



**FOR IMMEDIATE RELEASE**  
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**Association of Division III Independents**  
**Names 2010 All-Independent Women's Volleyball Teams**

OVERLAND PARK, KAN.--- The 2010 All-Independent Women's Volleyball teams were announced today by the Association of Division III Independents.

**Co-Players of the Year**

**Laura Brammeier**, Nebraska Wesleyan University, SR, Outside Hitter, Lincoln, Neb. – Named to the AVCA honorable mention team and first team All-Central Region. Finished her career ranked fifth at NWU with 1,235 kills. One of only five players in school history with at least 1,000 career kills and 1,000 career digs.

**Theresa Wohldmann**, University of Dallas, SO, Outside Hitter, Florissant, Mo. – UD's leading hitter (3.63 kills per set), which ranks fourth in the AD3I. One of only two AD3I players to amass 400 digs and 400 kills.

**Rookie of the Year**

**Caitlin Anderson**, Nebraska Wesleyan University, FR, Setter, Plattsmouth, Neb. – Took over setting duties midway through the season. Had six double-doubles and one triple-double.

**Co-Coaches of the Year**

**Gina Chambers**, Nebraska Wesleyan University, and **Kelsi Miller**, Mount Mary College.

The All-Independent Women's Volleyball teams were selected by the women's volleyball coaches from the Association of Division III Independents member schools.

### **First Team**

MB – Kate Ferrin, Sophomore, Chapman University  
MB – Kara Rastello, Junior, Finlandia University  
DS/Libero – Alyssa Swatek, Junior, Chapman University  
OH – Laura Brammeier, Senior, Nebraska Wesleyan University  
OH – Theresa Wohldmann, Sophomore, University of Dallas  
OH – Katherine Grow, Sophomore, University of California, Santa Cruz  
OH – Danielle Fuchs, Junior, University of Dallas  
S – Kat Kowalski, Senior, Chapman University  
S – Caitlin Anderson, Freshman, Nebraska Wesleyan University

### **Second Team**

MB – Liz Baska, Junior, University of Dallas  
MB – Ginger Berryman, Sophomore, University of California, Santa Cruz  
DS/Libero – Erika Goldsmith, Senior, Nebraska Wesleyan University  
OH – Mady Dahlstrom, Freshman, Chapman University  
OH – Peggy Compton, Junior, Lancaster Bible College  
OH – Kelsey Elman, Junior, Nebraska Wesleyan University  
OH – Lauren Heliger, Sophomore, Lancaster Bible College  
S – Amanda Kitten, Sophomore, University of Dallas  
S – Alyssa Trakes, Junior, University of California, Santa Cruz

### **Honorable Mention**

MB – Karen Creighton, Junior, University of Maine-Presque Isle  
MB – Lauren Nixon, Senior, University of California, Santa Cruz  
DS/Libero – Kelli Fuentes, Senior, University of Dallas  
DS/Libero – Rebecca Elmer, Junior, Mount Mary College  
OH – Amanda Moore, Freshman, University of Maine-Presque Isle  
OH – Lena Buckendorf, Freshman, Chapman University  
OH – Elizabeth Trambley, Sophomore, University of California, Santa Cruz  
OH – McKenna Roice, Freshman, Chapman University  
OH – Kim Matthews, Junior, St. Joseph's College (Brooklyn)  
OH – Yliane Ulloa, Senior, St. Joseph's College (Brooklyn)  
S – Chelsie Beeler, Sophomore, Mount Mary College  
S – Hailee Growden, Junior, Lancaster Bible College  
S – Megan Korhonen, Senior, University of Maine-Presque Isle

The Association of Division III Independents consists of 13 Division III independent institutions that have joined together to recognize student-athletes at independent institutions, and to provide exempted postseason championship competition. The Association recognizes outstanding athletic achievements of its student-athletes on a weekly, monthly and annual basis. The Association provides statistical services for its members in seven sports. In addition, it will announce All-Independent teams at the conclusion of eight other sports this year.

More information about the Association of Division III Independents is available at <http://www.d3independents.org>.