

MARANATHA CHRISTIAN ACADEMY

MUSTANG VOLLEYBALL

2023 MEDIA GUIDE

2023 MUSTANG VOLLEYBALL MEDIA GUIDE



PROTECTING MOMENTS LIKE THIS

From the field to the court and beyond, you've worked hard to make your dream a reality.

And we're behind you — cheering you on as you set your sights on the next big goal.

Let's talk about your future plans and how I can help protect them.



Sonny Kester, Agent
Sonny Kester Agency Inc
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MARANATHA CHRISTIAN ACADEMY

Maranatha Christian Academy endeavors to build unity by creating a kingdom culture that challenges and equips students, parents, and staff to respect and value all people according to God's Word. This is our Kingdom Culture Statement.

Our Culture in Action

Maranatha is not just a school, **it's a community** where each student and staff member contributes to what makes up the culture of the school. **Together we commit to becoming:**

- Spirit-Driven Leaders
- Impactful Innovators
- Critical Thinkers
- Kingdom Community Builders
- Courageous Change Agents
- Compassionate Problem Solvers



At Maranatha, we are going way beyond the ordinary measures of academic standards, delivering the kind of education that opens eyes and hearts for a lifetime. Here curiosity is applauded, discovery is championed, and ultimately world-influencers are shaped.

An Innovative Approach

There was a time when education was comfortable. Parents sent their kids on the bus in the morning and late afternoon they returned home smarter; at least that was the assumption. While other industries continued to be pushed to improve, many educational institutions were not challenging the norm. Maranatha Christian Academy noticed a change was needed, especially within the private Christian education space. So, it went to work seeking out what was successful in other industries and cutting-edge schools. Then, methodically began to incorporate these concepts, integrating them with our strong Christian worldview.



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Today, Maranatha is an innovative and counter-cultural school, always looking for ways to improve teaching and learning. Industry-leading consultants continually work with teachers to incorporate innovation incubators. Using comprehensive design thinking cohorts, teachers learn changemaker processes of problem-solving, critical thinking, collaboration, and more. Then, creatively release them into their classroom.

A Christian Worldview

The world around is unsettled. Many schools and the curriculum they use to educate students are changing in an attempt to fit into societies' ever-shifting perspectives. At Maranatha Christian Academy, we believe that having a strong biblical foundation is essential to teaching and learning.



One such area under scrutiny as of late is how Minnesota schools will handle their social science curriculum in the near future. We endeavor to see and teach everything through the eyes of Jesus. This perspective allows us to base our educational standards on our Christian worldview, developing strong co-creators of tomorrow.

Our Christian worldview will not be compromised at Maranatha Christian Academy.

Learn more by scheduling a visit.

Service Learning

In everything we do and say, we want it to be a true reflection of who we are, what we believe, and what we will never stop standing for. We embody this by teaching our students to lead with empathy through service projects, beginning in Pre-k and continuing through to graduation. The Share Christmas event gathers 1000s of toys for our local community, and over the last few years, we have packed over 215,000 meals to be



delivered to local food shelves, providing real, practical solutions for the battle against hunger in our community. Upper School students have the opportunity to serve a local orphanage, church, and the people of Zacatecas, Mexico through our <u>annual missions trip</u>.

DEB LARSON







Welcome to Maranatha!

Maranatha Christian Academy is positioned to go well beyond the ordinary, identifying opportunities that explore possibilities and establish purpose in our students, staff, and parents. Our unwavering vision, relentless pursuit of improvement, and dedication to our mission serve as inspiration to continue to set and then re-set the bar in education.

In our fast-paced world, change is inevitable. At Maranatha, we adapt, or better yet, get out in front of change, resulting in a truly innovative school and, in turn, learning experience. We inspire students to be Spirit-driven leaders who are courageous change agents for kingdom building. Our Christian faith is at the core of Maranatha. We celebrate our Creator's unique design of each student, seeking to personalize education so students can discover and develop their gifts.

I am honored that you value your children's education enough to explore not only what is best but what is right. By experiencing our community of learning at Maranatha, your students will be prepared for life's next chapter as they grow into courageous change agents, compassionate problem solvers, impactful innovators, critical thinkers, Spirit-driven leaders, and kingdom community builders.

I look forward to collaborating with you as we develop the co-creators of tomorrow.

Serving Him together,



ATHLETICS ADMINISTRATION



DREW RONGERE
DIRECTOR OF ATHLETICS & ACTIVITIES



CHAZ MAHLE
ASSISTANT DIRECTOR



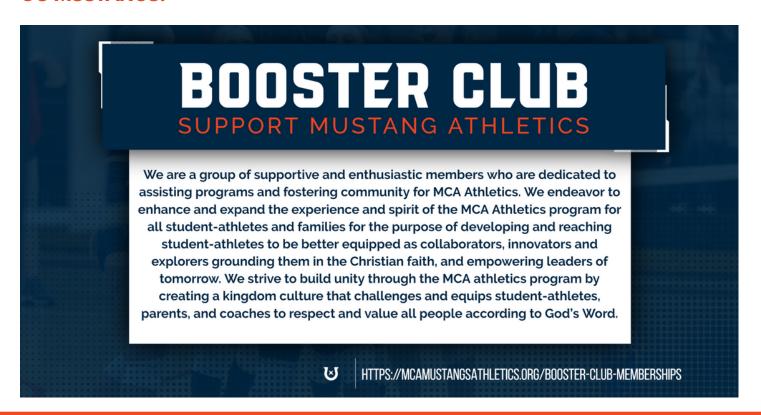
JAMIE AXELBERG

EXECUTIVE ASSISTANT

WELCOME

We are looking forward to another great year for Maranatha Christian Academy athletics as we enter into the 2023 fall sports season. With several new experienced head coaches taking over programs this year, there are sure to be a lot of fans at games interested to see what the buzz is all about. Our coaches, athletes, and staff are working hard to build a winning culture. We put God first and give all the glory to him. We focus on things we can control, do everything with a purpose, and are determined to be successful.

GO MUSTANGS!



SOCIAL MEDIA

STAY CONNECTED WITH CURRENT MUSTANG ATHLETES AND ALUMNI

MCA ATHLETICS SOCIAL MEDIA











MUSTANG ATHLETICS BSN SIDELINE STORE







Mens

Womens

Kids

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Please note some items may not be approved per your organization's dress code policy. Please refer to your organization's policy for current dress code guidelines.



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SKYLINE CONFERENCE



CONCORDIA ACADEMY BEACONS



CRISTO REY JESUIT PUMAS



MARANATHA CHRISTIAN ACADEMY MUSTANGS



NEW LIFE ACADEMY EAGLES



NOVA CLASSICAL ACADEMY KNIGHTS



ST. AGNES AGGIES



ST. CROIX LUTHERAN ACADEMY CRUSADERS



ST. CROIX PREP ACADEMY LIONS



TRINITY SCHOOL AT RIVER RIDGE TRI-HAWKS

2023 SEASON OUTLOOK

The Mustang Volleyball program will have a new look this year with first year head coach Drew Rongere, new uniforms, and a new starting lineup. There is a ton of excitement and buzz around the community about the direction Mustang Volleyball is headed.

The girls went on a pre-season team building retreat to Taylors Falls to have a little fun after a long first week and to get focused on the upcoming season. Everyone involved with the program is determined to build a winning culture with a huge focus on spiritual development, leadership, and life skills.

"This is a special group of athletes that are determined to be successful. They are a hard working group and are setting the standard for what the future of Mustang Volleyball will look like," said Rongere.

The Mustangs are coming off a 9-19 season where they finished 6th in the Skyline Conference. They are

returning five starters from last year and have a tough 2023 schedule that includes matches against three teams who participated in the 2022 MSHSL State Tournament as well as several other tough opponents.





They will also compete in three tournaments this year including trips to Como Park, St. Anthony, and Irondale. Following regular season play, the Mustangs will compete in the Section 5AA Tournament that sent Annandale to the MSHSL State Tournament a year ago. "Our section is a tough one and it gets even tougher this year with the addition of Legacy Christian Academy. We know how hard we need to work to win in the post-season and we will be ready to play our best volleyball once sections start," said Rongere.

Come out to the Stable this season to see what all the excitement is about and cheer on your Mustangs!

COACHING STAFF



DREW RONGEREHEAD COACH



Drew Rongere is entering his first year as head coach for the Maranatha Mustangs.

"This program has longed for a coaching staff that truly cares about the spiritual, physical, mental, and emotional development of athletes and can build a winning culture. I am excited for the opportunity to lead these girls," said Rongere. "There is a ton of talent here at Maranatha and I anticipate a high level of excitement and support for Mustang Volleyball starting now."

Rongere has spent the last 23 years coaching volleyball at the collegiate, high school, and club levels. It's been twelve years since he has been on a high school bench, but there is no doubt that he is ready to be back in the gym and he definitely has the experience to lead this program. Since stepping away from high school volleyball in 2012, Rongere has been training and coaching some of the best athletes in the state at MN Select Volleyball Club.

This past club season, he led the MN Select 17-1 team to a 9th place finish at USAV Nationals in the 17-National division while helping all ten players receive scholarships

THE RONGERE FILE

EDUCATION

B.S. Physical Education North Dakota State University ('01) M.Ed. Sports Management Texas State University ('05)

COACHING EXPERIENCE

2000	West Fargo High School Assistant	23-6
2001-02	Clarksville High School Head Coach	51-13
2003-04	Texas State University Assistant	50-14
2005-08	Anoka-Ramsey College Head Coach	86-41
2009	Totino-Grace High School Head Coach	24-7
2010-11	Chisago Lakes High School Head Coach	35-25
2023	Maranatha Christian Academy Head Coach	

OVERALL HEAD COACHING RECORD: 196-86

CLUB HEAD COACHING EXPERIENCE

2003-05 Texas State University Women's Club Team 2005-06 MN Select 16-1 2006-07 MN Select 16-2 2007-08 WM 16-1 2008-09 WM 14-1 2009-10 WM 17-1 2010-11 WM 14-1 2011-12 WM 16-1

2012-13 WM 17-1 2013-14 WM 16-1

2014-15 MN Select 18-2 2015-16 MN Select 17-2

2016-17 MN Select 16-1

2017-18 MN Select 16-2

2018-19 MN Select 17-2

2019-20 MN Select 16-1 2020-21 MN Select 17-1

2021-22 MN Select 18-1

2022-23 MN Select 17-1

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to play at the collegiate level. He had his best season ever as a coach in 2021, leading the 17-1 team to a 5th place finish in 17-Open at USAV Nationals. The following year in 2022, he led that same team to a 21st place finish in 18-Open at USAV Nationals.

From 2010-11 he served as Head Coach at Chisago Lakes High School. Prior to Chisago Lakes, he coached for one season at Totino-Grace High School where he took the Eagles from 6th place in the North Suburban Conference the previous year to a 2nd place finish with a conference record of 9-1.

From 2005-2009 Rongere served as the Head Coach at Anoka-Ramsey Community College. While at the helm, he took the Golden Rams to three consecutive trips to the MCAC Tournament and consecutive NJCAA DIII top ten national rankings. He was named 2008 MCAC Coach of the Year as he led six players to a 3rd place finish in the MCAC Southern Division and a trip to the MCAC Tournament. As the 2006 MCAC Coach of the Year, he led the Golden Rams to their best finish in 18 seasons. During his four years at Anoka-Ramsey, he coached two NJCAA All-Americans, three All-Region XIII players, five All-MCAC players, seven All-MCAC Southern Division performers, and five All-MCAC Tournament selectees.

Prior to taking over at Anoka-Ramsey, Rongere spent time in Texas as a Volunteer Assistant Coach for the Texas State University Bobcats during their 2003 and 2004 Southland Conference Championship seasons.

Rongere began his coaching career at Clarksville High School in Clarksville, Texas where he coached eight Red River Valley All-Conference players and compiled a record of 51-13 over two seasons.

His playing experience includes three years on the North Dakota State University Men's Club team and one year on the Texas State University Men's Club team.

He has a M.Ed. in Sports Management from Texas State University and is also the current Director of Athletics and Activities at Maranatha Christian Academy. He lives in Otsego, MN with his wife Lisa. They have two boys, Riley (21) and Cody (17).



COACHING STAFF



CHLOE SCHWALBE
ASSISTANT | JV COACH



Chloe Schwalbe is entering her first year as JV coach for the Maranatha Mustangs. Schwalbe has coached volleyball for the past three years. She has trained athletes with a variety of skill levels ranging from 10-18 years old. She has experience leading positional training with setters and defensive specialists at White Bear Lake Volleyball Club and Crossfire Volleyball Club.

This past offseason Schwalbe served as the head coach of the 15-2 national team at Crossfire, where she led the team to a championship in the 17-Spirit division at AAU Nationals. Last high school season, she was a part of the Coon Rapids High School coaching staff as the Varsity Assistant and C-team coach.

She started her coaching career leading positional training for elite athletes at White Bear Volleyball Club and coached their 13U team. While attending Bethel University she assisted the Athletic Director with video production, stats and volunteer activities for the basketball and volleyball programs.

She received a teaching degree from Bethel University and is currently working at Athlos Leadership Academy in Brooklyn Park teaching social studies.



ABBY LANARIASSISTANT | C-TEAM COACH



Lanari is back at Maranatha after taking a few years off. She previously served as the JV coach and Varsity Assistant for the Mustangs.

As a student at Maranatha Christian Academy, she spent seven years playing both volleyball and basketball. Following high school, she committed to playing volleyball at Anoka-Ramsey Community College.

Lanari received her associates degree in Health Sciences and is currently finishing her BS in Exercise Science at Concordia University St. Paul.

VARSITY



Row 1: Maia Marvel, Katie Olson, Brooklyn Miller, Lenaya Frigstad. Row 2: Ashley Yost, Emmanuela Onyekwelu, Mckenzie Henrichs. Row 3: Head Coach Drew Rongere, Sophia Alm, Emma Haarstad, Destiny Wiggins, Autumn Lanari, Coach Abby Lanari, Coach Chloe Schwalbe.

VARSITY ROSTER			
#	NAME	HT.	POS.
2	Emmanuela Onyekwelu	5'7	МН
4	Katie Olson	5'7	DS
8	Autumn Lanari	5'9	МН
10	Brooklyn Miller	5'7	ОН
11	Lenaya Frigstad	5'6	S
12	Mckenzie Henrichs	5'7	S
13	Ashley Yost	5'8	LIB
14	Maia Marvel	5'6	ОН
16	Emma Haarstad	6'0	ОН
18	Sophia Alm	5'10	МН
19	Destiny Wiggins	5'11	RH

COACHING STAFF		
Head Coach	Drew Rongere	1st year
Assistant Coach	Chloe Schwalbe	1st year
Assistant Coach	Abby Lanari	1st year

VARSITY | SENIORS

SOPHIA ALM | 5'10 | MH





Sophia has been on the varsity volleyball team for 2 years. She also plays softball for the 2022 and 2023 Skyline Conference Champ Mustangs.



What is your hype song? Hotel Room Service
Most inspirational person? Britney Spears
Favorite pre-game meal? Chick-fil-A
Hardest position and why? Middles - So much jumping.



AUTUMN LANARI | 5'9 | MH



Autumn has been on the varsity volleyball team for 4 years. She also plays basketball for the Mustangs.



What is your hype song? Yeah
Most inspirational person? Sadie Robertson
Favorite pre-game meal? Nautical Bowls and coffee
Hardest position and why? Libero - Passing is really hard and you never know where the ball will go.

VARSITY | SENIORS

DESTINY WIGGINS | 5'11 | RH



Destiny has been on the varsity volleyball team for 6 years and was named Skyline All-Conference in 2022. She has a strong passion for the sport and has a goal of playing volleyball in college next year.

What is your hype song? Without You
Most inspirational person? My parents and God
Favorite pre-game meal? Jimmy Johns
Hardest position and why? Setters - They have to run all over
the court and make their hitters look good.





MARANATHA CHRISTIAN ACADEMY

ALUMNI PROGRAM

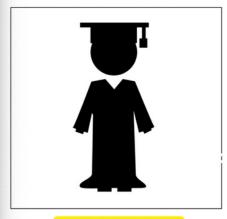
44

Maranatha is excited about our new Alumni Program and the hundreds of graduates we are already in contact with. If you know or are an alumni, connect with us to find out more!

Lauren St. Martin Sanchez Alumni Relations Director

MISSING

572 ALUMNI



Last seen at Graduation

IF YOU HAVE KNOWLEDGE OF THEIR WHEREABOUTS

PLEASE CONTACT
ALUMNI@MCAMUSTANGS.ORG

VARSITY | JUNIORS

EMMA HAARSTAD | 6'0 | OH



Emma is in her first season with varsity. She also plays club volleyball for MN Select Volleyball Club.



What is your hype song? The National Anthem
Most inspirational person? Jesus
Favorite pre-game meal? Taco Bell
Hardest position and why? Middles - Always in the way.



KENZIE HENRICHS | 5'7 | S



Kenzie is in her first season with varsity. She also plays club volleyball for Crossfire Volleyball Club.



What is your hype song? Barbie World
Most inspirational person? My mom
Favorite pre-game meal? Chipotle
Hardest position and why? Setters - They have to give good sets to the right hitters even when passes aren't great.

VARSITY | JUNIORS

MAIA MARVEL | 5'7 | OH





Maia has been on the varsity volleyball team for 4 years. She also plays club volleyball for Crossfire Volleyball Club.



What is your hype song? Any song we play in the locker room
Most inspirational person? My parents
Favorite pre-game meal? Nautical Bowls
Hardest position and why? Middles - They have to work hard blocking all across the net and transition to attack.



EMMANUELA ONYEKWELU | 5'7 | MH



Emmanuela has been on the varsity volleyball team for 2 years. She also plays club volleyball for Crossfire Volleyball Club.



What is your hype song? Better Than Revenge
Most inspirational person? Jesus
Favorite pre-game meal? Chipotle
Hardest position and why? Middles - They move around so much.

VARSITY | JUNIORS

ASHLEY YOST | 5'8 | LIB



Ashley has been on the varsity volleyball team for 4 years and was named Skyline All-Conference in 2022. She also plays club volleyball for Crossfire Volleyball Club.

What is your hype song? All You Had to Do Was Stay
Most inspirational person? My parents
Favorite pre-game meal? Nautical Bowls
Hardest position and why? Middles - They always have
to work hard to be hitters and don't always get set.







VARSITY | UNDERCLASSMAN

KATIE OLSON | 5'7 | DS | 10TH



Katie is in her first season with varsity. She also plays club volleyball for Crossfire Volleyball Club and has a goal of playing in college.



What is your hype song? Nice for What Most inspirational person? My parents Favorite pre-game meal? Jimmy Johns

Hardest position and why? Setters - They have run the offense and hustle a lot.



LENAYA FRIGSTAD | 5'6 | S | 9TH



Lenaya is in her first season with varsity. She also plays club volleyball for Crossfire Volleyball Club.



What is your hype song? Congratulations
Most inspirational person? Jesus
Favorite pre-game meal? Jimmy Johns
Hardest position and why? Setters - They have to learn a ton of plays and understand how to run the offense.

VARSITY | UNDERCLASSMAN

THE

BROOKLYN MILLER | 5'7 | OH | 9TH



Brooklyn has been on the varsity volleyball team for 2 years. She also plays club volleyball for MN Select Volleyball Club.



What is your hype song? Not sure
Most inspirational person? My dad
Favorite pre-game meal? Chick-fil-A
Hardest position and why? Setters - Because a lot of hitters are really picky with set location and setters have to learn to run the offense.







ADVICE • GUIDANCE • DIRECTION

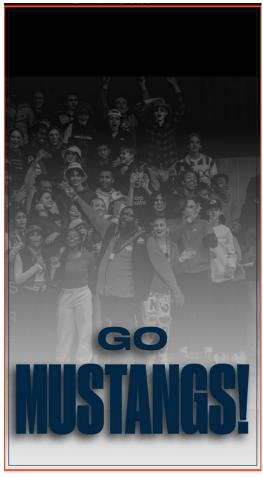
TOGETHER WE LAUGH, SHED TEARS, AND GET STUFF DONE

We build close relationships with our clients that go far beyond the stuffy client-advisor relationships. Together we laugh, we cry, and we plan for and help you pursue your family's future and financial goals.

Contact us through our website for a free 20 minute "Ask Anything" session today!

11272 86th Avenue North Suite B, Maple Grove, MN 55369 763-416-8206 • michaelm@m2financialgroup.com

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JV



Row 1: Alexa Moscoso, Lenaya Frigstad, Anna Bjork. Row 2: Aubrie Herman, Brianna Kelly, Halle Huffman, Emerson Olk . Row 3: Head Coach Chloe Schwalbe, Claire Haarstad, Brielle Haarstad, Sophia Alm.

JV ROSTER			
#	NAME	HT.	POS.
1	Brianna Kelly *Now #4	5'10	MH
3	Emerson Olk	5'7	ОН
4	Alexa Moscoso *Now #1	5'3	S
5	Anna Bjork	5'3	LIB
6	Aubrie Herman	5'7	MH
9	Claire Haarstad	5'10	ОН
15	Brielle Haarstad	5'11	RH
17	Halle Huffman	5'7	ОН
18	Sophia Alm	5'10	MH

COACHING STAF	F	
Head Coach	Chloe Schwalbe	1st year

C-TEAM



Row 1: Nevaeh Kovar, Maya Holmgren, Katelyn Matheson, Madison Streich. Row 2: Avery Lanari, Bella David, Celeste Barnard . Row 3: Head Coach Abby Lanari, Payton Sauer, Aubrey Shaw, Lexi Henrichs, Layla Williams.

C-TEAM ROSTER			
NAME	HT.	POS.	
Avery Lanari	5'6	DS	
Lexi Henrichs	5'10	ОН	
Madison Streich	5'3	S	
Bella David	5'7	ОН	
Payton Sauer	5'9	MH	
Nevaeh Kovar	5'1	DS	
Maya Holmgren	5'5	DS	
Aubrey Shaw	5'9	RH	
Celeste Barnard	5'8	S	
Layla Williams	5'8	MH	
Katelyn Matheson	5'6	ОН	
	NAME Avery Lanari Lexi Henrichs Madison Streich Bella David Payton Sauer Nevaeh Kovar Maya Holmgren Aubrey Shaw Celeste Barnard Layla Williams	NAME HT. Avery Lanari 5'6 Lexi Henrichs 5'10 Madison Streich 5'3 Bella David 5'7 Payton Sauer 5'9 Nevaeh Kovar 5'1 Maya Holmgren 5'5 Aubrey Shaw 5'9 Celeste Barnard 5'8 Layla Williams 5'8	

COACHING STAFF Head Coach Abby Lanari 1st year



MUSTANG FACILITIES



The Stable is home to Mustang Basketball and Volleyball.



Noble Sports Park is home to Mustang Soccer.



Zane Sports Park is home to Mustang Softball.

MUSTANG ATHLETICS WEIGHT ROOM



Thank you to everyone who donated their time and money to make the dream of having our first ever weight room become a reality!





MARANATHA CHRISTIAN ACADEMY

GOLF INVITATIONAL



FOX HOLLOW GOLF CLUB 4780 PALMGREN LN NE ST. MICHAEL, MN 55376

SAVE THE DATE JULY 22, 2024

PROCEEDS SUPPORT MUSTANG ATHLETICS.

