Basketball Camp, the April Heinrichs Soccer School and the Ripken Baseball Camp.



From an opening day enrollment of 57 students, Frostburg State University has grown to a present day enrollment of over 5,000 students. Its physical plant, once limited to a single building, Old Main, which housed classrooms and a library, has also grown to over 30 facilities including classroom buildings, residence halls, the Lewis J. Ort Library, the Harold J. Cordts Physical Education Center, the Lane Center, and the Performing Arts Center, situated on 255 beautiful acres.

Opened in 1902 as State Normal School No. 2, the University owes its existence to the tenacity of J. Benson Oder, editor of the Frostburg Mining Journal, and the citizens of Frostburg who, in spite of political barriers, raised funds and purchased the site on which the University is located.

Over the years, the name of the institution has reflected the changes in the scope of its educational mission. In 1935, the State Normal School No. 2 became the State Teachers College at Frostburg, a four-year college which offered a Bachelor of Science in Elementary Education. In 1963, the name became Frostburg State College, and finally in 1987, with the strong support of the local civic and business community, became Frostburg State University, an indication of its growing resources, diversity and excellence in educational opportunities for the region and the state.

In 1988, FSU became a constituent institution of the University System of Maryland, comprised of 11 of the state's 13 public institutions.



EDGEWOOD COMMONS

Expanding to meet the educational needs of the region, the FSU Center in Hagerstown was also established in 1988 to offer upper-level bachelor's degree coursework and graduate programs. The University also opened, in 1990, a permanent location for the Frederick MBA program.

Throughout its growth, the University has emphasized excellence in teaching. Over 80% of the full-time faculty hold Ph.D.s or terminal degrees from institutions that are among the most prestigious in the nation. Faculty scholarship has led to scholarly books, manuals and journals, as well as numerous articles and reviews. This excellence in faculty has resulted in superior results for students. FSU has been ranked first among its peers for the number of doctorates per 100 baccalaureate degrees awarded. In the same study, FSU was ranked second in the percentage of national, prestigious awards received by faculty. These have included Fulbrights and significant grants from the National Endowment for the Humanities, the National Endowment for the Arts and other national associations.

At the same time, the University has developed comparable excellence in academic programs, research, consulting, cultural and athletic events, and facilities. In recent years the campus has consistently received a superior rating, the highest state award given for facilities and maintenance. In addition, FSU was also recently ranked safest college campus in the state.

Today, the University's mission and services have expanded significantly. Over 400 full-time administrators and support staff, and more than 200 full-time faculty serve the educational needs of students who come not only from throughout the United States, but also the world. These students have a choice of 37 major programs of study leading to the Bachelor of Art, Bachelor of Science, Bachelor of Fine Arts and Bachelor of Technical and Professional Studies degrees as well as graduate degrees in applied ecology and conservation biology, business administration, counseling psychology, education, wildlife/fisheries biology, human performance, modern humanities, park and recreation resource management, teaching and applied computer science. In addition, 12 pre-professional programs are offered.

Frostburg State University continues its pursuit of excellence. It is a tradition which now spans over a century.

FSU AT A GLANCE

Average class size: 19

- 89% of classes have fewer than 30 students.
- 17:1 student/faculty ratio
- According to a recent survey, 97% of our graduates are employed. Over 83% are employed in the field of their choice.
- An undergraduate biology student discovered a new species of worm and presented his findings at the Russian Society of Nematologist Symposium in St. Petersburg.
- Among its peer institutions, FSU was ranked second for the number of national awards received by its faculty.
- The CBS hit comedy "Yes, Dear" has a character who has ties to FSU and often wears "Frostburg" T-shirts, thanks to Gregory Garcia, real-life FSU graduate and the show's executive producer.
- The fall 2000 entering freshmen class was the largest in FSU history and 10.2 percent larger than the previous year. The same class had an average SAT score that was 14 points higher than the previous year's average.
- FSU is a partner in the construction of a business and technology park on campus. This new park will provide opportunities for students to engage in research and internships with participating agencies.
- The pass rate of FSU graduates in Social Work licensure exams has been 100% for the past two years.
- Students from FSU's Society for the Advancement of Management chapter placed third nationally in case competition.
- FSU education graduates have typically had pass rates of 96%-98% on the National Teachers Exam.

THE UNIVERSITY

Public, four-year undergraduate & graduate, liberal arts and sciences and professional studies

DEGREES

B.A., B.S., B.F.A., B.T.P.S.; M.A., M.B.A., M.Ed., M.S.

ENROLLMENT

4,300 undergraduate; 900 graduate

STUDENT/FACULTY RATIO

17:1, 85% of classes have fewer than 30 students

FACULTY

Full-time: 248

Part-time: 109

80% have doctorates or terminal degrees in their fields

ON-CAMPUS HOUSING

90% of new students live on campus

2,000 residence hall spaces

SPECIAL OPPORTUNITIES

Honors Program

Learning Communities

Internships

Study Abroad

K-12/Secondary Teaching Certification

Collaborative and Dual Degree Programs in Engineering with Univ. of Maryland, College Park

B.S. Physics/M.S. Applied Physics collaborative program with UMB

Bachelor's/Juris Doctor Program with University of Baltimore School of Law

B.S. Accounting/M.B.A. combined program

Chemistry/Doctor of Pharmacy Dual Degree Program

Career Services

Credit by Examination-CLEP & Advanced Placement

2005-2006 EXPENSES*

In-State: \$12,748

Out-of-State: \$20,998

Contiguous Counties**: \$17,748

* Estimated undergraduate expenses for 2005-06;

includes room, board, tuition & fees for one year

** Out-of-state discount for full-time students from the following counties in PA: Bedford, Franklin, Fulton and Somerset; in VA: Loudoun; and in WV: Berkeley, Grant, Hampshire, Jefferson, Mineral and Morgan.

MAJORS

Accounting

Art & Design

Athletic Training

Biology

Business Administration

Chemistry

Communication Studies

Computer Science

Criminal Justice

Dance

Early Childhood/Elementary Education

Earth Science

Economics

Electrical Engineering

Elementary Education

English

Environmental Analysis & Planning

Exercise & Sport Science

Foreign Languages & Literature

Geography

Health & Physical Education

Health Science Administration

History

Informational Technology Management

International Studies

Interpretive Biology & Natural History

Law & Society

Liberal Studies

Mass Communication

Mathematics

Mechanical Engineering

Music

Philosophy

Physics

Political Science

Psychology

Recreation & Parks Management

Social Science

Social Work

Sociology

Theatre

Urban & Regional Planning

Wildlife & Fisheries

PRE-PROFESSIONAL PROGRAMS

Dental Hygiene

Dentistry

Law

Medical Technology

Medicine

Nursing

Occupational Therapy

Optomety

Pharmacy

Physical Therapy

Veterinary Medicine

SCHOLARSHIPS

To be considered for scholarships, an applicant should request the Financial Aid and Scholarships brochure, which outlines the criteria for each award. The brochure also contains the Scholarship Rapid-App form that must be completed to be considered for these awards. This form, along with an essay and supporting documentation, if required, must be submitted to the Financial Aid Office by March 1.

FINANCIAL AID

To be considered for financial aid at FSU including need-based grants, loans and work study, applicants must complete the Free Application for Federal Student Aid (FAFSA) by no later than February 15 to meet the priority deadline of March 1. The FAFSA application is available through the Financial Aid Office at FSU, high school guidance offices or public libraries.

FOR MORE INFORMATION:

WWW.FROSTBURGSPORTS.COM

OR CALL (301) 687-4201