

2016

2016 Media Guide

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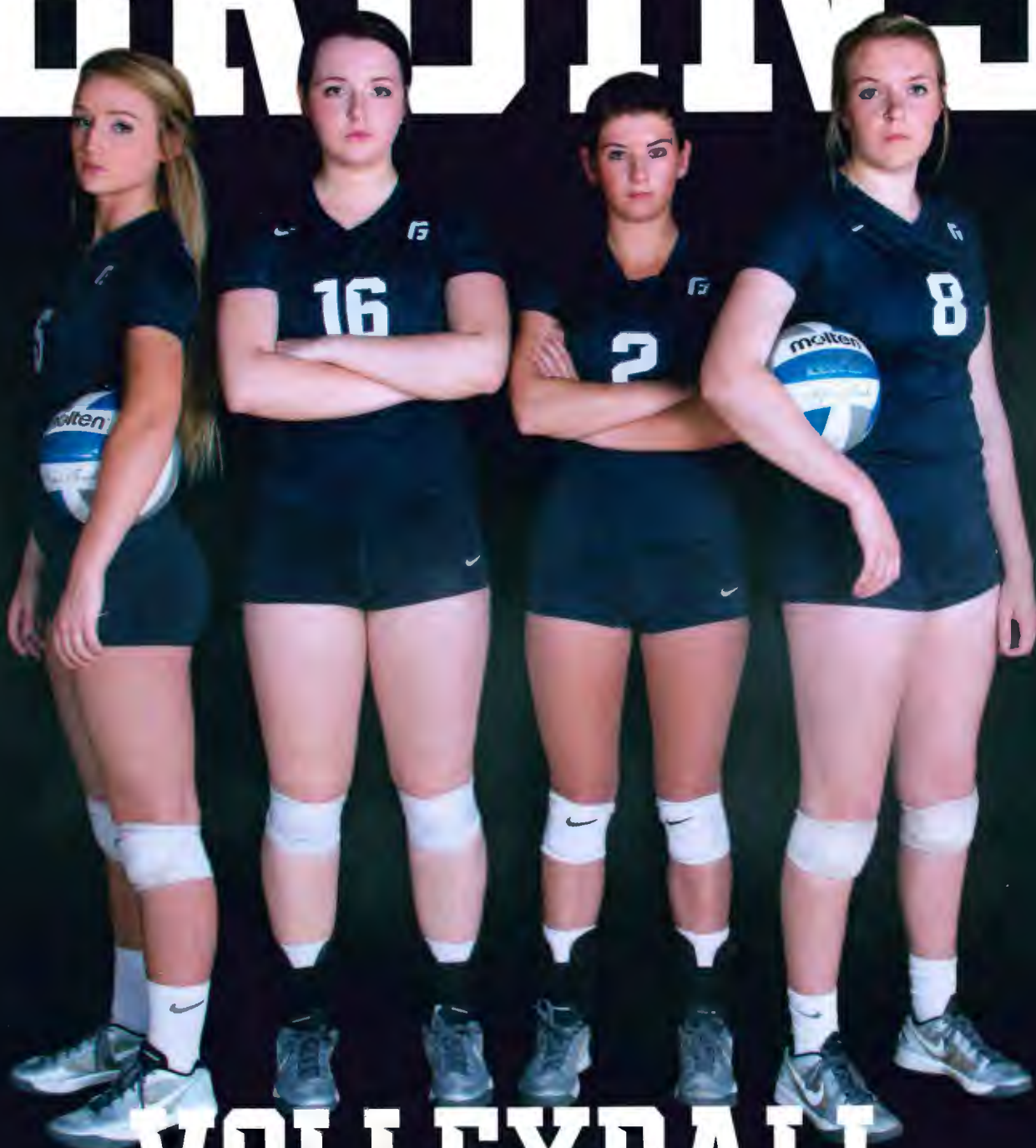
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GEORGE FOX UNIVERSITY

BRUINS



VOLLEYBALL

2016

SEASON INFORMATION

2016 ROSTER

Coaching Staff



Emily Palkert arrives as the new women's volleyball coach at George Fox University in 2016. She brings a dynamic mix of playing and coaching experience to her new position. Most recently, she spent four seasons as an assistant coach at Augsburg College (Minn.), where she helped the Auggies become conference co-champions in the MIAC in 2013 and 2014. She also coached four AVCA All-Americans, All-Central Region and All-MIAC athletes. During her time at Augsburg, the Auggies compiled an overall record of 87-32 (.709). She also earned a Master of Business Administration with an emphasis in social entrepreneurship from Augsburg in May of 2016.

Palkert graduated from Concordia, Saint Paul, and earned a bachelor's degree in child learning and human development in 2011. Upon graduation, she went on to play professionally overseas in Finland in the spring of 2011 and Spain in January of 2012. She earned the silver medal (highest in team history) while playing at Tampere, Finland.

A four-year AVCA All-American at Concordia, Saint Paul, Palkert was a standout athlete in her playing days. She was named AVCA National Freshman of the Year in 2007 and ended her career as the all-time career kills leader for the Golden Bears. She also led her team to four straight NCAA Division II national championships.



Tyler Cuddeford
Assistant Coach
(2016-)



TJ Schlatter
Assistant Coach
(2016-)

Season Preview

For the first time in 34 years, Emily Palkert – not Steve Grant – will be at the helm when the Bruins begin their 2016 volleyball season on Sept. 2 against Whittier. Palkert has a formidable resume, but she's stepping into perhaps the most difficult situation for any incoming coach: reforming a program that's been solidifying for 34 years. Though to her credit, Palkert relishes the opportunity.

"There's some pressure involved," she admitted. "But I'm looking forward to the challenge. Steve Grant has made the transition very easy. I'm blessed to have been given such a good team in a positive place."

Indeed, the Bruins seem to be on the upswing. After a 2014 season in which the Bruins went 4-22, 3-13 in conference, George Fox posted better numbers across the board last year: their hitting percentage rose, they averaged more kills, they blocked far more shots, and they finished 8-16. According to Palkert, there's no reason the momentum can't continue. Of the Bruins' three All-Northwest Conference athletes, two – Erin Sprowls and Delaney Cruz – return, and sophomore Danyle Dupray has another season of experience.

"My philosophy is that it's anyone's game, anyone's spot. It's good and healthy competition." While Palkert stresses the wide-open competition for spots, she allowed that Sprowls – along with Erin Dellinger, Kelsea Meyers and Amy Massingale – will likely converge as the team's leadership nexus.

Palkert will be the first to say that the technical and strategic aspects will come later. For now, it's back to basics.

"We're going to play to our strengths," she said. "It's hard to identify every strength without being through an actual match yet, but we have great blockers and competitors. Continuing a positive culture, having a strong defense. We don't have to be the biggest team, just the hardest working."

If Palkert has her way, that team-first attitude will extend to more than the Bruins' style of play. Even the Bruins' definition of success, she says, is team-defined.

"It's a team-determined success," she explained. "Some people use the result as the measure of success, but we want to redefine it. I want to emphasize mindset and improvement. I want us to ask ourselves, 'Did I accomplish 'x' on that rep?' A successful season is how much we can learn."

Despite her efforts to keep the spotlight on progress and improve-

ment, some of Palkert's competitiveness can't help but slip through. And, really, the Bruins can't improve much more without making a serious run at the NWC title. "I want to win. They want to win," Palkert said.

Reaching that sort of achievement is a process. Success arrives, says Palkert, in small movements forward, and this season will be the first one – if the team remains focused.

"We need to stay together," Palkert said. "When we become individuals, we lose sight of our goals. How we react to tough practices and losses will determine how we learn. We'll react with a proactive and growth mindset."

DATE	OPPONENT	TIME
SEPTEMBER		
Fri. 2	vs. Whittier @ Claremont, Calif.	9 AM
Fri. 2	vs. Chapman @ Claremont, Calif.	11:15 AM
Sat. 3	vs. Redlands @ Pomona, Calif.	3:30 PM
Sat. 3	vs. Occidental @ Pomona, Calif.	5:45 PM
Tue. 6	Northwest Christian *	7 PM
Thu. 8	at Warner Pacific *	7 PM
Sat. 10	Simpson (Calif.) *	1 PM
Fri. 16	at Whitworth *	7 PM
Sat. 17	at Whitman *	5 PM
Fri. 23	at Lewis & Clark *	7 PM
Sat. 24	Pacific Lutheran *	5 PM
Wed. 28	Pacific (Ore.) *	7 PM
Fri. 30	Willamette *	7 PM
OCTOBER		
Fri. 7	at Puget Sound *	7 PM
Sat. 8	Linfield *	5 PM
Fri. 14	Whitworth *	5:30 PM
Sat. 15	Whitman *	1 PM
Tue. 18	Multnomah Bible *	7 PM
Fri. 21	Lewis & Clark *	7 PM
Sat. 22	at Pacific Lutheran *	5 PM
Wed. 26	at Pacific (Ore.) *	7 PM
Fri. 28	at Willamette *	7 PM
NOVEMBER		
Fri. 4	Puget Sound *	7 PM
Sat. 5	at Linfield *	5 PM

Bold: Home Game, * Conference Game



1 Emily Carson 2 Abby MacGregor 3 Kelsea Meyers 4 Sarah Davies 5 Danyle Dupray 6 Rachel Ward 7 Erin Dellinger 8 Amy Massingale



9 Alyssa Burch 10 Erin Sprowls 11 Hanna Kumasaka 12 Jamie O'Brien 13 Acarey Rose 14 Emily Angel 16 Delaney Cruz

No.	Name	Pos.	Ht.	Ac./El.	Hometown/High School
1	Emily Carson	L/DS	5-4	Fr./Fr.	Mount Vernon, Wash. / Mount Vernon
2	Abby MacGregor	S	5-7	Jr./Jr.	Canby, Ore. / Canby
3	Kelsea Meyers	L/DS	5-5	Sr./Sr.	Puyallup, Wash. / Rogers
4	Sarah Davies	OH/DS	5-8	So./So.	Estacada, Ore. / Estacada
5	Danyle Dupray	OH	5-7	So./So.	Golden, Colo. / Faith Christian
6	Rachel Ward	OH	5-9	Jr./Jr.	Salem, Ore. / West Salem,
7	Erin Dellinger	RS/MB	6-3	Sr./Sr.	Cle Elum, Wash. / Cle Elum-Roslyn
8	Amy Massingale	OH	5-10	Sr./Sr.	Marysville, Wash. / Marysville
9	Alyssa Burch	M	6-0	So./So.	Manteca, Calif. / Manteca
10	Erin Sprowls	RS/MB	6-2	Sr./Sr.	Vancouver, Wash. / King's Way Christian
11	Hanna Kumasaka	S	5-5	Jr./Jr.	Seattle, Wash. / Seattle Christian
12	Jamie O'Brien	S	5-7	So./So.	Mission Viejo, Calif. / Saddleback Valley Christian
13	Acarey Rose	L/DS	5-3	Jr./Jr.	Vacaville, Calif. / Will C. Wood
14	Emily Angel	RS	5-11	Fr./Fr.	Watsonville, Calif. / Monte Vista Christian
16	Delaney Cruz	OH/MB	5-11	Jr./Jr.	Amity, Ore. / Amity



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