



# Service Line

Volume XVI Issue 4

May 1, 2011

## Letter from Cathy

SideOut Club,

As we approach final exams, it's easy to see the two types of learners on campus. There are those that memorize the right answers, simply hoping to remember the information long enough to regurgitate it on the exam—never truly learning anything in the process. Then there are those students that truly try to understand and comprehend each concept so they can apply it to a variety of situations. I'm sure many of you already know, the spring is one of my favorite times of the year because it offers the greatest opportunity for our athletes to grow and learn—not simply memorize what coach wants them to do. This year was no exception! As a staff we looked to get the team to understand the "whys" to our team defense, an area that clearly needed to be addressed after an injury plagued fall. This required that we continue to teach each player their value to our defensive system. It became vital that our defenders knew what our block was doing, and that our front row players be able to be held to a high standard in the back row regardless of whether or not they typically are replaced by defensive players. We tested ourselves in Aurora, IL at the Great Lakes Center, Dunes Volleyball Club in Northwest Indiana, hosted Cincinnati, and traveled to Ann Arbor. We learned valuable lessons from the ten victories (including wins over Western Michigan, Cincinnati, Illinois State, and Valparaiso) and two defeats that will drive us to train and compete hard throughout the summer months. The maturity that we have started to see from our team, and their openness to learning, is at an all-time high. Each member of the team prepared a self-training regimen for the summer that they intend to use to achieve their goals. We hope you'll be able to join us on May 4th at the Hall of Fame Café (5:30pm) for a SideOut Club Dinner with the Coaches and Board members and appreciate your continued support. Thanks and Go Green!

*Cathy*



### DID YOU KNOW?

14 players have donned the #6 for the Spartans (including Nikki Colson, Jenna Wrobel, and current Spartan Amy Dentlinger). That's the most of any jersey number.

### In This Issue:

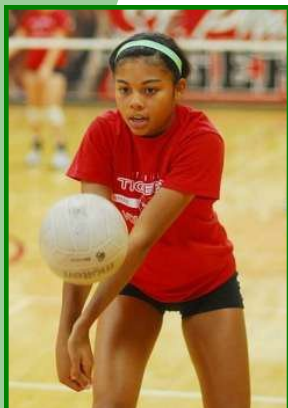
- Spring Update
- New Spartans
- Renovation Surprise!



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# Spartans Add 3 (more) in 2011!

## Ryian Hubbard—Battle Creek, MI (St. Phillip Catholic Central HS)



Ryian is a Libero/Setter from Battle Creek. She has been a winner throughout her high school career as a setter—including 4 consecutive state titles in Class D! Her abilities have been rewarded with back to back 1st team All State accolades. Ryian competes with Dead Frog Volleyball Club in Kalamazoo as a libero with fellow 2011 Spartan Taylor Galloway. Ryian will major in Kinesiology and chose MSU “because of the coaches and it was an environment that I believe will prepare me mentally, emotionally, and physically after college when I’m on my own.” She enjoys reading the “Twilight Saga” and watching Grey’s Anatomy. Ryian can also talk like Pikachu from Pokemon.

## Chelsea Probst—Wheeler, IL (Illinois Central College)

Chelsea is a DS from a small town in southern Illinois—Wheeler has no McDonalds and is about 90 minutes south of Champaign—and will be a junior for the Spartans in the fall. Chelsea was a member of the 2009 NJCAA DII National Championship team from Illinois Central College and looks to contribute to the backcourt in 2011. Chelsea says, “I came to Michigan State because it was the perfect combination of high level competitive volleyball and my major—Media Arts in Technology with a Specialty in Game Design. Chelsea’s career goals are to design a video game franchise. Her hobbies include reading (fantasy), watching Will Smith Movies, playing video games, and collecting key chains. Her parents are Jerry and Elaine, and she has an older sister who played volleyball at University of Southern Indiana (2007).



## Gina Lang—Valparaiso, IN (William and Mary College)



Gina is an OH/DS from Northwest Indiana and will be a junior for the Spartans in the fall. She will provide depth in the Outside Hitter position. As the daughter of two MSU Alumni (James and Ana), Gina has “...always been a Spartan... Even at William and Mary I was a Spartan!” Gina is also talented off the volleyball court and plays the cello. Her cello skills landed her a chair in the Northwest Indiana Youth Symphony for 3 years in high school. Her favorite class is “American Radical Thought,” which focuses on protest movements from the 50’s—70’s. She’s majoring in Studio Art and looks to get her Graduate Degree in advertising or journalism with the hopes of someday working for National Geographic. Gina can name all the bird species in the Midwest and enjoys watching documentaries.

## 2011 Academic Gala



As you may know, the Student Athlete Support Services (SASS) hosts a wonderful dinner and awards ceremony honoring the successes of all the athletes who continue to excel not only on the court, but in the classroom. The black tie event, which honors those student athletes (sophomore standing or higher) with a cumulative GPA over 3.0, is a premier event on campus and one that the Athletic Department is truly proud. This year, our volleyball program was extremely well represented with eight players

being invited! Natalie, Becca, Amy, JR, Ally, Megan, Nicole, and Mandi were all recognized for their outstanding academic efforts. In addition, all 800+ guests were witnesses of a well performed talent portion – this year provided by Jenilee (piano) and Ally (vocals) for their rendition of “Halleluiah!” JR and Ally were selected through a tryout process conducted by the SASS staff! This truly is a great way to show off how many of our student athletes debunk the “dumb jock” myth. Congratulations to all the award recipients!



## New Bleachers in Jenison!

We're very excited to let you know that new bleachers are going to be installed in the Jenison Field House over the next few weeks! The new green seating will wrap around all 4 sides of the court and will contain 1,400 chair back seats as well as bench style seating. The bleachers are the beginning of a new Jenison proposal (that contains lighting, sound, and graphic design elements) that is still undergoing revisions, but will undoubtedly make the volleyball experience even more special this fall. Stay tuned for more information regarding this pro-

## Brady Compton—USA Beach Volleyball

Brady has been a manager with MSU Volleyball for the past 3 seasons and has landed a full-time job with USA Beach Volleyball as their Head Technical Coordinator. Basically he is in charge of the video editing for the senior and junior programs and assists with the Regional Teams. His travels will take him all over the world including: Brazil, China, and the Olympics in London! We are very proud of Brady and wish him the best of luck!

## Alumnae Updates

**Andrea DeLuca- Mahon (Class of '93)** has a new addition to her family. Her second son, Macklin (Mack) was born on Nov 9, 2010. He and his brother, Rocco- 3yrs, are definitely Spartan fans. They live in Ann Arbor but proudly display their Green & White!

**Dana Cooke—(Class of '96)** Married in October of 2010 and is going to compete on the Corona Wide Open beach tour in the US this summer. She also added that she's been coaching like crazy!

**Maren Witzel-Chan (Class of '00)** had a new baby born last year. Her name is Elinor Kathryn, now 7 months old. She is a fun and crazy little girl and definitely loves her volleyball! Maren is married to Northwestern Head Coach Kaylor Chan. She's currently a recruiter for a staffing firm in Chicago - so if anyone knows of anyone looking for work in Chicago, she can do my best to help them, or refer them to someone who can!!!

**Marley Bellwood (Class of '05)** works for an event management company, The Revel Group, which recently just managed the Chicago Cubs Inaugural Bricks & Ivy Ball from conception to completion, helping the Cubs' Charities raise more than any other team in Chicago to date. They raised \$1.1 million within 3 hours. By day, I am the Director of Sales at an event venue we manage, River East Art Center, which recently hosted Robert Redford's worldwide movie premier for his new movie, The Conspirator.

**Nicole Colaluca—(Class of '06)** is currently working for Chartis Insurance as an underwriter for the commercial casualty division. She bought a condo in Lincoln Park (IL), and is traveling the world one trip at a time! Her mom is getting married in May and she continues to play beach and indoor coed 4's volleyball with **Marley Bellwood (class of '05)**

**Miken Trogdon—(Class of '07)** is moving downtown Chicago at the end of May. She works in sales for a company called KI Industries, and is studying translation at the University of Chicago so she can take the American Translator's Association exam to become fully certified. Miken spent nearly 2 years in Spain from September 2008 to July 2010.

**Ashley Schatzle—(Class of '07)** is a cardiothoracic surgical RN at Munson Medical Center in Traverse City and is training for the Traverse City Marathon over Memorial Day weekend. She's also in the process of applying for anesthesia (CRNA) schools.

**Heather McDaniel—(Class of '08)** is engaged and getting married to Joe Lower—her longtime boyfriend (now fiancé) - in July! She's studying Occupational Therapy in Baker, MI. Congrats and Good Luck!

**Mischelle Nelson—(Class of '09)** is preparing to take the MCAT this summer by finishing up her prerequisites at Northern Illinois University in Dekalb. She was recently inducted into phi sigma (an honors biology society), and may participate in a study abroad program in Oxford at Oriel College.

**Vanessa King—(Class of '09)** is currently living in Durham, NC and playing a lot of beach volleyball. She just got 2 new puppies—lab mixes and is working for Resolvit (an IT Consulting firm) as an administrative assistant.

If you have any updates about other alumnae, let me know!





## Question and Answer

Question: What makes a good defensive specialist - physical and psychological attributes? - Mary Pollack

Answer: When we're looking for a defensive player we look for a variety of things including:

1. **Touch**—this is a term we use to describe their ability to pinpoint where they want to ball to go. This is vital for their role as a passer and defender. Players with poor touch send balls back over to the other side, or straight up on their side of the court making it difficult to set—and thus counterattack. Good touch takes thousands and thousands of reps to master.
2. **Mentally Tough/Confident**—Passing is probably the most mentally taxing skill in volleyball in that it is preceded by 3-5 seconds of waiting rather than being strictly reactionary. It is important for our passers and defenders to be able to handle pressure in stressful moments—regardless of the score, the success of their previous pass, or the difficulty of the serve. We can't afford for a player to be questioning themselves mid match.
3. **Quickness**—Our defensive players are consistently put in a position to react to some fast moving attacks and need to be able to move quickly to put themselves in a position to not only put the ball into the air, but on target.
4. **Calmness**—Cathy often used the phrase, “Be quick, but don't hurry.” By staying calm, players can avoid nervous errors from rushing a play. Poise under pressure is vital to a player's touch and mental toughness.
5. **High Volleyball IQ**—This is a term we use in the volleyball world to describe how much someone understands the game of volleyball. A player with a high volleyball IQ understands the idiosyncrasies of the game. For example, a player is more likely to tip/offspeed after they make an error, ease up on a serve after a miss, or set their stud at crunch time. Players with high volleyball IQ usually play the game with calmness because they can stay a “step ahead” of the game.
6. **Poor Short Term Memory/Excellent Long Term Memory**—Defensive players need to shake off a bad pass or dig very quickly without letting it affect future plays. A poor short term memory helps this—although is a difficult “skill” to train in young players who easily frustrate. An excellent long term memory helps because you can begin to see trends in opposing teams. For example, the other teams outside hitter hasn't hit line all match long, or they tend to set the middle in rotation 4, or even remembering scouting reports or previous matches.
7. **Grovel**—a good defensive player takes charge of the back court and inspires the team to grovel and play hard with their continued effort and fight. They stick with every play and fight tooth and nail for every loose ball. They are never caught “offguard” by a play and would never use the excuse, “I wasn't ready.”



## SIDEOUT CLUB NEWS

### Important Dates

#### May 4th—Dinner at Hall of Fame Café on Lake Lansing Road. 5:30pm

Served dinner for \$12.00 including tax & tip with these choices- Bourbon Chicken, Oven Fired Penne Pasta, Hall of Fame Salad with Chicken, Fabulous Fish & Fries. Each meal would have appropriate side dishes, a chopped salad (soup if the salad entree is chosen), rolls, water, and assorted non alcoholic beverages.

#### Board Meeting—May 12 at Jenison Field House



<u>President:</u>	<i>Cheryl Bartholic</i>
<u>Vice-president:</u>	<i>Carole Brogan</i>
<u>Treasurer:</u>	<i>Pam Ruth</i>
<u>Secretary:</u>	<i>Shirley Garrity</i>
<u>Board Members:</u>	
<i>Jim Constandt</i>	<i>Marge Bossenbery</i>
<i>Susan Epple</i>	<i>Pete Cronk</i>
<i>Dave Martz</i>	<i>DeAnna Fenech</i>
<i>Chuck Riley</i>	<i>Cathy Richter</i>
<i>Lynda White</i>	<i>Tim Salinas</i>
	<i>Rachel Walsh</i>

#### The Service Line

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

Website: [www.msusideout.org](http://www.msusideout.org)

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