

The Service Line

Volume XV Issue 1

August 20, 2009

Michigan State University

Letter from Cathy—2009 Preview

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SideOut Club,

I can't believe it's already time to write the letter kicking off the 2009 season! I have been excited for some time to get back in the gym and begin working with the team again.

As we return all but one player from last year's team, we are optimistic about the season ahead. We are ready for the challenges of this season right from the start as we are hosting three powerhouse teams (#12 USC, UNC, and Albany). We are pleased to bring such great competition to the Greater Lansing area and hope you'll all join us in what will be a premier tournament nationally on August 28-29. We will also welcome back several MSU Volleyball Alum to be recognized for their past volleyball achievements.

As for the current team, we are progressing nicely since our first day August 10th. Although we still

post a roster that is somewhat youthful, we believe their freshman year experience will bode well for our return to Big Ten play. Our young players are making the transition to the college game and are steadily making improvements necessary to play at such a high level. We are pushing hard to have this team recognize what they are capable of and push beyond. We are excited at the opportunity to play 11 matches against preseason top 25 teams throughout this year and know it will be a great opportunity to showcase our skills on an elite stage.

Thank you all for your continued support—we hope to see you at the Jenison Field House Aug 22, 28 & 29 for the G/W Scrimmage and Spartan Invitational!

GO GREEN!

Cathy George



Alumnae Event—August 28 & 29—Spread the Word!

Every successful program goes far beyond the people you see represented on the court. This is a belief that we have at Michigan State and we want our players and fans to understand it. This program has been built through the work of dedicated student-athletes over the years. The alumnae weekend is our chance to honor these women for their work, and the contributions they have made to make Michigan State Volleyball the program that it is today. On our opening weekend of August 28-29 we will welcome back (names of alums coming) to Jenison Field house as we battle #12 USC, Albany, and North Carolina. During that weekend, volleyball alumnae will have the opportunity to interact with the team, attend family fun night, and will also be honored in between sets 2-3 of the University of North Carolina match. We are excited to have all of these former players back for this celebration. If you are an alum of the volleyball program or know someone that is, please encourage them to come and join us. We would love to honor them! Please contact Carmen Jones at vbops@ath.msu.edu for more information.

Pre-Season in South Haven: by Allyson Karaba

Every preseason, our team takes a trip for the first 3 days of practice. This year, we traveled to beautiful South Haven, MI to kick off our season. We were welcomed in Brady Compton's (manager) home with open arms and we couldn't believe how beautiful their home was. However, we couldn't stay for long because we had business to take care of—our first practice. We practiced at South Haven High School for our first five practices and our team really got to know each other's style of play. Our eagerness to start the main part of our season was obvious as we had hard working, efficient practices. Outside of practice we had some team bonding time: a fun group game one night all about getting to know little things about everyone, and a talent show showcasing everyone's acting, dancing, drumming and comedic abilities. All in all, South Haven was a great experience!



Notes from the SideOut Club Board—by Carole and Cheryl

The mission of the Sideout Club(SOC) is to raise funds to support the women's volleyball program, increase membership of the SideOut Club, promote attendance at the volleyball games, and provide an opportunity for members of the club, team players, and coaching staff to interact socially. We hope you enjoy the benefits of being a member of the SOC and will encourage your friends and family to join. Please renew your membership for 2009-2010 season by September 15th as this will be the last newsletter that is distributed to 2008-2009 members. Membership applications were mailed to you in early August or you can go to the SOC website (www.msusideout.org) to complete an application. All Sideout Club members that renew by September 15th will be entered into a drawing for courtside seats to the game against Michigan on October 21st.

Jim Ellis recently retired from the Board and we want to thank him for his many years of service on the SOC Board as Treasurer. We want to welcome Pam Ruth who will step into the Treasurer role. The Board meets monthly and the board members volunteer at the home volleyball games to sell raffle tickets and merchandise to raise funds for the volleyball program. Let us know if you have interest in joining the Board.

Coaches Lunch and Chalk Talk dates are listed on the SOC website. We hope to see you at the next SOC event or at the next home MSU volleyball game --- *It's Fast, Fun and FANTastic...it's Spartan Volleyball !*

Team Roster / Parent Names

No.	Name	Parent Names	Pos.	Ht.	Elig.	Hometown/Previous School
1	Allyson Karaba	Al/Debbie	DS/L	5'7"	JR	Muskegon, Mich./North Muskegon
2	Cheyenne VanDerSteen	Monica and Gary Trierweiler and Robert Kocisky	DS	5'8"	FR	Grand Ledge, Mich./Grand Ledge
3	Mandi Karaba	Al/Debbie	DS	5'4"	RS FR	Muskegon, Mich./North Muskegon
4	Carli Weiler	Chad/Mary	DS/L	5'6"	SO	Oak Lawn, Ill./Mother McAuley
5	Jenilee Rathje	John/Lori	OH/ RS	5'11"	RS SO	Mount Pleasant, Mich./Mount Pleasant
6	Amy Dentlinger	Joel/Sheila	OH	6'1"	FR	Arcadia, Iowa/Kuemper Catholic
7	Megan Schatzle	Ron/Cindy	OH/ RS	6'2"	JR	Monroe, Mich./Monroe
8	Nicole Peter	Jeff/Sally	S	5'11"	JR	Grand Rapids, Mich.
10	Elizabeth Egerer	John/Debra	OH	5'11"	FR	Sheboygan Falls, Wis./Sheboygan Christian
11	Becca Zlabis	Jeff/Cindy	OH	5'11"	SO	Wheaton, Ill./Wheaton-Warrenville South
13	Natalie Emro	Todd/Lori	S	6'1"	SO	Wildwood, Mo./Lafayette
14	Mischelle Nelson	Yvonne	MB	6'1"	SR	Naperville, Ill./Nequa Valley
16	Kyndra Abron	Joe/Cassandra	OH/ MB	6'2"	SO	Livonia, Mich./Livonia Churchill
17	Vanessa King	Dave/Kathleen	MB	6'1"	SR	Spring Lake, Mich./Spring Lake
18	Alexis Mathews	Ed/Andrea	MB	6'3"	FR	Detroit, Mich./Renaissance

As requested by members of the Club, here is a list of the current players with their parent names. It's a little cheat sheet for everybody...

Rathje Studies Abroad

This summer I had the opportunity of a lifetime - studying abroad in France, Spain, and Belgium for three and a half weeks. Going into the trip I thought to myself, "Oh, this will be a fun little three week vacation overseas, maybe something I can brag about a little bit" (being my competitive self, and all...), but I came away from those three weeks with so much more than photos and souvenirs. I learned far more than I could have ever imagined through being totally submersed in a different culture, surrounded by and becoming great friends with a diverse group of students from Michigan State, and lead by an extraordinary professor. I felt as though I grew a lot as an individual, most noticeably from being in a new environment and having to figure out how to get around in countries that speak different languages and have different social norms. My greatest take-away from being in Europe in general was probably the pace at which they live life: everything is far more relaxed and people make relationships a priority over business. For example, it was totally acceptable and normal to have a two hour lunch to enjoy your company, sit and reflect, or just to observe life around you. Although at first this was quite annoying since we live in such a fast-paced world in the States, by the end of the trip, it became commonplace for us too, and we were able to relax and take our time just like the locals - it became a way to enjoy the quiet moments of life instead of rushing through them!

The majority of our trip was spent in Paris, where we went on a boat tour down the Seine River, went up the Eiffel Tower and saw it sparkle at night, went to the Louvre (which is incredible and one of my favorite sites!), saw Notre Dame Cathedral, visited the Palace of Versailles, and had some great group dinners - one up by Sacre Coeur Cathedral in a quaint French restaurant, and the other for our 'graduation dinner' where we also celebrated my birthday (which was the last day of the trip)! We had a four day excursion to Barcelona, Spain, where we met with various businesses, had a walking tour of the old, new, and gothic parts of the city, and went to the Mediterranean Sea for one of our free days. Then we also had a day trip to Brussels, Belgium, where we met with the European Union; and another day trip to Champagne, France, where we toured Moet & Chandon. Although not ideal, my most memorable part of the trip was when seven of us got stuck in Toulouse, France, on our way back from Barcelona. There was apparently a rockslide over the train tracks and rather than a 7 hour trip back to Paris, it took us 24! It may have seemed like an inconvenience at the time, but it would take a lot more than a whole day of travel to ruin such an amazing trip.

Hopefully one day I will be able to use my Marketing and International Business, or better yet, my volleyball background, to see even more of Europe!



Question & Answer

In this section we hope to answer some of the more common questions asked by our SideOut Club of the staff. If you have a question that you'd like answered in an upcoming newsletter, let me know and I'll do my best! Email me at: gawlikmi@ath.msu.edu



Question: *Why doesn't the team just SERVE THE BALL IN?!*

Answer: This is a common question that we get asked as a staff all the time, so I thought I'd take the time to talk about it.

First and foremost, we want to be aggressive in all of our skills. Serving is no different. We believe that the serve is the first chance to attack in every rally and therefore, it is vital that we serve a ball that can gain us an advantage. Remember: each serve (float serves, jump float serves, jump top spin) can be considered a tough serve if executed well! There is an old volleyball adage that states, "If you serve lollipops, you're gonna get licked!" Simply put, if your team put 100% of the balls in the court, but none of them are aggressive, the opposing team is going to pass perfect ball after perfect ball and be able to get kills and sideouts at will.

We train our players to serve tough to gain an advantage in a couple major areas. The first major goal of all of our servers is to get the other team OUT OF SYSTEM. Simply put, "out of system" means that they do not get a perfect pass and need to scramble to get an attacking opportunity. For example, a poor pass might rule out the opposing middle from getting set on a fast-tempo set like a quick set, shoot set, or slide. With one attacker out of the mix, we can focus our three blockers on the other attackers and hopefully get a block or channel a ball directly to a waiting defender for a counter-attack. The 2nd major area we can gain an advantage, and probably the most obvious, is in ACES. An ace is any serve that results directly in a point. All serves that hit in bounds, or shank off a passer are considered aces. However, in a conference where the passers are very good—aces may be hard to come by, and therefore, it's our 2nd goal. Remember, in order to get these advantages, we must serve tough and aggressively. This will mean we miss serves at times.



www.msusideout.org

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SIDEOUT CLUB NEWS

Important Dates

Green and White Scrimmage—Autographs to Follow

Saturday, August 22—4pm

Coach's Luncheons: Each at NOON at Hall of Fame Café

Thursday, August 27

Thursday, October 1

Thursday, November 12

Chalk Talks: 5:30pm in Room 209 of Jenison Field House

Saturday, October 3

Saturday, October 17

Saturday, October 31

Saturday, November 21



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<i>Vice-president:</i>	<i>Cheryl Bartholic</i>
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The Service Line

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