

## **Girls**

### **LISA JONAK-11's**

USAV IMPACT certification 2005

#### *Coaching Experience:*

Coach, St. Louis CYC Volleyball Club, 2003 to present:

2006 – 13U Boys: Gateway Region Championships, 5th place Silver div.

USAV Junior Nationals, Minneapolis, MN

2005 – 12U Boys: Gateway Regionals, 2nd place Gold division

Chicago Mizuno Youth Classic, 1st place Gold division

USAV Junior Nationals, Louisville, KY – 2nd place Silver division

2005 – 10U Coed Instructional Program

2004 – 11U Boys: Gateway Region Championships, 2nd place Silver

2003 – 10U Coed Instructional Program

Coach, St. Francis of Assisi CYC girls' team, 2007 to present

Coach, St. Francis of Assisi CYC boys' high school team, 2008

Assistant Coach, Columbia, IL Middle School, 6th grade girls' team, 2008

Coach, Queen of all Saints boys' CYC team 2005

Coach, Sacred Heart Valley Park boys' CYC teams 2001-2003

#### *Playing Experience:*

Player, women's USVBA/USAV level A teams – 17 years

Attended USAV National Championships 3 times

Player, Bayless High School – 4 years

Current women's team player

### **Doug Saye – 11e's**

Doug has coached volleyball for the past eight seasons. During this time he has served as an assistant for Incarnate Word Academy, Marquette (IA) High School and Holy Trinity (IA) High School. Additionally he has been the head coach for TSL 10s, TSL 11s and North County Aces 11s as well as numerous CYC Parish teams. Doug is Impact Certified and has helped at numerous coaching clinics and camps including the University of Illinois.

### **Lisa Fertig – 12's**

Coach, Southern Heat 2007 to present.

Coach, Holy Childhood in Mascoutah for three years.

Lisa has two children.

### **Dani Collins – 12's assistant**

Coach, Southern Heat 2007 to present.

Player, McKendree College 2006 to present

Player, Southern Heat 2005,2006, Swil 2003,2004

Qualified for Nationals three years.

### **Dana Fleshren – 13's**

### **Todd Gober-13e's**

Coach, Southern Heat 2006 to present. He has been instrumental in expanding our club into Edwardsville.

Coach, SIUE 2001 to present head coach. Finished 14th in the final American Volleyball Coaches Association poll, its first such top 25 ranking in school history. In 2006, Gober guided two All-Americans in right-side hitter Kim Potthast and setter Mallory Clements, In 2005 team won the program's first Great Lakes Valley Conference championship and attended NCAA Tournaments.

Coach, Southwest College head coach. He produced five junior college All-Americans, 22 All-Region selections, four conference Most Valuable Players and four Conference Freshmen of the Year. All of his teams at SWIC earned national rankings.

**Todd is married with three children**

### **Chris Boucher – 14's**

Coach, Southern Heat 2007 to present.

Coach, 2008 assistant at St. Louis College Pharmacy

Coach, 2000-2009 Smithton Grade School.

Coach and Manager little league baseball as well as manages the SAA club in Smithton.

Player, men's adult team

Chris has 4 children.

### **Lynn Weidenbenner – Assistant Southern Heat Director –14's Assistant**

Coach and Assistant Director, Southern Heat 2005 to present.

Coach, O'Fallon High School 2007

Coach, Metro East area over 15 years. Southwestern Illinois College (SWIC), Althoff Catholic High School, Northwest Missouri State University and Maryville Missouri High School.

Player, Belleville West High School

Player, Millikin University graduating in 1986. She led the Big Blue to the NCAA Division III National Tournament both her sophomore year and senior year where she was named a member of the national all tournament team as an outside hitter.

Weidenbenner was named most valuable player her senior year setting four career and university records.

Lynn is married with two children

### **Mallory Clements-14eLate**

### **Kim Forcade – Southern Heat Club Director -**

Coach, Southern Heat, 2005 to present. Club director, coach, technical training

Coach, St. Louis College of Pharmacy, 2008

Coach, Freeburg High School, 2002-2006

Coach, Swilvbc 2003-2005

Coach and assistant athletic director, St. John 1996-2002

Kim is married and has two children..

### **Jennifer Miller – 16's**

\_I have been playing volleyball since I was in 4th grade. I started playing club ball when I was 11. I played two years for Game Face Volleyball Club, until they turned into SWI Volleyball Club, where I played for three more years. During my sophomore year of High School I started a volleyball club, O'Fallon Volleyball

Club (OVBC). For the club, I was the director, coach, and player. This was a great opportunity to allow all of the girls from my team to have more playing time and year round play. The competition was stronger which increased our level of play and bumped us up to the next level. I played volleyball at O'Fallon Township High School (OTHS) for four years, where I started Varsity all four years. I received several All-Conference and MVP tournament recognition awards. I then had the opportunity to play volleyball at Lindenwood University. Finally, I am very excited to be the Shiloh Middle School Volleyball Coach and Southern Heat 16 year old girls volleyball coach.

**Erica Touchette-17's**

Coach, Southern Heat 2007 to present

Player, Belleville West

She is a versatile player as a setter, defensive specialist and outside hitter. She also played club ball for three years. She is a graduate of SEMO and is currently employed at Children's Hospital as an Early Development Coordinator.

**Mary Ann Sprague-17MS**

Coach, Southern Heat, 2009 to present

Coach, Principia College head volleyball, 1998 to present

As a student at Principia College she was a strong competitor in volleyball, swimming, and track and field and was the recipient of the Howard L. Mitchell Athletic Award her senior year. She coached swimming, basketball, and volleyball at Principia Upper School for three years after graduation. Next she coached at the University of Missouri, Columbia, as a assistant coach from 1987-1989.

Mary Ann has been a coach and personal trainer for volleyball players for 23 years and currently holds the highest certification granted by the volleyball coaches' accrediting program. Mary Ann coached 18-under U.S.A. Volleyball elite traveling teams and was Co-Director of the Jacksonville Juniors Volleyball Club before coming to Principia, and she is the founder and Director of Panther Power Volleyball Club in St. Louis. Mary Ann is also Principia's associate athletic director

**Kendra Forcade-18's**

Coach, Southern Heat 2007 to present.. She has played club since she was 13 and qualified for nationals twice with her teams. She is a graduate of Freeburg High School and as a four year varisty player and was ranked as one of the top setters for the Metro Regional area during her high school career. She has assisted in grade school camps and other volleyball training.

## **Boys**

This is Southern Heat's second year for the boys program.

### **14's boys – Joe Kolo**

### **15's boys – Joe Murray**

Coach, Southern Heat 2008 to present. Joe is a graduate of Althoff High School.

### **16's boys – Kirsten Vaughn**

Coach, first year with Southern Heat. Kirsten is a graduate of Belleville East High School and player- Belleville East High School, Swil vbc.

### **17's boys – Dave Thompson**

Coach, Southern Heat 2008 to present. Player in adult leagues.

### **18's boys – Kim Forcade**

Coach, Southern Heat, 2005 to present. Club director, coach, technical training

Coach, St. Louis College of Pharmacy, 2008

Coach, Freeburg High School, 2002-2006

Coach, Swilvbc 2003-2005

Coach and assistant athletic director, St. John 1996-2002

Kim is married and has two children..

## **Technical Trainers:**

### **Erin Legendre**

Coach, O'Fallon High School, 2002 to present. Coach Legendre graduated high school from Red Bud High School where she played volleyball. After high school, she went to Player, McKendree College and a player and graduate of Red Bud High School at OTHS, Erin teaches Social Studies and runs the intramural program.

Coach, Southern Heat 2006-2007

Erin is married.

### **Deb Germann**

Southern Heat, 2006 to present Deb is a graduate of Red Bud High School. She continued her career in volleyball and softball at the SIU-Carbonale and then transferred to ISU. Deb coached volleyball and softball at Red Bud and Granite City High School where is the physical education teacher