

SION

SION STORM VOLLEYBALL ARCHIVES - 2005



Front row (freshmen): Haley Seaton, Molly Regan, Cate Zollicker, Nicole Bishop, Mary Kate Gude, Amy Kleffner, Jenner Smith, Deme Kopulos, Sarah Boos, Samantha Ramm, Emily Shepard

Middle (JV): Kara Tweedy, Emily May, Samantha Speake, Julie Varriano, Briget DuVall, Megan Allegri, Mary Myers, Elizabeth Lees, Sarah Myers

Back (var): Coach Crystal Engemann, Coach Casey Ellis, Kristen White, Rebecca Rada, Laura Tiehen, Emily Duschen, Jennifer Varriano, Maggie McGovern, Emily Walkup, Hilary Buren, Molly Redmond, Eva Schaible, Coach Jamie Jansen, Coach Robert Lampen

Volleyball News

After a hard-fought three-game match, the Storm volleyball team emerged victorious over North Kansas City. They began the quarterfinal game after a brief 30-minute rest and fell to Park Hill South in another three-game match. Congratulations on a great season! Hillary Buren and Molly Redmond were selected to the 1st Team All-District. Maggie McGovern and Rebecca Rada were selected to the 2nd team. Congratulations!

Hillary Buren has been named to the KC Star All-Metro honorable mention volleyball team. Way to go, Hillary!

October 25-Congratulations to senior Hillary Buren who has been named an All-Star by the Greater Kansas City Volleyball Coaches Association. She will be representing Sion at the KS/MO All-Star match to be played Monday, November 14 at Avila University.

Keith Gard, a professional photographer, took some great pictures of the volleyball game against St. Teresa's. You can see them at his [website](#).

The Storm will open the District Tournament Monday against Belton at 4:45 at Lee's Summit North High School.

Congratulations to the 2005-06 Volleyball Teams! The Varsity Squad includes Seniors: Hillary Buren Captain, Molly Redmond Captain, Eva Schaible, & Emily Walkup; Juniors: Emily Duschen, Rebecca Rada, Laura Tiehen, Jennifer Varriano, & Kristen White; and Sophomore - Maggie McGovern.

The Junior Varsity Squad includes Junior Megan Allegri, Sophomores: Emily May, Samantha Speake, & Kara Tweedy, and Freshman: Briget DuVall, Elizabeth Lees, Mary Meyers, Sarah Meyers, & Julie Varriano. The Freshman team is Nicole Bishop, Sarah Boos, Mary Kate Gude, Amy Kleffner, Deme Kopulos, Samantha Ramm, Molly Regan, Haley Seaton, Emily Shepard, Jenner Smith, and Cate Zollicker.

Welcome to Robert Lampen, the new head Varsity coach for the Storm. Coach Lampen was the assistant varsity coach last year and has also served as the freshman coach. The Varsity has started out the season at 3-5. They won against Gardner, Free State and St. Joe Central but lost against Bishop Miege, Washburn Rural, St. Teresa', Blue Valley West and Shawnee Mission East. The next few matches are tournaments at Lee's Summit North(9/17) and Blue Springs South(9/24). They also play at Jefferson City(9/15) and St. Pius(9/29).

Congratulations to the JV team who is presently 5-0!! They have defeated Gardener, Mill Valley, Blue Valley West, Paola, Blue Valley and St. Teresa's. You can watch them in tournament play at Bishop Miege (9/24) and Blue Valley North (10/8). The Freshman team started play on 9/10 at St. Thomas Aquinas and are currently 0-4. They play at Aquinas again on 9/17 then go to Bishop Ward (9/14), St. James (9/22) and Blue Springs South (9/26).

Mark Your Calendar for the Volleyball home matches: Park Hill on Wednesday 9-21-join us for spirit night, O'Hara on Monday 10-3, Savannah on Wednesday 10-5 , and St. Teresa's at Avila for Senior night on Thursday 10-20. Consider purchasing a booster club membership at

\$50 and you and your children get into all Sion sports events for free! They can be purchased at any home match.

VOLLEYBALL KC Star 9/0705

The Notre Dame de Sion volleyball team got off to a rough start, losing two of three matches in a quadrangular last week.

Thing is, the Storm has more reason to be encouraged. Its two losses were against two defending state champions, Bishop Miege (Kansas class 5A) and Topeka Washburn Rural (Kansas class 6A).

The Storm defeated Gardner-Edgerton for its lone victory.

“I told the girls there’s nothing to be ashamed of,” coach Bob Lampen said. “It’s kind of a measuring stick to see where we’re at and where we need to be. From a coaching standpoint, it’s really not a big deal to lose the early matches.”

Notre Dame de Sion 2005 Volleyball Roster

Varsity				Junior Varsity			
Number	Athlete	Grade	Pos.	Number	Athlete	Grade	Pos.
1	Emily Duschen	Jr.	MH	4	Kara Tweedy	So.	S
2	Laura Tiehen	Jr.	RS/S	5	Sarah Myers	Fr.	RS
3	Rebecca Rada	Jr.	S	7	Elizabeth Lees	Fr.	OH
8	Hillary Buren	Sr.	MH	9	Emily May	So.	DS
10	Jennifer Varriano	Jr.	MH	11	Samantha Speake	So.	OH
12	Emily Walkup	Sr.	RS/S	13	Mary Myers	Fr.	S
14	Molly Redmond	Sr.	OH	17	Megan Allegri	Jr.	OH
15	Kristen White	Jr.	OH	18	Julie Varriano	Fr.	MH
16	Eva Schaible	Sr.	DS	21	Briget DuVall	Fr.	MH
22	Maggie McGovern	So.	OH				

Freshmen Volleyball Roster

Number	Athlete
1	Deme Kopulos
2	Cate Zollicker
3	Sarah Boos
4	Emily Shepard
5	Mary Kate Gude
6	Samantha Ramm
7	Nicole Bishop
8	Haley Seaton
9	Amy Kleffner
11	Jenner Smith
13	Molly Regan

Notre Dame de Sion 2005 Volleyball Varsity Results

Date	Opponent	Results
Sept. 01 (Thurs)	Bishop Miege	Lost - 23-25, 22-25
Sept. 01 (Thurs)	Washburn Rural	Lost - 21-25, 11-25
Sept. 01 (Thurs)	Gardner	Won - 23-25, 25-15, 25-22
Sept. 08 (Thurs)	St. Teresa's	Lost - 18-25, 14-25
	Johnson County Comm College Tourn.	
Sept. 10 (Sat)	Free State	Won - 25-23, 25-23
Sept. 10 (Sat)	St. Joe Central	Won - 25-17, 25-13
Sept. 10 (Sat)	Blue Valley West	Lost - 19-25, 21-25
Sept. 10 (Sat)	Shawnee Mission East	Lost - 25-23, 23-25, 22-25
Sept. 15 (Thurs)	Jefferson City	Won - 25-20, 25-22
	Lee's Summit North (V) Tournament	
Sept. 17 (Sat)	Lee's Summit	Won - 25-22, 25-20
Sept. 17 (Sat)	Platte County	Won - 25-4, 25-14
Sept. 17 (Sat)	Truman	Tied - 22-25, 25-17
Sept. 17 (Sat)	Lee's Summit North	Lost - 25-27, 23-25
Sept. 21 (Wed)	Park Hill	Lost - 23-25, 25-21, 11-25
	Blue Springs South Tournament (V)	
Sept. 24 (Sat)	Kearney	Won 25-21, 25-16
Sept. 24 (Sat)	Blue Springs South	Tied 25-19, 25-27

Sept. 29 (Thurs)	St. Pius X	Won 25-16, 25-13
Oct. 03 (Mon)	O'Hara	Lost 23-25, 23-25
Oct. 05 (Wed)	Savannah	Won 25-13, 25-17
Oct. 11 (Tues)	Blue Valley North	Lost 24-26, 11-25
Oct. 11 (Tues)	Blue Valley Northwest	Won 25-13, 25-16
Oct. 11 (Tues)	Blue Valley	Won 25-16, 25-9
Oct. 20 (Thurs)	St. Teresa's	Lost 23-25, 20-25
Oct. 24 (Mon)	District-Belton	Won 25-11, 25-15
Oct. 24 (Mon)	District-Lee's Summit West	Won 24-26, 25-13, 28-26
Oct. 25 (Tues)	District-Lee's Summit North	Won 25-17, 25-23
Oct. 29 (Sat)	Sectional-North Kansas City	Won 25-21, 23-25, 25-21
Oct. 29 (Sat)	Quarter final-Park Hill South	Lost 26-24, 12-25, 13-25
Nov. 04-05	State	

Notre Dame de Sion 2005 Volleyball JV Results

Date	Opponent	Result
Aug. 30 (Tues)	Gardner	Win - 25-23, 25-16
Aug. 30 (Tues)	Mill Valley	Win - 25-16, 25-21
Aug. 31 (Wed)	Blue Valley West	Win - 25-23, 25-21
Aug. 31 (Wed)	Paola	Win - 25-20, 26-24
Aug. 31 (Wed)	Blue Valley	Win - 25-20, 26-24
Sept. 08 (Thurs)	St. Teresa's	
Sept. 15 (Thurs)	Jefferson City	
Sept. 21 (Wed)	Park Hill	Lost
Sept. 24 (Sat)	Bishop Miega Tournament	
Sept. 29 (Thurs)	St. Pius X	
Oct. 03 (Mon)	O'Hara	
Oct. 05 (Wed)	Savannah	
Oct. 08 (Sat)	Blue Valley North Tournament (JV)	
Oct. 11 (Tues)	Blue Valley North Quad (BVNW, BV)	
Oct. 20 (Thurs)	St. Teresa's	