### 2005 Falcon Volleyball Roster

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<tr>
<th>No</th>
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<tr>
<td>1</td>
<td>Barbie Soine</td>
<td>S/L</td>
<td>5-3</td>
<td>Sr.</td>
<td>Montevideo, MN</td>
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<td>2</td>
<td>Drew Hample</td>
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<td>3</td>
<td>Andrea Geehan</td>
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<td>Jr.</td>
<td>St. Paul, MN/Como Park</td>
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**Head coach:** Patti Ford  
**Assistant coaches:** Janet Cobbs Mulholland  
**Student managers:** Melanie Moon, Jack Dunn, Kevin Schmidt
# Meet the Falcons

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<tr>
<th>Name</th>
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2005 Falcon Volleyball Schedule

as of Nov. 2, 2005

17-18 Overall, 2-6 WIAC

Sept. 2 at Elmhurst Invitational
RF defeated Chicago, 25-30, 30-20, 32-30, 30-10, 15-9 -
Carthage defeated RF, 30-21, 30-18, 23-30, 30-16
Sept. 3 at Elmhurst Invitational
RF defeated Olivet, 30-15, 30-24, 30-24 - Box Score
Oshkosh defeated RF, 30-28, 30-28, 24-30, 30-24 -
Sept. 9 at Illinois Wesleyan Tournament
River Falls defeated Maryville, 30-21, 30-23, 30-24 -
Illinois Wesleyan defeated River Falls, 38-36, 30-27, 32-30
Sept. 10 at Illinois Wesleyan Tournament
River Falls defeated Millikin, 30-23, 31-33, 30-13, 31-29
Capital defeated River Falls, 30-16, 30-28, 30-21
Sept. 16 at Platteville*
Platteville defeated River Falls, 30-20, 30-22, 30-16 Sept. 17 at La Crosse*
La Crosse defeated River Falls, 30-14, 28-30, 31-29, 24-30, 15-13 -
Sept. 21 Stout*
River Falls defeated Stout, 31-29, 30-20, 31-29 -
Sept. 23 at Eau Claire Siegenthaler Memorial Tournament
Millikin defeated River Falls, 30-19, 24-30, 27-30, 30-26, 21-19 -
River Falls defeated Stevens Point, 30-19, 30-18, 30-20 -
Sept. 24 at Eau Claire Siegenthaler Memorial Tournament
River Falls defeated Stout, 31-29, 30-23, 30-21 -
Eau Claire defeated River Falls, 30-20, 30-17, 30-28
Sept. 30 Oshkosh defeated River Falls, 30-28, 30-26, 30-28 -
Oct. 1 Whitewater defeated River Falls, 25-30, 30-24, 30-19, 30-26 -
Oct. 4 at Carleton
Carleton defeated River Falls, 30-26, 30-27, 30-25 -
Oct. 7 at Platteville Tournament
River Falls defeated Benedictine, 30-21, 30-17, 30-25
River Falls defeated Platteville, 25-30, 30-25, 30-26, 19-30, 15-9 -
Oct. 8 at Platteville Tournament
River Falls defeated Clarke, 30-23, 30-10, 30-16 -
River Falls defeated Coe, 23-30, 30-21, 30-32, 30-21, 16-14 -
Oct. 12 at Superior*
Superior defeated River Falls, 30-23, 24-30, 30-30, 30-26, 15-9 -
Oct. 14 St. Thomas defeated River Falls, 30-21, 30-27, 30-19 -
Oct. 15 River Falls defeated Stevens Point, 30-26, 30-18, 30-17
Oct. 19 Eau Claire defeated River Falls, 30-17, 30-24, 30-21 -
Oct. 21 at Whitewater Tournament
River Falls defeated Elmhurst, 30-26, 30-26, 30-26 -
River Falls defeated Edgewood, 30-13, 30-22, 30-13
Oct. 22 at Whitewater Tournament
River Falls defeated Beloit, 17-30, 30-22, 30-15, 27-30, 15-4 -
Central defeated River Falls 30-26, 30-24, 30-16 -
Oct. 28 River Falls Trick or Treat Tournament
Bethel defeated River Falls, 30-22, 30-18, 30-28 -
River Falls defeated Northwestern, 30-21, 30-22, 30-23 -
Oct. 29 River Falls Trick or Treat Tournament
River Falls defeated St. Thomas 30-21, 27-30, 30-24, 30-22 -
Eau Claire defeated River Falls 30-20, 30-19, 30-25 -
Nov. 1 Whitewater defeated River Falls 30-14, 30-22, 30-28 - (WIAC Playoffs First Round)
Falcons End Season With Loss at UW in WIAC Playoffs

Nov. 2, 2005

The Falcon volleyball team's season ended on Tuesday with a loss at UW-Whitewater in the first round of the WIAC playoffs.

UWW beat the Falcons three games to none, 30-14, 30-22 and 30-28.
Whitewater, the tournament's No. 1 seed, will host the semifinals on Friday and the championship on Saturday.

Andrea Geehan led the Falcons with 12 kills and a .346 hitting percentage. She also led the team with two solo and two block assists. Kate Thompson added nine kills. She led the team with three aces and she had 10 digs and one block assist. Tressa Gustafson, who led the team with 15 digs, had six kills. Kat Krtnick led the team with 31 assists. She also had eight digs. The Falcons hit .034 in the first game and hit only .074 in the match. Whitewater, ranked No. 5 in the Nov. 1 AVCA poll, was led by Cassie Uttech and Alison Miller who both had 12 kills. The Warhawks hit .244 for the match. They had two solo and 18 block assists.

The Falcons end their season with a 17-18 overall record while UW-Whitewater improves to 34-2. In other first round playoff matches, Platteville defeated La Crosse (3-2), Eau Claire defeated Stout (3-0) and Oshkosh topped Superior (3-0).

**Falcons Finish Home Tournament 2-2**

Oct. 29, 2005

The Falcons defeated St. Thomas in four games, but lost to UW-Eau Claire in three to close out the WIAC regular season.

In their first match against St. Thomas, the Falcons made 16 kills and five errors. Libero player Lindsey Mace served the final nine straight points to win it 30-21. The second game was a close battle and despite the Falcons making 19 kills and only three errors St. Thomas pulled out a 28-30 victory. The Falcons went on an eight point streak early in the third game and went for another straight six towards the end winning that game 30-24. They had 16 kills and eight errors. The fourth game was another tough battle, but the Falcons played consistent winning that game 30-22. They had 15 kills and four errors. Andrea Geehan and Kate Thompson tied as the kill leaders with 22, and Kat Krtnick had an amazing 56 assists and she led in digs with 18.

The second match against UW-Eau Claire was a quick loss for the Falcons. Eau Claire's consistent and hard hitting allowed them to make rapid wins. In the first game, UW-Whitewater took the lead early and the Falcons weren't able to catch up. They lost 30-20. In the second game UWEC went on a 13 point streak in the middle of the game that left the Falcons with a chance, they lost 19-30. In the final game the Falcons put up a tough fight, but it was hard to catch up after UWEC went on a quick seven point run early in the game. Tressa Gustafson served a five point streak of her own towards the end of the game, but it wasn't enough to pull the Falcons ahead. They lost 30-24. Kate Thompson led in kills with 14, Krtnick led in assists with 29 and in digs with 11.

Kate Thompson was the only Falcon to make it on the All-Tournament Team.

The Trick or Treat Tournament ends the Falcons regular season games. They will play their first game of the WIAC Tournaments on Tuesday at 7 p.m. where they will play against number one ranked UW-Whitewater on their home court.

**Falcons are 1-1 After First Day of Home Tournament**

Oct. 28, 2005

The first day of the Falcons' Trick or Treat Tournament ended in one loss and one win as they fell in three games to Bethel, 30-23, 30-18, and 30-28 and won in three against Northwestern 30-21, 30-22, and 30-23.

Against Bethel, the first game was tough with each team going point for point. They made 14 kills and five errors. In the second game, Bethel got out to an early lead with an eight point streak, which the Falcons never recovered from. They had 12 kills and nine errors. The third game saw a spark from the Falcons as they battled to an early 10-4 lead, but a ten point streak from Bethel put them both neck and neck. Vanessa Zamzow put the Falcons ahead 20-19 with an ace serve, but Bethel came back and won 30-28. The Falcons made 16 kills and had three errors. Kate Thompson led in kills with 13 and Kat Krtnick led in assists with 28. Lindsey Mace led in digs.

In their second match against Northwestern, the Falcons came out strong making 17 kills and five errors in the first game. In the second they made 15 kills and had four errors, and in the third they made 17 kills and only three errors. Kate Thompson led in blocks again with 17, and Kat Krtnick was the assist leader with 35 and the dig leader with 12.

On the final day of the tournament, the Falcons play St. Thomas at 10 a.m. and Eau Claire at 2 p.m. all games are played in the Karges Center.

**Falcons Dominate First Day of Whitewater Tournament**

Oct. 21, 2005

The Falcon volleyball team played a great first day of the UW-Whitewater Tournament. They defeated both Elmhurst College and Edgewood College.

They defeated Elmhurst college in just three games 30-26, 30-26, and 30-26. The same was true for Edgewood as they defeated them 30-13, 30-22, and 30-13.

The Falcons now have now held an even record of 14-14 overall and are 2-6 in the WIAC. For the second day of the tournament they take on Beloit college at noon and Central College at 2 p.m.

**Falcons Lose to UW-Eau Claire**

Oct. 19, 2005

The Falcon volleyball team had a tough loss against UW-Eau Claire. They fell in three games losing 30-17, 30-24, and 30-21.

The Falcons played consistent throughout the match making 12 kills in the first game, 13 in the second, and 11 in the third. Unfortunately they were also consistent in their errors making 9 in the first and third game and 7 in the second.

Andrea Geehan led her team in kills with 12. Kat Krtnick had the most assists with 21 and Lindsey Mace led the defensive effort with 18 digs.

The Falcons now have an overall record of 12-14 and are 2-6 in the WIAC. This weekend they are playing in the Whitewater Tournament. Their first match is on Friday against Elmhurst at 5 p.m. they play again against Edgewood at 7 p.m. On Saturday they take on Beloit at noon and Central at 2 p.m.

**Falcons Defeated UW-Stevens Point**

Oct. 14, 2005

The Falcons defeated UW-Stevens Point with a 25-13, 25-21, and 25-17 victory. The win moves the team to 3-0 in conference play.
The Falcon volleyball team came out in full force as they defeated the Pointers in three games on Parent's Day.

The first game was a real battle as both teams competed hard for every point, but a six point streak from the Falcons gave them the final push they needed in the end to win 30-26. The Falcons make 11 kills and had seven errors with a .089 hitting percentage. The second game was all Falcons when they made a ten point rally in the middle of the game leaving the Pointers little chance of coming back. They made six kills and six errors that game. The third was another big game for the Falcons as they made another ten point rally in the middle to quickly defeat the Pointers 30-17. They made 10 kills, four errors and had a .158 hitting percentage.

Seniors Barbie Soine and Vanessa Zamzow were honored for Senior Day. Soine helped her team with two digs and Zamzow played tough in the front row. Kate Thompson led in kills with 17 and had the highest hitting percentage with .533. Kat Krtnick led in assists with 24 and Callie Olson had 19. Lindsey Mace led her team in digs with 12. Kate Thompson had 11 and Tressa Gustafson made ten.

The Falcons now have an overall record of 12-13 and are 2-5 in the WIAC. On Wednesday they play at Eau Claire at 7 p.m.

**Falcons Lose to St. Thomas**

Oct. 14, 2005

The Falcon volleyball team lost in three games to St. Thomas. The scores were 30-21, 30-27, and 30-19.

The Falcons made six kills in the first game with two errors and a .143 hitting percentage. They improved in the second game making 14 kills, five errors, and a .200 hitting percentage. The final game saw 10 kills, five errors, and a .226 hitting percentage. Andrea Geehan led her team in kills with 17 and had the highest hitting percentage with .378. Kat Krtnick led in assists with 16 and Callie Olson had the other seven. Lindsey Mace led the defense in digs with 16, while Krtnick had 12 and Courtney Schroeder had 11.

The Falcons have an overall record of 11-13 and are 1-5 in the WIAC. On Saturday they will host UW-Stevens Point for a conference match at noon.

**Falcons Lose at UW5**

Oct. 13, 2005

The Falcon volleyball team lost, three games to two, at UW-Superior Wednesday night.

UWS won he first game, 30-23, before the Falcons took the next two, 30-24, 30-20. But UWS won the fourth game, 30-26 and won the match with a 15-9 win in the fifth game.

Kate Thompson led the Falcons with 20 kills and a .333 hitting percentage. She also led the Falcons with four aces and two solo blocks and she was second with 14 digs. Andrea Geehan added 17 kills, one solo and one block assist. Tressa Gustafson, who had eight kills, led UW-RF with 18 digs. Kat Krtnick, who had 12 kills, led the team with 35 assists and she had eight digs. Susie Ingalls had seven kills.

The Falcons, now 11-12 overall and 1-5 in the WIAC, will play at St. Thomas on Friday with action starting at 7 p.m.

**Falcons are Undefeated in UW-Platteville Tournament**

Oct. 8, 2005

The Falcon volleyball team went undefeated in the UW-Platteville Tournament. They first defeated Clark College 30-23, 30-10, 30-16. Then took on Coe College defeating them four games to one, with scores of 23-30, 30-21, 30-32, 30-21, 16-14.

Falcons Andrea Geehan and Kat Krtnick were both named to the six-person all-tournament team.

After there outstanding weekend of play, the Falcons are now 11-11 overall, but are still 1-4 in conference. They play again on Wednesday at Superior at 7 p.m.

**Falcons Win First Day of UW-Platteville Tournament**

Oct. 7, 2005

The Falcon volleyball team played two matches in the first day of the UW-Platteville Tournament. They first defeated Benedictine 30-21, 30-17, 30-25. The second match against UW-Platteville was a long fight, but the Falcons came out on top winning in five games 25-30, 30-25, 30-26, 19-30, 15-9.

In the first game against UW-Platteville the Falcons had 9 kills, ten errors, and a hitting percentage of .02, but lost 25-30. They turned that score around in the second game and were 11 for 11 in kills and errors in the second game giving them a .000 hitting percentage. The third game was another Falcon victory with a 30-26 win. The team made 14 kills, four errors, and had a .213 hitting percentage. The Falcons dropped the fourth game 19-30 making only seven kills and 8 errors leaving a .029 hitting percentage. The Falcons pulled it together in the fifth game quickly defeating the Pointers 15-9. They made four kills, no errors, and a .267 hitting percentage.

Andrea Geehan led her team in kills with 18, Kate Thompson led in digs with 19, and Kat Krtnick led in assists with 23. Lindsey Mace made three serving aces and Molly Thompson had the highest hitting percentage with .500.

There is currently no available stat information on the Benedictine game.

For the second day of the tournament, the Falcons play against Clarke at 10:00 a.m. and again at 12:00p.m. against Coe.

**Falcons Lose, 3-0, at Carleton**

Oct. 5, 2005

The Falcon volleyball team lost in three games at Carleton on Tuesday with scores of 30-26, 30-27, and 30-25.

Middle hitter Andrea Geehan led her team in kills with 15 and had the team’s highest hitting percentage with .308. Kat Krtnick led in assists with 24 and in digs with 16. Kate Thompson, who had nine kills, had 14 digs. Lindsey Mace had 13 digs and Tressa Gustafson had 11. Krtnick also led the Falcons with two aces.

In the first game, the Falcons had 15 kills, but made seven errors, and had a .151 hitting average. The second game was not better with 12 kills and for a .083 hitting percentage. The best effort came in the final game when the Falcons had 15 kills and a .208 hitting percentage.
Sept. 21, 2005

The Falcons now have a record of 7-11 overall and are 1-4 in conference. Their next match is on Friday at the UW-Platteville Tournament. They play Benedictine at 6 p.m. and then Platteville at 8 p.m. UWRF has not played Benedictine this year. Earlier this season the Falcons lost a WIAC match at Platteville, 30-20, 30-22, 30-16.

Falcons Lose to UW-Whitewater
Oct. 1, 2005

The Falcon volleyball team started out strong, but lost in four games to UW-Whitewater. The scores of the match were 25-30, 30-24, 30-19, and 30-26.

Andrea Geehan was the kill leader with 19 and had the highest hitting percentage with .405. Kat Krtnick led in assists with 34 and made three serving aces. Lindsey Mace led in digs with 17 and Kate Thompson had 12 digs.

The Falcons now have a record of 1-4 in conference and are 7-10 overall. Their next game is on Tuesday at Carleton and will begin at 7 p.m.

Falcons Lose to UW-Oshkosh
Sept. 30, 2005

The Falcon volleyball team finished 2-2 at the UW-Eau Claire Lisa Siegenthaler Tournament held Friday and Saturday.


Against Millikin Andrea Geehan led the Falcons with 22 kills and a .356 hitting percentage. Kate Thompson had 16 kills while Kat Krtnick and Molly Thompson each had 10. Krtnick led the Falcons with 48 assists and Tressa Gustafson led the Falcons with four aces. Lindsey Mace led the defensive effort with 21 digs. Krtnick, who finished with a triple double, had 19 digs. Gustafson had 17, Kate Thompson 15 and Geehan 10.

The Falcons made short work of UWSP. UWRF hit .340 for the game led by Geehan who had 14 kills and a .481 hitting percentage. Molly Thompson had 13 kills and a .346 hitting percentage. Kate Thompson had 12 kills. Krtnick again led UWRF with 37 assists. Mace and Kate Thompson each had 15 digs and Krtnick had 13.

Saturday the Falcons opened with a 3-0 win over Stout, a team they had defeated by the same game score on Wednesday in a WIAC match at the Karges Center. The Falcons won, 31-29, 30-23, 30-23. The hosts, UW-Eau Claire, beat the Falcons in three games in the tourney's final match. The Blugolds won, 30-20, 30-17, 30-28.

Against Stout, Geehan again led the Falcons with 18 kills and a .359 hitting percentage. Molly Thompson had 10 kills. Krtnick finished with 40 assists. Kate Thompson had four aces and Molly Thompson had three. Five Falcons finished in double digits in digs - Mace (18), Krtnick (14), Kate Thompson (13), Gustafson (12) and Molly Thompson (11). Individual statistics were not available for the UWRF-UWEC match.

Geehan was named to the nine-player all-tournament team.

Falcons Win First Home Game Against UW-Stout
Sept. 21, 2005

The Falcon volleyball team played tough against UW-Stout, defeating them in three games.

They beat them with scores of 31-29, 30-20, and 31-29. In the first game the Falcons came from behind to win 31-29. The second game was a quick kill with a score of 30-20 and both teams battled back and forth in the third game. The Falcons played hard and came back from a 28-23 deficit to win 31-29.

Kate Thompson led the Falcons with 12 kills and a .309 hitting percentage. Andrea Geehan had nine kills and a .348 hitting percentage. Molly Thompson had eight kills. Kat Krtnick, led the Falcons with 19 assists and Callie Olson had 13. Tressa Gustafson had three aces to lead UWRF. Lindsey Mace led the Falcons with 13 digs and Kate Thompson had 12. Kate Thompson had five block assists while Geehan and Shelby Sand had four.

The Falcons play at the Eau Claire Siegenthaler Memorial Tourney on Friday. Their first match is against Millikin at 6 p.m. and their second is against Stevens Point and that begins at 8 p.m. On Saturday they play Stout at 1p.m. and Eau Claire at 3 p.m.

Despite tough play, Falcons lose to UW-La Crosse
Sept. 17, 2005

The Falcon volleyball team played tough till the end against UW-La Crosse, losing in five games.

The Falcons lost the first game 30-14. They made ten kills and eight errors. They came back in the second game and won, 30-28 making 18 kills and only six errors. The Falcons made the third game close, but lost 31-29, making 17 kills and 11 errors. The Falcons really hit hard in the fourth, winning 30-24. They had 19 kills and six errors. Both teams played tough in the fifth, taking the game right down to the wire, but eventually La Crosse won 15-13.

Kate Thompson led her team in kills with 17. Lindsey Mace had the most digs with 27 and Kat Krtnick lead inn assists with 36. Callie Olson also played setter making 26 assists.
The Falcons now have a record of 4-6 and are 0-2 in conference. They play their first home game on Wednesday against UW-Stout at 7 p.m.

**Falcons lose first conference game to UW-Platteville**

**Sept. 16, 2005**

The Falcon volleyball team lost their first conference game to UW-Platteville in three games.

In the first game, the Falcons made only six kills and had 10 errors, the score was 30-20. They improved in the second game with eight kills and only seven errors, but lost 30-22. In the final game, they lost 30-16 making 11 kills and ten errors. Overall the team was almost even with 25 kills and 27 errors.

Kate Thompson led in kills with eight and her twin sister Molly was right behind her with seven. Kat Krtnick had a total of 22 assists and Lindsey Mace made the most digs with 16. Molly Thompson was a close second with 15 digs.

The Falcons now have a record of 4-5 and are 0-1 in conference. They play again on Saturday at UW-La Crosse at noon.

**Falcons Finish 2-2 at Illinois Wesleyan Tourney**

**Sept. 11, 2005**

The Falcon volleyball team finished 2-2 at the Illinois Wesleyan Tournament.

The Falcons started out their two day tournament with a win against Maryville on Friday. They won three straight games 30-21, 30-23, and 30-24, improving their record to 3-2. Kate Thompson led in kills with 15 and digs with 19.

They lost their second match against Illinois Wesleyan taking them all the way to 36-38 in the first game. The Falcons dropped the next two 27-30 and 30-32. Kat Krtnick stepped up the defense in this match with 19 digs.

On Saturday the Falcons took on Millikan and it took four games to beat them. The scores were 30-23, 31-33, 30-19, and 31-39. Katie and Molly Thompson shared top kill numbers with 16 and it was Lindsey Mace who led in digs with 25.

Finally the Falcons took on Capital and lost 30-16, 28-30, and 21-30. At the end of this match, Katie Thompson led again in kills with 15 and in digs with Lindsey Mace with 20.

The Falcons will begin their conference games with their first match on Friday at Platteville at 7 p.m. and on Saturday at La Crosse on noon.

**Falcons Finish 2-2 at Elmhurst Tourney**

**Sept. 4, 2005**

The Falcon volleyball team finished 2-2 at the Elmhurst Invitational held Friday and Saturday.

The Falcons opened with a 3-2 win over Chicago. UW-RF lost the first two games, 30-25 and 30-20. But they came back to win the next three; 32-30, 30-10 and 15-9. The Falcons didn't fare as well in the second match on Friday losing to Carthage, 30-21, 30-18, 23-30 and 30-16. It was much the same on Saturday for the Falcons. They opened with a win over Olivet, 30-15, 30-25 and 30-24. But they lost their final match to WIAC rival, Oshkosh, 30-28, 30-28, 24-30, 30-24.

Outside hitter Kate Thompson was named to the all-tournament team. She led the Falcons with 59 kills. She finished the tourney with a .199 hitting percentage. She also led the team with 10 service aces and she had 35 digs.

The Falcons will next compete in the Illinois Wesleyan tournament this weekend. On Friday the Falcons play Maryville at 5 p.m. and Illinois Wesleyan at 7 p.m. Saturday the Falcons play Capital at noon and Millikan at 2 p.m.

**Falcons Ranked 20th in AVCA Pre-Season Poll**

**Aug. 25, 2005**

The Falcon volleyball team is ranked No. 20 in the AVCA pre-season poll released Aug. 23.

The Falcons, ranked No. 20 in the final 2004 poll, received 127 votes. The strength of the WIAC is shown once again this year with five conference teams ranked in the Top 25 and one other received votes. Whitewater is at No. 8, La Crosse No. 14, Platteville No. 16, Stout No. 21 and Oshkosh received votes.

The Falcons will play six teams that are ranked in the Top 25 in 2005 - Whitewater (Oct. 1), Central (Oct. 22), La Crosse (Sept. 17), Platteville (Sept. 16), Carleton (Oct. 4) and Stout (Sept. 21, Sept. 24), and possible a seventh - Elmhurst. UW-RF plays in the Elmhurst Invitational on Sept. 2-3. The Falcons play six other teams that received votes in the poll - Oshkosh (Sept. 30), Capital (Sept. 10), St. Thomas (Oct. 14), Carthage (Sept. 2), Millikin (Sept. 10) and Illinois Wesleyan (Sept. 9).

The Falcons open their season at the Elmhurst Invitational on Sept. 2-3. The Falcons play Chicago at 4 p.m. and Carthage at 6 p.m. on Friday. Go to the 2005 Falcon schedule.
Patti Ford - Head Volleyball Coach

Sept. 16, 2005

Patti Ford starts her 14th season as head volleyball coach at UW-River Falls and has led the Falcons to six NCAA Div. III national playoff berths. She is currently fifth among active WIAC coaches in wins (353) and third in winning percentage (.716).

With a young team, the 2004 Falcons had another strong year. UW-RF had another 20-win season finishing 24-11 overall and 5-3 in the WIAC and in third place.

The Falcons had a banner year in 2003 winning the WIAC regular season title and advancing to the WIAC playoff championship match and into the NCAA Div. III national playoffs. UWRF finished the year 35-6 overall and advanced to the NCAA “Sweet 16.” In 2002 the Falcons finished 31-8 overall and 7-1 in the WIAC. UWRF has won back-to-back WIAC regular season titles under Ford’s direction. UWRF has won four WIAC titles and finished the 1999 season 8-0.

Ford has coached six AVCA All-Americans, 14 AVCA All-Region players, two WIAC Players of the Year and three WIAC Scholar-Athletes.

In 2001 the Falcons finished 20-17 overall and 5-3 and in third place in the WIAC. The Falcons advanced to the NCAA Div. III playoffs but lost a first-round match, three games to two to Elmhurst College.

In 1999 the Falcons finished 30-7 overall and were ranked as high as fourth in the nation. The Falcons finished 8-0 in WIAC dual matches and finished second in the WIAC tourney. Ford was named the WIAC Coach of the Year for the second time since 1995. The Falcons advanced to the NCAA Tourney but lost in the first round.

Ford has coached the Falcons to 30 or more wins in four of the past seven seasons and the Falcons have finished now lower than third in the WIAC regular-season standings in that same time period.

In 1998 the Falcons finished 32-6 overall and were 6-2 in the WIAC and finished second in the regular-season standings. They finished second in the WIAC playoffs. They advanced to the NCAA Championships and after winning their first match, lost in the finals. In 1996 the Falcons finished 34-5 overall and 7-1 in the WIAC. The Falcons went on to win the WIAC tournament title and hosted a NCAA Div. III first-round match. Ford has compiled a 263-115 record at UWRF.

The Falcons finished the 1995 season with a 38-7 record. The 38 wins are a record in a single season. The Falcons were 6-2 and placed third in the WIAC. Ford earned the WIAC Coach of the Year award.

Ford was an assistant coach at North Dakota State before coming to UW-RF. With Ford as an assistant coach, the Bison won three straight North Central Conference championships. They placed second in the NCAA Div. II national championships in 1990 and third in 1989 and 1991.


In 1991 she was named the North Dakota Coach of the Year and the East Regional Coach of the Year.

She earned her undergraduate degree from Mount Marty College, S.D., in 1983 in health, physical education and recreation. She earned her master's degree at NDSU in education/physical education in 1994.

Ford teaches classes in the University's health and human performance department and serves as the assistant athletic director.
Assistant Volleyball Coach

Sept. 16, 2005

Janet Cobbs Mulholland enters her seventh season as an assistant coach at UW-River Falls.

From All-American at North Dakota State University to U.S. Olympian, Cobbs’ volleyball career took her around the world and back again. From being a member of U.S. National Team from 1989 to 1994, to playing on the Bronze Medal American team at the 1992 Olympics in Barcelona, Spain, to becoming NDSU’s first recipient of the Honda-Broderick Trophy in 1988-89, an award signifying the Div. II Female Athlete of the Year, Cobbs has been at the pinnacle of her sport. She was a three-time first-team All-North Central Conference performer (1986, 1987, 1988) and a two-time first-team American Volleyball Coaches Association & Asics/Volleyball Magazine All-American in 1987 and 1988 and second-team AVCA and Asics/Volleyball Magazine All-American in 1986. Cobbs was the 1988 AVCA and Asics/Volleyball Magazine Div. II Player of the Year. She was a three-time AVCA all-region selection (1986, 1987, 1988) and an eight-time NCC Player of the Week.

She led NDSU to four straight NCAA tournament appearances including a school-record 43-3 mark in 1988 when the Bison hosted the NCAA Elite Eight and won the NCC title. During her national team stint, she competed in the 1988 Goodwill Games and was a member of the USA’s 1990 bronze medal team in the World Championships in Beijing, China. She earned MVP honors at the 1992 Hong Kong Cup. Cobbs played pro volleyball in the U.S. for the Minnesota Monarchs (1988-89), in Italy for Ceramica Magica (1993-94) and in Turkey for Vakifbank (1996-97). She was a Major League Volleyball All-Star for the Monarchs in 1989. She also played in the Bud Light Pro Beach Volleyball League (1993-97) and was a member of the 1996 Bud Light Pro Beach League champion Team Paul Mitchell. She was selected as the 1997 Bud Light Pro Beach League Surprise Player of the Year. All-America and all-tournament at the USAV Nationals in 1997, 1998, 1999 and 2003, she was the MVP of the 1997 USAV Nationals in Kansas City for Team Paul Mitchell.

A native of St. Paul, Minn., she as inducted into the NDSU Hall of Fame. In 2004, she was awarded the Athletic Achievement Award from Concordia Academy. She is married to Jason Mulholland and has three children: Nicole, 8, Madelyn, 4, and Collin, 1.