

The Service Line

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Volleyball news from the MSU SideOut Club

Cathy's Corner

SideOut Club,

I want to start by welcoming all the NEW members of the club to the Michigan State Volleyball Family, and for those of you that have renewed for 2007, welcome back!

We are coming off a preseason that has us all optimistic about this year. We are looking to build on last year's 19-12 record and NCAA appearance. We return a great core group of girls, including 4 seniors, and will be joined by five incoming freshmen.

Our preseason started on August 7th with the entire team traveling to the Double JJ ranch in western Michigan. We trained hard at Reeths-Puffer high school twice a day, and spent the evenings relaxing and working on team building activities. I believe this is a great way for the freshmen players to be integrated into the group, as well as forge the team unity that will allow us to meet our lofty goals.

It's hard to believe that we leave on Wednesday, August 22 for Southern California only to face 3 VERY powerful teams in Los Angeles. USC is ranked #6 in the preseason AVCA poll, and St. Johns is receiving votes. No doubt, we will be challenged this preseason, but we are

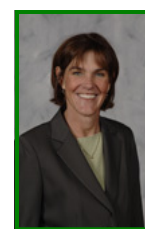
working hard to put ourselves in a position to succeed against other top-level programs.

In the Pre-season poll, we also received votes and are looking to build on that right from the start of the 2007 season.

On top of practicing every day, sometimes twice, we have been working with our marketing and promotions staff to set-up a variety of fun events which we will publicize on our website, the sideout club website, and this newsletter.

We look forward to seeing all of you at our home tournament, the Spartan Showcase, on August 31st and September 1st. Kansas, Missouri State, and Florida State will be joining us in the Jenison Field House. On August 31st, it's High School Night, so spread the word to your local schools. On September 1, all people with a football ticket stub can attend the match free of charge, so encourage your friends to stick around, avoid the traffic, and cheer your Spartans to victory!

Cathy



2007 Home Schedule

Aug. 18	Green/White Scrimmage	6:30 pm	Oct. 20	Minnesota	6:30 pm
Aug. 31	Missouri State	Noon	Oct. 27	Michigan	6:30 pm
	Kansas	6 pm		(CHALK TALK @ 5:40, Room 209)	
Sept. 1	Florida State	7:30 pm	Nov. 9	Ohio State	6:30 pm
	(CHALK TALK @ 6:40, Room 209)		Nov. 10	Penn State	6:30 pm
Sept. 15	Central Michigan	6:30 pm		(CHALK TALK @ 5:40, Room 209)	
Sept. 28	Illinois	6:30 pm	Nov. 23	Purdue	6:30 pm
	(CHALK TALK @ 5:40, Room 209)		Nov. 24	Indiana	6:30 pm
Sept. 29	Wisconsin	6:30 pm	Nov. 25	NCAA Selection Show	
Oct. 3	Northwestern	6:30 pm			
Oct. 19	Iowa	6:30 pm			

In their own words... Heather McDaniel



Junior Heather McDaniel

Hi, I'm heather McDaniel, youngest of 4 children to Mark and Cynthia McDaniel. I grew up in Madison Heights, MI and attended the small, private Lutheran Northwest High School in Rochester Hills, graduating in 2005. My volleyball saga began at my elementary school, Our Shepherd Lutheran in Birmingham. When I was first allowed to join a competitive team in 5th grade. Back then, I had no idea what I was doing and to be honest, I can not remember much about playing volleyball until high school. There, I was a 3-year varsity starter and MVP as an outside hitter.

The thing I love about volleyball is that your opportunity to get better is limitless. As a

Spartan, I know that I have so many resources, such as my coaches, trainers, and strength and conditioning coaches, that only want me to be the best I can be. With their support, along with the support of my family, friends, and the amazing MSU volleyball fans, I have plenty of incentive to become great and to make my teammates better. I enjoy challenging my teammates in practice, and I love to help them and encourage them in practice and games. I love being a part of what makes this MSU volleyball team great. This also goes along with what I think being a Spartan means to me; Enduring hardships, being selfless, and striving to be a solid player for the betterment of the team. Go Green.

HEATHER

"Vollingo" — Volleyball Terminology

"Whether you think you can or think you can't, you're absolutely correct."

-Katie Johnson's favorite quote

Antennae - The vertical attachments on either side of the net along the court sidelines, colored red and white. The antennae are the boundary markers for fair hit balls. A ball hit outside the antennae is not playable. A ball striking the antennae is out of bounds. Although the antennae only physically extend 2.5 feet above the net, they represent an imaginary boundary that extends to the ceiling. AKA: Pin and Stick.

Attack Lines - The two dividing lines located three meters from the net which separate the frontcourt and backcourt. A player in the back court may NOT attack a ball from above the height of the net in front of this line. An attack from behind this line is known as a back row attack. Katie Johnson and Ashley Schatzle hit this ball most often for the Spartans. In the US, the line is commonly referred to as the 10-foot line, although it's international length is actually 3 meters. AKA: Three meter line, 10 foot line

"In a Phone Booth" - This term is used to describe a set that is too tight to the net and gives the hitter no option to hit around a block. It's based on the idea that if you hit a ball in a phone booth, no matter how hard you hit it, it's just going to rattle around and drop at your feet. AKA Kiss of Death Set, Trap Set.



You Make the Call!



Michigan State is playing Michigan at the Jenison Field House. Senior Ashley Schatzle hits a ball to a UM defender who cannot fully control it. The ball travels off the arms of the defender, over the net, outside of the antennae and is chased down by a different UM player who plays the 2nd contact back, between the antennae, to her team. The Wolverines play the 3rd contact over the net to the Spartans. Was the play by the Wolverines legal?! **YOU MAKE THE CALL!** (answer below)

Libero, Miken Trogon, is straddling the 10-foot line when she sets the ball to Whitney Tremain, who is a front row attacker. Whitney hits a standing downball over the net to the Wolverines which falls for a kill. Have the Spartans committed a violation? **YOU MAKE THE CALL!** (answer below)

The play by the Wolverines was NOT legal and the play should be whistled dead and the point awarded to the Spartans. The rule in question, the PURSUIT rule, DOES allow a player to cross the center line and play a ball back to her own team provided the ball does NOT cross through the antennae on either the first or second contact. The violation occurred as soon as she played it back to her own team BETWEEN the antennae. Had she played it back to her team OUTSIDE of the antennae, no violation would have occurred and play would continue. And now you know... =)

The Spartans have NOT committed a violation. The rules state that the libero cannot set an attacker if she is between the net and 10-foot line. However, the rules further defines an attacker as a player that contacts the ball from a point higher than the top of the net. Since Whitney Tremain had the presence of mind the stay on the ground (Even though she used a spiking armswing), the play continues. Had Whitney contacted the set from Miken Trogon, it was completely over the top of the net, the Spartans would have been whistled for a Back Row Attack, and the point would be awarded to the Wolverines. And now you know... =)

Question and Answer

What's the biggest difference between men's and women's volleyball?

I get asked this question all the time. First and foremost, it's difficult to compare the 2 sports to each other as they are both unique and great in different ways. But, one difference is the height of the net. A men's net is 8' high, while a women's net is set at 7'4". Other than that, the court is the same size, the antennas are the same height, and the rules are the same.

Now the differences are more apparent in the style of play. While women's volleyball focuses more on ball control, defense, and long rallies, men's volleyball relies heavily on aggressive serving (often with many misses), blocking, and attacking. The women's game is certainly more "fan friendly," in that long rallies and spectacular defensive saves are more common and more engaging for a fan. The men's game tends to have more of a

"terminating" style of play, in which attackers often get a kill or make an error in the process.

Defense in the women's game relies heavily on movement and a quick first step to the ball. Men's defense is primarily played before the ball is contacted and relies heavily on a quick reaction. A common misconception, in my opinion, is that men's volleyball has no defense or ball control. This is often said by fans of the women's game who are used to seeing a very different style of play. As the ball travels from a higher point, and with more speed, defense becomes very different...Just ask the defenders that try to dig Ashley Schatzle or Katie Johnson!

[Ask your question! Email_gawlikmi@ath.msu.edu](mailto:gawlikmi@ath.msu.edu)



Senior Jess Hohl

Who Am I?!

- I posted 20 kills (my career high) in last year's NCAA tournament game vs. Utah.
- I was MVP of the 2006 Spartan Invitational.
- I am majoring in retailing.
- I dream of being a runway model. (surprise, surprise)
- My teammates call me "boneless."
- My hometown is Waterville, OH.

ANSWER: *Middle Blocker, Jess Hohl*

Did you Know?

- The only aspect of the game of volleyball that has not changed since in the history of the sport is the size and weight of the ball.
- William G. Morgan created the game of volleyball in 1895, four years after James Naismith created basketball. The original name of the sport was 'Mintonette.' The name was later changed to Volleyball a year later.
- On July 7, 1896 at Springfield College the first game of "volleyball" was played.
- In 1916, in the Philippines, an offensive style of passing the ball in a high trajectory to be struck by another player (the set and spike) was introduced. This tactic was originally called the **Pilipino Bomb**.
- Three hits per side and back row attack rules were instituted in 1920.
- The forearm pass did not become a part of the game until the 1940's.

Did you know that thirteen players in MSU History have donned the #6, while only two have worn #18 and #19?





Volleyball news from the MSU Sideout Club

SideOut Club
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Match Point... What do you do all day?!



A question like this is asked to us on a daily basis. Whether we're on an airplane traveling for recruiting, around Michigan State's campus, or hanging out with family or friends, this question is easily the most commonly asked.

Most people assume that, as coaches, we wake up around 10am, show up to the gym just as practice is about to start, and leave to return to the comfort of our home 3 hours later. However, this is far from the truth.

Most of the work that is to be done by college coaches is NOT done on the court or in the gym. So just in case you're wondering. Here's what we do. First and foremost, our primary focus outside of the gym is recruiting. It is safe to say that at least 1 MSU coach is out recruiting every weekend from January-July, and often times, 2 of us are out. (the NCAA mandates that only 2 coaches can be recruiting at any 1 time.) These tournaments are not just in our back yard. Already this year, we have traveled to Pittsburgh, Chicago, Dallas, Denver, Atlanta, Vancouver, Columbus, St. Louis, Detroit, and attended national tournaments in Orlando and Minneapolis.

There is always scheduling that needs to be done. Whether it is this year or next, spring season or fall, there is always some scheduling. When you are working with 16 different class schedules, recruiting schedules, and NCAA rules, it can be difficult.

In season, there is a lot of match preparation to be done. This includes preparing the team for the matches by forming practices to fit the goals of the week. Each week, we get 2 matches on DVD which need to be put into our computer and "Broken Down" to see tendencies and weak spots. This is what we use to formulate a gameplan for the weekend's matches. The breakdowns typically take all day, and arrive each Tuesday morning, every week, for 4 months.

Even though we host a majority of our camps in the summer, we also offer fall development camps. These need to be advertised and planned out with great detail to ensure that they run smoothly and that campers have a good experience. Preparation for summer camps begins in September and continues through July. Answering hundreds of questions and coordinating with countless people on campus can be a headache at times, but is also a well worth it.

As coaches, we are required to fill out quite a bit of paperwork to be in compliance with NCAA rules. Whether it is documenting all the recruits that we've evaluated, seen, written, or called, or having captains sign off on the number of hours we've required them to practice, it really never ends. And to make things even more difficult, NCAA rules are consistently added or modified.

As assistants, we are liaisons between a number of groups on campus. This includes the Blockheads, SideOut Club, building blocks, ball girls, student-athlete support services, the marketing department...

And all that is to be done around the 3 hours a day of practice, matches, travel, and a personal life. And the more we think about it, we couldn't imagine doing anything else. Go Green!

Tom and Mike

Renew your Sideout club membership by
September 15th to be sure you keep receiving
newsletters and email updates from the road!