

Volleyball news from the MSU SideOut Club

In This Issue:

- Cathy's Preseason recap
- Learn the newest volleyball terminology
- Hear from Lauren O'Reilly and Megan Schatzle
- Upcoming SideOut Club Events

Inside this issue:

In Their Words... **2**
Lauren O'Reilly

Vollingo—Volleyball **2**
Terminology

You Make the Call! **2**

In Their Words... **3**
Megan Schatzle

Name that Player **3**

Did you Know? **3**

SideOut Club **4**
Reminders

Cathy's Corner

Sideout Club,

It's hard to believe that a third of the season has already gone by! It feels like we were just in preseason preparing for the upcoming season.

This coming weekend (9/21 and 9/23) will be another tough road test (similar to USC) for us as we travel to #3 Penn State and #20 Ohio State to start the Big Ten season. Both PSU and OSU are very talented teams and will offer us a glimpse of what it will take for us to gain more ground in a highly competitive conference. As we focus our attention on both teams, we look to elevate our level of play and establish ourselves early in the season as a team that will not back down from any opponent.

We are very excited about the consistent fan support for Michigan State Volleyball and have been impressed with our turn-outs for our invitational as well as our home match vs. Central Michigan. We hope it will continue as we enter the

grueling Big Ten season.

I hope to see you at some of the upcoming Chalk Talks, the next one being before our Big Ten opener vs. Illinois on September 28th at 5:40 in room 209. Also, I'd like to invite you all to join us on Sept. 29. From 3:30-4:45pm, MSU Coaches will be hosting a FREE youth volleyball clinic at the Jenison Field House, which includes 2 tickets to that evening's match vs Wisconsin (6:30pm). At 5pm, you can enjoy the FREE bounce house as a part of Family Fun Night! Also, Chili's will sponsor a famous fajita dinner for just \$5 per person!

The Youth Clinic is open to the first 60 who RSVP at StateVB@ath.msu.edu, So reserve space today!

Thanks and we appreciate all your support.

GO GREEN!



2007 BIG TEN Home Schedule

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			
Oct. 20	Minnesota	6:30 pm			
Oct. 27	Michigan	6:30 pm			
	(CHALK TALK @ 5:40, Room 209)				
Nov. 9	Ohio State	6:30 pm			
Nov. 10	Penn State	5:00 pm			
	(CHALK TALK @ 4:10, Room 209)				

COACH LUNCHEON WITH CATHY GEORGE:

NOON—Wednesday, October 3rd

Hall of Fame Cafe

Lake Lansing Rd/US-127

(used to be Damon's)

Open to the General Public, Sponsored by the Side Out Club

In their own words... Lauren O'Reilly



Freshman Lauren O'Reilly

Hi, I'm Lauren O'Reilly and I came all the way from Vancouver, Canada to be a part of the MSU Volleyball team. When I signed with MSU, there was something about it that made me feel at home. I come from a family of 7, 2 brothers and 2 sisters. I think the support that I have received from so many people in my life has really helped me to keep working hard and keep pursuing my dreams.

I started playing volleyball in grade six on my school team where my mom was my assistant coach. I've played school and

club volleyball ever since then. One of my greatest volleyball moments was winning the Canadian National Championships this past May in front of all my friends and family. There's something about working hard for 6 years in high school and club and being rewarded with ending on such a high note. My favorite part of volleyball is being in that moment. That one moment where you can't do anything wrong and all you've ever learned and worked for comes together, and for that moment, you're perfect.

Lauren

"Vollingo" – Volleyball Terminology

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish"

Vineece Verdun's favorite quote by John Quincy Adams

Pancake - A defensive maneuver in which a player locates a flat hand on the playing surface precisely where the ball lands, preventing the ball from hitting the ground for a kill. This is typically a move used in a last ditch effort to prevent a point.

Rally Rash - This occurs when a passer or defender digs a ball higher on their arms than they'd like to. When this happens, the sensitive skin on the inside of the elbows will welt up and turn quite red. The welts go away in an hour or so.

7-1 1 block - this would be used to describe that never closes. (2 blockers next to each other hip-to-hip is considered "closed.")

"Cotton" - This would be a term used to describe a perfect set. It derives from the idea that a perfect set just hangs in the air and is so soft looking, as is a large cotton ball. AKA: Peach, Butter, Juicy, Money, or Saucy.



You Make the Call!

The Spartans serve a ball to the Nittany Lions, who pass the ball tight (close to the net). The setter for the Nittany Lions, who is a back row player, jumps to set the ball to an attacker. The ball, which breaks the plane of the net, remains untouched by the Spartans. The set travels to the left side attacker who kills it. Was this a legal play by the Penn State setter?

The Nittany Lion setter, still in the back row, jumps to set a ball that is in the plane of the net. The ball is still not touched by a Spartan player, however, in an attempt to set the ball to her teammate, the jump set travels OVER the net to the Spartans side. Even though she made no purposeful attempt to "attack" the ball, should she be whistled for a back row attack?

This is a legal play. As long as the ball is in the "plane" of the net, it can be contacted by either team. Even though the PSU setter was a back-row player, she CAN play balls in the neutral plane. HOWEVER, had a Michigan State player touched the ball while it was in the neutral plane, the Nittany Lions would have been whistled for a "Back Row Block," and the point awarded to the Spartans. Because no Spartan made an offensive move at the ball, play continues. And now you know....

The Penn State setter SHOULD be whistled for a back row attack and the point should be awarded to the Spartans. Even though the setter made no attempt to attack the ball on purpose, rules define her play as such. Since she contacted the ball from completely above the net, and is in the back row, she is in violation. And now you know....

In their own words... Megan Schatzle

My name is Megan and I'm a freshman this year. I grew up in Monroe, MI. I have an older sister Ashley, who you all know, and also a younger sister named Erin. I got started playing volleyball in 4th grade. I used to play every intramural sport. Basketball was always our family's sport until my older sister went to college for volleyball and not basketball. My greatest volleyball moment is my senior year. We won districts for the first time in 20 years. It was just a great year all around. My favorite part of volleyball is the one block or one kill that just gets everyone pumped up, even the crowd. I

love the way every team cheers between each point. Being a Spartan means having pride in what you do. Your athletics, your academics, and MSU all together. Just the thought of being a Big Ten student athlete makes me want to play, along with the love of the sport. One quote that inspires me is, "Average is just as close to the bottom as it is to the top."

Megan



Freshman
Megan Schatzle

Who Am I?!

- My favorite movie is Remember the Titans
- My ideal way to spend the day is on an ocean beach.
- I have received a Big Ten Player of the Week award.
- I was a member of a state-championship 800m Relay Team.
- I major in business.
- I am a freshman.
- I come to East Lansing from Mt. Pleasant, Michigan.

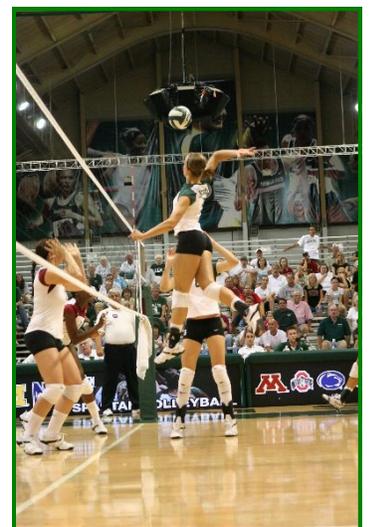
ANSWER: *Freshman, Jenilee Rathje*

Did you Know?

- In 1948, that the first two man beach tournament was held in Southern California.
- Volleyball was introduced in the Olympics in 1964 in Tokyo.
- In 1969 the Executive Committee of the NCAA proposed addition of volleyball to its program.
- It was not until 1982, when the NCAA recognized Women's Volleyball as a collegiate sport, 13 years after the men's game was added.
- Beach Volleyball was added to the Olympic Games in 1996.
- The Volleyball Hall of Fame is located in Holyoke, MA, where the game was invented
- Cathy's 400 Career victory moved her into 40th all time among NCAA D1 Coaches.

Strange But
True: All 5
members of
the 2007
Class have a
full name that
consists of 13
Letters

-Peter Morris





Volleyball news from the MSU SideOut Club

SideOut Club
P.O. Box 80491
Lansing, MI 48908



SIDEOUT CLUB NEWS

SEPT 28—Chalk Talk, Room 209

SEPT. 29—Family Fun Night,

SEPT 29—Free Youth Volleyball Clinic

OCT. 3—Coach's Luncheon

OCT 20—Free Adult Volleyball Clinic

OCT 27—JAM JENISON vs. MICHIGAN!

OCT 27—Chalk Talk in Room 209

The Service Line

© 2007 by the SideOut Club, the official support group of

Michigan State University women's volleyball.

Published 5-6 times per year.

Newsletter Editor: Kathy Lovell

Newsletter Layout: Mike Gawlik

President: Carole Brogan

Vice-president: Andrea Terry

Secretary: Shirley Garrity

Treasurer: Jim Ellis

MSU SideOut Club, P.O. Box 80491, Lansing MI 48908

Website: www.msusideout.org



2007 MSU VOLLEYBALL

SPARTAN INVITATIONAL CHAMPIONS

HARVARD INVITATIONAL CHAMPIONS