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2010 MOUNTAIN PACIFIC SPORTS FEDERATION ALL-MPSF MEN'S VOLLEYBALL SELECTIONS

2010 MPSF Player of the Year

BRAD LAWSON • #9 • SOPHOMORE • OUTSIDE HITTER • STANFORD



Stanford sophomore outside hitter **Brad Lawson** (Honolulu, HI/Iolani School) had a breakout season in leading Stanford to a No. 1 ranking and the Mountain Pacific Sports Federation regular season title. Lawson emerged as one of the most dangerous hitters in the college game and one of the best all-around players. He led the Cardinal in kills (430, 4.78 K/S), service aces (33, 0.37 SA/S), was third in digs (137, 1.52 D/S), fourth in assists (40, 0.44 A/S), and fifth in blocks (48, 0.53 B/S). Beyond numbers, Lawson hit with great velocity and with a wide fan. His back row attack was unparalleled and his defensive and passing skills were enough to absorb an opponent's best shot and set in motion the same for Stanford. Lawson, who has started every match in his two seasons, hit .384 and was perhaps Stanford's most consistent player.

2010 MPSF Freshman of the Year

JONAS UMLAUFT • #10 • FRESHMAN • OPPOSITE • HAWAII



Hawaii freshman opposite **Jonas Umlauf** (Stadtbergen, Germany) was a three-time MPSF Player of the Week this year. In MPSF matches, he led the conference in kills (5.30 K/S) and points (5.94 P/S), and set the Hawaii rally-scoring record with 37 kills in the first of two five-set wins over UC Irvine. Umlauf recorded double-figure kills in all 27 matches, including twelve 20-plus kill outings. He also ended the regular season with seven 20-kill matches in the last nine contests. Umlauf averaged 1.40 digs and 0.76 blocks per set in his first year, hitting .281 in conference play, while starting all 22 matches and playing all 83 sets.

2010 MPSF Coach of the Year

JOHN KOSTY • FOURTH YEAR • HEAD COACH • STANFORD



In four seasons as head coach, **John Kosty** teams have indeed gone from "Worst to First," achieving the goal put forth by the late longtime Stanford assistant Al Roderigues in the 2007 season. The Cardinal won an MPSF regular season title in 2010. Kosty was not afraid to test his young players early, providing them with the opportunity to grow in a trial by fire. By challenging and guiding his players, and by successfully bringing in outstanding recruiting classes, Stanford has made progress every year to the point of contending for a national title. He challenges his players daily, guides them with a strong hand when needed, and allows them to think for themselves on the court. Kosty gives his players the best opportunity to succeed and they have responded.

ALL-MPSF FIRST-TEAM

<i>Student-Athlete</i>	<i>No.</i>	<i>Year</i>	<i>Position</i>	<i>School</i>	<i>Hometown/High School</i>
Brad Lawson	9	Sophomore	Outside Hitter	Stanford	Honolulu, HI/Iolani School
Kawika Shoji	12	Senior	Setter	Stanford	Honolulu, HI/Iolani School
Jacek Ratajczak	17	Senior	Middle Blocker	CS Northridge	Warsaw, Poland/Bryant HS
Kevin McKniff	10	Senior	Middle Blocker	CS Northridge	Tucson, AZ/Sabino HS
Carson Clark	9	Sophomore	Opposite	UC Irvine	Santa Barbara, CA/Santa Barbara HS
Andrew Stewart	15	Senior	Outside Hitter	BYU	Sandy, UT/Alta HS
Cory Riecks	5	Junior	Outside Hitter	Pepperdine	Auburn, CA/Placer HS

ALL-MPSF SECOND-TEAM

Jordan DuFault	7	Junior	Outside Hitter	UC Irvine	Lakewood, CA/St. John Bosco HS
Futi Tavana	17	Sophomore	Middle Blocker	BYU	Kalaheo, HI/Kauai HS
Kasey Crider	10	Junior	Setter	Pepperdine	Granite Bay, CA/Granite Bay HS
Erik Shoji	1	Sophomore	Libero	Stanford	Honolulu, HI/Punahou HS
Jonas Umlauf	10	Freshman	Opposite	Hawaii	Stadtbergen, Germany
Garrett Muagututia	7	Senior	Outside Hitter	UCLA	Oceanside, CA/Francis Parker HS
Evan Romero	5	Senior	Opposite	Stanford	Miami Lakes, FL/Pace HS

ALL-MPSF THIRD-TEAM

Jeff Menzel	1	Junior	Outside Hitter	UC Santa Barbara	Santa Barbara, CA/San Marcos HS
Murphy Troy	11	Junior	Opposite	USC	St. Louis, MO/University HS
Robb Stowell	13	Sophomore	Opposite	BYU	San Juan Capistrano, CA/Capo Valley
Dean Bittner	18	Senior	Opposite	Long Beach State	Lakewood, CA/Lakewood HS
Josh Walker	7	Junior	Outside Hitter	Hawaii	Virginia Beach, VA/Tallwood HS
JD Schleppenbach	9	Senior	Outside Hitter	Pepperdine	Ventura, CA/Ventura HS
Antwain Aguillard	11	Junior	Middle Blocker	Long Beach State	Las Vegas, NV/Spring Valley HS

ALL-MPSF HONORABLE MENTION

Matt Stork	12	Sophomore	Setter	CS Northridge	Topanga, CA/Crespi HS
Tyler Jaynes	1	Junior	Middle Blocker	Pepperdine	Granite Bay, CA/Granite Bay HS
Andy McGuire	20	Junior	Libero	UC Santa Barbara	Manhattan Beach, CA/Loyola HS
Reed Chilton	3	Senior	Setter	BYU	Centerville, OH/Centerville HS
Russell Lavaja	5	Sophomore	Middle Blocker	BYU	St. Charles, IL/St. Charles North HS
Dan Alexander	21	Senior	Middle Blocker	Long Beach State	Arcadia, CA/Arcadia HS
Mike Gaudino	11	Senior	Outside Hitter	CS Northridge	La Canada, CA/La Canada HS
Tony Ciarelli	14	Sophomore	Outside Hitter	USC	Huntington Beach, CA/Huntington Beach
Scott Slaughter	19	Junior	Middle Blocker	UC Santa Barbara	Newport Beach, CA/Corona Del Mar HS
Nejc Zemljak	15	Junior	Setter	Hawaii	Maribor, Slovenia/Maribor HS
Jason Spangler	12	Senior	Outside Hitter	UC San Diego	Thousand Oaks, CA/Thousand Oaks HS
Riley McKibbin	10	Junior	Setter	USC	Honolulu, HI/Punahou HS
Phil Bannan	8	Junior	Setter	UC San Diego	Newport Beach, CA/Corona Del Mar HS

ALL-MPSF FRESHMEN TEAM

Jonas Umlauf	10	Freshman	Opposite	Hawaii	Stadtbergen, Germany
Maurice Torres	12	Freshman	Opposite	Pepperdine	Riverside, CA/Orange Lutheran HS
Taylor Hughes	12	Freshman	Outside Hitter	Pacific	Fallbrook, CA/Fallbrook Union HS
Dylan Davis	13	Freshman	Middle Blocker	UC Santa Barbara	Newport Beach, CA/Corona Del Mar HS
Cyrus Kiani	24	RS Freshman	Middle Blocker	UC San Diego	Thousand Oaks, CA/Thousand Oaks HS
Nikola Vukicevic	3	Freshman	Middle Blocker	Pacific	Belgrade, Serbia/Sport Gym Belgrade
Maddison McKibbin	14	Freshman	OH-Libero	USC	Honolulu, HI/Punahou HS