



JIM HETTENBACH
11th Season*

Head Coach
Adelphi '68

Jim Hettenbach returns to the Academy for the 2006 season as head coach of the Merchant Marine women's volleyball program. The former head volleyball coach of both the men's and women's programs (1989-2000), returns to USMMA after a six year absence, during which he rounded out a 13-year term as Assistant Principal at East Meadow High School in Westbury, New York. He also served for 12 years as Director of the East Meadow School District.

In 1996, Hettenbach led the Mariner women's team, to a Skyline Conference championship, and consecutive championships in 1998-99 topped off with their first NCAA Tournament bid in 1999.

Hettenbach established the men's program in 1995, and took them to the Skyline Conference tournament the following season. The program was discontinued in 2000.

The 1997-98 Coach of Year returns to the women's program with a 143-102 overall mark (.584). With 13 more victories, he will tie the program's first coach Tom Harrigan, who finished his ten-year career with a 156-95-5 ledger.

An educator for over 20 years (now retired), Hettenbach also worked in the Long Island area as the Chairperson of the Business Department for the West Trespers Clarke High School and Adjunct Instructor of Mathematics and Computer Science at Nassau Community College.

Hettenbach resides in Westbury, NY, with his wife Joanne Russell, the former head women's soccer coach at Hofstra University. They have five children and seven grandchildren.

ASSISTANT COACHES



LT ANNE WICKHAM
2nd Season
Assistant Coach
USMMA '01



JOEL WILLIAMS
1st Season
Assistant Coach
North Central College '99

GAMES TO WATCH:

SKYLINE CONFERENCE

STEVENS, Oct. 18 -- Ranked No. 1 in pre season poll, the Returning Skyline Champions, a consistent foe.

ST. JOSEPH'S, Oct. 30 -- Ranked third is the 2006 pre season poll, a strong competitor and the second seed in the 2005 Conference Tournament.

NON-CONFERENCE

COAST GUARD, SEPT. 9 -- Federal Service Academy rivalry

WESTERN CONNECTICUT, SEPT. 30 -- A traditionally strong program

2006 SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
SEPT. 2	MORRISVILLE STATE	12:00 PM
SEPT. 6	HUNTER COLLEGE	7:00 PM
SEPT. 8	JOHN JAY COLLEGE	7:00 PM
SEPT. 9	USCGA %	12:00 PM
SEPT. 11	LEHMAN COLLEGE	7:00 PM
SEPT. 13	CENTENARY *	7:00 PM
Sept. 15	Swathmore	11:00 AM
Sept. 15	Rutgers-Newark	5:00 PM
Sept. 16	Cabrini College	TBA
Sept. 16	Redlands	10:00 AM
Sept. 21	Farmingdale State *	7:00 PM
Sept. 23	City College of NY	9:00 AM
Sept. 23	CCNY Tournament	11:00 AM
Sept. 23	CCNY Tournament	3:00 PM
SEPT. 28	OLD WESTBURY *	7:00 PM
Sept. 30	Western Connecticut	
	Tri-Match	3:00 PM
OCT. 2	MARITIME COLLEGE*	7:00 PM
OCT. 4	RUTGERS-NEWARK	7:00 PM
Oct. 7	@ Mount Saint Mary *	1:00 PM
Oct. 18	@ Stevens *	7:00 PM
Oct. 20	Mount Saint Vincent *	4:00 PM
Oct. 20	Brooklyn College	6:00 PM
Oct. 21	Kean University	1:00 PM
Oct. 21	Hunter College	3:00 PM
Oct. 27	Framingham State	6:00 PM
Oct. 27	Colby Sawyer	8:00 PM
Oct. 28	@ Bridgewater Tournament	TBA
OCT. 30	ST. JOSEPH'S *	5:00 PM

Home matches in Bold

*denotes Skyline match up

% denotes Superintendents' Trophy game



One of the five Federal Service Academies, the U.S. Merchant Marine Academy, located in Kings Point, NY, has a unique academic program, which challenges students both intellectually and physically as the only college in the world to offer a full year of on the job shipboard training at sea.

Located on the scenic Long Island Sound, USMMA boasts a gorgeous 82-acre waterfront campus creating a comfortable environment for students. Including the 21 NCAA Division III Varsity athletic programs, the Academy hosts 40 clubs and activities offered to students, including a 60-boat waterfront program.

Holding by the Academy's motto: Acta Non Verba, Deeds not words, USMMA students participate in the "hands on approach" to learning with classes held in unique settings such as: engineering and nautical science laboratories, aboard the T/V Kings Pointer, and at sea.

The U.S. Merchant Marine Academy's goal is to serve America's maritime and transportation education and training needs in the 21st century.

GENERAL INFORMATION

Name of School:.....U.S. Merchant Marine Academy
City/Zip Code:.....Kings Point, NY / 11024
Founded:.....1943
Enrollment:.....approx. 1,000
Nickname:.....Mariners
School Colors:.....Royal Blue & Gray
Mascot:....."Salty" the Sea Eagle
Arena:.....Liebertz Gym
Capacity:.....1,211
Affiliation:.....NCAA, Division III
Conference:.....Skyline
Superintendent:.....Vice Admiral Joseph D. Stewart
Alma Mater:.....U.S. Naval Academy '64
Athletics Dir.:.....Sue Petersen Lubow
Alma Mater:.....Springfield College '75
Athletic Phone:.....516-773-5859
USMMA Mariner Sportsline:.....516-773-5500
Sports Information Phone:.....516-773-5455

2006
U.S. MERCHANT MARINE ACADEMY
KINGS POINT
VOLLEYBALL

www.usmmasports.com

U.S. MERCHANT MARINE ACADEMY KINGS POINT VOLLEYBALL



No.	NAME	CL	EXP	POS	HT	Hometown/High School
1	Patricia Greene	Fr	HS	OH	5'6	Tucson, AZ/Sabino
2	Clea Vragel	So	1L	O	6'4	Evanston, IL/Evanston Township
3	Christine MacMillan	So	1L	D	5'3	Lakehills, TX/Our Lady of the Hills
6	Jessica Familette	So	2L	OH/L	5'4	St. James, NY/Our Lady of Mercy
7	Jesselyn LaValley	Fr	HS	MB	5'8	Havelock, NC/Havelock
8	Laura Fong	Sr	3L	OH/L	5'6	Egg Harbor, NJ/Egg Harbor Twp.
9	Marisa Olson	Sr	HS	MB	5'10	Weatherford, TX/Azie
10	Elise Houston	Jr	2L	OH	5'6	Cleveland, OH/Lake Catholic
11	Jackie Bernat-Montalvo	Fr	HS	MB	5'6	La Foresta, Panama/Panamericano
12	Ryan Colquhoun	So	1L	MB	5'8	Spanaway, WA/Spanaway Lake
13	Lindsey Frasier	Sr	HS	D	5'3	Aguonga, CA/Hamilton
14	Cheryl Arnett	So	1L	O	5'4	Schenectady, NY/Guiderland



Contact the Volleyball Staff:
(516)773-5280 or Jimbohett@aol.com

SCOUTING THE MARINER ROOKIES



Five new players are added to the Mariner roster for the 2006 season, including two seniors. Marisa Olson, senior basketball player, will be a huge component to their middle-block team. Thus far this season, she has demonstrated tremendous leadership on the court. Olson played the sport in high school but chose basketball as her primary sport at the Academy. Coach Hettenbach names her a "diamond in the rough" and a "key find."



Fellow senior Lindsey Frasier, who is primarily a softball player, also joins this year's volleyball squad. "She hustles and pushes everyone else, including herself," said Assistant Coach Ann Wickham. "She is a silent leader who really compliments the Academy's motto: *Acta Non Verba*, and wants to go out with a bang in her senior year."

"[Frasier] could be valuable defensively," said Hettenbach. "She has a good read of the ball and has a huge knowledge of the game."

As for the freshmen, the Mariners brought in the talent of Jesselyn LaValley, Patricia Greene and Jackeline Bernat-Montalvo.

LaValley will act as primarily as a middle blocker but might see time as a setter. "She could probably be the best middle-blocker I've seen at the Academy," said Hettenbach.

The surprise talent of the season is Greene, who came into the first days of practice rough around the edges but quickly got into her groove.

Bernat-Montalvo is new to the sport, but she has the dedication to work hard and learn as many fundamentals as she can.



- MORE THAN A SCORE -
WWW.USMMASPORTS.COM

Three consecutive trips to Skyline
Conference Finals
+
A No. 2 Conference Preseason Ranking
+
Seven seasoned veterans & five eager Rookies
=
ONE #1 TEAM



2005 SEASON RECAP

USMMA's hopes of making a trip to the NCAA Championships fell short one match for the second straight season in the Skyline Conference Championship game versus Stevens Institute of Technology. The third-seeded Mariners fell to the top-seeded Ducks, 3-0.

Kings Point concluded the season with a mark of 16-12. The Mariners did not earn a berth to the ECAC Championships, but had a successful season nonetheless.

After losing their first three matches to open the campaign, USMMA surged as one of the hottest teams in the nation via winning 10 of its next 11 matches.

The Mariners entered a tough stretch of games down the stretch finishing the regular season with a 5-7 mark to earn the third seed in the conference playoffs.

The Mariners avenged an early season loss to St. Joseph's before having their year come to an end in the championship.

In addition to earning First-Team All-Conference honors, Wachter was named Co-Skyline Player of the Year. Over the course of the season, she set the new mark for all-time kills, in addition to becoming the third member of the 1,000-1,000 club via eclipsing the 1,000 mark in the categories of kills and digs.

Cummings, also earned First-Team honors for her play over the course of the 2005 campaign. She became the second member of the 1,000-1,000 club eclipsing the mark in kills and digs as well. She holds the all-time digs record.

Meanwhile, Jablonski was named a Second-Team All-Conference member for her efforts over the course of the year.

2006 SEASON PREVIEW "Skyline" ... The goal for the 2006 Merchant Marine volleyball team

For the newly hired head women's volleyball coach at the U.S. Merchant Marine Academy, Jim Hettenbach, the goal for the 2006 season is simply stated; "Skyline."

"We've gotten to the finals three seasons in a row, now let's take it," said Hettenbach.

For the third season, the Mariners' hopes of making the trip to the NCAA Championships fell one match short for the second straight season in the Skyline Conference Championship game against Stevens Institute of Technology.

This season, the Blue and Gray, ranked second in the Skyline's pre-season coaches poll, are going for their final shot at the conference title, with a new head coach to lead the way.

Hettenbach coached at the Academy from 1989-2000 before taking a six-year retirement from volleyball to finish up a 13-year term as Assistant Principal at East Meadow High School in Old Westbury.

"I feel really good about coming back to coach," remarked Hettenbach. "When I started my first day of practice I realized I missed it an awful lot."

Hettenbach has three Skyline titles on his resume, and is hungry for a fourth before the Mariners move out of the Skyline and into the newly formed Landmark Conference.

"I'm here, along with the alumni, to recruit a very competitive team," said Hettenbach. "I am excited about the new conference. In order to be the best, we need to compete against the best and we are going to."

Hettenbach believes the depth chart and this season's conditioning is what is going to lead the way to greatness.

Depth-wise, the Mariners look to be strong up the middle with three or four athletes who will be key players as middle blockers. They are looking to be rotating 10-11 players in every game.

If nothing else, the Merchant Mariners are really looking to be on top of the conference conditioning-wise.

"We want to be the best conditioned team on the floor at any given time," said Hettenbach. "We've been conditioning with plyometrics; my new assistant Joel, my assistant Ann and I are right on the same page."

