



**Central Lyon
Volleyball
2016**

**I'M NOT TELLING
YOU IT'S GOING
TO BE EASY
I'M JUST TELLING
YOU IT'S GOING
TO BE WORTH IT**

#CLolympics



#CLolympics



#yahtzee



#cornhole



#kerplunk





#together



#minutetowinit









#jenga



#teammmeal





THERE WILL BE
OBSTACLES.

THERE WILL BE
DOUBTERS.

THERE WILL BE
MISTAKES.

BUT WITH
HARD WORK,

THERE ARE
NO LIMITS.

#weightroom #getstrong





#plankjacks #strongcore



#wallsits #legsonfire



#9round #trainhard









**GOOD, BETTER, BEST.
NEVER LET IT REST. UNTIL YOUR
GOOD IS BETTER, AND YOUR
BETTER IS BEST.**

-TIM DUNCAN

#freshman









**YOU'VE GOT
WHAT IT TAKES,
BUT IT WILL
TAKE EVERYTHING
YOU'VE GOT.**

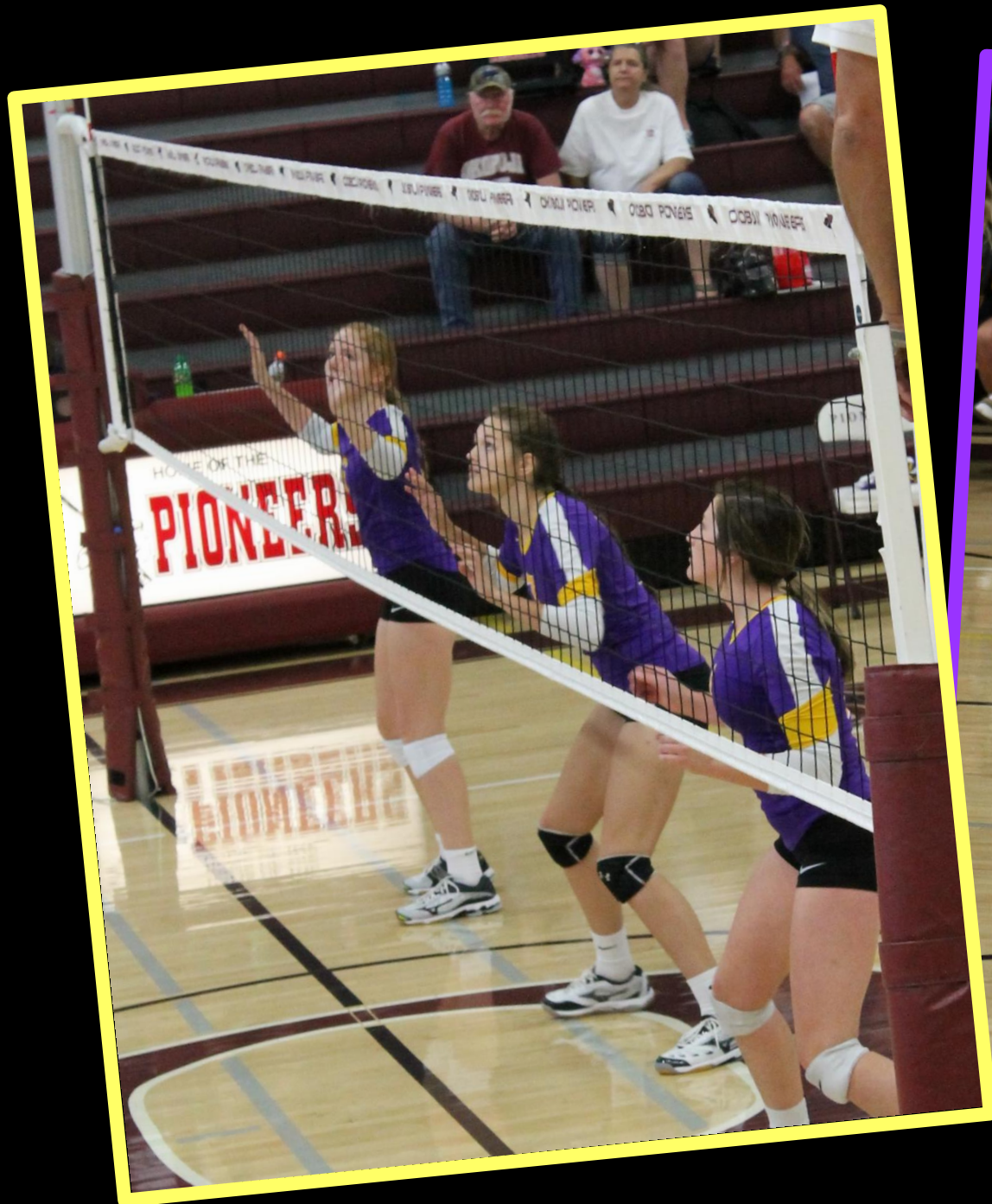
#jv















#sheldonchamps



***I can do things
you cannot.
You can do things
I cannot.
Together we can
do great things.***

Mother Teresa

#varsity

Central Lyon

LIONS LIONS LIONS LIONS LIONS LIONS LIONS LIONS 2016



Lion Volleyball *Artistic* EXPRESSIONS











GOOD PLAYERS INSPIRE
THEMSELVES, GREAT
PLAYERS INSPIRE OTHERS

#substate



#ontostate



#statequalifier



#seniors

#juniors



#sophomores

#freshman



#state







**"Champions aren't made in the gyms.
Champions are made from something
they have deep inside them - a desire,
a dream, a vision." - Muhammad Ali**

#records
#meantobebroken
#teamrecords
#2016

Match Wins in One Season

38

2014

33

2015

30

2016

28

2013

Game/Set Wins

90

2014

77

2015

72

2016

70

2013

Conference Game/Set Wins

25 2009

24 2016

24 2015

Serving Percentage

95.70%

2015

95.20%

2016

Complete Serves

2,199

2014

2,090

2015

2,005

2016

Digs

3,195

2002

2,337

2014

2,326

2015

1,870

2016

Kills

1,171

2014

1,053

2015

931

2016

Assists for
a Season

989

2014

774

2002

771

2016

“**HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD**”

-TIM NOTKE

#records
#meantobebroken
#individual
#2016

Kills in a Career

Sarah Halse	2011-2014	827
Ashley Boer	2013-2016	709
Hope Rasmussen	2013-2016	574

Kills/Game Average in a Season

Sarah Halse	2014	3.66
Kerri Van	1989	3.12
Hope Rasmussen	2016	2.62

Serving Percentage Season

Miranda Meyer		98.7	234-237
Miranda Meyer		98.6	282-286
Heidi Hulstein		98.6	212-215
Mattie Knobloch		98.4	304-309
Amy Tuenge		98.4	242-246
Cathy Smidstra		98.4	185-188
Ashley Boer		98.3	562-572
Ashley Boer	2016	98.1	422-430
Ashley Boer		97.7	465-476
Claire Snyder		97.8	405-414

Serving Percentage Career

Heidi Hulstein	1998-99-00	98	300-306
Cathy Smidstra	1998-99	97.5	421-432
Amy Tuenge	2003-2004	97.5	436-447
Ashley Boer	2013-2016	97.4	1,685-1730
Mattie Knobloch	2013-2015	96.7	361-373
Claire Snyder	2012-2013	96.6	653-676
Miranda Meyer	2003-2005	96.2	708-736
Dawn Breske	1986-1988	95.8	928-969

Assists Season

Ivy Sieperda	2014	894
Shelly DeBuhr	2002	722
Carly Snyder	2016	688
Carly Snyder	2015	658
Kayla Wibben	2001	651

Assists Career

Carly Snyder	2015-2016	1,346
Miranda Meyer	2003-2005	1,339
Ivy Sieperda	2013-2014	1,250
Laura Steven	2008-2009	1,024
Lexi Ackerman	2010-2012	934
Sabrina Sieperda	2006-2007	877
Kayla Wibben	1999-2001	798

Assists Per Set /Season

Ivy Sieperda	2014	8.51
Shelly DeBuhr	2002	8.4
Kayla Wibbin	2001	8.1
Carly Snyder	2016	7.56
Laura Steven	2008	7.4
Laura Steven	2009	7
Carly Snyder	2015	6.51
Miranda Meyer	2004	6.3

Serve Reception Percentage Season (100+)

Haley Hoye	2001	94.3
Ashley Boer	2014	93.9
Jenessa Herman	2015	93.6
Ashley Boer	2016	93.6

Serve Reception Percentage Career (200+)

Brekan Roths	2009-2010	96.5
Angel Rasmussen	2012-2014	93.6
Ashley Boer	2013-2016	92.8

Complete Receptions Career

Haley Hoye	2000-2002	1,571
Ashley Boer	2013-2016	1,390

Digs Season

Angie Schluesner	2006	762
Angel Rasmussen	2014	685
Maddie Elbert	2016	473
Ashley Boer	2015	443
Sarah Halse	2014	430
Josie Knobloch	2009	429
Angel Rasmussen	2013	417

Digs Career

Ashley Boer	2013-2016	1,436
Angel Rasmussen	2012-2014	1,218
Angie Schleusner	2004-2006	1,173
Jenessa Herman	2013-2015	736
Sarah Halse	2011-2014	814
Maddie Elbert	2014-2016	793
Kayla Cuperus	2007-2009	764

Blocks Career

Keri Van Veldhuizen	1988-1989	241
Ashley VandeStouwe	2011-2013	156
Stephanie Hasselmann	1993-1995	154
Ashley Metzger	2003-2006	143
Lexi Ackerman	2010-2012	143
Taylor Bork	2010-2011	128
Kelsey Ackerman	2010-2012	126
Jodi DeGooyer	1986-1987	123
Becca Roskam	2014-2016	121

Coaching Records

Jamie Schar	2011-2016	6 years	165/44/.789
Megan Raman	2006-2010	5 years	97-44 / .688
Nicole Kooiker	2004	1 year	19-9/ .678
Chris Wright	2005	1 year	19-9/ .678
Mark Hulshof	2000-2003	4 years	55-45/ .550
Terry Tausz	1980-1993	14 years	60-78/ .437
Matt Flaherty	1999	1 year	4-17/ .190
Marlene Boon	1998	1 year	1-20/ .047
Julie Boekhout	1997	1 year	1-19-1/ .047
Julie Hoagland	1995-1996	2 years	1-22/ .045
Kelly Blok	1994	1 year	0-11/ .000

**IT'S NOT THE WILL
TO WIN, BUT THE
WILL TO PREPARE
TO WIN THAT
MAKES THE
DIFFERENCE.**

PAUL BRYANT

#awards

#proudforyou

All District

Hope Rasmussen

Ashley Boer

All State

Hope Rasmussen

Ashley Boer

Academic All State

Hope Rasmussen

All Conference

1st Team:

Hope Rasmussen & Ashley Boer

2nd Team:

Carly Snyder

3rd Team:

Becca Roskam

Honorable Mention:

Maddie Elbert

Review (Newspaper team)

2nd Team:

Hope Rasmussen

3rd Team:

Ashley Boer

It's hard to
beat a person
who NEVER
GIVES UP.

— Babe Ruth

Freshmen

#littleones

#growingup

#hardworkpaysoff

#nevergiveup

Sophomores

#workhard

#strivetobeyourbest

#pushyourself

#practicemakesperfect

Juniors

#nextyears seniors

#leaders

#setgoodexamples

#positivity

Seniors

#appreciateyourhardwork

#thankyou

#wewillmissyou

#goodluckinthefuture

<3 Your Coaches,
Schar
Bixenman
Weiler