

FERRIS STATE VOLLEYBALL

2008 BULLDOGS



AMANDA KETTLEWELL



2008 FSU Volleyball will be fun to watch because: "Our team chemistry."

College: 2007: Appeared in 19 matches . . . Finished seventh among team's kills leaders with 51 total . . . Wrapped up the campaign with a career-high seven kills in squad's final two season matches against Northwood (11/3) and at Northern Michigan (11/7) in the GLIAC Tournament . . . Recorded six kills against Saginaw Valley State (11/2) and produced five kills vs. nationally-ranked West Texas A&M (9/8) at the Minnesota Duluth Classic . . . Posted a season-high .600 attack percentage at Lake Superior State (10/21) with three kills in five attempts . . . Turned in a .500 hitting percentage with three kills in four chances against Colorado School of Mines (8/25) at the Ferris State Invitational . . . Served a career-best three aces against Glenville State, W.Va. (8/25) in a Ferris State Invitational contest . . . Registered a season-high three digs vs. West Texas A&M (9/8) while claiming two digs apiece against Glenville State (8/25) and vs. Mercyhurst (10/6) . . . **2006:** FSU Coaches Award co-recipient . . . Played in 19 matches and competed in 29 total games . . . Posted season-high three kills against Wayne State (10/7) . . . Notched two kills and two digs apiece vs. West Virginia State (8/26) at the Ferris State Invitational . . . Compiled a season-best five digs against Saginaw Valley State (9/9) . . . Recorded a service ace against Western Oregon (9/2) at the Alamo City Classic and versus Grand Valley State (10/3) . . . **High School:** A 2006 graduate of Marysville High School . . . Led Marysville High to the Macomb Area Conference (MAC) Red Division title, Class B State Championship and 58-1 record as a senior . . . All-region honoree . . . Received first-team all-conference and all-area recognition . . . Prepped by John Knuth . . . Claimed second-team Michigan Inter-scholastic Volleyball Coaches Association (MIVCA) All-State honors twice . . . Led team in attack percentage and aces . . . Four-time league all-academic team pick . . . Helped Vikings to state titles in 2002-03 and 2003-04 . . . Team was 2004-05 state semifinalist . . . Team won district and regional titles four years . . . Played basketball and ran track . . . Served on steering committee . . . National Honor Society member . . . **Club Team:** Played USA Volleyball for the Marysville Volleyball Club . . . Coached by Randi Jakubiak . . . **Personal:** Daughter of Walter and Connie Kettlewell and Patrice and Glenn Lottner . . . Born 12/30/87 in Port Huron, Mich. . . . Enjoys rollerblading . . . Has an older brother and sister . . . Played at same high school as former FSU volleyball player Brittany Godlewski (2002-05) and current FSU teammates Lisa Tobiczyk and Mallory Kopa . . . Majoring in mathematics education.

★★★★ CAREER HIGHS ★★★★★

Kills7, twice, last at Northern Michigan, 11/7/07
Attempts21 at Northern Michigan, 11/7/07
Assists2, 4 times, last vs. Northwood, 11/3/07
Service Aces3 vs. Glenville State (W.Va.), 8/25/07
Block SolosNone
Block Assists2 at Lake Superior State, 10/21/07
Digs5 vs. Saginaw Valley State, 9/9/06
 #Neutral Site

I chose Ferris State because: of my teammates

My favorite thing about FSU Volleyball is: playing at a high level

The motto I live by is: one at a time

My biggest superstition is: sport injuries

Career Statistics

YEAR	MP	GP	KILL	K/G	ERR	ATT	PCT.	AST	A/G	SA	SE	SA/G	RE	DIG	D/G	BS	BA	TB	B/G	BE	BHE
2006	19	29	8	0.28	7	38	.026	8	0.28	2	3	0.07	0	9	0.31	0	1	1	0.03	0	1
2007	19	38	51	1.34	28	126	.183	6	0.16	7	10	0.18	1	11	0.29	0	6	6	0.16	1	0
TOTALS	38	67	59	0.88	35	164	.146	14	0.21	9	13	0.13	1	20	0.30	0	7	7	0.10	1	1

SARAH LARK



2008 FSU Volleyball will be fun to watch because: "We love this game and we are ready to compete at a high level."

College: 2007: A GLIAC All-Academic Team selection . . . Her 117 kills ranked sixth among the team's offensive leaders and placed third on the squad with 46 total blocks . . . Hammered a career-high eight kills in conference matches vs. Northern Michigan (9/16) and at Saginaw Valley State (9/22) . . . Averaged 1.30 kills per game and 0.52 blocks in 17 GLIAC outings . . . Smacked seven kills in a match on three occasions – vs. Mesa State, Colo. (9/1) and Western State, Colo. (9/1) in a pair of Days Inn-Denver West Oredigger Classic matches and against Gannon (10/5) . . . Turned in a .500 attack percentage with five kills each against Glenville State, W.Va. (8/25) at the Ferris State Invitational and against nationally-ranked Hillsdale (10/12) . . . Had at least a block in 22-of-29 matches . . . Tallied a season-leading four block assists three times – vs. Northern Michigan (9/16), at Northwood (9/21), and at Lake Superior State (10/21) . . . Posted a career-high five digs against Lake Superior State (9/14) . . . **2006:** Participated in 18 matches and received action in 27 games . . . Registered a season-high three kills on two occasions – against St. Joseph's (Ind.) in the season opener (8/24) and vs. Wayne State (10/7) . . . Tallied a .429 hitting percentage (3/0/7) against Lake Superior State (10/20) . . . Produced three aces against Midwestern State, Texas (9/2) at the Alamo City Classic Tourney . . . Claimed a season-high two digs at Michigan Tech (9/24) . . . Picked up two assists in a match twice – at Michigan Tech (9/24) and vs. Wayne State (10/7) . . . **High School:** A 2006 graduate of Alma High . . . Earned All-Mid Michigan B Conference and all-region laurels twice . . . Third-Team Class B All-State honoree (2005-06) . . . Guided the Panthers to two district crowns under head coach Jennifer Tomanek . . . Three-time all-league pick . . . Led AHS to league championships in the 2002-03 and 2003-04 seasons . . . Also participated in both basketball along with track and field . . . All-conference and all-area basketball selection . . . Qualified for the state track and field championships as a hurdler, high jumper and relay runner . . . Member of AHS' homecoming court . . . **Club Team:** Was active in both USA Volleyball and developmental programs . . . **Personal:** Daughter of Randy and Sonia Lark . . . Born 2/28/88 in Grand Rapids, Mich. . . Hobbies include sports and singing in the choir . . . Father is presently the head football coach at Alma (Mich.) College and previously coached football at Ferris State from 1984-86 . . . Her uncle, Chuck Lark, played football at Central Michigan (1985-86) . . . Has two brothers . . . A 2008-09 legacy committee co-chair of FSU's Student-Athlete Advisory Committee . . . Majoring in recreation leadership management.

★★★★ CAREER HIGHS ★★★★★

Kills8, twice, last at Saginaw Valley State, 9/22/07
Attempts23 vs. Michigan Tech, 9/15/07
Assists3 vs. North Dakota, 9/7/07#
Service Aces3 vs. Midwestern State (Texas), 9/2/06#
Block Solos2, twice, last vs. Michigan Tech, 9/15/07
Block Assists 4, three times, last at Lake Superior State, 10/21/07
Digs5 vs. Lake Superior State, 9/14/07
 #Neutral Site

I chose Ferris State because: the close-knit volleyball team

My favorite thing about FSU Volleyball is: competing at a high level

The motto I live by is: live life to the fullest

Career Statistics

YEAR	MP	GP	KILL	K/G	ERR	ATT	PCT.	AST	A/G	SA	SE	SA/G	RE	DIG	D/G	BS	BA	TB	B/G	BE	BHE
2006	18	27	13	0.48	9	47	.085	6	0.22	3	1	0.11	0	4	0.15	0	3	3	0.11	3	0
2007	29	83	117	1.41	65	379	.137	12	0.14	2	3	0.02	0	34	0.41	10	36	46	0.55	9	3
TOTALS	47	110	130	1.18	74	426	.131	18	0.16	5	4	0.05	0	38	0.35	10	39	49	0.45	12	3