



VOLLEYBALL



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AUGUST 12, 2019
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#NSICVB

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Northern State University Tabbed NSIC Preseason Coaches' Favorite



BURNSVILLE, Minn. - The defending NSIC Co-Champions of Northern State University have been picked by the league coaches in the NSIC Preseason Volleyball Poll. The Wolves are coming off a season in which they won a share of the NSIC regular season title and advanced to the NCAA Central Region Tournament. NSU received six first place votes to tally 209 points.

Minnesota Duluth, which shared the NSIC regular season title with NSU last year, and Concordia-St. Paul tied for second as both received 203 points. CSP received five first place votes while UMD got four. Wayne State was fourth in the poll with 178 points while Southwest Minnesota State was fifth with 170 points and the other first place vote.

The 2019 NSIC Volleyball season will begin with non-conference matches on Thursday, September 5 while the NSIC schedule begins Friday, September 20. The 2019 NSIC regular season champion will be determined by the 20-game conference schedule. The top eight teams will play in the single elimination NSIC Volleyball Tournament on November 22-24. All three rounds of the tournament will take place at the Sanford Pentagon in Sioux Falls, South Dakota.

PRESEASON NSIC VOLLEYBALL COACHES POLL

	Points
1. Northern State (6).....	209
2. Concordia-St. Paul (5).....	203
Minnesota Duluth (4).....	203
4. Wayne State.....	178
5. Southwest Minnesota State (1).....	170
6. Minnesota State.....	146
7. Winona State.....	135
8. St. Cloud State.....	126
9. Upper Iowa.....	125
10. Sioux Falls.....	114
11. Augustana.....	78
12. MSU Moorhead.....	76
13. Bemidji State.....	43
14. Minot State.....	42
15. Minnesota Crookston.....	38
16. University of Mary.....	34

first place votes in ()

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Preseason




#12 SARA MACEK

Player of the Year



#12 Sara Macek (MB, 5-11, Sr., Monticello, Minn. / Monticello HS) Concordia-St. Paul

- AVCA All-America First Team
- All-NSIC First Team
- Finished second in the NSIC and 11th in the nation in hitting percentage at .388, good for ninth-best in single-season history at CSP
- Led the team with 0.74 blocks per set, registering 13 solo blocks and 77 block assists, while also ranking second on the team with 3.14 kills per set and 380 total kills
- Had 10+ kills in 20 matches on the year, including 17 of the last 19 matches while also hitting .400 or better in 21 matches, including 10 at .500 or better

The NSIC is a 16-team, 18-sport, NCAA Division II Conference with teams located in Iowa, Minnesota, Nebraska, North Dakota and South Dakota.



• Augustana • Bemidji State • Concordia -St. Paul • University of Mary • Minnesota Crookston • Minnesota Duluth • Minnesota State University, Mankato • MSU Moorhead • Minot State • Northern State • Sioux Falls • Southwest Minnesota State • St. Cloud State • Upper Iowa • Wayne State • Winona State •

9/5 Michigan Tech at U-Mary	5:00 PM	9/13 Nebraska-Kearney at U-Mary	12:00 PM
9/5 Southwest Minnesota State at Michigan Tech	6:00 PM	9/13 Purdue-Northwest at Upper Iowa	12:30 PM
9/5 St. Cloud State at Dixie State	8:00 PM	9/13 Augustana at Texas A&M-Kingsville	1:00 PM
9/6 American International at Minnesota State	8:00 AM	9/13 Northwest Missouri State at Northern State	1:00 PM
9/6 Wisconsin-Parkside at U-Mary	9:00 AM	9/13 Lake Superior State at Minnesota Crookston	1:30 PM
9/6 Southern Indiana at Winona State	9:00 AM	9/13 Quincy at Winona State	2:45 PM
9/6 New Haven at Bemidji State	10:00 AM	9/13 SD School of Mines at Bemidji State	3:30 PM
9/6 Adelphi at Minnesota Duluth	10:00 AM	9/13 Tiffin at Minnesota State	3:30 PM
9/6 Lake Superior State (Mich.) at Southwest Minnesota State	10:00 AM	9/13 New Mexico Highlands at U-Mary	4:00 PM
9/6 Oklahoma Baptist at Augustana	10:00 AM	9/13 Grand Valley State at Wayne State	4:30 PM
9/6 Hillsdale (Mich.) at Concordia-St. Paul	10:00 AM	9/13 Wheeling Jesuit at Minnesota Duluth	5:00 PM
9/6 West Virginia Wesleyan at MSU Moorhead	11:00 AM	9/13 Westminster College at Augustana	5:00 PM
9/6 Northern Michigan at Upper Iowa	11:00 AM	9/13 Angelo State at Minot State	6:00 PM
9/6 Cameron at Wayne State	11:00 AM	9/13 Midwestern State at Sioux Falls	6:00 PM
9/6 Fort Hays State at Sioux Falls	11:30 AM	9/13 Southwest Minnesota State at MSU Denver	7:00 PM
9/6 Wisconsin-Parkside at Minnesota Crookston	12:00 PM	9/13 Northern State at Drury University	7:00 PM
9/6 Saint Leo at Minnesota State	12:00 PM	9/13 Ferris State (Mich.) at Concordia-St. Paul	7:00 PM
9/6 Northern Michigan at U-Mary	1:00 PM	9/13 Upper Iowa at Wisconsin-Parkside	7:15 PM
9/6 Wayne State University at Bemidji State	2:00 PM	9/13 Michigan Tech at St. Cloud State	7:30 PM
9/6 Concordia-St. Paul at Florida Southern	2:00 PM	9/13 Indianapolis at MSU Moorhead	TBD
9/6 University of Findlay at Augustana	2:00 PM	9/14 Virginia State at Minnesota State	8:00 AM
9/6 Northwest Nazarene University at St. Cloud State	2:00 PM	9/14 Lake Superior State at Minnesota Duluth	9:00 AM
9/6 Cal State San Bernardino at Minnesota Duluth	2:00 PM	9/14 Florida Tech at Wayne State	9:30 AM
9/6 Lake Superior State at Upper Iowa	3:00 PM	9/14 Arkansas Tech at U-Mary	10:00 AM
9/6 Alaska Fairbanks at Northern State	3:00 PM	9/14 McKendree at Upper Iowa	10:15 AM
9/6 Northern Michigan at Southwest Minnesota State	4:00 PM	9/14 Truman State at Northern State	11:00 AM
9/6 Montana State at Sioux Falls	4:30 PM	9/14 Michigan Tech at Minnesota Crookston	11:00 AM
9/6 Southwestern Oklahoma State at Wayne State	5:00 PM	9/14 Winona State at Wisconsin-Parkside	12:30 PM
9/6 Colorado Christian at St. Cloud State	6:00 PM	9/14 Bellarmine at Minnesota State	1:00 PM
9/6 Minnesota Crookston at Michigan Tech	6:00 PM	9/14 Harding University at Sioux Falls	2:00 PM
9/6 MSU Moorhead at Edinboro (Pa.)	6:00 PM	9/14 Rockhurst University at U-Mary	2:00 PM
9/6 Winona State at Illinois-Springfield	7:00 PM	9/14 Southern New Hampshire at Wayne State	2:30 PM
9/6 Dallas Baptist at Northern State	8:00 PM	9/14 Quincy at Upper Iowa	2:45 PM
9/6 University of Hawaii at Hilo at Minot State	10:00 PM	9/14 Missouri Western State at Northern State	3:00 PM
9/7 Glenville State College at MSU Moorhead	9:00 AM	9/14 St. Edward's at Augustana	3:00 PM
9/7 Black Hills State at Wayne State	9:00 AM	9/14 Wheeling Jesuit at Bemidji State	3:00 PM
9/7 South Dakota School of Mines & Technology at Sioux Falls	9:00 AM	9/14 University of Arkansas Fort Smith at Minot State	4:00 PM
9/7 Charleston at Winona State	9:00 AM	9/14 South Dakota School of Mines at Minnesota Crookston	5:00 PM
9/7 Lake Superior State at U-Mary	9:00 AM	9/14 Purdue Northwest at Winona State	5:00 PM
9/7 Cal State Los Angeles at Minnesota Duluth	10:00 AM	9/14 Sioux Falls at Texas Woman's University	6:00 PM
9/7 Simon Fraser (B.C.) at St. Cloud State	10:00 AM	9/14 Wheeling Jesuit at St. Cloud State	7:00 PM
9/7 Valdosta State (Ga.) at Concordia-St. Paul	10:00 AM	9/14 St. Mary's at Augustana	7:30 PM
9/7 Wisconsin-Parkside at Southwest Minnesota State	10:00 AM	9/14 Minot State at University of Colorado at Colorado Springs	8:00 PM
9/7 Lake Superior State at Minnesota Crookston	12:00 PM	9/14 Concordia-St. Paul at Colorado Premier Challenge	TBD
9/7 Palm Beach Atlantic at Minnesota Duluth	2:00 PM	9/14 Southwest Minnesota State at Colorado Premier Challenge	TBD
9/7 Sioux Falls at Chadron State	2:00 PM	9/20 Minnesota State at Bemidji State	6:00 PM
9/7 Saint Anselm at Minnesota State	2:00 PM	9/20 Winona State at St. Cloud State	6:00 PM
9/7 Adams State at Augustana	2:00 PM	9/20 Concordia-St. Paul at Minnesota Crookston	6:00 PM
9/7 McKendree at Bemidji State	2:00 PM	9/20 Southwest Minnesota State at U-Mary	6:00 PM
9/7 Winona State at Illinois-Springfield	3:00 PM	9/20 Sioux Falls at Minot State	6:00 PM
9/7 Lock Haven at MSU Moorhead	3:00 PM	9/20 Upper Iowa at Minnesota Duluth	6:00 PM
9/7 Colorado State-Pueblo at Wayne State	3:00 PM	9/20 Wayne State College at MSU Moorhead	6:00 PM
9/7 Wisconsin-Parkside at Upper Iowa	3:00 PM	9/20 Augustana at Northern State	6:00 PM
9/7 Colorado Mesa University at Northern State	3:00 PM	9/21 Concordia-St. Paul at Bemidji State	1:00 PM
9/7 Northern Michigan at Minnesota Crookston	4:00 PM	9/21 Winona State at Minnesota Duluth	2:00 PM
9/7 Northern State at Colorado School of Mines	5:30 PM	9/21 Sioux Falls at U-Mary	2:00 PM
9/7 Minot State at Chaminade University	5:30 PM	9/21 Augustana at MSU Moorhead	2:00 PM
9/7 Barry University at Minnesota State	6:00 PM	9/21 Minnesota State at Minnesota Crookston	2:00 PM
9/7 Augustana at Nebraska-Kearney	6:00 PM	9/21 Southwest Minnesota State at Minot State	2:00 PM
9/7 Concordia-St. Paul at Tampa (Fla.)	6:00 PM	9/21 Wayne State at Northern State	2:00 PM
9/7 Bemidji State at Ferris State	6:00 PM	9/21 Upper Iowa at St. Cloud State	2:00 PM
9/7 Upper Iowa at Michigan Tech	7:00 PM	9/24 Augustana at Wayne State	6:00 PM
9/12 Bemidji State at St. Cloud State	5:30 PM	9/27 Minnesota Duluth at Concordia-St. Paul	6:00 PM
9/12 Michigan Tech at Minnesota Duluth	7:30 PM	9/27 Minnesota State Moorhead at Sioux Falls	6:00 PM
9/13 McKendree at Winona State	8:00 AM	9/27 St. Cloud State at Minnesota State	6:00 PM
9/13 Lake Superior State University at St. Cloud State	9:00 AM	9/27 Northern State at Southwest Minnesota State	6:00 PM
9/13 Wheeling Jesuit at Minnesota Crookston	9:00 AM	9/27 Minot State at Wayne State	6:00 PM
9/13 Eastern New Mexico University at Sioux Falls	10:00 AM	9/27 Minnesota Crookston at Upper Iowa	6:00 PM
9/13 Christian Brothers at Minnesota State	10:30 AM	9/27 Bemidji State at Winona State	6:00 PM
9/13 South Dakota School of Mines at Minnesota Duluth	11:00 AM	9/27 U-Mary at Augustana	6:00 PM
9/13 Michigan Tech at Bemidji State	11:00 AM	9/28 UMary at Wayne State	1:00 PM
9/13 Belmont Abbey College at Wayne State	11:30 AM	9/28 Bemidji State at Upper Iowa	2:00 PM
9/13 Tarleton State (Texas) at Southwest Minnesota State	12:00 PM	9/28 Northern State at Sioux Falls	2:00 PM
9/13 Colorado School of Mines at Minot State	12:00 PM	9/28 Minnesota Crookston at Winona State	2:00 PM
9/13 West Florida at Concordia-St. Paul	12:00 PM	9/28 St. Cloud State at Concordia-St. Paul	2:00 PM

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9/28	Minot State at Augustana	2:00 PM	10/26	Northern State at Concordia-St. Paul	5:00 PM
9/28	MSU Moorhead at Southwest Minnesota State	2:00 PM	10/31	Concordia-St. Paul at Minnesota State	6:00 PM
9/28	Minnesota Duluth at Minnesota State	4:00 PM	10/31	Wayne State at Augustana	6:00 PM
10/1	U-Mary at Minot State	6:00 PM	10/31	Northern State at MSU Moorhead	6:00 PM
10/4	St. Cloud State at Minot State	5:00 PM	10/31	Southwest Minnesota State at Sioux Falls	6:00 PM
10/4	Minnesota Crookston at Northern State	6:00 PM	10/31	Minot State at U-Mary	6:00 PM
10/4	Minnesota Duluth at U-Mary	6:00 PM	10/31	Minnesota Duluth at St. Cloud State	6:00 PM
10/4	Upper Iowa at Southwest Minnesota State	6:00 PM	10/31	Winona State at Upper Iowa	6:00 PM
10/4	Minnesota State at Wayne State	6:00 PM	10/31	Bemidji State at Minnesota Crookston	6:00 PM
10/4	Bemidji State at MSU Moorhead	6:00 PM	11/2	Minnesota State Moorhead at Minot State	11:00 AM
10/4	Concordia St. Paul at Augustana	6:00 PM	11/2	Sioux Falls at Wayne State	1:00 PM
10/4	Winona State at Sioux Falls	7:00 PM	11/2	Minnesota State at Winona State	2:00 PM
10/5	Minnesota Duluth at Minot State	12:00 PM	11/2	St. Cloud State at Bemidji State	3:00 PM
10/5	Winona State at Southwest Minnesota State	2:00 PM	11/2	Minnesota Crookston at Minnesota Duluth	4:00 PM
10/5	Minnesota State at Augustana	2:00 PM	11/2	Augustana at Southwest Minnesota State	4:00 PM
10/5	Upper Iowa at Sioux Falls	2:00 PM	11/2	Upper Iowa at Concordia-St. Paul	5:00 PM
10/5	St. Cloud State at U-Mary	2:00 PM	11/2	UMary at Northern State	6:00 PM
10/5	Bemidji State at Northern State	3:00 PM	11/4	Upper Iowa at Minnesota State	6:00 PM
10/5	Minnesota Crookston at MSU Moorhead	4:00 PM	11/5	Wayne State at Southwest Minnesota State	6:00 PM
10/5	Concordia-St. Paul at Wayne State	4:00 PM	11/5	Bemidji State at Minnesota Duluth	6:00 PM
10/11	Augustana at Upper Iowa	6:00 PM	11/5	Sioux Falls at Augustana	6:00 PM
10/11	Sioux Falls at Minnesota State	6:00 PM	11/5	MSU Moorhead at U-Mary	6:00 PM
10/11	Northern State at Minnesota Duluth	6:00 PM	11/5	Minnesota Crookston at St. Cloud State	6:00 PM
10/11	U-Mary at Minnesota Crookston	6:00 PM	11/5	Winona State at Concordia-St. Paul	6:00 PM
10/11	MSU Moorhead at St. Cloud State	6:00 PM	11/5	Minot State at Northern State	6:00 PM
10/11	Southwest Minnesota State at Concordia-St. Paul	6:00 PM	11/8	Winona State at Bemidji State	6:00 PM
10/11	Minot State at Bemidji State	6:00 PM	11/8	Southwest Minnesota State at Northern State	6:00 PM
10/11	Wayne State at Winona State	7:00 PM	11/8	Augustana at U-Mary	6:00 PM
10/12	U-Mary at Bemidji State	1:00 PM	11/8	Concordia-St. Paul at Minnesota Duluth	6:00 PM
10/12	Northern State at St. Cloud State	2:00 PM	11/8	Sioux Falls at MSU Moorhead	6:00 PM
10/12	Wayne State at Upper Iowa	2:00 PM	11/8	Minnesota State at St. Cloud State	6:00 PM
10/12	Southwest Minnesota State at Minnesota State	2:00 PM	11/8	Wayne State at Minot State	6:00 PM
10/12	Minot State at Minnesota Crookston	3:00 PM	11/8	Upper Iowa at Minnesota Crookston	6:00 PM
10/12	MSU-Moorhead at Minnesota Duluth	4:00 PM	11/9	Wayne State at U-Mary	11:00 AM
10/12	Augustana at Winona State	5:00 PM	11/9	Upper Iowa at Bemidji State	1:00 PM
10/12	Sioux Falls at Concordia-St. Paul	5:00 PM	11/9	Minnesota State at Minnesota Duluth	2:00 PM
10/15	Concordia-St. Paul at Winona State	6:00 PM	11/9	Sioux Falls at Northern State	2:00 PM
10/15	Minnesota Duluth at Bemidji State	6:00 PM	11/9	Concordia-St. Paul at St. Cloud State	2:00 PM
10/15	Augustana at Sioux Falls	6:00 PM	11/9	Southwest Minnesota State at MSU Moorhead	2:00 PM
10/15	Minnesota State at Upper Iowa	6:00 PM	11/9	Augustana at Minot State	2:00 PM
10/15	Southwest Minnesota State at Wayne State	6:00 PM	11/9	Winona State at Minnesota Crookston	3:00 PM
10/15	St. Cloud State at Minnesota Crookston	6:00 PM	11/12	Wayne State at Concordia-St. Paul	6:00 PM
10/15	U-Mary at MSU Moorhead	6:00 PM	11/15	Minnesota Crookston at Concordia-St. Paul	5:30 PM
10/15	Northern State at Minot State	6:00 PM	11/15	U-Mary at Southwest Minnesota State	6:00 PM
10/18	Concordia-St. Paul at Minot State	5:00 PM	11/15	St. Cloud State at Winona State	6:00 PM
10/18	St. Cloud State at Augustana	6:00 PM	11/15	MSU Moorhead at Wayne State	6:00 PM
10/18	Upper Iowa at MSU Moorhead	6:00 PM	11/15	Minnesota Duluth at Upper Iowa	6:00 PM
10/18	Minnesota State at U-Mary	6:00 PM	11/15	Minot State at Sioux Falls	6:00 PM
10/18	Bemidji State at Southwest Minnesota State	6:00 PM	11/15	Northern State at Augustana	6:00 PM
10/18	Winona State at Northern State	6:00 PM	11/15	Bemidji State at Minnesota State	6:00 PM
10/18	Minnesota Crookston at Sioux Falls	6:00 PM	11/16	U-Mary at Sioux Falls	12:00 PM
10/18	Minnesota Duluth at Wayne State	6:00 PM	11/16	Minnesota Duluth at Winona State	2:00 PM
10/19	Minnesota State at Minot State	12:00 PM	11/16	Minnesota Crookston at Minnesota State	2:00 PM
10/19	Minnesota Duluth at Augustana	2:00 PM	11/16	Minot State at Southwest Minnesota State	2:00 PM
10/19	Concordia-St. Paul at U-Mary	2:00 PM	11/16	Northern State at Wayne State	4:00 PM
10/19	Upper Iowa at Northern State	2:00 PM	11/16	St. Cloud State at Upper Iowa	4:00 PM
10/19	Minnesota Crookston at Southwest Minnesota State	2:00 PM	11/16	MSU Moorhead at Augustana	5:00 PM
10/19	St. Cloud State at Wayne State	4:00 PM	11/16	Bemidji State at Concordia-St. Paul	5:00 PM
10/19	Bemidji State at Sioux Falls	4:00 PM			
10/19	Winona State at MSU Moorhead	4:00 PM			
10/25	Augustana at Bemidji State	6:00 PM			
10/25	U-Mary at Winona State	6:00 PM			
10/25	MSU Moorhead at Concordia-St. Paul	6:00 PM			
10/25	Southwest Minnesota State at St. Cloud State	6:00 PM			
10/25	Northern State at Minnesota State	6:00 PM			
10/25	Sioux Falls at Minnesota Duluth	6:00 PM			
10/25	Wayne State at Minnesota Crookston	6:00 PM			
10/25	Minot State at Upper Iowa	6:00 PM			
10/26	Minot State at Winona State	11:00 AM			
10/26	Wayne State at Bemidji State	1:00 PM			
10/26	U-Mary at Upper Iowa	2:00 PM			
10/26	Sioux Falls at St. Cloud State	2:00 PM			
10/26	MSU Moorhead at Minnesota State	2:00 PM			
10/26	Augustana at Minnesota Crookston	3:00 PM			
10/26	Southwest Minnesota State at Minnesota Duluth	4:00 PM			

POSTSEASON

11/22	NSIC Tournament Quarterfinals - Sanford Pentagon - Sioux Falls, S.D.
11/23	NSIC Tournament Semifinals - Sanford Pentagon - Sioux Falls, S.D.
11/24	NSIC Tournament Championship - Sanford Pentagon - Sioux Falls, S.D.
12/5	NCAA Regional - On Campus
12/6	NCAA Regional - On Campus
12/7	NCAA Regional - On Campus
12/23	NCAA Championship Quarterfinals - Auraria Events Center - Denver, Colo.
12/13	NCAA Championship Semifinals - Auraria Events Center - Denver, Colo.
12/14	NCAA National Championship - Auraria Events Center - Denver, Colo.

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