

The Service Line

Volume XIV Issue 1

August 18, 2008

Volleyball news from

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Letter from the Board

Welcome to the SideOut Club ! We are excited about a new volleyball season and we will keep you informed of member social events that will allow you to interact with the players and coaches via the website and newsletter.

The mission of the SideOut Club is to increase SideOut Club membership and promote attendance at the MSU Volleyball games. As existing supporters, and members of the Club, we need your help. Please encourage your friends, co-workers and family members to join the SideOut Club and/or attend the MSU Volleyball games. **It's Fast, Fun and FAN-tastic....it's Spartan Volleyball !**

Go Green!

Cheryl Bartholic

2008 Home Big Ten

Aug 23.	G/W Scrimmage	4pm	Oct. 11	Wisconsin	6:30pm
Sept. 12	UW-Milwaukee	NOON	Oct. 24	Illinois	6:30pm
	Florida A&M	6pm	Oct. 25	Purdue	6:30pm
Sept. 13	UCONN	7pm	Nov. 7	Penn State	6:30pm
Sept. 16	Oakland	6:30pm	Nov. 8	Indiana	6:30pm
Sept. 26	OSU (Breslin Center)	6:30pm	Nov. 28	Iowa	6:30pm
Sept. 27	Michigan (Breslin)	6:30pm	Nov. 29	Minnesota	6:30pm
Oct. 10	Northwestern	6:30pm			

Letter from Cathy

I'm excited for a new year. Last year's success was awesome and left us with a hunger for more. We certainly will be young this year, but we are sure you will like what you see. The future looks bright for MSU Volleyball. Join us this Saturday for our annual "Family Fun Night" as we compete in a Green/White scrimmage. After the match, mingle with our team, coaches, and friends while enjoying Chili's fajitas (\$5 per person) and the Bounce House. We look forward to seeing you there. The match begins at 4pm, so don't be late! 2008 is upon us...

Cathy George



...*Note: This newsletter is being sent to all SideOut club members from 2007-2008... If you'd like to continue receiving newsletters/updates, please renew your membership for 2008-2009 ASAP.

In Their Words... Mischelle, Heather, & Vanessa



Jr. Middle
Blocker

Well here we are again! This is the beginning of what is to be a great season. Here's a rundown of what has been going on for your MSU Volleyball team.

Summer... All seven returners lived on campus this summer. We shared two apartments, which gave us the opportunity to set the bond for our 2008 season. All of us had classes for the first half of the summer; we are working hard to keep up our 3.43 team GPA!! Our summer workout included cardio, lifting, and lots and lots of playing! We lifted 4 times a week and had jump training twice a week. Our cardio program was a six day program including team sprinting, distance running, and running the infamous Frandor Hill. On top of that, we played indoor and outdoor volleyball with each other whenever we had the chance. Playing beach volleyball this summer really helped us all increase our ball control, and we all pretty much got a better court sense from playing doubles. Our vertical jumps also increased from playing in the sand; Jenilee Rathje touched 10' 5 ½" this summer!!

Mischelle Nelson

Freshmen Mandi Karaba and Kyndra Abron were able to transition into East Lansing mid-summer and had a chance to get that first grueling week of training in before the others arrived for camp in July. As always, the MSU returning players had the chance to work as coaches during Michigan State's annual volleyball camps for ages 12-18. These camps started July 17 and ended July 30. It gave us the opportunity to influence and teach the young girls attending camp, to connect with the community, making our program more well-known, and we became better and smarter players by coaching for two weeks. During the four day all skills camp, all five of our incoming freshmen actually participated in the camp! Also, our new redshirt freshman, Gina Keifer, made an appearance at Michigan State's setters' camp. Having the new group on campus this summer enabled us to build team chemistry even before we stepped in our locker room together for the first time.

Double JJ... On August 8, the day before the intense pre-season practices began, our whole team got to experience Christmas in August. "Christmas" is that special day, once a year, when the Michigan State Volleyball team is issued all the equipment and gear needed for practices and travel. Our favorites include the classic Nike spandex, chic dress warm-ups, and of course, our sweet new Nike kicks. Thanks to Malinda Hudkins, we are going to look great on and off the court all season! After packing up our bags and going through a few preseason compliance meetings, we were ready to hit the road. We embarked on our preseason trip to Rothbury, Michigan and Double JJ Ranch. Mike Gawlik, Russ Carney, Lianna Hadden, and Tom Mendoza drove the four vehicles in our caravan, and we arrived at the Ranch Friday evening. The 13 of us and all of our coaches had a team meeting in Cathy's room to discuss the "Spartan Laws" and our goals for the upcoming season.

August 9th, 2008: The first day of practices!! Reeths Puffer High School, in North Muskegon, MI allowed us to use their facilities for the two and a half days we practiced there. The morning before we left to come back to East Lansing, our team athletic trainer, Lianna Hadden, led a pool workout which we did in the water park at Double JJ. We returned to campus on Monday August 11, and some of us even had enough time before our evening session to move into our dorms and apartments. Everyone on the team, aside from Vanessa King and Heather McDaniel, will be living on campus this year! This will also provide for more team bonding as we continue into the season!

Back to Campus... On the evening of August 11, we held an open practice to members of the Side Out Club. Following practice and after a quick team introduction, we had the pleasure of interacting and mingling with some of our devoted fans. Hobie's catered our delicious meal that we enjoyed together. Thank you to all of the members of the Side Out Club! We appreciate everything you do for us, and it was great for us to sit down with some of you after the open practice.

This year, unlike pre-seasons in the past, Cathy emphasized team play starting on day one. Typically, pre-season is used to sharpen individual skills, eventually pulling together into team play. However, this year we are learning to sharpen individual skills in our morning sessions, and we are putting it all together as we participate in more game-like drills in the evening sessions. This style of practice is not only improving us as players, but the chance to simply play volleyball and to compete on a daily basis is making us very excited about the potential that this team has.

The Outlook and Thank You... As you may or may not know, Michigan State has the 7th ranked recruiting class in the nation. These talented young women, combined with our experienced veterans are the makings of a hard-working, relentless, competitive, and talented team. We are dedicated to each other, the coaches, to the Volleyball program, and to our fans and community. As we finish up this 2008 pre-season, we will continue to prepare for a season-long Big Ten battle. We thank you for your undying support and attendance at our games. The excitement and dedication that *you* bring to our program is greatly appreciated. Thank you!!

Upcoming Events... Make sure you come out August 23 at 4:00 for our Green and White Scrimmage. That night is Family Night sponsored by Chili's! There will be an inflatable slide for the kids, and Chili's food for dinner after the match. Our first tournament is away at Oklahoma August 29-30, followed by a weekend at Delaware September 5-6. Our home opener, the MSU Showcase, will be September 12-13, and we cannot wait to see you there!

Thanks again for your support!

Go Green! Go White!

Mischelle Nelson, Vanessa King, and Heather McDaniel

“Vollingo” – Volleyball Terminology

Rotation - Following a side out, it is the clockwise movement of players on the serving team to their positions on the court. Once a serve has been made, players may move freely about the court. However, after each point they must return to their positions until the next service change.

Esophablocker—This is a term we invented to describe a person that is able to get their face, or esophagus, over the net while blocking.

Pezzed—hitting someone in the face so that their head snaps back as a Pez dispenser would. It would be used like this, “When the right back wasn’t paying attention, Vanessa Pezzed her and she had to leave the game with a concussion.”

Kong Block—When a player only attempts to block with one hand and blocks the ball straight down. It comes from the idea that King Kong would only need 1 hand in order to block efficiently. We don’t train players to block with 1 hand, however, a late blocker might assist block with 1 hand to avoid an attacker from hitting the ball straight down.



You Make the Call!

The Spartans attack a ball past the block of Penn State. The ball BARELY hits the blocker's left hand before sailing out of bounds. The referee calls a touch because she HEARS the touch rather than SEES the touch. Penn State is angry... What do you think? Touch or No Touch?

A Spartan player makes a fantastic save play as she moves towards the net. Unfortunately, her momentum takes her into the pole AND the cords that hold the net tight. The down official, the official in charge of making net calls, waves the play off and allows play to continue. What do you think? Did the 2nd referee miss a “net violation”?

The touch should NOT be called in this case. The rules state that a line judge must SEE a call and not rely on auditory clues to call a touch. And now you know! (=)

The 2nd referee made the CORRECT call. A player is only whistled for being in the net if they come in direct contact with the net itself. The rules specifically states that the pole, pads, and cords holding the net are NOT considered a violation. And now you know. (=)

Did you Know? Rules changes for 2008

- “Games” will now only be referred to as “Sets” similar to Tennis. For example, you now have to win 3 out of 5 sets to win the match. This nomenclature change reflects international volleyball.
- Sets #1-4 will be to 25 points, win by 2, rather than 30 points.
- Set #5 will still be to 15 points, change sides at 8 points.
- Each team will only have 12 substitutions rather than 15. This change is due to the fact that the set is only being played to 25.
- Referees will be calling much less “double contacts” on the 2nd ball of the rally. The justification for this rule change is that a double contact rarely puts the offensive team at an advantage.



Sophomore OH
Jenilee Rathje



**Volleyball news from
the MSU SideOut Club**

SideOut Club
P.O. Box 80491
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SIDEOUT CLUB NEWS

Upcoming Events

Green/White Scrimmage—August 23rd 4pm

Join us for a 2 of 3 Match in the Jenison Field House. After the match, stay around for Dinner sponsored by Chilis of Okemos (\$5 per person for Fajitas), mingling and autographs. The Bounce house will also be available for children and crazy adults. It'll be Spike-tacular!

Volleyball Tailgate Party- - October 11

Come out to join fellow MSU fans for the 9th Annual Spartan Volleyball Tailgate Party on Saturday, October 11, 2008 before the match against Wisconsin. We will start around 3:30 at the usual location in front of the main entrance to Jenison and continue until game time at 6:30. Bring a dish or grillable item to share. Also needed are grills, charcoal and folding tables. If you can bring a grill, charcoal or folding table, or if you have any questions, please contact Cathy Caswell at 332-4353 or at caswell@msu.edu

Coaches Luncheons—September 25th and November 6th

Join the MSU Staff at Hall of Fame Café (Noon) to discuss the state of the team and hear the thoughts of head coach, Cathy George. This is open to all SideOut club members.



The Service Line

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