

Service Line

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Pulitzer Prize Winning Journalism



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Letter from Cathy

The season has officially begun and soon we will be leaving for our first trip to Virginia Tech!! Pre-season seemed especially quick this year and I am not really sure why.... We have been working very hard and are optimistic about this team. We are scheduled to play some tough opponents based on last year's RPI. The challenge will be there but our hope is to get a look at several line-ups and potential adjustments we can use in future games. The depth is better than ever and our players are extremely versatile showing capabilities of playing at least two positions! It is our hope that our team gains experience in the game of volleyball and not just the one position they play. Volleyball has become so specialized and I want our players to be capable of playing internationally in the future if they so choose. In order to do that, they'll need to be well rounded in all of their skills!

We would like to thank you for joining the side-out club and for your loyal support. We have many activities planned throughout the season that we hope you take part of! Please join us on September 7th as we celebrate the Club's 20th Anniversary Reunion before the Oregon State game in the third floor gym of Jenison Field house. Dinner will be served at 5:30 and we will have several guest speakers. Many former players will be in attendance as well as some of our original Side- Out Club members! The Volleyball tradition at Michigan State goes back a long way and it was those original board members who paved the way! We hope it's an event that you'll look forward to as much as us...

We look forward to seeing you at Jenison Field House. Oh and don't forget our first luncheon at the Spartan Hall of Fame is scheduled for September 5th at Noon. Junior Taylor Galloway and Senior Alexis Matthews will be on hand to talk to you and help kick off our home schedule. Think of some tough questions as I love to put them on the spot!!! It's going to be a great year! Go Green!

Luncheon Dates

Spartan Hall of Fame

September 5—Noon

October 3—Noon

Oct 31—Noon

Nov 21 (Dinner)



Preseason Preview—Competitive Mindset

Just as the 2013 season was getting under way, Coach George had another trick up her sleeve to get the team in the right frame of mind for this fall. We again invited "The Program" to our preseason to help develop our competitive mindset. The staff consisted of Glen, an active sniper, jump specialist, and special operations officer who served in Afghanistan and Iraq, as well as Kelly, a Navy pilot who was also an all American swimmer at the Naval Academy. The two of them



challenged our team on Day 1 with a series of field exercises that challenged us both mentally and physically. Kori, Kristen Kelsay, Halle, Lauren, Kristen Muir, Allyssah, and Alexis all took turns bearing the load of the leader—while Chloe Reinig and Brooke Kranda stepped up in a Brain Game (*more on next page*) that tends to baffle most teams according to Glen and Kelly. Overall, they were impressed by our team's cohesiveness as well as our ability to consistently look out for one another while working together.

Day two began bright and early at 5am in the Wrestling Room of IM West. The team had little to no idea what they had in store!! The challenge was pretty simple: perform a series of conditioning stations as 1 member of your team stepped into "the ring" with Glen for hand to hand combat! The leader of the 6-minute exercise was on a stationary bike on the edge of the ring and could direct when to switch the exercises—as long as her bike RPM didn't fall below 60. If Glen caught you violating any rules, or you weren't performing the exercises to his standard he would call a penalty (which resulted in 2 8-count burpees each—not something you looked forward to). Oh yea—and the music was on full blast to make communication difficult! Early on, Glen would intimidate the players by taunting them, challenging them, and slapping his pads against the walls. The team would



make their switches slowly as they put on helmets, mouth guards, and pads. (which gave Glen time to rest as well as give them penalty after penalty). As the team soon figured out, if they could engage Glen and keep his back to the ring, he could NOT call penalties. Once the leader called for a rotate, the next fighter would bum rush Glen and take him on—with or without their protective pads! Every Spartan had a chance to take on Glen in the ring,

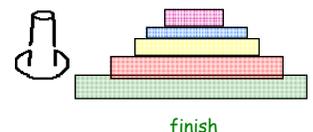
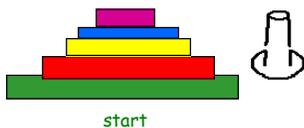
but a few players really stood out and kicked some major butt, time after time. Ebony Scott and Ryan Hubbard are two that you want on your side if a fight breaks out!

Overall, the experience exposed the team to the challenges that face every athlete throughout the season. Plus—it gave the team a chance to fight a sniper, which was a cool experience the team said they would never forget. Every member of the team had an opportunity to shine and help the group throughout the program. For her efforts, Kori Moster was awarded The Program T-Shirt, an honor given to the top performer over the 2-day experience.

2013 Volleyball Home Schedule and Promotions

September 6	vs. #8 Oregon	7pm ET	Alumni Night, MSUFCU Night, BTN.com
September 7	vs. Oregon State	7pm ET	SOC 20th Anniversary, Autographs
September 20	vs. Eastern Michigan	7pm ET	Middle School/High School Night
September 21	vs. Duquesne	NOON	
September 21	vs. Cincinnati	7:30pm ET	Camper Appreciation Night
October 4	vs. Illinois (RV)	7pm ET	Autographs, MVP, Fast Break Club, BTN.com
October 5	vs. Northwestern	7pm ET	Autographs, Girl Scout Night
October 11	vs. Iowa	7pm ET	Breast Cancer Awareness, Autographs
October 12	vs. #10 Nebraska	7pm ET	Team Autographs, Homecoming weekend
October 23	vs. #7 Michigan	7pm ET	Jam Jenison, HS/Middle School Night, BTN.com
October 26	vs. Indiana	6:30pm ET	Team Autographs, Professor Appreciation
November 1	vs. #23 Ohio State	6:30pm ET	Jr. Spartan Night, E.V.E. Night, Autographs
November 2	vs. #2 Penn State	8:30pm ET	Team Autographs, White Out, BTN
November 22	vs. Wisconsin (RV)	6:30pm ET	Parent Night, Autographs, BTN.com
November 23	vs. #6 Minnesota	6:30pm ET	Senior Night
November 27	@ #7 Michigan	7pm ET	BTN.com, but it doesn't matter, <u>you'll be in Ann Arbor</u>

Brain game: 5 weight plates are stacked with the heaviest on the bottom and the lightest on top at the first of 3 cones. 45 lbs, 25 lbs, 10 lbs, 5 lbs, 2.5 lbs are the weights. Only moving 1 weight at a time, and never stacking a heavier weight on top of a lighter weight (the weights MUST be stacked on top of each other if more than 1 is at the same cone) your goal is to get the weights to the 3rd cone. Your stack of weights must look identical to the starting position at the 3rd cone to complete the brain game. Weights may move forward and back between the cones. Are you as smart as the MSU Team? Maybe you are... but could you have picked up the weights and run them 30 yards between cones?



Roster with Parent Names

No.	Name	Year	Hometown	Parent(s)
#1	Kori Moster	Junior	Cincinnati, OH	Mariann and John
#2	Kristen Muir	RS-Freshman	Plymouth, MI	Michelle and John
#3	Autumn Christenson	Freshman	Whitehall, MI	Annette and Rob
#4	Halle Peterson	Sophomore	Rockford, MI	Sandy and Steve
#5	Megan Tompkins	Freshman	Petoskey, MI	Jill and John
#6	Allyssah Fitterer	Freshman	Barrie, Ontario	Bonnie and Leonard
#7	Ryian Hubbard	Junior	Battle Creek, MI	Laurie
#8	Ebony Scott	RS-Freshman	Powhatan, VA	Mamie and John
#9	Taylor Galloway	Junior	Portage, MI	Cathy and Roger
#10	Kelsey Kuipers	Senior	Otsego, MI	Kathy and Dave
#11	Chloe Reinig	Freshman	South Lyon, MI	Carol and Geoff
#12	Kristen Kelsay	Senior	Wheaton, IL	Mary and Bruce
#13	Brooke Kranda	Freshman	Westfield, IN	Beth
#14	Jazmine White	Junior	Oshawa, Ontario	Lisa
#15	Lauren Wicinski	Senior	Geneva, IL	Gina and Rob
#16	Maggie Halloran	Sophomore	Ann Arbor, MI	Cathy and Brian
#18	Alexis Mathews	RS-Senior	Detroit, MI	Andrea and Edrick

Pentwater Parade

Just as the 2013 campaign was getting underway, the team loaded a bus and headed to Pentwater, MI for the Homecoming Parade! The day began with the first practice of the year hosted by local high school. Then it was boxed lunches and some time to freshen up before we headed to the Michigan State Tailgate. By the time we arrived at the party, many Spartan fan were already



gathered and gave us a warm welcome. After a team introduction and season preview, the team was able to mingle with many MSU fans to take pictures, answer questions, and invite them to our games! The day ended with the team and staff riding in the parade on a flat-bed trailer—passing out posters, schedules, and candy to the hundreds of MSU Fans that lined the streets! It was an awesome way to kick off the season!

Green/White Scrimmage—Aug 24

The first time a new player dons the Green and White is usually in the intrasquad scrimmage. It's also the first chance many fans have to see what the upcoming season might have in store. If that's the case, we're in for a pretty good year! The teams, split evenly to provide a competitive game, both had moments of excellence as well as provided the staff with a few things to address before the Virginia Tech tournament this weekend. The White team won 2 of 3 sets and were lead by Taylor Galloway with 13 kills—with a special shout-out going to Ryian Hubbard who stepped in to set for the injured Halle Peterson. The Green team was paced by Kori Moster with 29 digs in 3 sets!

Also, you may have recognized some familiar MSU faces on the benches serving as head coaches. The volleyball team was glad to have Jacquie Joseph (Softball), Simone Jardim (Women's Tennis), Helen Knoll (Field Hockey), Jake Boss (Baseball), Casey Lubahn (Men's Golf), and Tom Anastos (Ice Hockey). Each coach took their turns firing up their respective teams to try and win. MSU Assistant coaches did their best to educate them as to what was going on and it was entertaining to hear their feedback on the bench! Coach Lubahn was the shortest member of Team Green (except for Kori) and Coach Anastos really enjoyed giving serving zones to the players as well as calling for substitutions. Coach Boss took a different approach and gave Kori Moster serving zones as if she was a batter deciding whether or not she is going to bunt or swing away. Coach Knoll consistently related every volleyball event back to field hockey, while Coach Jardim was "in-it-to-win-it" from the first whistle. We're not sure Coach Joseph even knows her team lost as she was entrenched in updating Twitter with every point. All in all, it was a lot of fun for the team and coaches.





SIDEOUT CLUB NEWS

MICHIGAN STATE VOLLEYBALL



**Krista and Bruce
Rice were married
on July 27 in Grand
Rapids, MI.**

**Congrats to them
both!**

President:

Cheryl Bartholic

Vice-president:

Marge Bossenbery

Treasurer:

Julie Morgan

Secretary:

Shirley Garrity

Board Members:

Jim Constandt

Pete Cronk

Susan Epple

DeAnna Fenech

Dave Martz

Cathy Richter

Lynda White

Tim Salinas

Carole Brogan

Eileen Ellis

The Service Line

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

Website: www.msusideout.org

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