



Service Line

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@MichStVB

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Letter from Cathy

Pre-season is off to a great start and we are ready to ATTACK! Four freshman and 3 transfers add to our team from a year ago and they all have made a significant impact. The team is anxious to begin the competitive season but is really taking hold of the little details that are imperative to building a strong foundation for the dogfight that lies ahead. Join us this season, it will prove to be exciting! Jenison Field House has gone through quite a facelift. With beautiful new bleachers generously donated by an anonymous source, (thank you to whomever you are), and a video board to keep you close to the action, Jenison will be a venue to be proud of.

Hope to see you this weekend at our Green/White Scrimmage which starts at 7pm on Saturday night (August 20)!

Thanks for your continued support as always—GO GREEN!



DID YOU KNOW?

11 of 12 Big Ten Teams are receiving votes in this year's AVCA Preseason Top 25 Poll.

Home Schedule

Aug 20—Green/White (7pm)
 Sept 2—St. Johns (4:30pm)
 Sept 3—Cleveland St (Noon)
 Sept 3—Toledo (7pm)
 Sept 16—Ball State (7pm)
 Sept 17—VCU (Noon)
 Sept 17—Sacred Heart (7:30pm)
 Sept. 30—Nebraska (7pm)

Oct. 1—Iowa (7pm)
 Oct. 7—Wisconsin (7pm)
 Oct. 8—Minnesota (7pm)
 Oct 19—Michigan (8pm)
 Oct. 26—Indiana (8pm)
 Oct. 29—Purdue (6:30pm)
 Nov. 18—Illionis (TBA)
 Nov. 19—Northwestern (TBA)
 Nov. 26—Penn State (7pm)

Judgment Day 2011

Day 1—Field

To kick off the 2011 preseason, Cathy looked to ex-marine Eric Kapitulik (CEO and Founder of www.TheProgram.org) to lead the team in chemistry and leadership exercises to set the standard for MSU Volleyball. The two-day experience was life changing for many of the people involved. Day 1 focused on team challenges including a military style warm-up, log raises/50 lb. sandbag carries, and then finally a fireman's carry which required the team to carry each other distances of 21, 41, 61, 81, and 101 yards! Why 21 yards instead of 20? Simply because The Program encourages each team they work with to do—1 more... Each challenge was initiated by a team leader that was given the parameters before then presenting their game plan to the team. The field portion was physically and mentally draining for every team member!



Day 2—Pool

The Program continued with Day 2 starting bright and early at 5:30am in the pool. To tell you the truth, it's not all that bright at 5:30am! The team worked incredibly hard to attack the challenges in the pool which included pool side calisthenics as well as laps across the pool. The team continued to be challenged mentally and physically as they were forced to work together—as Erik said over and over— "We are one team with one heartbeat!" The second challenge they faced in the pool involved each team member treading water while wearing a sweatshirt. When indicated to do so, and ONLY when, each team member had to remove their sweatshirt, trade with a partner, and then put the second sweatshirt on as fast as possible. The team worked again and again to get faster and faster with their exchanges before finally achieving their target time! The team has taken many of the lessons learned into the practice gym—including team warm-ups that require communication and synchronization, attacking each challenge/drill, as well as taking special attention to "help out the warrior to their left and right." Each player needs to learn how to lead and how to follow—and needs to prepare to do both on a daily basis. The Program was an eye opener for the team and the staff in many ways!



Preview First 2 Tournaments

September 2 & 3—Spartan Showcase

We host St. John's University, Cleveland State, and Toledo. We are excited to have 3 quality opponents coming to the Field House to open up our fresh, new look. Having played each of these universities over the past few seasons in different events, we are well aware that they have the ability to surprise teams with their ball control and defense. On a side note, please be advised that the Friday night game will be taking place at 4:30pm due to the FOOTBALL game on campus that night at 7pm. Please be advised of parking issues associated with the game. We advise that fans use the lots on the South End of campus near Mt. Hope Road. There will be shuttles running to/from the football game and will allow volleyball fans to park and ride to Jenison Field House. We continue to look into alternate ideas for our fans and will email any additional information to you closer to the tournament date.

September 16 & 17- Spartan Invitational

We host Sacred Heart (2010 NCAA tournament Team), Ball State (24-5 in 2010), and Virginia Commonwealth. This will be the final home tournament before we kick off the start of the Big Ten Season. Sacred Heart is coming off a 29-7 season where they finished atop the Northeast Conference and has added a transfer from USC in the offseason. Ball State is a traditionally wiry team that looks to win with ball control and an offense that stresses movement. VCU has a roster with a few foreign born players—which always makes them difficult to schedule due to the fact that you never really know what they will look like from year to year! September 17th is also the first SOC pre-match pizza party—don't miss it!

Spartans Host 8 Summer Camps

This summer, the volleyball program welcomed in 1,085 summer campers! The camps offered this year ranged from kids camp and agility training to all skills and team camps. The staff, team, and campers had to negotiate extreme heat (even having to cancel one afternoon session of volleyball in lieu of the pool). At the All Skills camp Cathy was surprised by a group of MSU Coaches (including former players Allyson Karaba, Jess Hohl, Megan Schatzle, and Nicole Peter as well as the current team) by being caught up in a "flash mob" - which is a seemingly impromptu dance routine that springs up out of "nowhere" at a predetermined time and place. Needless to say, Cathy was a bit confused and even a little stressed out! However, the 375 campers and their parents were entertained and gave the staff a nice ovation. The video can be seen on YOUTUBE—search for MSU VOLLEYBALL CAMP.



Green/White Scrimmage—SOC Picnic

We hope you'll join us this Saturday, August 20th for the Green and White Scrimmage in the Jenison Field House! The game will begin at 7pm and will pit the Spartans vs. themselves as well as returning alumni. This will be your first chance to get into the gym and see the team in action. It will be the first MSU match for SEVEN newcomers. Gina Lang, Chelsey Probst, Stefanie Shiramizu, Kori Moster, Jazmine White, Taylor Galloway, and Ryian Hubbard will all suit up in the Green and White for the first time! Come support them, the returning Spartans, and the alumni!

Saturday will also be the post-match SideOut Club Picnic which is open to ALL members. Rub shoulders with the Spartans and hear first hand from Cathy about the team and the upcoming season. Join us for subs and sodas and get to know the women of the 2011 Michigan State Volleyball team!



Renew SideOut Club Memberships

The 2011 season is upon us and it is time to get those SideOut Club renewals in as soon as possible to maximize your membership benefits! Last year membership in the SOC increased over 50% as compared to the year before and we are hoping for an even greater amount of growth this year! To register is easy. Applications are available on our web site at www.msuspartans.com, just click on volleyball and then the SOC link. Applications will also be available at the merchandise table at all home matches, including the Green/White scrimmage this Saturday, August 20, 2011. Want an SOC application emailed to a friend? Just contact the volleyball office (vbops@ath.msu.edu) with the name and address and we'll pass one on. To enjoy all the benefits of being an SOC member, register now. The first pizza party is scheduled for September 17, 2011, so get your application in today!

Facebook/Twitter

There is more than one way to enjoy MSU Volleyball! We hope that you'll "like" us on Facebook (search MSU Volleyball) and follow us on Twitter (@MichStVB). We look to use these sites as ADDITIONAL ways to keep you connected to the program when we are out of town and on the road—as well as using them as a means to upload pictures to our fans! Please know that the weekly road updates will also continue via email. Our Facebook site currently has over 1,600 people that Like it—which helps us get the word out to more students, fans, and people in the community! We would love to get 2,500 or more! Help us spread the word!

Young Spartan Fans

The Spartans have two clubs for kids 8th grade and below. First is the MSU Kid's Club. For a \$15 membership fee, kids can receive free admission for themselves and one adult to all home matches, a t-shirt, lanyard, access to the Kid's Court, opportunity to be a part of the starting lineup tunnel, and a chance to earn free food and drinks from concessions! The second group is the MSU Court Crew. This is a chance for youngsters to help out with the ball shagging and court maintenance prior to and during home matches. To join, either or both groups, visit our website at www.msuspartans.com and on the volleyball page, click the links for the Kid's Club or Court Crew application. Due to NCAA restrictions these groups are ONLY available to those kids in 8th grade and below.

Player/Parent Roster

Jersey	Name	Class	Position	Parent Names
1	Moster, Kori	Freshman	DS/L	John / Mariann
2	Probst, Chelsey	Junior	DS/L	Jerry/Elaine
3	Shiramizu, Stef	Junior	DS/L	Diane
4	Weiler, Carli	Senior	DS/L	Mary / Chad
5	Rathje, Jenilee	Senior	OH	John / Lori
6	Dentlinger, Amy	Junior	OH/RS	Joel / Sheila
7	Hubbard, Ryan	Freshman	DS/L	Laurie
8	Lang, Gina	Junior	OH	James / Diana
9	Galloway, Taylor	Freshman	OH	Roger / Cathy
10	Kuipers, Kelsey	Sophomore	MB	Dave / Kathy
11	Zlabis, Rebecca	Senior	OH	Cindy / Jeff
12	Kelsay, Kristen	Sophomore	S	Bruce / Mary
13	Emro, Natalie	Senior	S	Todd / Lori
14	White, Jazmine	Freshman	MB/RS	Lisa Shulga / Andrew White
16	Abron, Kyndra	Senior	RS	Joe / Cassandra
18	Mathews, Alexis	Sophomore	MB	Edrick / Andrea

Welcome Back BBQ—Board Meeting August 8th

We'd like to thank DeAnna Fenech and her husband Jeff for hosting the MSU Team and Side-Out Club Board members to their home for a welcome back BBQ on August 8th. This is the second consecutive year we have kicked off the year in their beautiful home. The BBQ began with a board meeting on the back porch before the team arrived and had the opportunity to



meet and mingle with SOC members. Then everyone had a delicious meal before the team met for the beginning of the year meeting in the Rec Room. Topics of the meeting included going over the team handbook, talking about summer reading (Mind Gym and Mentor Leader), and getting on the same page before the start of pre-season the next day. All in all, it was a wonderful evening.



Michigan State Volleyball
214 Jenison Field House
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SIDEOUT CLUB NEWS

Alumni Updates

Heather Lower (McDaniel) - Married July 23 to Joe Lower

Katie Johnson—Engaged to Joshua Reilly

Allison Ianni—Engaged to Rocco Cironi

Jess Hohl—Assistant Volleyball Coach, Arkansas State University.

Important Dates to Remember

Aug 20—Alum Match/Meet the Team

October 8th—SideOut Club Tailgate

Pre-Game Pizza Parties—9/17, 10/1, 10/29, 11/19, 11/26

Coach Luncheon—Hall of Fame Café—9/1, 9/29, 10/27, 11/17

Admission to Luncheon is free, full lunch menu available for purchase. Bring a friend.



President:

Cheryl Bartholic

Vice-president:

Marge Bossenbery

Treasurer:

Pam Ruth

Secretary:

Shirley Garrity

Board Members:

Jim Constandt

Pete Cronk

Susan Epple

DeAnna Fenech

Dave Martz

Cathy Richter

Lynda White

Tim Salinas

Rachel Walsh

The Service Line

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