

Volleyball news from the MSU SideOut Club

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Letter from Cathy

Sideout Club,

As we enter the 2nd half of the Big Ten season, we have our sights set on consistent improvement. We know our team will have a better understanding of each opponent the 2nd time through and we hope that being familiar with other players/teams will serve us well. As for the Big 10 conference, we find ourselves within striking distance of the middle clump. We know that a strong 2nd half can put us back in the running.

This weekend, we hit the road for 2 important matches vs. Wisconsin and Northwestern. We've had a great focus in the gym during practice for

the past few weeks and are constantly improving upon our individual skills and team play.

NOTE: The match @ Michigan on Nov. 14 has been changed from 6pm ET to 7pm ET. We hope to see you there in Green and White!

Thank you for your constant support!

Go Green

Cathy George



2008 Remaining Schedule

Oct 31	@ Wisconsin	7pm CT
Nov. 1	@ Northwestern	7pm CT
Nov. 7	Penn State	6:30pm
Nov. 8	Indiana	6:30pm
Nov. 14	@ Michigan (TIME CHANGED)	7pm ET
Nov. 15	@ Ohio State	7pm
Nov. 21	@ Purdue	7pm CT
Nov. 22	@ Illinois	7pm CT
Nov. 28	Iowa	6:30pm
Nov. 29	Minnesota	6:30pm

DID YOU KNOW?
 With 5,335 people attending the match vs. Michigan, we set an all time program record... Congrats and Thank You!

Jenilee Rathje—Update



I wanted to write to update you on the progress of Jenilee Rathje, who went down with an ACL tear vs. Ohio State on the opening night of the Big Ten Season. JR had surgery to fix her ACL a few weeks ago. Her meniscus was NOT torn, which is great news, and she is in the process of rehab daily to get back for the spring season. She is still very much a part of the day to day routine of our players and is becoming a better player/leader as she watches from the sidelines and identifies what we need to do to improve. But there is good news. She is OFF her crutches and able to hobble around, although gingerly. Thanks for keeping her in your thoughts and prayers.

Spectator Bus Trip

The SideOut Club will be providing a spectator bus to travel to Ann Arbor when we face off against UM on November 14. The bus will leave promptly at 4:45pm (Game time is 7pm ET) from the Okemos commuter lot located behind the Cracker Barrel (off Okemos Rd/I-96). The Cost is

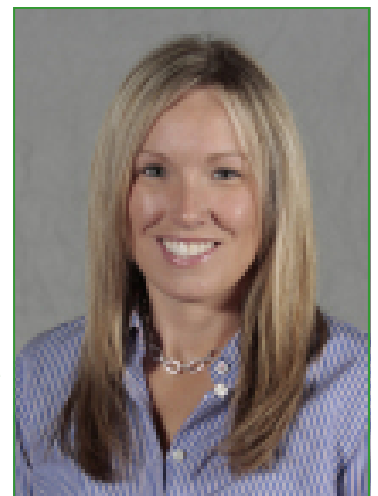


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\$20 per person and includes transportation and ticket to the game. Checks can be made payable to: MSU SIDE-OUT CLUB and can be sent to Carole Brogan @ 1872 Yosemite Dr, Okemos, MI 48864. The deadline to reserve a seat is Saturday, November 8th. Space is limited. Bring your own food, beverage, and spirit. Questions can be directed to Cheryl at cbartholic@ibcp.com. If you were at the first match in the Breslin Center, it's hard to pass this one up! Come watch your Spartans try to regain the State Pride flag for 2008! Hope to see you there... Go Green!

Tami Tranter To Leave MSU

Tami Tranter, current director of volleyball operations for Michigan State Volleyball, has accepted an athletic administrative position with another university. Tami has been a key member of our staff for over a year, having worked closely with the SideOut club on many events, and is going to be missed. We want to wish her the best of luck with her new position. Filling in for her will be Carmen Jones who had been acting as a team manager for the 2008 season. Tami will be with our team through next weekend's matches vs. Penn State and Indiana, so if you see her, wish her the best of luck.



“Vollingo” – Volleyball Terminology

Rally Rash—This is a term we invented to describe the “rash” or “welts” that occur when you pass/dig a ball too high on your forearms in the tender inner-elbow area. Since very few balls are played on this area of the arm—and even fewer played there on purpose, the skin welts up temporarily. It clears up within an hour or so.

Sausage Fingers—This is a term used to describe an attacker’s hand after countless attacking/serving reps. The fingers become very chubby and look like sausage links. All the blood rushes to your hand and gives you a very “fat hand” feeling that, like rally rash, clears up within a short amount of time. Coaches get sausage fingers a lot when hitting lots of balls during practice.

Strawberry—This is a term we use to describe a floor burn, usually occurring on the hip bones. As a player dives all over the court, her shirt may come up slightly and expose the hip bone, which slides on the floor creating a floor burn, or “strawberry” due to its red color. Strawberries also can occur on the elbow or knees (if a player is not wearing knee-pads.)



You Make the Call!

Mandi Karaba is a DS in the game as the Spartans run out of substitutions, (WHOOPS!) therefore she has to play in the front row. The Spartans call a time out and decide that they are going to put Mandi on the shoulders of Megan Schatzle, who is also in the front row in an attempt to create A HUGE BLOCKER! The opposing team, sets the ball towards the massive block and Mandi blocks it straight down! Is this a legal play? (I’ve actually seen this happen in Boys club volleyball...)

A blocker at the net does NOT contact the net, but comes in contact with the antennae with their hand. Is this a “net violation”?

A player that comes in contact with the antennae SHOULD be whistled for a net violation. Since an antennae is attached to the net itself, it is considered part of the net (whereas the ropes, cords, and poles are NOT considered part of the net. And now you know... =)

As you can imagine, this play is NOT legal. Even though Mandi is a front row player and is a legal blocker, she may not gain assistance from another player to play the ball. A player may only assist a teammate if they are NOT playing a ball, for example, if I played a ball and was going to go under the net, a teammate could pull me back to our side to avoid a center line infraction. And now you know... =)

Did you Know? Random Volleyball Facts...

- Becca Zlabis’ 19 kills vs. Purdue was a Career High and she likes the smell of skunk.
- Kyndra Abron’s 17 kills vs. Purdue was also a Career High and she likes ham, but not warm ham.
- Natalie Emro’s 54 Assists vs. Purdue tied her Career High and she likes to go tanning.
- Heather McDaniel’s 9 kills vs. Iowa tied Career High and she likes the show, *Flight of the Conchords* on HBO.
- Vanessa King’s .362 hitting percentage leads the team, ranks 7th in the Big Ten, and 42nd nationally and she is undefeated in her MSU career at 2-person short court without jumping. Her partner is Tom, and they are both very proud of themselves.



Redshirt Freshman
Vineece Verdun



**Volleyball news from
the MSU SideOut Club**

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SIDEOUT CLUB NEWS

Upcoming Events

Michigan Spectator Bus—November 14

More details on page 2—contact Cheryl at cbartholic@ibcp.com with questions.

Chalk Talks

Join us every home Saturday for a Chalk-Talk with Cathy George in room 209 of Jenison Field House. All SideOut club members are welcome to attend.

Coaches Luncheon—Nov. 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. We hope to see you there!



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

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