



Service Line

Volume XIX Issue 4

March 17, 2014

Letter from Cathy

Hi All,

How about those Spartans? We are excited to see MSU do so well in all sports! Congrats to Susie and Tom for another great year and what I am sure will be a great finish! You can rest assured that the MSU volleyball team has not been taking a break, we have been working extremely hard since the banquet. I love the non-traditional segment because we get to work on individual improvement and team culture. Each player has made strides already and we look to see the team gain in all areas of their game. As we move into competition we are able to try different combinations and offensive/defensive strategies and track how it all comes together. Thankfully we have the opportunity to play four weekends to test things out before we move into the summer sessions. Mike has included our Spring schedule so you can join whenever possible!

I also want to thank you for your thoughts, prayers and emails to Richard Alban before he passed. He has been a great friend to our program and to so many of you! Richard always had a smile on his face and made our team feel very special! I hope he knew how much he meant to our team and to the side out club . We will surely miss him.

Thanks again for your support!

Cathy



@MichStVB

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Spring Update

Coming off winter break, the NCAA allows 8-hours of "countable activity" for each athlete. Furthermore, only 2 of those 8 hours can be in the gym with coaches (the other 6-hours are typically split between weights and conditioning). Cathy added hot-yoga to this year's conditioning regimen once a week to improve flexibility, strength, balance, recovery, and relaxation techniques. During the gym segments, coaches typically work with small groups based on position to improve upon the finer details of our technique and form. The 8-hour-a-week segment concluded with a conditioning competition involving Women's Soccer and Field Hockey in the Duffy Indoor Football Field. The competition combined sled pushes (with and without teammates standing on the sled), sprints, sled pulls and board pushes. See the picture below!

The team is currently in our 20-hours-per-week segment of the year. The 6-week segment began before Spring Break and will continue through the middle of April. The NCAA Rules allow us to compete on 4 days, which is why you'll typically find teams doing a combination of play-days (2 teams that practice vs. each other in a variety of back and forth type of drills) as well as tournaments (multiple matches throughout the course of a single day). This year has the Spartans in a play-day on March 22 vs. Western Michigan before the Spartans take on the Broncos in a full 3 out of 5 scrimmage that night at Cornerstone University. This will be the first chance to see the 2014 Spartans in action. It will also provide an opportunity for the coaching staff to see young player step into new roles as Wicinski, Kuipers, Kelsay, and Mathews have graduated.



Practices have been going well thus far and the team is working each week in the gym and the weight room. A new wrinkle for 2014 involves the whole team, including coaches, meeting with a Sports Psychologist on a weekly basis to practice our neck-up routines before the rigors of the fall season. We're finding that it takes a lot of attention and practice to master some of the relaxation and focus techniques! Our morning practices provide a laboratory for our team to experiment with what we've learned.

Spring Schedule

March 22— 6pm—Michigan State vs. Western Michigan (@ Cornerstone University)

March 29—Michigan State @ Great Lakes Center (579 N. Oakhurst, Aurora, IL)

Matches start at 10am—Marquette, Southern Illinois, Milwaukee

April 5—Michigan State @ Circle City Tournament (1915 Gladden Road Plainfield, IN 46168)

Matches start at 9:30am—Louisville, University of Indianapolis, then playoffs.

April 12—Home Tournament (Jenison Field House)

Matches start at 10am—Akron, Kent State, Grand Valley State, Ferris State, IPFW.

Alum Updates

Allison Ianni-Cironi (Class of '06) and her husband Rocco just found out they're pregnant!

Ally Karaba (Class of '10) is still in the MSU College of Osteopathic Medicine and is about to finish her second year. She'll graduate in 2016. However, she just recently got engaged to Glen Barker and will be getting married in October 2014.

Natalie Emro (Class of '11) is currently the Graduate Assistant Coach at North Park University in Chicago and is engaged to be married to Mike Dietz on July 19, 2014!

Nikki Colson-Harrington (Class of '04) earned a master's degree in speech-language pathology from the university of Nebraska in 2012. She and her husband moved to San Francisco in October of last year for his work and are loving it. She loves working with kids as a speech therapist for San Francisco unified school district. She's loving the California weather and outdoor adventures!

Becca Zlabis (Class of '11) is in graduate school for speech language pathology at Midwestern University. She's class president and head of social events and has a 4.0 GPA. She's currently giving therapy to stroke patients and doing research on some therapy techniques articulation/language therapy with first graders. In her free time she's coaching middle school boys at SPVB and helping out with the Wheaton Warrenville South HS boys volleyball team hoping to get a state title! She's also a Young Life leader for WWS.

Dana Cooke (Class of '96) "has been lacking serious sleep since 2012." She just had her 2nd boy in September of 2013 and his name is Marcus. Her oldest, Andrew, is 2. She's still coaching club volleyball in Ontario and looking to get back into playing beach with the goal of competing for a medal at Canadian Beach Nationals this summer. (She says she'll need some serious luck and LOTS of Alevel!!!)

Kyndra Abron (Class of '11) played professionally in Finland and Holland! She would like to play another season in a different country.

Kelsey Kuipers (Class of '13) joined the MSU Track & Field Team and trained with them in the indoor season. She is hoping to compete in the high jump this spring on the outdoor team.

Alexis Mathews (Class of '13) trained with USA National Volleyball in Anaheim for an 8-week segment and scored 11 pts (international stats count pts which equal kills + blocks + aces) in the first Red v Blue Scrimmage of the year. Picture on the right!

Lauren Wicinski (Class of '13) is playing in Puerto Rico for Gigantes Carolina (check out the picture below!)



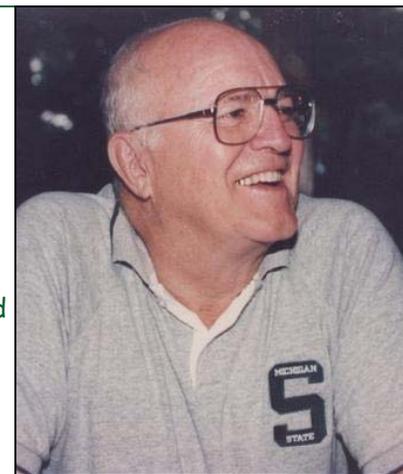
Amy Dentlinger (Class of '12) is going to PA School at St. Ambrose University in Iowa.

Carli Weiler (Class of '11) is currently living in Bettendorf, Iowa where she attends graduate school at St. Ambrose for speech-language pathology. Aside from taking classes and seeing patients, she's also an assistant coach for the men's volleyball team.

Megan Wallin (Class of '05) is engaged and getting married this May.

Jenilee Rathje (Class of '11) is working full time as a club administrator at Michigan Elite Volleyball Academy as well as coaching their top-level team. She's living in Rochester Hills, MI. She enjoys cross-fitting and playing in her off time (though she recently fractured her ankle and will have to take a little time off to recover!)

Richard Alban
1930-2014
Lansing, Michigan



A long-time resident of East Lansing, Lansing, and graduate of Michigan State College, Richard died after a brief battle with Brain Cancer. Richard loved to build small wooden gliders (fans might remember some of his glider competitions between games 2 and 3 of some MSU Volleyball matches). He also loved to play poker with his buddies, go to fish fries, read, and follow MSU Volleyball matches.



He is survived by his three daughters, Amy (Jim) Severson, Mary Alban, and Jennifer Alban Ayers; his four grandchildren, Erik and Jennifer Severson and Eleanore and Alison Ayers; and his nieces and nephews. He will be remembered by his many friends, neighbors and family for his loving, generous nature and helpful spirit. He could be seen at nearly every Michigan State Volleyball match, home and way, yelling "GO GREEN" whenever he had the opportunity!

There will be a memorial planned for a later date. In lieu of flowers, memorial contributions may be made to Sparrow Foundation in memory of Richard Alban. Online condolences may be left at www.EstesLeadley.com.

SIDEOUT CLUB NEWS

MICHIGAN STATE
VOLLEYBALL



2014 Tentative Preseason Schedule

- Aug 29-30 @ Alabama-Birmingham Tourney
UAB, Samford, SE Louisiana, Jacksonville St.
- Sept 5 vs. North Carolina
- Sept 6 vs. Duke
- Sept 12 @ Oregon
- Sept 13 @ Oregon State
- Sept 19-20 Spartan Invitational
Western Kentucky, Milwaukee, LIU Brooklyn

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The Service Line

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

Website: www.msusideout.org