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# Central Washington University Volleyball Player Profiles, 1999

Central Washington University Athletics

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## SUSAN ADAMS

DS, 5-8, Sr., Longview - Mark Morris

**High School:** Graduated from Mark Morris High School in 1996. Lettered in volleyball (4), basketball (3) and track-and-field (1). Played outside and right-side hitter and setter in volleyball. Team captain and Most Inspirational award winner senior season. Team and League MVP. First team all-league guard in basketball. Team captain. Competed in long distance events in track-and-field. **College:** Most Inspirational Award winner last year. Ranked third on team with 246 digs. Played in 24 of 26 matches sophomore season leading team in serve reception percentage (95.3) and serve percentage (96.7). Also had 111 digs. Played one season at the University of Charleston, earning letter, prior to transferring to CWU. **Misc:** Born 4-24-78 at Marion, NC. Moved to Longview at age of eight. Has one brother. Elementary education major. High school activities included Honor Society and Special Olympics.

Year	M	G	K	K/G	E	Att	PCT	A	APG	SA	SESA/G	REDigs	D/G	BS	BA	Tot.	B/G	BE	BHE		
1997	24	76	2	0.03	10	30	-26.7	0	0.00	2	4	0.03	7	111	1.46	0	8	8	0.10	0	2
1998	26	95	9	0.09	11	60	-3.3	3	0.03	4	22	0.04	12	246	2.59	0	0	0	0.00	0	4
Tot.	50	171	11	0.06	21	90	-11.1	3	0.02	6	26	0.03	19	357	2.09	0	8	8	0.05	0	6

**Career Highs:** Kills – 2, Chico State (9-5-98); Assists – 1, Three times; Aces – 4, Humboldt State (10-1-98), Northwest (10-20-98); Digs – 20, Whitman (10-13-98); Blocks – None.

## MELISSA AUGUSTINE

OH, 5-8, Fr., Bremerton - Central Kitsap

**High School:** Graduated from Central Kitsap in 1999. Three-year letter winner in volleyball. Olympic League MVP and three-time first team all-league. Team MVP and Captain senior season. Played outside hitter and setter in high school. Competed in all-state series. **College:** Is talented freshman who will contribute at outside hitter once she adjusts to speed of collegiate game. **Misc:** Born 11-10-81 at Honolulu, Hi. Has one brother and one sister. Elementary education major.

## ELLIE FORTIN

OH, 5-8, So., Zillah

**High School:** Graduated from Zillah in 1998. Lettered in volleyball (4) and softball (4). First team all-league and Team MVP junior and senior seasons in volleyball. Team captain senior year. Led Zillah to second place finish at State Class A tournament. Played left center position in softball. First team all-league sophomore and junior seasons. Battled .547 and hit 10 home runs to earn league MVP honors junior year. Also played five seasons for Team Yakima Volleyball Club. **College:** Played in all 28 matches freshman season. Ranked fourth on team in kills (161) and third in attempts (575). Is rated a good passer and has good defensive instincts. . .Also lettered last spring in track. Had season-bests of 12.9 in 100 and 26.76 in 200. Ran on CWU 4x400 squad the placed fourth in Pacific Northwest regional meet in school-record time of 3:58.78. **Misc:** Born 3-7-80 at Yakima. Has two sisters. Accounting major. Plans to be a CPA. Posted perfect 4.00 grade point average in high school to earn Valedictorian honors. Is Hal Wolf Scholarship winner. High School activities also included band, FBLA (Future Business Leaders of America), FFA and Honor Society. Served as elementary school classroom volunteer.

Year	M	G	K	K/G	E	Att	PCT	A	APG	SA	SESA/G	REDigs	D/G	BS	BA	Tot.	B/G	BE	BHE		
1998	28	93	161	1.73	100	575	10.6	42	0.45	23	19	0.25	12	178	1.91	4	17	21	0.23	4	4
Tot.	28	93	161	1.73	100	575	10.6	42	0.45	23	19	0.25	12	178	1.91	4	17	21	0.23	4	4

**Career Highs:** Kills – 12, Northwest (9-22-98); Assists – 8, Simon Fraser (9-26-98); Aces – 5, Simon Fraser (10-23-98); Digs – 14, Northwest (9-22-98); Blocks –1, Four times.

**ALISON GARGUS**  
**OH, 5-10, So., Yakima – West Valley**

**High School:** Graduated from West Valley High School in 1997. Three-year letter winner in volleyball. All-league and all-state outside hitter in senior season. All-region and team captain junior and senior seasons. **College:** Played at North Idaho Junior College freshman season. Won Most Valuable Player honors. Granted a medical redshirt before the completion of the 1998 season. Still selected team captain. . . .Strong addition to outside hitting corps. Her strength is ball control. Will also help out in net area. **Misc:** Born 7-30-79 at Yakima. Fashion merchandising major. Has two brothers. High school activities include honor society, public service and church activities. Father played baseball at Cal Poly.

**CERENA LAURANCE****RS, 6-0, Fr., Yakima - West Valley**

**High School:** Graduated from West Valley in 1999. Lettered in volleyball (3), basketball (2) and track (3). First-team all-league and all-state in volleyball senior season. Honorable mention all-league junior season. Captain freshman and senior seasons. Most Improved sophomore and junior campaigns. Played forward in basketball. Threw the javelin, shot put, and discus in track. Was the West Valley throws champion in track senior season. **College:** Will play right-side hitting position. Hits with good power and is good blocker. **Misc:** Born 8-16-81 at John Day, Ore. Has one brother. Intends on majoring in education at Central. Was a part of the Holy Family Youth Group and Safety/Spirit Club in high school.

**JACQUELINE MILLS****MH, 6-0, Fr., Yelm**

**High School:** Graduated from Yelm in 1999. Lettered in volleyball (3), basketball (4) and softball (2). Female Athlete-of-the-Year at Yelm senior year. All-state senior season in volleyball. First team all-league senior year. Second team and honorable mention all-league junior and sophomore seasons. Captain junior and senior season. Played center in basketball. Coaches Award winner senior year. Captain and Best Defensive Player award winner junior and senior seasons. Second team all-league junior and senior seasons. Honorable mention all-league sophomore year. Played first base in softball. **College:** Will redshirt freshman year at CWU. **Misc:** Born 5-11-81 at Ft. Campbell, Kent. Majoring in Education at Central. Has one brother. Graduated high school with a 3.4 GPA. Was active in ASB in high school.

**CAROLYN MIRES****OH, 5-10, Fr., Walla Walla**

**High School:** Graduated from Walla Walla in 1999. Won 10 letters in high school, three in volleyball and basketball and four in track. Played middle and outside hitter in volleyball. Three-time Big Nine all-star. First team junior season and second team senior year. Second team all-league forward in basketball senior season. Team Captain, MVP and Most Inspirational award winner junior year. Most Improved sophomore season. MVP in track sophomore and junior

seasons. Competed in state meet junior season. Owns school record in 400 meters (58.3). **College:** First-year player. . Has strongest arm on team. **Misc:** Born 2-23-81 at Grants Pass, Ore. Has three sisters. Intends on majoring in Math Education at Central. Father played football at University of Idaho. Mother played volleyball and basketball at Southern Oregon. Had a 3.6 GPA in high school.

**SHANNON NELSON**

**S-RS, 5-9, Jr., Spokane - North Central**

**High School:** Graduated from North Central in 1997. Lettered in volleyball (3) and basketball (2). **College:** Played right side setter for two seasons at Spokane CC. First team NWAACC All-Region both seasons at Spokane. Named to all-tournament team at the Spokane, Pierce and Clackamas cross-overs. . Is intense competitor and will bring a lot of leadership to team. **Misc:** Born 11-19-78 at Spokane. Secondary health education major. Has one brother and one sister. Junior class treasurer and senior class vice-president in high school. Graduated high school with 3.4 GPA. Traveled to Europe and Australia with NBC camps to play volleyball and basketball.

**KATIE ORGILL**

**OH, 5-8, So., Yakima - Davis**

**High School:** Graduated from Davis in 1998. Lettered in volleyball (3), basketball (4) and softball (4). Played outside and right-side hitter in volleyball. First team all-league and all-state senior season. Second team all-league as sophomore and honorable mention all-league junior season. Played wing position in basketball for former Wildcat Bob Stanley. Second team all-region sophomore and junior seasons. Honorable mention all-region senior season. Second team all-region shortstop junior and senior seasons in softball. **College:** Was selected team MVP as a freshman. Played in 26 of 28 matches. Ranked second on the team in digs (293) and kills (207). Recorded 18 kills against Pacific Lutheran University. . Is team’s top defensive player and is also good offensive threat. Has outstanding work ethic. **Misc:** Born 4-25-80 at Yakima. Undecided on major. Has one brother (Pete), who played baseball at Washington. Father (Pete) played baseball at Yakima Valley and CWU. Posted 3.76 grade point average in high school. Was active in Honor Society.

Year M G K K/G E Att PCT A APG SA SESA/G REDigs D/G BS BA Tot. B/G BE BHE

1998	26	85	207	2.44	61	683	21.4	5	0.06	9	18	0.11	27	293	3.45	2	12	14	0.16	4	4
Tot.	26	85	207	2.44	61	683	21.4	5	0.06	9	18	0.11	27	293	3.45	2	12	14	0.16	4	4

**Career Highs:** Kills – 18, Pacific Lutheran (10-27-98); Assists – 2, UC Davis (9-4-98), PLU (10-27-98); Aces – 2, Northwest (9-22-98); Digs – 21, Cal State Stanislaus (9-5-98), Humboldt State (10-31-98); Blocks –4, Humboldt State (10-1-98).

**STACEY SCHMITZ**  
**MB, 5-11, Jr., Montesano**

**High School:** Graduated from Montesano in 1997. Lettered in volleyball, basketball and track. Played the middle in volleyball. **College:** Played volleyball and basketball for two seasons at Grays Harbor CC before transferring to Central. Selected Most Offensive Player and League MVP freshman volleyball season. First team all-league sophomore season. Was co-captain as a forward on the basketball team. **Misc:** Born 5-30-79 at Olympia. Majoring in Biology. Graduated high school with a 3.98 GPA. Has two brothers. Was involved in Honor Society, Pep Club and the Girls Club in high school.

**KARI ST. MARTIN**  
**S, 5-10, Jr., Yakima - Eisenhower**

**High School:** Graduated from Eisenhower High School in 1995. Lettered in volleyball (3) and track (2). All-state, all-region and all-league in volleyball. Captain and Team MVP. Threw shot in track. **College:** Played freshman season at Yakima Valley (1996). Team MVP. Second team All-American. Was selected the 1996 YVC Female Athlete of the year and Yakima Quarterbacks Club Female Athlete-of-the-Year. Played six matches at Portland State in 1997 before being sidelined with back injury. . . .Is a prototype setter. Has good size, great hands and puts up a solid block. **Misc:** Born 6-26-77 at Yakima. Majoring in health education. Has two brothers. Brother played football at Washington State. Uncle, Ted St. Martin, is in the Guinness Book of World Records for most consecutive free throws made with more than 7,000.

**TANYA TREISCHEL**  
**MB, 6-0, Jr., Seattle - Seattle Lutheran**

**High School:** Graduated from Seattle Lutheran High School in 1996. Earned three letters each in volleyball (3) and track-and-field (3). Team and League MVP in volleyball senior season. Also won Hitters award and was team captain. Competed in high jump in track. Placed second in 1995 State Class B high jump with leap of 5-2. **College:** Played middle blocker for two seasons at Bellevue CC. First team NWAACC all-star sophomore season. Was CWU's top recruit last season, but sat out season with ankle injury. Has good quickness for size. Will help out offensively and with front-line blocking. **Misc:** Born 7-1-79 at Seattle. Has one sister. Health education major. Senior class president in high school. Also was active in honor society and Key Club. Is working toward earning a pilot's license. Also enjoys bunjee jumping.

**TEANAH TROLIO**

**OH, 5-9, Sr., Seattle - Evergreen**

**High School:** Graduated from Evergreen High School in 1996. Lettered in volleyball (4), basketball (3) and softball (4). Played outside hitter in volleyball. Three-time all-league selection (honorable mention sophomore season, second team junior year and first team senior season). Played center in basketball. Second team all-league senior season. First team all-league outfielder in softball. Won four team captain awards - two in volleyball, one in basketball and one in softball. **College:** Three-year starter for Wildcats. Team captain last season. Is team's most experienced player and will provide leadership this fall. . . Played in all 28 matches last season. Ranked second on team in service aces (22). Also ranked third in kills (168). Ranked fourth on team in kills and service aces freshman season. Ranked second in blocks. Ranked fourth in kills, third in service aces and second in blocks sophomore season. Had career-high 16 kills last season against St. Martin's (Oct. 8). Had career-high 10 blocks against Westmont (Sept. 6). **Misc:** Born 10-26-77 at Seattle. Won Army/Scholar-Athlete award. Art education major. Was involved in student government in high school. Has no siblings. Cousin Laura Aurelio played for Wildcats last season.

Year	M	G	K	K/G	E	Att	PCT	A	APG	SA	SESA/G	REDigs	D/G	BS	BA	Tot.	B/G	BE	BHE		
1996	32	111	160	1.44	82	445	17.5	4	0.04	30	56	0.27	39	222	2.00	25	60	85	0.77	13	2
1997	26	93	165	1.77	86	460	17.2	16	0.17	29	40	0.31	11	143	1.54	12	38	50	0.54	1	8
1998	28	87	168	1.93	102	507	13.0	14	0.16	22	19	0.25	6	142	1.63	10	33	43	0.49	6	4
<b>Tot.</b>	<b>86</b>	<b>291</b>	<b>493</b>	<b>1.69</b>	<b>270</b>	<b>1412</b>	<b>15.8</b>	<b>34</b>	<b>0.12</b>	<b>81</b>	<b>115</b>	<b>0.28</b>	<b>56</b>	<b>507</b>	<b>1.74</b>	<b>47</b>	<b>131</b>	<b>178</b>	<b>0.61</b>	<b>20</b>	<b>14</b>

**Career Highs:** Kills – 16, St. Martin’s (10-8-97); Assists – 3, Western Washington (10-11-97), UC Davis (9-4-98); Aces – 7, Northwest (10-20-98); Digs – 16, Chico State (9-13-96); Blocks – 10, Westmont (9-6-97).

**TESS WEIGEL**

**S, 5-8, Fr., Kennewick - Southridge**

**High School:** Graduated from Southridge High School in 1999. Lettered in volleyball (2), basketball (1) and tennis (2). Southridge High School Athlete-of-the-Year senior season. Volleyball MVP and team captain all four seasons in high school. First team all-league senior season as setter. Honorable mention junior season as hitter and setter and senior season as hitter. . . Played center in basketball. MVP and captain sophomore season. Captain of freshman team in first year of high school. **College:** Will play backup role this season, but will develop into good college setter once she gets experience. **Misc:** Born 8-9-81 at Carrington, ND. Intends on majoring in business administration. Has one sister. Posted 3.92 GPA in high school. High school activities include Honor Society, Key Club, Church Youth Group, choir, ASB and Natural Helpers.

**KIM WERKAU**

**OH, 6-0, So., Sumner**

**High School:** Graduated from Sumner High School in 1998. Lettered in volleyball (3), basketball (3) and track (1). First team all-league middle blocker senior season. All-league honorable mention and team captain in basketball. Competed in high jump, triple jump and hurdles in track. Was alternate state qualifier. Was Sumner High School's 1996 Athlete-of-the-Year. **College:** One of eight freshman on squad last season. Played in all 28 matches. Had season-high 14 kills against Western Washington (Oct. 27). **Misc:** Born 11-10-79 at Redmond. Communications major. Compiled 3.80 grade point average. Has one brother and one sister. Brother, Jeremy, played basketball at Puget Sound. Sister, Kristin Isakson, played basketball at Highline CC. Brother-in-law, Brian Isakson, played basketball at Seattle Pacific.

Year	M	G	K	K/G	E	Att	PCT	A	APG	SA	SESA/G	REDigs	D/G	BS	BA	Tot.	B/G	BE	BHE		
1998	28	94	97	1.03	45	243	21.4	4	0.04	1	9	0.01	2	36	0.38	21	39	60	0.64	5	6
Tot.	28	94	97	1.03	45	243	21.4	4	0.04	1	9	0.01	2	36	0.38	21	39	60	0.64	5	6



**Career Highs:** Kills – 14, Western Washington (10-24-98); Assists – 2, Lewis-Clark State (9-12-98); Aces – 1, St. Martin's (10-17-98); Digs – 8, Northwest (9-22-98); Blocks – 7, Whitman (10-13-98).