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Alaska Anchorage, Western Washington Top Close GNAC Volleyball Preseason Poll

PORTLAND, Ore. – Five Great Northwest Athletic Conference volleyball teams made the NCAA West Regional Tournament in 2016. Conference coaches believe the 2017 season could be just as potent.

Alaska Anchorage and Western Washington are picked No. 1 and No. 2 in a very close 2017 GNAC Volleyball Preseason Coaches Poll, released on Tuesday. The Seawolves, the defending NCAA Division II national runner-up, received five first place votes and a total of 110 points. The Vikings, who fell to UAA in the West Region championship match, picked up three first place votes and a total of 109 points.

Northwest Nazarene, which won its first ever NCAA Tournament match last season, is picked a close third with the remaining first place votes and a total of 106 points.

The GNAC’s two other regional contenders are picked fourth and fifth with Central Washington earning 89 points and Simon Fraser earning 77 points. Concordia is picked sixth with 67 points followed by Western Oregon (50 pts.), Seattle Pacific (46 pts.), Saint Martin’s (26 pts.), Alaska (25 pts.) and Montana State Billings (21 pts.).

The Seawolves went on an impressive run last year, setting GNAC records with 34 overall wins and 19 conference victories en route to a meeting in the national championship match against Concordia-St. Paul. Alaska Anchorage won with defense, leading the GNAC in opponent hitting percentage (.127) and ranking second in blocks (2.39 per set). The Seawolves’ offense wasn’t bad either as they finished second in the GNAC in hitting percentage (.225) and kills (13.94 per set).

Alaska Anchorage will look to repeat without two key pieces of the puzzle. Setter Morgan Hooe, the team leader for the Seawolves the last two seasons, has graduated along with middle blocker Erin Braun. The leadership of the team will fall to junior outside hitter **Leah Swiss**, who earned All-America and First Team All-GNAC honors after finishing second in the GNAC with 3.56 kills per set to go along with a .242 hitting percentage, 2.77 digs per set and 58 blocks. Junior outside hitter **Chrisalyn Johnson** stepped up in her sophomore campaign, finishing the season with 3.09 kills per set and 54 blocks.

The Seawolves also return sophomore **Diana Fa’amausili**, who was named GNAC and AVCA West Region Freshman of the Year. She finished with 2.75 kills per set and ranked among the conference leaders with 1.05 blocks per set (138 total). Alaska Anchorage enters the season ranked No. 4 in the AVCA Division II Preseason Coaches Poll.

Where Alaska Anchorage thrived on defense, Western Washington excelled on offense. The Vikings finished seventh in Division II in kills per set (14.38), eight in assists per set (13.50) and 14th in hitting percentage (.253). The Vikings were the only team to defeat the Seawolves during the GNAC season. Their other two GNAC losses came in five-set matches to Northwest Nazarene and Simon Fraser, both of whom joined the Vikings at the West Regional. Thanks to the return of 12 players and five starters, including a pair of All-Americans, WWU enters the season ranked No. 12 in the AVCA Preseason Poll.

| Team (1st Place Votes) | 2016 Record (GNAC) | Pts. |
|----------------------------|-----------------------|------|
| 1. Alaska Anchorage (5) | 34-3, 19-1 (1st) | 110 |
| 2. Western Washington (3) | 23-8, 17-3 (2nd) | 109 |
| 3. Northwest Nazarene (3) | 22-7, 13-7 (tie 4th) | 106 |
| 4. Central Washington | 17-12, 13-7 (tie 4th) | 89 |
| 5. Simon Fraser | 21-8, 14-6 (3rd) | 77 |
| 6. Concordia | 15-13, 11-9 (6th) | 67 |
| 7. Western Oregon | 10-17, 7-13 (tie 7th) | 50 |
| 8. Seattle Pacific | 11-17, 7-13 (tie 7th) | 46 |
| 9. Saint Martin's | 6-18, 2-18 (tie 10th) | 26 |
| 10. Alaska | 3-24, 2-18 (tie 10th) | 25 |
| 11. Montana State Billings | 7-23, 5-15 (9th) | 21 |

Points awarded on 11-10-9-8-7-6-5-4-3-2-1 basis.

Junior outside hitter **Abby Phelps** earned AVCA Honorable Mention All-America honors in 2016, finishing the season with 3.23 kills and 4.56 digs per set while amassing a .246 hitting percentage. Senior outside hitter **Arielle Turner** was also a First Team All-GNAC choice, registering 2.93 kills per set and a .231 hitting percentage. Junior setter **Brette Boesel** added 7.79 assists per set and was ranked second in the GNAC with 0.41 aces per set (46 total). Junior opposite **Joellee Buckner** finished ninth in the GNAC in digs, averaging 4.06 per set.

Northwest Nazarene returns the most experienced team in the GNAC with all six starters and libero back from a squad that won the school's first-ever NCAA Volleyball Tournament match. The Crusaders finished the season with a .212 hitting percentage, were third in the GNAC with an average of 12.95 assists per set and saw just four matches all season go to five sets.

The Crusaders' bring back three All-GNAC selections and a pair of All-Americans. Senior middle blocker **Madi Farrell** earned All-American accolades from both the AVCA and D2CCA. She led the GNAC and was 30th in Division II with a .354 hitting percentage and finished seventh nationally with 1.31 blocks per set. Senior outside hitter **Kendra Bodine** was an AVCA Honorable Mention All-American, leading the GNAC with an average of 3.88 kills per set. Senior setter **Hailey Cook** picked up Honorable Mention All-GNAC honors, finishing second in the GNAC with 11.44 assists per set.

Central Washington tied with Northwest Nazarene for fourth place in 2016 and finished the season as the top blocking team in Division II. The Wildcats averaged 2.96 blocks per set while ranking third in Division II with 316.5 total blocks. The blocking numbers bolstered an offense that amassed a .200 hitting percentage and ranked in the GNAC's top half in assists, digs, kills and opponent hitting percentage.

The Wildcats will be anchored by senior middle blocker **Sabrina Wheelhouse**, who was named an honorable mention All-American by both the AVCA and D2CCA. Wheelhouse led the GNAC and was second in Division II in blocking, averaging 1.66 per set to go along with 152 kills and a .314 hitting percentage. Junior outside hitter **Madison Weg** earned Honorable Mention All-GNAC honors after averaging 2.35 kills per set. Central Washington also returns junior outside hitter **Shelby Mauritson**, who averaged 2.29 kills and 2.89 digs per set.

Simon Fraser, picked to finish fifth, posted its best season since joining the GNAC in 2010 as it finished 21-8 overall and third in the league at 14-6. The run resulted in the Clan's first NCAA Tournament appearance. A defensively strong squad, Simon Fraser finished fifth in Division II with 20.10 digs per set and was second in the GNAC in opponent hitting percentage (.157). On the offensive side of the net, the Clan ranked second in the league in assists (13.14 per set) and third in kills (13.76).

The Clan will have to adjust to life without a trio of all-conference performers from 2016, including two-time GNAC Defensive Player of the Year Alison McKay. Sophomore middle blocker **Tessa May** earned First Team All-GNAC honors as a freshman after she finished with a .278 hitting percentage and averages of 2.80 kills and 1.22 blocks per set. Senior outside hitter **Christine Howlett** also returns after averaging 2.31 kills in 2016 with 50 blocks.

While just now entering its first year of full Division II membership, Concordia has finished sixth in each of its first two GNAC seasons with winning records. The Cavaliers finished second in the league with 1.58 aces per set and third with a .223 hitting percentage. Concordia was one of six GNAC teams to average more than two blocks per set, finishing at 2.14 per set.

Two-time First Team All-GNAC opposite **Lindsey Dorsey** is back for her senior season. She led the GNAC with 0.51 aces per set (52 total) and averaged 3.18 kills per set with a .251 hitting percentage. Senior middle blocker **Colby Barnette** finished seventh in the league with 1.06 blocks per set and was eighth with a .277 hitting percentage. Senior **Michele Brown** finished third in the GNAC with 11.08 assists per set. Both Barnette and Brown earned Honorable Mention All-GNAC honors.

Western Oregon improved in **Tommy Gott's** first season as head coach, improving by two wins both in the conference and overall win/loss columns. The Wolves were strongest on the defensive side of the net, ranking third in the GNAC with 19.07 digs per set. Western Oregon returns 12 players for Gott's second season, led by senior outside hitter **Alisha Bettinson**. She led WOU with 3.40 kills and 3.23 digs per set. Junior setter **Maddie Mehciz** averaged 10.47 assists per set and 50 blocks while senior middle blocker **Sydney Blankinship** finished with 1.73 kills per set and a .271 hitting percentage.

Seattle Pacific tied with Western Oregon for seventh last year and will adjust to life under first year head coach **Abbie Wright**. The Falcons return an experienced squad of six starters that finished third in the GNAC and 10th with 2.37 blocks per set. Junior middle blocker **Shaun Crespi** earned Honorable Mention All-GNAC honors after she ranked fifth in Division II with 1.42 blocks per set. She also finished with 1.92 kills per set with a .230 hitting percentage. Junior setter **Symone Tran** and sophomore outside hitter **Gabby Oddo** also earned honorable mention laurels. Tran passed for an average of 10.24 assists per set while Oddo finished fourth in the GNAC with 3.41 kills per set in an injury-shortened season.

Saint Martin's is picked to finish ninth after tying for 10th place in **Jon Killingbeck's** first year as head coach. The Saints added four wins to its ledger in 2016 after picking up just two victories in 2015. Senior outside hitter **Rebecca Mitchell** will lead the offense after she averaged 3.10 and 2.81 digs per set. Junior outside hitter **Rachel Gondrezick** averaged 2.88 kills and 2.18 digs per set while senior setter/right side **Nicolette Nesbitt** averaged 6.06 assists per set as one of two setters for the Saints.

Alaska, picked to finish 10th, found wins hard to come by in 2016 after the loss of a number of key offensive players. The Nanooks excelled, however, in aces as they finished third in the GNAC with 1.46 per set. Senior middle blocker/right side **Riley Podowicz** led the way with her 37 aces to go along with an average of 0.67 blocks per set. Senior outside hitter **Maddie Davis** averaged 2.05 kills per set last year while senior setter **Rachel Nichols** averaged 9.48 assists per set to go along with 29 blocks.

Montana State Billings finished ninth in the GNAC in 2016, but will have to adjust to the loss of its top two offense players in outside hitters Ashlynn Ward and Stormy Siemion. The Yellowjackets will rely greatly on junior middle blocker **Miranda McConnell**, who average 1.74 kills per set with 60 blocks in her sophomore campaign. Sophomore outside hitter **Taylor Sherman** returns from a redshirt season after finishing with 2.99 digs per set as a freshman.

Seattle Pacific opens the 2017 season on Thurs., Aug. 31, with a neutral site match in Hawaii against UC Colorado Springs. All 11 teams will be in competition during Labor Day weekend before the GNAC hosts the second D2 West Regional Volleyball Showcase, Sept. 7-9. Conference play opens on Mon., Sept. 11, when Northwest Nazarene hosts Simon Fraser in a rematch of last year's NCAA West Regional quarterfinals match.

GNAC Volleyball Team Capsules Follow On Next Page



2017 GNAC Volleyball Teams At A Glance

ALASKA

Head Coach: Brian Scott (Weber State, 2007, 9-25, 3rd Season)

Assistant Coaches: Robbie Berrett, Meagan Olsen

2016 Overall Record: 3-24

Conference Record (Finish): 2-18 (Tie 10th)

Players Returning: 7

Starters Returning/Lost: 4/2 + libero

Returning Starters: Maddie Davis (OH, Sr., 23 MP, 162 kills, 2.05 kills per set, .123 hitting pct., 20 aces), Rachel Nichols (S, Sr., 27 MP, 948 assists, 9.48 assists per set, 167 digs, 1.67 digs per set, 29 blocks), Riley Podowicz (MB/RS, Sr., 27 MP, .172 hitting pct., 37 aces, 76 blocks, 0.76 blocks per set).

Other Key Returners: Jenna Hinkel (DS/L, So., 1.61 digs per set, 12 aces), Kim Wong (MB, So., 199 kills, .218 hitting pct., 67 blocks, 0.67 blocks per set), Tatum Upchurch (OH, So., 96 kills, 1.45 kills per set, 101 digs, 14 aces, 20 blocks).

Key Losses: Amberly Jeane (OH), Angela Molesworth (OH), Meagan Olsen (L).

Key Freshmen: Annika Kerns (OH, 5-10, Fr., Reno, Nev. – McQueen), Sarina Mancari (DS/L, 5-7, Fr., Anchorage, Alaska – South Anchorage), Emily Moorhead (MB/OH, 5-11, Fr., Chugiak, Alaska – Chugiak), Lahra Weber (OH, 5-10, Fr., Berlin, Germany – Brandenburger SC), Cate Whiting (S, 5-10, Fr., Rapid City, S.D. – Stevens).

Key Transfers: Ashley Johnson (MB, 5-10, Jr., Molalla, Ore. – Clackamas CC), Markie Miller (OH, 6-0, Fr., Brewster, Wash. – Univ. of Sioux Falls), Gabby Lerma (OH, 5-8, So., Mission, Texas – Cameron Univ.).

ALASKA ANCHORAGE

Head Coach: Chris Green (Nebraska, 1991, 193-72, 10th Season)

Assistant Coaches: Sheldon Carvalho, Gillian Howard

2016 Overall Record: 34-3

Conference Record (Finish): 19-1 (1st)

Players Returning: 6

Starters Returning/Lost: 4/2 + libero

Returning Starters: Leah Swiss (OH, Jr., D2CCA Second Team All-American, AVCA Honorable Mention All-American, First Team All-GNAC, 37 MP, 470 kills, 3.56 kills per set, .242 hitting pct., 366 digs, 2.77 digs per set, 58 blocks, 50 aces), Chrisalyn Johnson (OH, Jr., NCAA Championships All-Tournament Team, 37 MP, 402 kills, 3.09 kills per set, 331 digs, 2.55 digs per set, 54 blocks), Diana Fa'amausili (RS, So., First Team All-GNAC, GNAC Freshman of the Year, AVCA West Region Freshman of the Year, 37 MP, 363 kills, 2.75 kills per set, .260 hitting pct., 138 blocks, 1.05 blocks per set), Vanessa Hayes (MB, So., 37 MP, 161 kills, 1.22 kills per set, .210 hitting pct., 125 blocks, 0.95 blocks per set).

Other Key Returners: Taylor Noga (Jr., DS, 37 MP, 297 digs, 2.25 digs per set, 22 aces), Keala Kaio-Perez (DS/L, Sr., 16 MP, 105 digs, 1.88 digs per set, missed second half of season with injury).

Key Losses: Morgan Hooe (S), Erin Braun (MB), Kyla Militante-Amper (L).

Key Freshmen: Casey Davenport (S, 5-6, Fr., Auburn, Wash. – Mountainview), Jalisa Ingram (MB/RS, 6-2, Fr., Flagstaff, Ariz. – Coconino), Vera Pluharova (MB, 6-2, Fr., Nachanice, Czech Republic).

Key Transfers: Tara Melton (MB, 6-1, Jr., Glendale, Ariz. – Glendale CC).

CENTRAL WASHINGTON

Head Coach: Mario Andaya (Central Washington, 1993, 337-240, 22nd Season)

Assistant Coach: Chloe Solum, Erin Little

2016 Overall Record: 17-12

Conference Record (Finish): 13-7 (Tie 4th)

Players Returning: 14

Starters Returning/Lost: 5/3

Returning Starters: Sabrina Wheelhouse (MB, Sr., AVCA Honorable Mention All-American, AVCA Honorable Mention All-West Region, D2CCA All-West Region Second Team, First Team All-GNAC, 154 blocks, 1.66 blocks per set, 152 kills, 1.63 kills per set, .314 hitting pct.), Shelby Mauritsen (OH, Jr., 28 MP, 280 kills, 2.29 kills per set, 24 aces, 277 digs, 2.89 digs per set, 35 blocks), Gabrielle Aihara (S, So., 29 MP, 593 assists, 5.54 assists per set, 170 digs, 1.59 digs per set), Niki Cook (S, So., 29 MP, 580 assists, 5.42 assists per set, 173 digs, 1.62 digs per set), Madison Weg (OH, Jr., Honorable Mention All-GNAC, 29 MP, 251 kills, 2.35 kills per set, .254 hitting pct., 100 blocks, 0.93 blocks per set).

Other Key Returners: Kyla Morgan (DS, So., 29 MP, 508 digs, 4.75 digs per set).

Key Losses: Kiah Jones (OH), Jordan Deming (OH), Erin Little (MB), Lindsey Milner (DS)

Key Freshmen: Kayla Banyai (OH, 5-11, Fr., Chandler, Ariz. – Hamilton), Makala Swart (OH, 6-1, Fr., Naches Valley, Wash. – Naches), Kylee Yamashita (MB, 6-2, Fr., Pukalani, Hawaii – Kamehameha-Maui).

CONCORDIA**Head Coach:** Melanie Hamblon (Portland State, 1982, 142-79, 9th Season)**Assistant Coaches:** Joe Hauck, Kaio Nahale-a**2016 Overall Record:** 15-13**Conference Record (Finish):** 11-9 (6th)**Players Returning:** 13**Starters Returning/Lost:** 3/3**Returning Starters:** Lindsey Dorsey (OPP, Sr., First Team All-GNAC, 27 MP, 321 kills, 3.18 kills per set, .251 hitting pct., 139 digs, 64 blocks, 52 aces), Colby Barnette (MB, Sr., Honorable Mention All-GNAC, 28 MP, 241 kills, 2.27 kills per set, .277 hitting pct., 20 aces, 112 blocks, 1.06 blocks per set), Michele Brown (S., Sr., Honorable Mention All-GNAC, 28 MP, 1,174 assists, 11.08 assists per set, 24 aces, 211 digs, 2.71 digs per set).**Other Key Returners:** Tori Johnson (OH, Jr., 25 MP, 214 kills, 2.46 kills per set, .170 hitting pct., 35 blocks), Allie Spear (OH, So., 28 MP, 297 digs, 2.71 digs per set, 19 aces), Anna Dols (DS, So., 26 MP, 335 digs, 3.38 digs per set, 20 aces).**Key Losses:** Brianna Hogan (MB), Brenna Huwe (OH), Taylor Sonnenberg (DS).**Key Freshmen:** Kourtney Lomica (OH, 5-9, Fr., Roseburg, Ore. – Roseburg), Elyssa Rose (MB, 6-1, Fr., Florence, Ore. – Siuslaw), Leah Witzel (S, 5-8, Fr., Woodbury, Minn. – East Ridge).**Key Transfers:** Livia Standberg (OH, 5-11, Jr., Portland, Ore. – Clark CC).**MONTANA STATE BILLINGS****Head Coach:** Casey Williams (West Alabama, 2012, 7-23, 2nd Season)**Assistant Coach:** Carly Wehling**2016 Overall Record:** 7-23**Conference Record (Finish):** 5-15 (9th)**Players Returning:** 2**Starters Returning/Lost:** 1/6**Returning Starters:** Miranda McConnell (MB, Jr., 27 MP, 158 kills, 1.74 kills per set, .211 hitting pct., 60 blocks, 0.66 blocks per set).**Other Key Returners:** Taylor Sherman (OH/DS, So., did not play in 2016; 2015: 129 kills, 314 digs, 2.99 digs per set).**Key Losses:** Ashlynn Ward (OH), Stormy Siemion (OH).**Key Freshmen:** Mina Doung (DS, 5-3, Fr., Monroe, Wash. – Monroe), Bayli Monck (RS, 5-11, Fr., Colorado Springs, Colo. – Vista Ridge), Alexa Smythe (S, 5-10, Fr., Phoenix, Ariz. – Horizon Honors), Madeline Vigil (OH, 5-9, Fr., Ogden, Utah – Fremont).**Key Transfers:** Claire Lacey (MB, 6-1, Jr., Anchorage, Alaska – Olympic CC).**NORTHWEST NAZARENE****Head Coach:** Doug English (Cal State Northridge, 2004, 82-26, 4th Season)**Assistant Coach:** Kinslie TeKolste**2016 Overall Record:** 21-8**Conference Record (Finish):** 13-7 (Tie 4th)**Players Returning:** 13**Starters Returning/Lost:** 6 + libero/0**Returning Starters:** Madi Farrell (MB, Sr., AVCA First Team All-American, D2CCA Third Team All-American, D2CCA First Team All-West Region, First Team All-GNAC, 29 MP, 368 kills, 3.38 kills per set, .354 hitting pct., 143 blocks, 1.31 blocks per set), Kendra Bodine (OH, Sr., AVCA Honorable Mention All-American, D2CCA Second Team All-West Region, First Team All-GNAC, 20 MP, 423 kills, 3.88 kills per set, .224 hitting pct., 344 digs, 3.16 digs per set), Hailey Cook (S, Sr., Honorable Mention All-GNAC, 29 MP, 1,247 assists, 11.44 assists per set, 258 digs, 2.37 digs per set, 64 blocks), Mari Thomas (OH, Sr., 29 MP, 288 kills, 2.64 kills per set, 14 aces, 395 digs, 3.62 digs per set), Cami Heninger (OH, Jr., 29 MP, 205 kills, 1.88 kills per set, .154 hitting pct., 15 aces, 52 blocks), Natalie Knauf (MB, Jr., 26 MP, 97 kills, .242 hitting pct., 59 blocks), Shayli Siegfried (L, Jr., 579 digs, 5.31 digs per set, 15 aces).**Other Key Returners:** Jacquelyn Johnson (L, Sr., 29 MP, 209 digs, 1.92 digs per set).**Key Losses:** None.**Key Freshmen:** Abigail Blum (OH, 6-0, Fr., Troy, Idaho – Troy), Rachel Farnya (MB, 5-10, Fr., Ault, Colo. – Highland), Taylor Jones (S, 5-6, Fr., Nampa, Idaho – Skyview).

SAINT MARTIN'S**Head Coach:** Jon Killingbeck (Central Washington, 2007, 6-18, 2nd Season, 7th Year Overall, 64-109)**Assistant Coaches:** Lauren Herseth, Joe Holland, Taylor Roberts**2016 Overall Record:** 6-18**Conference Record (Finish):** 2-18 (Tie 10th)**Players Returning:** 12**Starters Returning/Lost:** 5/2**Returning Starters:** Nicolette Nesbitt (S/RS, Sr., 24 MP, 503 assists, 6.06 assists per set, 169 digs, 2.04 digs per set), Rachel Gondrezick (OH, Jr., 24 MP, 239 kills, 2.88 kills per set, .190 hitting pct., 181 digs, 2.18 digs per set), Rebecca Mitchell (OH, Sr., 24 MP, 257 kills, 3.10 kills per set, .186 hitting pct., 233 digs, 2.81 digs per set), Megan Vernoy (RS/OH, Jr., 24 MP, 145 kills, 1.75 kills per set, 36 blocks), Brooklyn Tacke (MB, Jr., 18 MP, 34 kills, .176 hitting pct., 39 digs).**Other Key Returners:** Liz Larson (MB, Jr., 15 MP, 18 kills, 16 digs, 15 blocks), Hannah Neumann (DS/L, 17 MP, 100 digs, 2.00 digs per set).**Key Losses:** Cassidy Apo (RS/DS), Vegas Casey (MB).**Key Freshmen:** Charice Buchanan (DS/L, 5-5, Fr., Lake Tapps, Wash. – Auburn Riverside), Emily Gooding (RS/OH, 5-11, Fr., Kent, Wash. – Kentridge), Kamille Langford (MB, 6-1, Fr., Reardan, Wash. – Reardan).**Key Transfers:** Courtney Misner (DS/L, 5-4, Jr., Vancouver, Wash. – Clark CC).**SEATTLE PACIFIC****Head Coach:** Abbie Wright (Biola, 2010, 1st Season)**Assistant Coach:** Korrin Wild**2016 Overall Record:** 11-17**Conference Record (Finish):** 7-13 (Tie 7th)**Players Returning:** 11**Starters Returning/Lost:** 5 + libero/1**Returning Starters:** Shaun Crespi (MB, Jr., Honorable Mention All-GNAC, 28 MP, 204 kills, 1.92 kills per set, .230 hitting pct., 151 blocks, 1.42 blocks per set), Amanda Ganete (L, Jr., 28 MP, 511 digs, 4.82 digs per set, 66 assists, 16 aces), Colleen Hannigan (OH, Sr., 22 MP, 149 kills, 2.16 kills per set, 184 digs, 2.67 digs per set, 25 blocks), Hannah Lautenbach (OPP, Sr., 28 MP, 256 kills, 2.42 kills per set, 19 aces, 304 digs, 2.87 digs per set, 82 blocks), Gabby Oddo (OH, So., Honorable Mention All-GNAC, 18 MP, 242 kills, 3.41 kills per set, .183 hitting pct., 15 aces, 237 digs, 3.34 digs per set), Symone Tran (S, Jr., Honorable Mention All-GNAC, 28 MP, 1,085 assists, 10.24 assists per set, 336 digs, 3.17 digs per set, 64 blocks).**Other Key Returners:** Sophie Kuehl (L/DS, Sr., 28 MP, 204 digs, 1.98 digs per set, 26 aces).**Key Losses:** Lexi Biondi (OH), Abbey Lautenbach (MB).**Key Freshmen:** Maddie Batiste (OPP/OH, 5-10, Fr., Portland, Ore. – Central Catholic), Casey Kispert (S, 5-8, Fr., Edmonds, Wash. – King's), Gabi Stegemoller (MB, 6-2, Fr., West Linn, Ore. – Jesuit), Olivia Turner (OH, 5-10, Fr., Phoenix, Ariz. – Basha).**SIMON FRASER****Head Coach:** Gina Schmidt (Oregon State, 2002, 64-43, 5th Season)**Assistant Coach:** Rob Gowe**2016 Overall Record:** 21-8**Conference Record (Finish):** 14-6 (3rd)**Players Returning:** 11**Starters Returning/Lost:** 3/3 + libero**Returning Starters:** Tessa May (MB, So., First Team All-GNAC, 29 MP, 288 kills, 2.80 kills per set, .278 hitting pct., 126 blocks, 1.22 blocks per set), Christine Howlett (OH, Sr., 28 MP, 226 kills, 2.31 kills per set, .202 hitting pct., 83 digs, 50 blocks), Madison Power (MB, Sr., 22 MP, 64 kills, .211 hitting pct., 35 blocks).**Other Key Returners:** Nicole Chevrier (MB, So., 24 MP, 86 kills, .239 hitting pct., 41 blocks), Kirsten Pinkney (OH, So., 22 MP, 148 kills, 2.51 kills per set), Jayme Bratsberg (DS/L, Jr., 24 MP, 197 digs, 2.56 digs per set, 13 aces).**Key Losses:** Alison McKay (L), Tamara Nipp (S), Devon May (OH), Emma Jennings (OH).**Key Freshmen:** Mia Ricci (OH, 5-11, Fr., Burnaby, B.C. – Notre Dame Regional), Bianca Te (DS/L, 5-7, Fr., Burnaby, B.C. – St. Thomas More Collegiate), Julia Tays (S, 5-10, Fr., Winnipeg, Man. – St. Mary's Academy).

WESTERN OREGON**Head Coach:** Tommy Gott (Chico State, 2012, 10-17, 2nd Season)**Assistant Coaches:** Kady Forbes, Paige Orth**2016 Overall Record:** 10-17**Conference Record (Finish):** 7-13 (Tie 7th)**Players Returning:** 12**Starters Returning/Lost:** 4/3**Returning Starters:** Alisha Bettinson (OH, Sr., Honorable Mention All-GNAC, 27 MP, 337 kills, 3.40 kills per set, 320 digs, 3.23 digs per set, 19 blocks), Maddie Mehcz (S, Jr., 26 MP, 1.005 assists, 10.47 assists per set, 202 digs, 2.10 digs per set, 50 blocks, 16 aces), Mariella Vandencooy (OPP, Jr., 27 MP, 221 kills, 2.23 kills per set, .201 hitting pct., 46 blocks), Sydney Blankinship (MB, Sr., 25 MP, 147 kills, 1.73 kills per set, .271 hitting pct., 38 blocks).**Other Key Returners:** Libbie Hoene (DS, So., 27 MP, 242 digs, 2.42 digs per set, 35 aces).**Key Losses:** Paige Orth (MB), Christie Colasurdo (DS), Amanda Short (OH).**Key Freshmen:** Sianna DeCarli (OH, 6-1, Fr., Sebastopol, Calif. – Petaluma), Nyla Norvell (DS, 5-7, Fr., Ashland, Ore. – Ashland), Juliana Cameron (S, 5-8, Fr., Marysville, Wash. – Getchell International School of Communication), Sierra Stultz (OH, 5-11, Fr., Maple Valley, Wash. – Tahoma).**WESTERN WASHINGTON****Head Coach:** Diane Flick-Williams (Washington, 1993, 367-99, 18th Season)**Assistant Coaches:** James Suh, Bryce Larson, Brad Saindon, Nate Langstraat**2016 Overall Record:** 23-8**Conference Record (Finish):** 17-3 (2nd)**Players Returning:** 12**Starters Returning/Lost:** 6 + libero/1**Returning Starters:** Abby Phelps (OH, Jr., AVCA Honorable Mention All-American, First Team All-GNAC, 28 MP, 323 kills, 3.23 kills per set, .246 hitting pct., 456 digs, 4.56 digs per set, 47 blocks, 16 aces), Arielle Turner (OH, Sr., First Team All-GNAC, 30 MP, 313 kills, 2.93 kills per set, .231 hitting pct., 45 aces, 136 digs, 1.27 digs per set, 39 blocks), Brette Boesel (S, Jr., 30 MP, 833 assists, 7.79 assists per set, 36 aces, 243 digs, 2.27 digs per set), Aubrey Buckner (DS/L, Jr., 17 MP, 143 digs, 3.25 digs per set), Joellee Buckner (OPP, Jr., 30 MP, 157 kills, 1.47 kills per set, .206 hitting pct., 21 aces, 434 digs, 4.06 digs per set, 47 blocks), Michaela Hall (MB, Jr., 30 MP, 240 kills, 2.24 kills per set, .295 hitting pct., 76 blocks, 0.76 blocks per set), Kazlyn Roullier (OH/OPP, 29 MP, 173 kills, 1.73 kills per set, .210 hitting pct., 31 blocks).**Other Key Returners:** Mae Thungc (DS/L, So., 22 MP, 266 digs, 3.55 digs per set), Kristina Tribley (S, Jr., 27 MP, 459 assists, 4.88 assists per set, 104 digs, 1.11 digs per set), Kayleigh Harper (MB, Jr., AVCA Honorable Mention All-American, First Team All-GNAC, 30 MP, 303 kills, 2.83 kills per set, .358 hitting pct., 107 blocks, 10.7 blocks per set, will not play in 2017).**Key Losses:** Bryce Larson (L/DS).**Key Freshmen:** Chloe Biscup (MB, 6-0, Fr., Duvall, Wash. – Cedar Park Christian), Tess Biscup (OPP, 5-10, Fr., Duvall, Wash. – Cedar Park Christian), Olivia Fairchild (MB, 6-2, Fr., Olympia, Wash. – North Thurston), Gabby Gunterman (OH, 5-10, Fr., Lake Stevens, Wash. – Lake Stevens).