

Volleyball news from the MSU SideOut Club

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Letter from Cathy—Spring Update!

SideOut Club,

I hope this newsletter finds you all well and ready for more volleyball! The staff and I all love the spring season, as it's a great chance to work with players 1 on 1 to develop their skills. We have seen major improvement in all of our players since the start of the non-traditional segment.

The spring semester also offers us the opportunity to get out into the community to make a difference. Between the EVE Inc. Golf outing, reading to area children, middle school clinics, National Women in Sports Day, *Get Girls Going*, and career day, our program has kept pretty busy!

Our practices have been going very well. Although our gym atmosphere has been very competitive to this point, we are excited to play someone else and test our progress with 3 upcoming tournaments (More info on page 3.) We are happy to welcome Jenilee Rathje back into the gym and are wishing Vanessa King a speedy recovery with her shoulder as she

recovers from surgery.

Other than that, we're gearing up and doing everything we can to prepare for the 2009 campaign. Behind the scenes, our recruiting efforts are going well and Russ, Mike and I are all over the place! With the future looking bright we are already anxious for the start of a new season.

Just a reminder that the Annual SideOut Club meeting will be on April 27th at Hall of Fame Café for a coaches luncheon (noon). Join us as we wrap up the spring season and the 2009 outlook—mark your calendars!

I want to thank you all for your continued support and hope to see you at one or more of our spring events—I think you'll definitely see a difference in the team's confidence and maturity from the fall!

Go Green!

Cathy George



...*Questions/Comments about the newsletter can be sent to Mike Gawlik @

gawlikmi@ath.msu.edu. If you want something covered in the newsletter, let me know...

Jenilee Rathje Update

We have recently welcomed back Jenilee Rathje back into the gym after she tore her ACL vs. Ohio State on opening weekend. She is recovering well and back on the floor after surgery repaired her knee. She is back in the gym and currently playing at full speed in practices, weights, and conditioning. We're excited to have her back and look forward to seeing her back in action for the Green and White this spring. Note: Jenilee was granted a medical red-shirt year and will be returning next year with 3 full seasons left to compete. We are excited to spend ANOTHER year with her. =)



Vanessa King Update

Junior middle blocker Vanessa King will be out for the entire spring season as she recovers from shoulder surgery. The surgery, done in mid- January, went extremely well but will require a few more months of recovery time before she will be able to return to action. Vanessa is working on her leadership skills on the sidelines every day and spends a lot of time on the stationary bike and elliptical during practice. Vanessa's time off will give an opportunity for Mischelle Nelson to play front row for the entire spring season, giving her a lot of extra reps to get ready for the fall. We wish her a speedy recovery and are anxious to get her back on the floor ASAP.



EVE, Inc. Benefit Golf Tournament 2009

The volleyball program and Cathy George are excited about being involved with the EVE, Inc. (End Violent Encounters) Benefit Golf Tournament for the 2nd consecutive year. The event, which helps raise money for area's domestic violence shelter, will be held at the Timber Ridge Golf Club on Thursday, May 14th. It's a scramble format and will have multiple mini contests throughout the event. Cathy George will be acting as the Honorary Chair! It's going to be a lot of fun. If you'd like to get involved in this event—contact Nancy Bates @ 517-372-5976 x15 or email her at nabatescdd@eveinc.org



Jr High Clinics

The spring season also offers the women's volleyball team some time to reach out to the community and give back. The team has been involved in a variety of activities including providing local middle schools (Grand Ledge and Okemos) with the opportunity to see elite volleyball at the Big Ten Level. In each clinic, a fast paced demonstration was followed by an hour of skill instruction by our team and coaches, before wrapping it up with questions and answers between the middle schoolers and team. This is a community outreach project we've been doing for the past 3 years, and one we hope to continue!



2009 Spring Schedule

March 28th—Great Lakes Center (579 N. Oakhurst Dr. Aurora, IL)

This tournament will begin with our first match at 9am vs. Pittsburgh and will continue all day. There will be 18 other teams including: Texas, Kansas State, St. Louis, Purdue, Louisville, Duke, and Dayton among others. Check greatlakescenter.com for more info.

April 5th—Loyola Chicago (Gentile Center—6511 N. Winthrop, Chicago, IL)

This tournament will begin at 8:30am with pool play and continue throughout the day. Our morning pool consists of Southern Illinois, UW-Milwaukee, and Olivet Nazarene.

April 11th—Home vs. Western Michigan (Jenison Field House, MSU)

9am—11:30am	Competitive Practice vs. Western Michigan
12-12:30pm	Lunch Break
1-2:30pm	MSU Alumni vs. WMU Alumni—2 out of 3
3-4:30pm	MSU vs. WMU—3 out of 5 match

Our Alumni Team is good... confirmed players are Connie Thomas-Gorno ('92), Lindsey Clayton-Brown ('97), Sarah Harris ('06), Jenny Rood-Bedford ('03), Ashley Schatzle ('07), Katie Johnson ('07), Allison Ianni ('06), Jess Hohl ('07), Nicole Colaluca ('06), Felicia Seals ('92), Amy Rauch ('92), Cheryl Barea-Schuur ('86), and Head Coach Heather McDaniel ('08), who is recovering from a post-season foot surgery... it should be a lot of fun and we hope to see you there.



Volleyball news from
the MSU SideOut Club

SideOut Club
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SIDEOUT CLUB NEWS

Annual Meeting—April 27th

The annual meeting will be on Monday, April 27th during a coaches luncheon at Hall of Fame Café at noon

Thank you Allison Birk

The women's volleyball office would like to thank Allison Birk, who has been working closely with Carmen Jones as a part of her Masters Degree in Athletic Administration at MSU. She was involved with planning the banquet, developing new marketing and promotions strategies, organizing equipment, and compiling several contact databases on top of bringing a smiling face to the office every-day! We wish her the best of luck.



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The Service Line

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