



# Cougar Volleyball

## THIS WEEK'S ACTION:

SMS Dr. Mary Jo Wynn Invitational @ Southwest Missouri State University  
Springfield, Mo. • Hammond Student Center (8,846) • Sept. 5-6, 2003

### FRIDAY'S MATCHES:



**Arkansas**  
(1-2, 0-0 SEC)  
Friday, Sept. 5  
2:30 p.m. (CDT)



**North Texas**  
(0-0, 0-0 Patriot)  
Friday, August 29  
NOON

### SATURDAY'S MATCHES:



**Saint Louis**  
(0-0, 0-0 Big East)  
Friday, August 29  
5:30 p.m.



**SMS**  
(1-1, 0-0 SEC)  
Saturday, August 30  
3:30 p.m.

### Cougars Travel to Play Four in Missouri

PROVO, Utah (Sept. 2, 2003) – After finishing 2-1 at the University of Florida tournament last week, the BYU women's volleyball team will again be on the road as it travels to participate in the Dr. Mary Jo Wynn Invitational hosted by Southwest Missouri State University in Springfield, Missouri.

BYU will participate in four matches and play will begin Friday when the Cougars take Arkansas (1-2) at 2:30 p.m. (CDT) and North Texas (3-0) at 7 p.m. On Saturday, BYU will play Saint Louis (2-2) at 2:30 p.m. and SMS (2-1) at 7 p.m.

"Our goal this week is to raise our offensive output and keep teams to low offensive outputs," head coach Karen Lamb said. "We'll get more consistent offensively as the season goes on, but it's one of our focuses right now."

Senior rightside hitter Carrie Bowers was named Mountain West Conference Player of the Week after her breakout performance last week. She averaged 5.00 kills per game, 1.70 dpg and 0.70 bpg, while hitting .443.

"Carrie did a great job for us making plays out of sets that weren't perfect," Lamb said. "As our service reception and passing improve, though, we'll be able to stay within our system and provide better opportunities for our hitters."

April Varner, Kim Wilson and Lindsey Metcalf are vying for time on the outside, and in the middle Lindsay Lewis-Hartsock, Laura Nielsen and Lexi Brown have all split time. The Cougars are deep and competition has helped to bring out the best in the players.

With the Cougars slated to play four matches in two days, BYU's depth will be tested, but the team is looking forward to the challenge.

"It's a lot to prepare for as a staff and as a team, but we'll be ready," Lamb said. "We want to win four matches, anything less will be disappointing."

### QUICK REFERENCE

BYU 2003 Record: 2-1  
BYU MWC Record: 0-0  
Current AVCARanking (Votes): T-No. 32 (18)  
Current VB Magazine Ranking: N/A

### 2003 SCHEDULE/RESULTS

Date	Opponent	Time/Score(TV)
Aug. 29-30	@ Florida Tournament • Gainesville, FL	
Aug. 29	American	30-19, 30-19, 28-30, 30-20 W
Aug. 29	Rutgers	30-25, 30-26, 30-28 W
Aug. 30	Florida	24-30, 19-30, 21-30 L
Sept. 5-6	Southwest Missouri State Tourney • Springfield, MO	
Sept. 5	Arkansas	2:30 p.m.
Sept. 5	North Texas	7 p.m.
Sept. 6	St. Louis	2:30 p.m.
Sept. 6	Southwest Missouri State	7 p.m.
Sept. 12-13	BYUMizuno Classic • PROVO, UT	
Sept. 12	Ohio State	7:30 p.m. (BYU-TV)
Sept. 13	Rice	Noon
Sept. 13	Penn State	7:30 p.m.(BYU-Radio)
Sept. 19	Utah Valley State College	7 p.m.
Sept. 20	Nevada	5 p.m.
Sept. 26*	Colorado State	7 p.m. (BYU-TV)
Sept. 27*	Wyoming	7 p.m.
Oct. 2*	@New Mexico	7 p.m.
Oct. 3*	@Air Force	7 p.m.
Oct. 7	@Weber State	7 p.m.
Oct. 10*	Utah	7 p.m. (BYU-TV)
Oct. 17*	San Diego State	7 p.m. (BYU-TV)
Oct. 18*	UNLV	7 p.m.
Oct. 24*	Wyoming	7 p.m.
Oct. 25*	Colorado State	7 p.m.
Oct. 31*	New Mexico	7 p.m.
Nov. 1*	Air Force	7 p.m.
Nov. 7*	@Utah	7 p.m.
Nov. 14*	UNLV	7 p.m.
Nov. 15*	San Diego State	7 p.m.
Nov. 20-22*	MWC Tournament • San Diego, CA	TBA
Nov. 25	Utah State	6 p.m.
Nov. 28	Eastern Michigan	7 p.m.
Dec. 5-6	NCAA1st and 2nd Rounds	TBA
Dec. 12-13	NCAARegionals	TBA
Dec. 18-20	NCAAFinal Four	Dallas, TX

\* denotes Mountain West Conference matches.  
\*\* all times listed are for local site.

## 2003 NUMERICAL ROSTER

No.	Name	Ht.	Cl.	Pos.	Exp.	Hometown
2	Mandi Kiholm	6-1	JR	RS	TR	Camino, Calif. (Utah Valley State College)
3	April Varner	6-0	JR	OH	1L	Salt Lake City, Utah (Long Beach State)
4	Melanie Togo	5-6	SO	L	HS	Albuquerque, N.M. (Cibola HS)
5	Lauren Richards	6-0	SO	S	1L	Orem, Utah (Timpanogos HS)
6	Lindsey Metcalf	6-0	JR	OH	2L	Orem, Utah (Mountain View HS)
7	Kimberly Wilson	6-0	SO	OH	1L	Provo, Utah (Provo HS)
8	Carrie Bowers	6-2	SR	RS	3L	Salt Lake City, Utah (Highland HS)
9	Lexi Brown	6-1	SO	MB	1L	Sandy, Utah (Jordan HS)
10	Erica Lott	6-2	FR	MB	HS	Orem, Utah (Mountain View HS)
11	Lindsey Kearnl	5-8	JR	L	TR	Provo, Utah (Utah Valley State College)
12	Uila Crabbe	5-7	SR	L	3L	Mililani, Hawai'i (Kamehameha HS)
13	Catherine Parker	6-2	FR	MB	HS	Palos Verdes, Calif. (Palos Verdes Peninsula HS)
14	Lindsay Lewis-Hartssock	6-4	FR	MB	RS	Inkom, Idaho (Century HS)
15	Sahara Castillo	5-11	SR	OH	1L	Lima, Peru (Ricks College)
16	Lindsey Evans	5-10	FR	L	HS	West Linn, Ore. (West Linn HS)
17	Stacie Powell	5-6	FR	S/DS	HS	Mesa, Ariz. (Mesa HS)
18	Laura Nielsen	6-1	SR	MB	1L	Fremont, Calif. (Ricks College)
19	Amy Hulse	6-1	FR	MB	HS	Laguna Niguel, Calif. (Dana Hills HS)
20	Jenna Judkins	5-10	FR	S	HS	Salt Lake City, Utah (Skyline HS)
21	Annie Kemp	5-8	FR	L	HS	Pocatello, Idaho (Century HS)
23	Kimberly Dabo	5-11	FR	OH	HS	Hollister, Calif. (San Benito HS)

Head Coach: Karen Lamb (BYU 1978) – Second Year

Assistant Coaches: Jason Watson (BYU 1995), Mari Carpenter (BYU 2000)

Trainer: Gaye Merrill

## ROSTER BREAKDOWN

## Returning Starters (7)

Name	Pos.	Ht.	Cl.	Pct.	KPG	DPG	BPG
*Lauren Richards	S	5-11	SO	.136	2.38	0.33	0.41
Carrie Bowers	RS	6-2	SR	.194	2.01	0.80	1.38
Uila Crabbe	L	5-7	SR	-.026	0.05	3.03	0.01
Lindsey Metcalf	OH	6-0	JR	.134	1.95	2.78	0.92
Laura Nielsen	MB	6-1	SR	.298	2.36	0.65	1.20
April Varner	OH	6-0	JR	.146	2.67	2.57	0.43
Kimberly Wilson	OH	6-0	SO	.152	2.63	0.86	0.30

## Starters Lost (3)

*Sunny Mahe	RS	6-2	JR	.319	3.56	1.87	1.02
**Karina Puikkonen	S	6-0	JR	.330	1.53	1.65	1.02
Allison Larson	RS	6-0	SR	.212	2.74	0.37	0.83

\* Starters in 2001 who redshirted in 2002

\*\* Will not return due to early graduation

## Returning Redshirts (2)

Name	Pos.	Ht.	Cl.	Exp.	
Lauren Richards	S	5-11	SO	1L	
Lindsay Lewis	MB	6-4	FR	HS	Inkom, Idaho (Century HS)

## Newcomers (11)

Name	Pos.	Ht.	Cl.	Exp.	Hometown
Mandi Kiholm	RS	6-1	JR	TR	Utah Valley State College
Lindsey Kearnl	L	5-8	JR	TR	Utah Valley State College
Melanie Togo	L	5-6	SO	HS	Albuquerque, N.M. (Cibola HS)
Erica Lott	OH/MB	6-2	FR	HS	Orem, Utah (Mountain View HS)
Catherine Parker	MB	6-2	FR	HS	Palos Verdes, Calif. (P.V. Peninsula HS)
Kimberly Dabo	OH	5-11	FR	HS	Hollister, Calif. (San Benito HS)
Lindsey Evans	L	5-9	FR	HS	West Linn, Ore. (West Linn HS)
Stacie Powell	S	5-6	FR	HS	Mesa, Ariz. (Mesa HS)
Annie Kemp	L	5-8	FR	HS	Pocatello, Idaho (Century HS)
Amy Hulse	MB	6-1	FR	HS	Laguna Niguel, Calif. (Dana Hills HS)
Jenna Judkins	S	5-10	FR	HS	Salt Lake City, Utah (Skyline HS)

## Geographic Breakdown

## Utah (9)

Carrie Bowers  
Lexi Brown  
Jenna Judkins  
Lindsey Kearnl  
Erica Lott  
Lindsey Metcalf  
Lauren Richards  
April Varner  
Kim Wilson

## California (5)

Kimberly Dabo  
Amy Hulse  
Mandi Kiholm  
Laura Nielsen  
Catherine Parker

## Idaho (2)

Annie Kemp  
Lindsay Lewis-Hartssock

## Hawai'i (1)

Uila Crabbe

## New Mexico (1)

Melanie Togo

## Oregon (1)

Lindsey Evans

## Arizona (1)

Stacie Powell

## Peru (1)

Sahara Castillo

## Returning Letterwinners (9)

Name	Pos.	Ht.	Cl.	Pct.	KPG	DPG	BPG
Carrie Bowers	RS	6-2	SR	.194	2.01	0.80	1.38
Uila Crabbe	L	5-7	SR	-.026	0.05	3.03	0.01
Sahara Castillo	OH	5-11	SR	-.026	0.11	1.26	0.03
Laura Nielsen	MB	6-1	SR	.298	2.36	0.65	1.20
Lindsey Metcalf	OH	6-0	JR	.134	1.95	2.78	0.92
April Varner	OH	6-0	JR	.146	2.67	2.57	0.43
Lauren Richards	S	5-11	SO	.136	2.38	0.33	0.41
Kimberly Wilson	OH	6-0	SO	.152	2.63	0.86	0.30
Lexi Brown	MB	6-1	SO	.195	1.89	0.75	1.39

## Letterwinners Lost (5)

*Sunny Mahe	RS	6-2	JR	.319	3.56	1.87	1.02
Karina Puikkonen	S	6-0	JR	.292	4.24	2.33	1.59
Allison Larson	RS	6-0	SR	.198	3.02	2.03	1.10
Michelle Mahaffey	L	5-6	SR	.227	1.91	3.04	0.47
Erin Webb	OH	6-0	SO	.119	1.28	0.49	0.72

## Class Breakdown

## Senior (5)

Carrie Bowers  
Laura Nielsen  
Uila Crabbe  
Sahara Castillo

## Sophomore (4)

Lauren Richards  
Alexis Brown  
Kimberly Wilson  
\*Melanie Togo

## Junior (4)

Lindsey Metcalf  
April Varner  
\*Lindsey Fish  
\*Mandi Kiholm

## Freshman (9)

Lindsey Lewis  
\*Erica Lott  
\*Catherine Parker  
\*Lindsey Evans  
\*Stacie Powell  
\*Kimberly Dabo  
\*Annie Kemp  
\*Jenna Judkins  
\*Amy Hulse

\* 2003 Newcomer

**LOOKING AT ARKANSAS**

Arkansas has struggled out the gate this season. After winning their first match, a five-game win over Toledo, Arkansas has proceeded to lose its next two heading into play versus BYU. Their most recent loss was at the hands of No. 21 Missouri. The Lady backs are led by Sara Kincaid, who is averaging 3.43 kpg while hitting .289.

**SERIES RECORD**

BYU is 0-1 all-time versus the Ladybacks. The only meeting between the two teams was last season when Arkansas took a 3-0 sweep at the Smith Fieldhouse in Provo, Utah.

**VOLEYBALLINFO**

Series Record: Arkansas Leads, 1-0  
Last Meeting: 2002  
Result: Arkansas (0-3)  
Head Coach: Chris Poole (Arkansas Tech '83)  
Assistant Coaches: Holly Watts and Jenny Wilson  
Overall Record (Years): 491-170 (17)  
Record at School (Years): 223-94 (9)  
2002 Overall Record: 27-6  
2002 Conference Record: 14-2 (1st)

**PLAYER INFO**

Starters Returning/Lost: 4/2  
Letterwinners Returning/Lost: 6/5  
Top Returners:  
Jennifer Hasser, 6-2, Jr, MB (3.31 kpg)  
Roberta Tarnauskaite, 5-8, Sr, S (11.68 apg)  
Paula Castro, 5-7, Sr, L(3.20 dpkg)  
Top Newcomers:  
Amy Allison, 6-2, Fr, MB  
Kele Brewer, 6-0, Fr, OH

**SPORTS INFO**

Volleyball Contact: Jeri Thorpe  
Phone: (479) 575-5037  
FAX: (479) 575-7410  
Courtside Phone: (479) 575-4422  
E-mail: jthorpe@uark.edu  
Website: www.ladybacks.com

**LOOKING AT NORTH TEXAS**

North Texas is undefeated, after wins over Lehigh, UT-Pan American and Lamar. They are led by the duo of Brittney Gregory (4.25 kpg) and Corina Marginas (4.00 kpg).

**SERIES RECORD**

BYU currently stands 1-0 all-time against North Texas. The only meeting between the two teams was in 1992, when BYU took a 3-0 sweep at the University of San Diego Invitational.

**VOLEYBALLINFO**

Series Record: BYU leads, 1-0  
Last Meeting: 1992  
Result: BYU (3-0)  
Head Coach: Cassie Headrick (Arkansas-Little Rock '95)  
Assistant Coaches: John Schmidt III and Karrie Curry  
Overall Record (Years): 37-54 (3)  
Record at School (Years): same  
2002 Overall Record: 16-17  
2002 Conference Record: 10-5 (2nd)

**PLAYER INFO**

Starters Returning/Lost: 5/1  
Letterwinners Returning/Lost: 8/4  
Top Returners:  
Corina Marginas, 6-1, Sr, OH (4.77 kpg)  
Kristin Sheppard, 5-9, Sr, S (11.99 apg)  
Brienne Fowler, 5-11, Sr, OH (2.66 kpg)  
Top Newcomers:  
Tara Hooser, 6-0, Fr, OH  
Taylor Lawrence, 6-0, Fr, OH/MB/S

**SPORTS INFO**

Volleyball Contact: Jerry Scott  
Phone: (940) 565-4674  
FAX: (940) 369-7461  
E-mail: jscott@unt.edu  
Website: www.unt.edu/mgathletics/

**LOOKING AT SAINT LOUIS**

After starting the season 0-2, the Billikens have rebounded with two wins to even their record at 2-2. Although only hitting .162 as a team, Saint Louis has four players averaging more than two kills per game.

**SERIES RECORD**

BYU is meeting Saint Louis for the first time.

**VOLEYBALLINFO**

Series Record: First Meeting  
Head Coach: Marilyn Nolen (SW Texas State '66)  
Assistant Coach: Cori Arbini  
Overall Record (Years): 800-336-12 (31)  
Record at School (Years): 181-118 (9)  
2002 Overall Record: 21-10  
2002 Conference Record: 10-6 (4th)  
2002 Final Ranking/Post Season Finish: N/A

**PLAYER INFO**

Starters Returning/Lost: 1/5  
Letterwinners Returning/Lost: 7/7  
Top Returners:  
Ashley Hunter, 6-1, So, OH (1.99 kpg)  
Alyson Merchant, 6-1, Sr, OH (0.49 kpg)  
Jessica Kmita, 6-1, Jr, L/OH (2.34 dpkg)  
Top Newcomers:  
Alexis Cooley, 6-2, Jr, MB  
Erin McClanahan, 5-9, So, S

**SPORTS INFO**

VB Contact: Chuck Yahng  
Phone: (314) 977-3346  
FAX: (314) 977-7193  
E-mail: yahngc@slu.edu  
Website: www.slubillikens.com

**LOOKING AT SOUTHWEST MISSOURI STATE**

After opening the season with a loss, SMS is 2-1 after wins over George Mason and Georgetown. Linnette White has been an offensive force, averaging 4.25 kpg, while hitting a blistering .620. Katie Werges has also been effective with 3.17 kpg and a .393 attack percentage.

**SERIES RECORD**

BYU is 4-0 all-time versus the Bears. The Cougars' last win versus SMS came in 2001 at the BYU Mizuno Classic, where BYU took a 3-0 sweep.

**VOLEYBALLINFO**

Series Record: BYU Leads, 4-0  
Last Meeting: 2001  
Result: BYU (3-0)  
Head Coach: Melissa Stokes (SDSU '91)  
Assistant Coaches: Chris Willis and Jeni Jones  
Overall Record (Years): 144-80 (7)  
Record at School (Years): same  
2002 Overall Record: 21-9  
2002 Conference Record: 15-3 (2nd)

**PLAYER INFO**

Starters Returning/Lost: 4/2  
Letterwinners Returning/Lost: 10/4  
Top Returners:  
Linnette White, 5-10, Sr, MB (1.26 bpg)  
Chenille Bayless, 5-10, Sr, S (11.68 apg)  
Erin Murphy, 5-11, Sr, OH (3.91 kpg)  
Top Newcomers:  
Erin O'Connor, 6-0, Fr, MB  
Adeana McAfee, 5-8, Fr, OH

**SPORTS INFO**

Volleyball Contact: Jeff Williams  
Phone: (417) 836-5406  
FAX: (417) 836-4868  
E-mail: jsw469t@smsu.edu  
Website: www.smsbears.edu

**2003 QUICK FACTS****UNIVERSITY INFORMATION**

Location ..... Provo, Utah 84602  
 Elevation ..... 4,553 feet  
 Enrollment ..... 32,122 (Daytime)  
 Founded ..... October 15, 1875  
 Owned . Church of Jesus Christ of Latter-day Saints  
 Nickname ..... Cougars  
 Mascot ..... Cosmo  
 Colors ..... dark blue, white and tan  
 Conference ..... Mountain West  
 Arena ..... Smith Fieldhouse (5,000) wood floor  
 BYU President . Cecil O. Samuelson (Utah, 1970)  
 Women's AD ..... Elaine Michaelis (BYU, 1960)

**VOLLEYBALL INFORMATION**

Head Coach ..... Karen Lamb (BYU, 1978)  
 Office Phone ..... 801-422-4225  
 Assistant Coaches ..... Jason Watson (BYU, 1995)  
 ..... Mari Carpenter (BYU, 2000)  
 Lamb Record at BYU: ..... 16-20 (.444)/2nd year  
 Lamb Career Record ..... 106-114 (.482)/ 7 years  
 BYU's All-Time Record: ..... 903-245-5 (.785)  
 2002 Record ..... 14-19  
 2002 MWC Record ..... 7-7 (4th)  
 2002 NCAA ..... N/A  
 2002 Final Ranking ..... N/A  
 Starters Returning/Lost ..... 7/3  
 Letterwinners Returning/Lost ..... 9/4  
 Newcomers ..... 11

**ATHLETIC MEDIA RELATIONS**

Primary Volleyball Contact ..... Sam Araki  
 Phone ..... 801-422-8948  
 E-mail ..... wvolleyball\_sid@byu.edu  
 Secondary Volleyball Contact ..... Brett Pyne  
 Phone ..... 801-422-4912  
 Fax ..... 801-422-0633  
 E-mail ..... brett\_pyne@byu.edu  
 Homepage ..... www.byucougars.com  
 Pressrow Phone ..... 801-422-8342  
 Mailing Address  
 BYU Athletic Media Relations  
 30 Smith Fieldhouse  
 Provo, Utah 84602

**Weekly Notes:****Week #1 in Review ...**

BYU participated in the Campus USA Credit Union Invitational, hosted by the University of Florida, and finished the week 2-1. The Cougars opened their season last Friday against 2002 NCAA Tournament team American, and came out with a four-game victory behind a career-high 22 kills from Carrie Bowers. Later that day, BYU swept Rutgers, with Bowers setting a record for hitting percentage (.583).

On Saturday, BYU lost a showdown with No. 3 Florida for the tournament crown. Bowers and Lauren Richards were named to the all-tournament team.

**Hopping the Flight to Missouri**

The Cougars are taking 12 players on their trip to the SMS Dr. Mary Jo Wynn Invitational in Springfield, Missouri, hosted by Southwest Missouri State University.

**Bowers Named MWC Player of the Week**

After a sterling debut as a rightside hitter last week, Carrie Bowers was named the MWC Player of the Week on Sept. 2. For the week she averaged 5.00 kills per game, 1.70 dpg and 0.70 bpg. It is the first time she has received the award. Bowers led the Cougars in kills, attempts and hitting percentage (min. 10 attempts) in each match played. In putting down 50 kills, she had just under 1/3 of the team's 151 kills on the Cougars' opening weekend.

**Redshirts for 2003**

Of BYU's eight incoming true freshman, seven are slated to redshirt the 2003 season. They are: Erica Lott, Catherine Parker, Lindsey Evans, Stacie Powell, Amy Hulse, Annie Kemp and Kimberly Dabo.

**Judkins Jubilant**

After missing the Cougars' season-opening trip to Florida, to attend her sister's wedding, true freshman setter Jenna Judkins will make the trip to Missouri and serve as backup to Lauren Richards.

**Best and Worst Starts to a Season**

The Cougars' best-ever start to a season is 23-0 in 1977, a year in which they finished 34-5. BYU's worst start to a season is 1979 when it started 0-2. The Cougars have never lost more than two matches in a row to start a season.

**Outside Hitting Trio**

Lindsey Metcalf, April Varner and Kim Wilson are the Cougars' outside hitting triumvirate and each is expected to see extensive playing time. Last week, each had spurts of consistency and each earned playing time. Wilson provided an offensive spark with 3.43 kpg and a .320 attack percentage. Metcalf was defensive with a team-leading 3.38 dpg average.

**Injury Update**

It is relatively quiet on the injury front. Lindsey Kearl had been bothered by recurring back pain, and had been practicing, but a sprained ankle sustained in practice last week has prevented her from floor action this week. Erica Lott has been bothered by lower back pain and has not practiced this week.

**Roster of Champions**

After an unprecedented year in which nine of the 16 players on the roster sustained injury, BYU made it a mandate to recruit additional talent. While at times last year the Cougars didn't have enough players to scrimmage, with the current 21 players on the roster, BYU is not only ensured of having enough players to practice, but the team's competitive level of play in practice has risen.

**Young and Experienced**

Of the Cougars' nine returning letterwinners, eight have starting experience. Of those eight, all eight have the potential to be All-MWC team selections with playing time.

**Richards Ready to Rule**

Sophomore setter Lauren Richards is in her first season as BYU's setter. Richards has extensive experience setting with the U.S. Girls Junior National team and U.S. A-2 Women's National teams (2001 and 2002). As she grows more comfortable in her role of controlling BYU's offense, the Cougar attack is expected to improve with each week.

## Karen Curtis Lamb Head Women's Volleyball Coach

Entering her second year as head coach of the BYU women's volleyball program, Karen Lamb replaced the legendary Elaine Michaelis on July 9, 2002. An assistant to Michaelis for eight seasons preceding her promotion, Lamb has 19 years of collegiate coaching experience, including 10 years as a head coach, and two years coaching with the U.S. National Team.

Lamb is only the third person to head BYU's program, joining Michaelis (1962-2002) and JoAnne Calderwood (1956-61). Michaelis retired in May 2002 after 40 years at the Cougar helm ranked No. 2 all-time in NCAA Division I women's volleyball wins with an 887-225-5 (.796) record.

In 10 years as a head coach, four in junior college and five at the Division I level, Lamb has totaled a 209-142 (.595) overall record while bringing success to each program. Her accomplishments include an NJCAA national championship and national coach of the year honors. As an assistant coach at BYU for eight seasons, she helped coach seven All-Americans while the Cougars won five conference titles, achieved a 207-51 (.802) overall record, and played in eight NCAA tournaments, including three regional final appearances among five trips to the regional semifinals.

Lamb's opportunity at BYU is her second with a well-established program. In her five prior seasons as a Division I head coach, Lamb took over new or struggling programs and turned them into winners. She owns a 104-113 (.479) record in her six seasons as a Division I head coach at UNLV, Washington State and BYU.

Lamb began her coaching career in 1978, serving as an assistant to Michaelis after completing her All-American playing career (1974-77) at BYU. After teaching math at Casa Grande High School in Casa Grande, Ariz., for one year, Lamb took her first volleyball head coaching job in 1980 at Central Arizona College in Coolidge, Ariz. During her four years (1980-83) at the helm, she achieved a 105-29 (.784) record and was named 1983 NJCAA Coach of the Year after guiding her team to the 1983 NJCAA title.

In 1984, Lamb was hired at UNLV, accepting the challenge of restarting the Rebels' volleyball program after its three-year absence. She coached two seasons in Las Vegas, earning a 39-34 (.534) mark, including a 23-17 record in her first season in 1984. In 1986, she accepted another daunting task when she took over a Washington State program that was just entering the Pac-10 Conference after suffering through four consecutive single-digit victory seasons. In spite of the challenging circumstances, she posted a 51-60 (.460) record in her three seasons (1986-88) in Pullman, culminated with the program's first winning season in 10 years with a 22-17 record in 1988. Despite her



success, Lamb decided to leave her position to care for her young family, moving to San Diego where her husband Barry was hired as an assistant football coach.

While in San Diego, Lamb worked as a clinician (1989), clinic director (1990) and assistant coach (1990-92) for the U.S. Women's National Team, which went on to earn the Bronze Medal in the 1992 Barcelona Summer Olympics. In 1994, Lamb returned to BYU as a volunteer assistant before being hired as an assistant coach in 1997.

In addition to her college and national-level coaching experience, Lamb has been a pioneer in developing grass-roots volleyball. She founded the first junior volleyball programs in both Arizona and Nevada and has served as the director and owner of Excel Volleyball Camps since the program's inception in 1975. Lamb's camps are administered each summer to more than 500 girls age 12 and older in California, Arizona, New Mexico and Texas.

As a player, Lamb was the top of her class. She holds the distinction of being BYU's first female scholarship athlete and was the school's first volleyball All-American, earning second-team honors in 1977. She still holds the BYU single-season hitting percentage record of .485 in 1976, and has a personal-best .777 single-match attack percentage. She once served 15 straight points to deliver a start-to-finish game victory against Weber State. In 1989, Lamb was recognized by her alma mater for her many accomplishments, being inducted into the BYU Athletic Hall of Fame.

Lamb has served as a member of the BYU Coaches Advisory Committee and as an executive board member of Intermountain Volleyball Association High Performance since 1999. She also currently serves as an executive board member of the BYU Varsity Club, a position she has held since 1996. She served on the board of the Cougar Club from 1995-98 and in 1996 taught a volleyball class in the university's department of Health and Human Performance. From 1987-88 she was a member of the AVCA's Russell Advisory National Committee.

Lamb received a bachelor's degree in physical education with a coaching emphasis from BYU in 1978. She earned a master's degree in educational administration with an athletics emphasis from Arizona State in 1984. She has finished her PhD course work at BYU and is currently working on her dissertation.

A Safford, Ariz., native, Lamb is married to Barry Lamb, a linebacker coach on the BYU football team. They have three sons: Mackenzie (18), Tanner (15) and Tucker (13). She is the daughter of Brooks and Myrna Curtis.

### Lamb Ledger Division I Schools

Year	School	Record	Conf./Finish
1984	UNLV	23-17	1-7 / 5th Big West
1985	UNLV	16-17	5-11 / 7th Big West
1986	Washington St.	13-22	3-15 / T-8th Pac-10
1987	Washington St.	16-21	2-16 / 9th Pac-10
1988	Washington St.	22-17	5-13 / 8th Pac-10
2002	BYU	14-19	7-7 / 4th MWC
2003	BYU	2-1	0-0
<b>Total</b>		<b>106-114</b>	<b>23-69</b>
		(.482)	(.250)

### Lamb Honors and Awards

1989	BYU Athletic Hall of Fame Inductee
1983	NJCAA Volleyball Coach of the Year District II Coach of the Year Collegiate Volleyball Coaches Association Coach of the Year - NJCAA Division
1977	Volleyball magazine All-American BYU Invitational Most Valuable Player
1974-77	All-Conference
1976-77	BYU Team Captain

## 2003 Season Outlook

Coming off the most injury-plagued season in team history, the BYU women's volleyball team is poised to become the nation's most improved team in 2003. A healthy squad combined with a talent-laden lineup should return the Cougars to the top echelon of teams in the country.

After seeing its lineup decimated by injuries – a total of 12 Cougars drew starting assignments in 2002 – BYU returns nine letterwinners and eight players with significant starting experience.

The positive side of BYU's injury struggles last year is manifested in its suddenly experienced lineup. Despite the Cougars' 14-19 record in 2002, they were an impressive 7-2 in five-game matches with a perfect 6-0 record versus Mountain West Conference opponents. BYU's improvement as the season wore on was manifested in its run to the MWC Tournament finals.

"Last year will never happen again," BYU head coach Karen Lamb said. "Only one of the injuries happened in practice and the rest were freak injuries. Last season made us really tough, though. The result is we have a lot of tough individuals on our team. We need to be in that mindset to compete at the highest levels."

Lauren Richards, Carrie Bowers, Laura Nielsen, Uila Crabbe, April Varner, Lindsey Metcalf, Lexi Brown and Kimberly Wilson are the eight Cougars that return with starting experience.

BYU lost three players from its 2002 roster. All-MWC rightside hitter Allison Larson and defensive specialist Michelle Mahaffey were the two departing seniors while two-time All-MWC setter Karina Puikkonen graduated with a degree in Zoology and will not return for her final year of eligibility. As well, All-America candidate Sunny Mahe, who red-shirted last year, will not return to the team.

The young and well-balanced 2003 BYU roster features four seniors, four juniors, four sophomores and nine freshmen. In all, the Cougar roster is comprised of nine returning letterwinners, two junior college transfers, one redshirt freshman and nine incoming high school recruits.

"This will be an exciting season for us," Lamb said. "We have a lot of talent coming back and with three key redshirts returning. We expect to be a top-20 team throughout the season."

The following position-by-position look at the Cougars gives further insight into what might transpire on the court for BYU in 2003.

### OUTSIDE HITTERS

The outside hitting position has possibly five players vying for playing time at three positions.

Senior Carrie Bowers leads the parade of outside hitters, as she shifts from the middle to the rightside. Bowers, one of the top blockers in the nation last season, before injuries slowed her, has worked hard to train in the off-season. As a result of rigorous weight training, she is stronger and is expected to once again be among the best blockers in the country. She is an intelligent player and has the savvy to be a strong offensive contributor.

BYU's leftside hitting triumvirate of Kimberly Wilson, April Varner and Lindsey Metcalf each saw extensive playing time last season, with Wilson establishing herself as a premier attacker as the season progressed.

Wilson, one of the Cougars' most gifted leapers, improved with each

successive match in 2002, and she is expected to be a focal point of the BYU attack this season. She posted 14 double-digit kill efforts in BYU's last 19 matches.

Metcalf is perhaps the Cougars' most complete player and best overall athlete. In 2002 she posted career highs of 17 kills, 20 digs, 17 blocks and 15 assists. Her 17-block effort at UNLV on Sept. 28 established a new MWC record and is fourth all-time at BYU. She is also an All-American high jumper on the BYU women's track and field team.

A highly regarded transfer from Long Beach State before the 2002 season, Varner started the season as BYU's main offensive threat. She improved over the course of the season, which peaked with a career-high 23 kills at Wyoming on Oct. 19. The following week during a practice, April severely sprained an ankle, which virtually kept her out of the lineup for the rest of the season. She should again be a key member of the Cougar attack in 2003.

Sahara Castillo is one of four seniors on this year's squad. In 2002, she was BYU's top server, with a lethal jump serve. She is a hardworking competitor and might also see time as a defensive specialist.

The Cougars have two incoming freshman at the outside hitting position in Erica Lott and Kimberly Dabo. Lott is a 'Fab 50' recruit and is also listed as a middle blocker. She has the opportunity to play and make an offensive impact this season.

### MIDDLE BLOCKERS

The position most affected by injury in 2002, BYU has a talented core of middle blockers this season that should continue to provide BYU with the foundation of a great offense and defense.

Laura Nielsen is the lone returning All-MWC player on the Cougars. After starting last year as a reserve, Nielsen gained playing time as a result of an injury to Lexi Brown. She took advantage of her opportunity and was second on the team with a .298 attack percentage. Besides being the Cougars' most efficient attacking player, Nielsen also set career highs with 11 blocks and eight digs. She will be looked on to provide leadership while playing an all-around game.

Lindsay Lewis-Hartsock will be looked on to provide an immediate impact as a redshirt freshman. A former Idaho Gatorade Player of the Year, Lewis-Hartsock participated with the U.S. National Women's A2 Team this past summer and has vastly improved in her year as a red-shirt. At 6-foot-4, she has the ability to dominate on both sides of the ball and is a freshman All-America candidate.

Sophomore Lexi Brown made a splash in her collegiate debut last season against Gonzaga with 14 kills, eight blocks, two service aces and a .619 hitting percentage. In the season's eighth game against Weber State, however, she tore her ACL shelving her for the remainder of the season. At the time of her injury she was the Cougars' second leading blocker. A starter last season, Brown will be looked upon to compete for playing time this season.

Mandi Kiholm, a transfer from Utah Valley State College, is a quick and intelligent player. At UVSC she was second in the Scenic West Athletic Conference with a .388 attack percentage and third in blocks per game (1.40). She is a competitive player that will push for playing time.

Incoming freshman Erica Lott, also listed as an outside hitter, might see time in the middle as well. Other incoming freshmen middle blockers include Catherine Parker and Amy Hulse.

## SETTERS

Lauren Richards, one of the most athletic setters in the country, quarterbacked the attack. After coming out of redshirt in 2001 as an outside hitter, she will make her collegiate debut as a setter this season. A sophomore, Richards has participated with the U.S. National Women's A2 Team for two consecutive summers. One of the most athletic setters in BYU history, Richards will be expected to lead BYU's offense back to one of the nation's best.

Jenna Judkins led Skyline High School in Salt Lake City to the 2002 Utah State 5A Championship. She will serve as a back up to Richards this season.

## DEFENSIVE SPECIALIST/LIBERO

Despite only one returning player, this is perhaps BYU's deepest position.

Senior Uila Crabbe returns and is expected to be the main libero for the Cougars. Last season she led the team with 376 digs, the fourth-highest season total in team history. Crabbe also set a career high with 25 digs against UNLV in the MWC Tournament. She will not only be looked upon to provide solid defense, but to be a leader as well.

Lindsey Kearl comes to the Cougars from Utah Valley State College, where she was the team's starting defensive specialist for two years. She brings a competitive drive to the court with athleticism and intelligence. She fared well in spring play and should see court action this season.

Melanie Togo joins BYU as a sophomore and she was impressive in spring play. Togo displayed a great degree of athleticism and court sense. With her knack for getting to the ball, Togo will be in the mix as a defensive dynamo.

Lindsey Evans, Annie Kemp and Stacie Powell are incoming freshmen defensive specialist/liberos.

## TRADITIONALLY TOUGH SCHEDULE FOR COUGARS IN 2003

Never a team to shy away from a challenge, BYU again features a tough schedule for the 2003 season. Of the Cougars' 22 opponents 17 teams had a winning record and 15 of those teams were 20-win teams in 2002. Overall, eight of BYU's opponents for the upcoming season qualified for the NCAA Tournament last year.

The Cougars will face three teams that finished 2002 ranked in the top 25: No. 4 Florida, No. 13 Ohio State and No. 16 Penn State. Additionally Utah and Arkansas received votes finishing No. 32 and No. 33, respectively.

Of the Cougars' 2003 opponents, BYU has a losing record against only three teams: Arkansas (0-1), Florida (3-4) and Penn State (3-4). BYU's all-time record versus this season's opponents is a dominating 371-75-1 (.830).

### All-time BYU records vs. 2003 opponents (Top 25 rankings from final 2002 AVCA poll)

<u>Top 25 Opponents</u>	<u>Record</u>
Florida	3-4
Ohio State	5-0
Penn State	<u>3-4</u>
	11-8 (.579)
<u>Non-Top 25 Opponents</u>	<u>Record</u>
Air Force	9-1
American	0-0
Arkansas	0-1
Colorado State	44-13-1
Eastern Michigan	0-0
New Mexico	52-7
Nevada	1-1
UNLV	11-2
North Texas	0-0
Rice	4-0
Rutgers	1-0
Saint Louis	0-0
San Diego State	25-15
Southwest Missouri State	4-0
Utah	61-12
Utah State	45-12
Utah Valley State College	0-0
Weber State	51-0
Wyoming	<u>52-3</u>
	360-67-1 (.842)
Overall	371-75-1 (.833)

**2002 HIGHLIGHTS/AWARDS****Cougars in Conference Stats****Team:**

Blocks: 2nd — 3.10  
 Hitting: 8th — .187  
 Kills: 5th — 14.08  
 Assists: 6th — 12.73  
 Aces: 8th — 1.14  
 Digs: 3rd — 13.77

**Individual (Top 10):**

Blocks: Carrie Bowers, 3rd — 1.38  
 Laura Nielsen, 7th — 1.20  
 Hitting: Karina Puikkonen, 2nd — .330  
 Laura Nielsen, 8th — .298  
 Kills: NONE  
 Assists: Karina Puikkonen, 8th — 10.57  
 Digs: Uila Crabbe, 5th — 3.03  
 April Varner, 9th — 2.57

**Cougars in National Stats****Team:**

Blocks: 13th — 3.10

**Individual:**

Blocks: Carrie Bowers, 28th — 1.38

**BYU's Individual Honors****MWC All-Tournament Team**

Allison Larson, Sr., RS/OH  
 Karina Puikkonen, Jr., S

**All- MWC Team**

Allison Larson, Sr., RS/OH  
 Laura Nielsen, Jr., MB

**MWC Player of the Week**

Laura Nielsen, Jr., MB (10/21)  
 Karina Puikkonen, Jr., S (11/4)

**Les Schwab Cougar Classic**

Lexi Brown, Fr., MB  
 Allison Larson, Sr., RS/OH

**BYU Mizuno Classic Team**

Carrie Bowers, Jr., MB

**Texas A&M Invitational**

Carrie Bowers, Jr., MB  
 Karina Puikkonen, Jr., S

**2002 SEASON REVIEW**

Although it ended the season a better team than it started, the Cougar season mirrored the ups and downs of its lineup. With 12 different players drawing starting assignments over the course of the season, the Cougars were never able to establish an identity of consistency and cohesiveness.

"We expect to win on a consistent basis," Lamb said. "Obviously there were extenuating circumstances this past season. I'm not making any excuses, though, this season was tough. But it was not indicative of what BYU volleyball is about. We are going to win and carry on the tradition of BYU volleyball."

A tradition-rich women's volleyball program, leading into 2002, the Cougars had recorded 28 consecutive 20-win seasons and had never experienced a losing year. Many factors combined to send the Cougars to their first non-winning season (sub .500 record) in school history (14-19). Nineteen losses represent the most of any season in school history, but BYU also endured the most injuries it has ever had in a single season.

The emergence of true freshman outside hitter Kim Wilson was instrumental to a team that needed a steady offensive force. Wilson, a hometown product hailing from Provo High School, slowly worked her way into the lineup as the season progressed, and by the end of it she was BYU's most looked to offensive force. Starting the season as a reserve didn't have the opportunity to register her first double-digit kill effort until midway through the season, but she caught fire down the stretch as she recorded double-digit kill efforts in 14 of BYU's final 19 matches, proving she was one of the Mountain West Conference's top first-year players.

Despite a lineup that was besieged by injury, the Cougars never gave up and broke through in pressure situations time and time again. Although BYU endured two four-match losing streaks in the first half of the season, each time the team would avoid the dubious distinction of being the first squad in BYU history of losing five in a row by narrowly escaping with five-game wins over Wake Forest and UNLV.

At 7-12 the Cougars headed on the annual Front Range road trip on Oct. 18 with the prospects of becoming the only Cougar team to ever drop to as many as seven matches below .500. Indicative of its season and with its backs against the wall, BYU came through with five-game wins over MWC leader CSU and a Wyoming team that was in the midst of a 20-win campaign. In the MWC Tournament the Cougars would not disappoint as they earned a pair of five-game wins over UNLV and CSU before falling to Utah in the final.

**2002 SEASON NOTABLES****BYU ROSTER HIT HARD**

Entering this season BYU had 16 players on its roster. Nine of those players were affected in some way that has prevented them from playing or hindered their ability. All-America candidate Sunny Mahe redshirted because of a pregnancy, and Lauren Richards and Lindsay Lewis are sat out the season as redshirts. Carrie Bowers played with two stress fractures in her feet and was unable to practice as the season progressed. Lexi Brown tore her ACL in the eighth match of the season was lost for the year. As well, Lindsey Metcalf, Becky Warnick, Laura Nielsen and April Varner were all bitten by the injury bug in 2002. In all, 12 different Cougars drew starting assignments.

**THE PROCESS OF REBUILDING A WINNER**

Of the 13 active players on the BYU roster in 2002, Karina Puikkonen and Uila Crabbe were the only returning starters with a combined 350 games of experience entering the season. The remaining 11 players on the active roster came into the season with a combined 117 games of experience (the rough equivalent of a normal season). Thus far this season the 11 returning non-starters have played in a combined 624 games. Due to a myriad of injuries on the team, more of the Cougars are seeing extended playing time. Ten of the 11 players have seen action in at least 24% or more of BYU's games. Nine of the 11 have seen action in 35% or more of the Cougars games. Eight of the 11 have seen action in 57% or more of BYU's games.

**A TEAM OF ENDURANCE**

The Cougars had losing records in three-game (5-12) and four-game (2-5) matches, but their record in five-game matches was an impressive 7-2 on the season. That includes a perfect 6-0 record against MWC teams.



**BYU PLAYER 2003 SEASON & CAREER HIGHS**

	<u>Kills</u>	<u>*Hitting</u>	<u>Assts</u>	<u>Aces</u>	<u>Digs</u>	<u>Blocks</u>
<b>#3 APRIL VARNER</b>	10	.100	-	4	4	2
<i>Career</i>	<b>23</b>	<b>.448</b>	<b>2</b>	<i>same</i>	<b>19</b>	<b>4</b>
<b>#4 MELANIE TOGO</b>	-	-	-	-	2	-
<i>Career</i>	-	-	-	-	<i>same</i>	-
<b>#5 LAUREN RICHARDS</b>	6	.200	42	2	12	2
<i>Career</i>	<b>20</b>	<b>.471</b>	<i>same</i>	<i>same</i>	<i>same</i>	<b>4</b>
<b>#6 LINDSEYMETCALF</b>	11	.471	2	1	11	3
<i>Career</i>	<b>17</b>	<i>same</i>	<b>15</b>	<b>3</b>	<b>20</b>	<b>17**</b>
<b>#7 KIM WILSON</b>	18	.562	3	4	4	2
<i>Career</i>	<b>18</b>	<i>same</i>	<i>same</i>	<i>same</i>	<b>9</b>	<b>3</b>
<b>#8 CARRIE BOWERS</b>	22	.583	4	2	9	3
<i>Career</i>	<i>same</i>	<i>same</i>	<i>same</i>	<i>same</i>	<i>same</i>	<b>12</b>
<b>#9 LEXI BROWN</b>	6	(.667)	1	2	1	2
<i>Career</i>	<b>14</b>	<b>.619</b>	<i>same</i>	<i>same</i>	<b>6</b>	<b>12</b>
<b>#11 LAURANIELSEN</b>	7	.600	1	2	2	4
<i>Career</i>	<b>15</b>	<b>.643</b>	<i>same</i>	<i>same</i>	<b>5</b>	<b>11</b>
<b>#12 UILACRABBE</b>	-	-	4	-	11	-
<i>Career</i>	<b>1</b>	-	<b>25</b>	<b>4</b>	<b>25</b>	<b>1</b>
<b>#14 LINDSY LEWIS-HARTSOCK</b>	5	.250	-	3	2	5
<i>Career</i>	<i>same</i>	<i>same</i>	-	<i>same</i>	<i>same</i>	<i>same</i>
<b>#15 SAHARACASTILLO</b>	-	-	-	-	-	-
<i>Career</i>	<b>6</b>	<b>.308</b>	<b>2</b>	<b>3</b>	<b>11</b>	<b>1</b>

\* minimum of 10 attempts

\*\* BYU Record

**2003 BYU Record ...**

	TEAM RECORD	W-L
Overall	. . . . .	2-1
Conference	. . . . .	0-0
Home	. . . . .	0-0
Away	. . . . .	0-1
Neutral	. . . . .	2-0
3 games	. . . . .	1-1
4 games	. . . . .	1-0
5 games	. . . . .	0-0
when win first game	. . . . .	2-0
when win first two games	. . . . .	1-0
when lose first game	. . . . .	0-1
when lose first two games	. . . . .	0-1
when attack pct. over .400	. . . . .	0-0
when attack pct. over .300	. . . . .	1-0
when attack pct. over .200	. . . . .	1-0
when attack pct. under .200	. . . . .	0-1
when have higher attack percentage	. . . . .	2-0
when opponent has higher attack percentage	. . . . .	0-1
when have more kills	. . . . .	2-0
when opponent has more kills	. . . . .	0-1
when have more aces	. . . . .	2-0
when opponent has more aces	. . . . .	0-1
when have same aces as opponent	. . . . .	0-0
when have more service errors	. . . . .	2-0
when opponent has more service errors	. . . . .	0-0
when have same service errors	. . . . .	0-1
when have more return errors	. . . . .	0-1
when opponent has more return errors	. . . . .	2-0
when have same return errors as opponent	. . . . .	0-0
when have 5 or less return errors	. . . . .	1-1
when have more than 5 return errors	. . . . .	1-0
when have more digs	. . . . .	2-0
when opponent has more digs	. . . . .	0-1
when have more team blocks	. . . . .	1-0
when opponent has more team blocks	. . . . .	1-0
when have same team blocks	. . . . .	0-1
on Mondays	. . . . .	0-0
on Tuesdays	. . . . .	0-0
on Wednesdays	. . . . .	0-0
on Thursdays	. . . . .	0-0
on Fridays	. . . . .	2-0
on Saturdays	. . . . .	0-1

**2003 MATCH-BY-MATCH LEADERS**

**OPPONENT**

- AMERICAN
- RUTGERS
- #3 FLORIDA
- ARKANSAS
- NORTH TEXAS
- SAINTLOUIS
- SOUTHWESTMISSOURI STATE
- OHIO STATE
- RICE
- PENN STATE
- UTAH VALLEYSTATE COLLEGE
- NEVADA
- COLORADO STATE
- WYOMING
- NEW MEXICO
- AIR FORCE
- WEBER STATE
- UTAH
- SAN DIEGO STATE
- UNLV
- WYOMING
- COLORADO STATE
- NEW MEXICO
- AIR FORCE
- UTAH
- UNLV
- SAN DIEGO STATE
- MWC TOURNAMENT
- UTAH STATE
- EASTERN MICHIGAN
- NCAA TOURNAMENT

**KILLS**

- BOWERS - 22
- BOWERS - 15
- BOWERS - 13

**ATTEMPTS**

- BOWERS - 36
- BOWERS - 24
- BOWERS - 37

**ATTACK % (Min 10 Att.)**

- NIELSEN - .600
- BOWERS - .583
- BOWERS - .243

**ASSISTS**

- RICHARDS - 41
- RICHARDS - 42
- RICHARDS - 23

**DIGS**

- RICHARDS - 12
- METCALF - 11
- METCALF - 11
- CRABBE - 11

**TOTAL BLOCKS**

- HARTSOCK - 3
- BOWERS - 3
- HARTSOCK - 5

**Times Led (including ties)**

**Kills**

- Bowers - 3

**Attempts**

- Bowers - 3

**Attack %**

- Bowers - 2
- Nielsen - 1

**Assists**

- Richards - 3

**Digs**

- Metcalf - 2
- Crabbe - 1
- Richards - 1

**Total Blocks**

- Hartsock - 2
- Bowers - 1

**Team Statistics – 2003 Matches (Overall)**

TEAM STATISTICS	BYU	OPP
<b>ATTACK</b>		
Kills	151	114
Errors	69	65
Total Attacks	367	340
Attack Pct	. 223	. 144
Kills/Game	15. 1	11. 4
<b>SET</b>		
Assists	129	103
Assists/Game	12. 9	10. 3
<b>SERVE</b>		
Aces	23	16
Errors	37	21
Aces/Game	2. 3	1. 6
<b>SERVE RECEPTIONS</b>		
Errors	16	23
Errors/Game	1. 6	2. 3
<b>DEFENSE</b>		
Digs	130	131
Digs/Game	13. 0	13. 1
<b>BLOCKING</b>		
Block Solo	2	11
Block Assist	38	20
Total Blocks	21. 0	21. 0
Blocks Per Game	2. 1	2. 1
Block Errors	9	1
<b>BALL HANDLING ERRORS</b>		
	3	4
<b>ATTENDANCE</b>		
Total	0	4297
Dates/Avg Per Date	0/0	1/4297
Neutral site #/Avg	2/0	
Current win streak	0	-
Home win streak	0	-

**BYU 2003 Results**

Date	Opponent	Score	Score-by- game	Overall	Conf	Time	Attend
# Aug 29, 2003	vs AMERICAN	W 3-1	30-19, 30-19, 28-30, 30-20	1-0	0-0	1:46	
# Aug 29, 2003	vs RUTGERS	W 3-0	30-25, 30-26, 30-18	2-0	0-0	1:27	
# Aug 30, 2003	at FLORIDA	0-3 L	24-30, 19-30, 21-30	2-1	0-0	1:31	4297

\* MWC Match  
 # USA Campus Credit Union Invitational, Gainesville, Fla.  
 ! SMS Dr. Mary Jo Wynn Invitational, Springfield, Mo.  
 ^ BYU Mizuno Classic, Provo, Utah

**AII MATCHES**

RECORD:	OVERALL	HOME	AWAY	NEUTRAL
ALL MATCHES	2-1	0-0	0-1	2-0
CONFERENCE	0-0	0-0	0-0	0-0
NON- CONFERENCE	2-1	0-0	0-1	2-0

##	STATS SUMMARY	ATTACK				SET			SERVE			DIG			BLOCKING						
		G	K	KPG	E	TA	Pct	A	APG	SA	SE	SAPG	RE	DIG	DPG	BS	BA	Total	BPG	BE	BHE
9	BROWN, Lexi	4	9	2.25	2	15	.467	0	0.00	0	2	0.00	1	1	0.25	0	3	3	0.75	0	0
8	BOWERS, Carrie	10	50	5.00	7	97	.443	8	0.80	2	2	0.20	1	17	1.70	0	7	7	0.70	0	0
7	WILSON, Kim	7	24	3.43	8	50	.320	3	0.43	4	7	0.57	3	14	2.00	0	3	3	0.43	0	0
18	NI ELSSEN, Laura	10	12	1.20	6	25	.240	1	0.10	3	11	0.30	0	4	0.40	0	8	8	0.80	2	0
5	RI CHARDS, Lauren	10	16	1.60	11	40	.125	106	10.60	5	5	0.50	0	25	2.50	1	4	5	0.50	4	3
6	METCALF, Lindsey	8	17	2.12	12	48	.104	3	0.38	1	5	0.12	3	27	3.38	0	4	4	0.50	0	0
14	HARTSOCK, Lindsy	7	8	1.14	6	22	.091	0	0.00	3	2	0.43	0	4	0.57	1	7	8	1.14	2	0
12	CRABBE, Uila	10	0	0.00	0	2	.000	8	0.80	0	0	0.00	2	28	2.80	0	0	0	0.00	0	0
4	TOGO, Melanie	4	0	0.00	0	0	.000	0	0.00	0	0	0.00	0	2	0.50	0	0	0	0.00	0	0
15	CASTILLO, Sahara	1	0	0.00	0	2	.000	0	0.00	0	0	0.00	0	0	0.00	0	0	0	0.00	0	0
3	VARNER, April	7	15	2.14	17	66	-.030	0	0.00	5	3	0.71	4	8	1.14	0	2	2	0.29	1	0
TEAM											2										
	BYU COUGARS.....	10	151	15.10	69	367	.223	129	12.90	23	37	2.30	16	130	13.00	2	38	21.0	2.10	9	3
	Opponents.....	10	114	11.40	65	340	.144	103	10.30	16	21	1.60	23	131	13.10	11	20	21.0	2.10	1	4

**2003 BYU Women's Volleyball Stats**  
**BYU Cougars Match Highs (as of Sep 04, 2003)**  
**All matches**

**INDIVIDUAL MATCH HIGHS****ATTACK PERCENT (K-E-TA) minimum 12 kills**

.583 (15- 1-24) BOWERS, Carrie vs RUTGERS (Aug 29, 2003)  
 .556 (22- 2-36) BOWERS, Carrie at AMERICAN (Aug 29, 2003)  
 .243 (13- 4-37) BOWERS, Carrie at FLORIDA(Aug 30, 2003)

**KILLS (K-E-TA)**

22 (22- 2-36) 4g BOWERS, Carrie at AMERICAN (Aug 29, 2003)  
 15 (15- 1-24) 3g BOWERS, Carrie vs RUTGERS (Aug 29, 2003)  
 13 (13- 4-37) 3g BOWERS, Carrie at FLORIDA(Aug 30, 2003)  
 11 (11- 2-16) 4g WILSON, Kim at AMERICAN (Aug 29, 2003)  
 11 (11- 3-17) 3g METCALF, Lindsey vs RUTGERS (Aug 29, 2003)

**KILLS 3-GAMES (K-E-TA)**

15 (15- 1-24) BOWERS, Carrie vs RUTGERS (Aug 29, 2003)  
 13 (13- 4-37) BOWERS, Carrie at FLORIDA(Aug 30, 2003)  
 11 (11- 3-17) METCALF, Lindsey vs RUTGERS (Aug 29, 2003)  
 9 (9- 3-25) WILSON, Kim at FLORIDA(Aug 30, 2003)  
 6 (6- 5-16) RICHARDS, Lauren at FLORIDA(Aug 30, 2003)

**KILLS 4-GAMES (K-E-TA)**

22 (22- 2-36) BOWERS, Carrie at AMERICAN (Aug 29, 2003)  
 11 (11- 2-16) WILSON, Kim at AMERICAN (Aug 29, 2003)  
 10 (10- 7-30) VARNER, April at AMERICAN (Aug 29, 2003)  
 7 (7- 1-10) NIELSEN, Laura at AMERICAN (Aug 29, 2003)  
 6 (6- 3-15) RICHARDS, Lauren at AMERICAN (Aug 29, 2003)

**KILLS 5-GAMES (K-E-TA)****TOTAL ATTEMPTS (K-E-TA)**

37 (13- 4-37) 3g BOWERS, Carrie at FLORIDA(Aug 30, 2003)  
 36 (22- 2-36) 4g BOWERS, Carrie at AMERICAN (Aug 29, 2003)  
 30 (10- 7-30) 4g VARNER, April at AMERICAN (Aug 29, 2003)  
 25 (9- 3-25) 3g WILSON, Kim at FLORIDA(Aug 30, 2003)  
 24 (15- 1-24) 3g BOWERS, Carrie vs RUTGERS (Aug 29, 2003)

**TOTAL ATTEMPTS 3-GAMES (K-E-TA)**

37 (13- 4-37) BOWERS, Carrie at FLORIDA(Aug 30, 2003)  
 25 (9- 3-25) WILSON, Kim at FLORIDA(Aug 30, 2003)  
 24 (15- 1-24) BOWERS, Carrie vs RUTGERS (Aug 29, 2003)  
 23 (4- 7-23) METCALF, Lindsey at FLORIDA(Aug 30, 2003)  
 19 (2- 3-19) VARNER, April at FLORIDA(Aug 30, 2003)

**TOTAL ATTEMPTS 4-GAMES (K-E-TA)**

36 (22- 2-36) BOWERS, Carrie at AMERICAN (Aug 29, 2003)  
 30 (10- 7-30) VARNER, April at AMERICAN (Aug 29, 2003)  
 16 (11- 2-16) WILSON, Kim at AMERICAN (Aug 29, 2003)  
 15 (6- 3-15) RICHARDS, Lauren at AMERICAN (Aug 29, 2003)  
 12 (5- 2-12) HARTSOCK, Lindsay at AMERICAN (Aug 29, 2003)

**TOTAL ATTEMPTS 5-GAMES (K-E-TA)****ASSISTS**

42 (3g) RICHARDS, Lauren vs RUTGERS (Aug 29, 2003)  
 41 (4g) RICHARDS, Lauren at AMERICAN (Aug 29, 2003)  
 23 (3g) RICHARDS, Lauren at FLORIDA(Aug 30, 2003)  
 4 (3g) BOWERS, Carrie at FLORIDA(Aug 30, 2003)  
 4 (4g) CRABBE, Uila at AMERICAN (Aug 29, 2003)

**ASSISTS 3-GAMES**

42 RICHARDS, Lauren vs RUTGERS (Aug 29, 2003)  
 23 RICHARDS, Lauren at FLORIDA(Aug 30, 2003)  
 4 BOWERS, Carrie at FLORIDA(Aug 30, 2003)  
 3 CRABBE, Uila at FLORIDA(Aug 30, 2003)  
 3 WILSON, Kim at FLORIDA(Aug 30, 2003)

**ASSISTS 4-GAMES**

41 RICHARDS, Lauren at AMERICAN (Aug 29, 2003)  
 4 CRABBE, Uila at AMERICAN (Aug 29, 2003)

1 METCALF, Lindsey at AMERICAN (Aug 29, 2003)  
 1 BOWERS, Carrie at AMERICAN (Aug 29, 2003)  
 1 NIELSEN, Laura at AMERICAN (Aug 29, 2003)

**ASSISTS 5-GAMES****DIGS**

12 (4g) RICHARDS, Lauren at AMERICAN (Aug 29, 2003)  
 11 (3g) METCALF, Lindsey vs RUTGERS (Aug 29, 2003)  
 11 (3g) METCALF, Lindsey vs RUTGERS (Aug 29, 2003)  
 11 (3g) CRABBE, Uila at FLORIDA(Aug 30, 2003)  
 10 (3g) RICHARDS, Lauren at FLORIDA(Aug 30, 2003)

**DIGS 3-GAMES**

11 CRABBE, Uila at FLORIDA(Aug 30, 2003)  
 11 METCALF, Lindsey vs RUTGERS (Aug 29, 2003)  
 11 METCALF, Lindsey at FLORIDA(Aug 30, 2003)  
 10 RICHARDS, Lauren at FLORIDA(Aug 30, 2003)  
 9 BOWERS, Carrie vs RUTGERS (Aug 29, 2003)

**DIGS 4-GAMES**

12 RICHARDS, Lauren at AMERICAN (Aug 29, 2003)  
 10 CRABBE, Uila at AMERICAN (Aug 29, 2003)  
 5 METCALF, Lindsey at AMERICAN (Aug 29, 2003)  
 5 BOWERS, Carrie at AMERICAN (Aug 29, 2003)  
 4 VARNER, April at AMERICAN (Aug 29, 2003)

**DIGS 5-GAMES****ACES**

4 WILSON, Kim vs RUTGERS (Aug 29, 2003)  
 4 VARNER, April at AMERICAN (Aug 29, 2003)  
 3 HARTSOCK, Lindsay at AMERICAN (Aug 29, 2003)  
 2 RICHARDS, Lauren vs RUTGERS (Aug 29, 2003)  
 2 NIELSEN, Laura at AMERICAN (Aug 29, 2003)

**BLOCKS (BS-BA)**

5 (0- 5) HARTSOCK, Lindsay at FLORIDA(Aug 30, 2003)  
 4 (0- 4) NIELSEN, Laura at FLORIDA(Aug 30, 2003)  
 3 (1- 2) HARTSOCK, Lindsay at AMERICAN (Aug 29, 2003)  
 3 (0- 3) BOWERS, Carrie vs RUTGERS (Aug 29, 2003)  
 3 (0- 3) METCALF, Lindsey at FLORIDA(Aug 30, 2003)  
 2 (1- 1) RICHARDS, Lauren vs RUTGERS (Aug 29, 2003)  
 2 (0- 2) BROWN, Lexi vs RUTGERS (Aug 29, 2003)  
 2 (0- 2) NIELSEN, Laura at AMERICAN (Aug 29, 2003)  
 2 (0- 2) WILSON, Kim at AMERICAN (Aug 29, 2003)  
 2 (0- 2) BOWERS, Carrie at AMERICAN (Aug 29, 2003)

**TEAM MATCH HIGHS**

**ATTACK PERCENT (K-E-TA) minimum 12 kills**  
 .348 (66-20-132) at AMERICAN (Aug 29, 2003)  
 .290 (50-21-100) vs RUTGERS (Aug 29, 2003)  
 .052 (35-28-135) at FLORIDA(Aug 30, 2003)

**KILLS (K-E-TA)**

66 (66-20-132) 4g at AMERICAN (Aug 29, 2003)  
 50 (50-21-100) 3g vs RUTGERS (Aug 29, 2003)  
 35 (35-28-135) 3g at FLORIDA(Aug 30, 2003)

**KILLS 3-GAMES (K-E-TA)**

50 (50-21-100) vs RUTGERS (Aug 29, 2003)  
 35 (35-28-135) at FLORIDA(Aug 30, 2003)

**KILLS 4-GAMES (K-E-TA)**

66 (66-20-132) at AMERICAN (Aug 29, 2003)

**KILLS 5-GAMES (K-E-TA)****TOTAL ATTEMPTS (K-E-TA)**

135 (35-28-135) 3g at FLORIDA(Aug 30, 2003)  
 132 (66-20-132) 4g at AMERICAN (Aug 29, 2003)  
 100 (50-21-100) 3g vs RUTGERS (Aug 29, 2003)

## TOTAL ATTEMPTS 3-GAMES (K-E-TA)

135 (35-28-135) at FLORIDA (Aug 30, 2003)  
100 (50-21-100) vs RUTGERS (Aug 29, 2003)

## TOTAL ATTEMPTS 4-GAMES (K-E-TA)

132 (66-20-132) at AMERICAN (Aug 29, 2003)

## TOTAL ATTEMPTS 5-GAMES (K-E-TA)

## ASSISTS

48 (4g) at AMERICAN (Aug 29, 2003)  
48 (3g) vs RUTGERS (Aug 29, 2003)  
33 (3g) at FLORIDA (Aug 30, 2003)

## ASSISTS 3-GAMES

48 vs RUTGERS (Aug 29, 2003)  
33 at FLORIDA (Aug 30, 2003)

## ASSISTS 4-GAMES

48 at AMERICAN (Aug 29, 2003)

## ASSISTS 5-GAMES

## DIGS

47 (3g) at FLORIDA (Aug 30, 2003)  
43 (4g) at AMERICAN (Aug 29, 2003)  
40 (3g) vs RUTGERS (Aug 29, 2003)

## DIGS 3-GAMES

47 at FLORIDA (Aug 30, 2003)  
40 vs RUTGERS (Aug 29, 2003)

## DIGS 4-GAMES

43 at AMERICAN (Aug 29, 2003)

## DIGS 5-GAMES

## ACES

12 at AMERICAN (Aug 29, 2003)  
10 vs RUTGERS (Aug 29, 2003)  
1 at FLORIDA (Aug 30, 2003)

## BLOCKS

10.0 at FLORIDA (Aug 30, 2003)  
6.0 at AMERICAN (Aug 29, 2003)  
5.0 vs RUTGERS (Aug 29, 2003)