



Service Line

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@MichStVB

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Letter from Cathy

Hi Everyone and Happy New Year!!

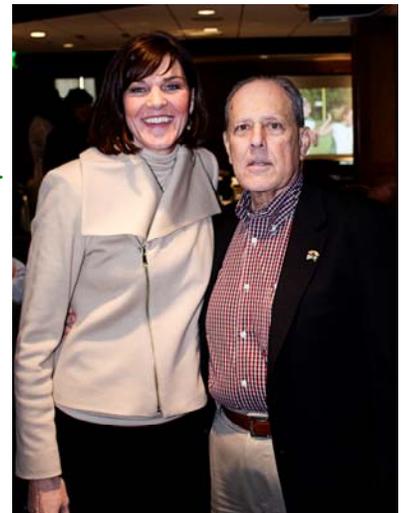
January is flying by! It seems that so much has happened since the banquet that I don't even know where to begin. First, let me thank all of you who were in attendance for this year's event. We all had a great time and shared stories, laughs, thanksgiving, and memories. The seniors have made such an impact on our program and we wish them all the best as they embark on a new chapter in their lives.

The returners started back the day after the banquet and although they are sore, they are working very hard and learning new and valuable lessons for the future. Each spring we explore new training activities. After learning of the vast vertical jump increases for football players through ballet, we decided to give it a try. I decided to give the first session a try! (OUCH!! Ballet hits muscles I didn't know I had!) In addition, we are returning to our springs, weights, film breakdowns, and individual skill sessions. We all enjoy what the non traditional season brings to our team as it provides us a time to really focus on individual improvements. We see so much growth and both the coaches and players get excited with the progress. It is a shame that we can't continue through the summer, haha! We are also pleased to announce that we are hosting a 9-12 team tournament at Jenison Field

House on March 31st. This will also serve as our date for the annual meeting for the SideOut club so we hope to see you there!

As always, thank you for your continued support. Go Green!

Cathy



Carli Weiler—Senior Perspective

On behalf of the senior class I would like to reminisce on a couple of special and memorable moments we spent together as a team during the past few years. Of course I'll remember the big victories (Sweeping Michigan, Beating Illinois, Arizona, and USC quickly come to mind), but a few stories I'll always cherish were never on the website—so I thought I'd share them now. We had just arrived back at the hotel after our first practice at Central Florida and bolted to the elevator in an attempt to be one of the first ones to grab a shower. After fitting well over half of the team in one elevator we realized we hadn't been moving for about one minute. You would think that our power supplier, Kyndra Abron, would be the least likely to become nervous in such a situation. She was the first to go pale in the face and demonstrate a "deer in the headlights" look. To make matters worse, one of my teammates decided to pass gas during this hectic time. Throughout all the bickering and screaming I decided it would be in my best interest to document the experience. I soon began filming everyone's reactions on my phone. After countless calls to Russ Carney, the hotel staff finally saved us. Apparently, if you try and fit fifteen girls in an elevator it will get stuck. Who would have thought? Credit to myself for my film skills, we were able to show the coaching staff our traumatic experience, hence providing them with proof as to how urgent the situation was and that they should have acted faster. I guess they were still helping Cathy hide all the complimentary cookies from us in the lobby!

Fortunately, for me, this is not the first time something like this has happened throughout my time as a Spartan. Now that I am a senior looking back on my journey, I can say that it was times like these that made the experience so entertaining. I can still remember the day we left Mike at home during an away weekend because he was late to the airport. Mike had been texting our senior captain, begging her to tell Cathy to hold the plane and that he would be there any minute. Cathy showed no mercy for his failure to be there on time and made sure we had an on-time departure. That was probably the most uncomfortable plane ride of my life considering we had to turn our phones off and were completely clueless as to what would happen when we landed. You can only imagine the intense anticipation of waiting to receive a message from Mike as our plane touched down. Cathy did her best to portray a disappointed look on her face as we exited the plane. When our bags were finally loaded we started one by one walking up the steps to the bus. You can take a wild guess as to who was seated front row enjoying all of our reactions. The coaching staff "punked" us and the whole thing was a set up! Mike had driven separately to see a recruit and met us at the hotel. I have to say I was very surprised and they did a great job pulling it off.

Looking back on these memories puts quite the smile on my face. Both of these experiences occurred on away trips. Those trips would not be possible without the amazing support of the SideOut Club. The SideOut Club members provided a sense of family for me throughout my years as an MSU volleyball player. Coming in as a freshman and then seeing the same smiling faces every year was and still is very

comforting. Every year we kick off the season with a picnic at SideOut Club member DeAnna Fenech's house. We all get together for quite the display of food and fun games. It is also a time for us as a team to talk about our goals for the upcoming season. We are very blessed to be surrounded by people who dedicate so much of their time to making the program that much better. I am speaking on behalf of the 2011 senior class when I say how thankful I am for their unconditional support. I look forward to my role as a student assistant coach for the 2012 season as I finish up my degree in Speech Pathology. Go Green!



2011 Season Banquet

The 2011 Michigan State Volleyball banquet went off without a hitch this year. Like any elite athletic event, the banquet went on even through adversity when the fire alarm activated due to kitchen complications. Though guests might have been alarmed they kept their composure throughout the event. Once the kitchen had the upper hand on its culinary masterpieces everyone sat down to the introduction done by David Kirkby, the master of ceremonies. After a warm welcome by David and Shelley Appelbaum, Senior Women's Administrator, it was time for a brunch of scrambled eggs, bacon, and prime rib.

After brunch, Head Coach Cathy George, took center stage to recognize the support staff of Michigan State Volleyball by thanking each individual from coaches, athletic trainers, operations and marketing, to season ticket holders and donors.

Marge Bossenbery was next with the presentation of the SideOut Club Service Award to Bob and Julie Skandalaris for their generous contribution to Michigan State Volleyball. With the help of the Skandarlaris donation, Michigan State Volleyball was able to put in new bleacher seating, video board, and graphic designs. This donation ranks one of the biggest ever in Michigan State Volleyball history and makes Jenison one of the top venues to play in the Big Ten and the country.

Next Cheryl Bartholic came to present Cathy with the SideOut Club's donation of \$12,000 (THANK YOU!) to Michigan State Volleyball. Coach George thanked the SideOut Club for this donation and stated that these valuable dollars are used in various ways for the program including sending our student-athletes to the annual United States A2 tryout for the top collegiate volleyball players in the country.

After the SideOut Club presentations, it was time to recognize the student-athletes accomplishments on and off the court. First David Kirkby presented the Kirkby Scholar Athlete Award, which was named after his mother, Mary Kirkby. This year's award went to Jenilee Rathje, with a cumulative GPA of 3.83. Jenilee was also named an Academic All-American and joins Valerie Sterk and Dana Cooke as one of the three Academic All-Americans in Michigan State Volleyball history.

Strength and Conditioning coach Tim "Red" Wakeham had the honor of presenting the Blue Collar Award which recognizes an individual who works above and beyond what is expected from them. This particular individual was noted for her tireless work effort and constant time in the gym and weight room. The Blue Collar Award was given to Stefanie Shiramizu for her hard work and dedication throughout the season.

Next up was the Playmaker Award. This is given to the individual who makes the difficult plays that enable the team to score. Not always a statistical category, but something that the coaches can recognize as the play goes on. This year's Playmaker Award was given to Kori Moster. She averaged an amazing 4.74 digs per set during the Big Ten Season which ranked her #1 in the conference. Kori was also on the Spartan Invitational All-Tournament Team, awarded the Big Ten Defensive Player of the Week on October 24th, and had three Big Ten Freshmen Player of the Week awards.

Volunteer Coach Shaylen Jackson gave out the Coaches Award. The Coaches Award is measured by the intangible actions that are seen throughout the year. This year's Coaches Award went to Carli Weiler who was an All-Tournament team selection at the University of Central Florida Invitational. Carli's hard work and selfless attitude both on and off the court were key components to the success of the 2011 Spartans.

Associate Head Coach Russ Carney gave out this year's MVP Award. This individual was a unanimous First Team All-Big Ten selection, AVCA All-America Third Team, AVCA All-District First Team, Academic All-American, and earned three MVP pre-season tournament awards this year alone. This year's Most Valuable Player award went to Jenilee Rathje.



The end of the banquet was reserved for this year's departing seniors. Kyndra Abron, Natalie Emro, Jenilee Rathje, Carli Weiler, and Becca Zlabis each spoke to the audience on their times spent as a student-athlete and to say goodbye and thank you to the support staff of Michigan State Volleyball.

This year's banquet was a special time to celebrate our seniors and look back on the season through the Spartans' run to the second round of the NCAA tournament. The Michigan State Volleyball program would like to thank all attendees along with our supporters. Here is to a great season and looking forward to next year.



Thank You Shaylen Jackson

The MSU Volleyball Program is saying good bye to 3-year Volunteer Assistant Coach Shaylen Jackson. As a former student athlete for Cathy George at Western Michigan University, Shaylen joined the MSU Staff for the 2009 season and has been working with the team on a daily basis since. Shaylen helped the Spartans become an elite blocking team within conference and national statistics and provided wonderful insight to the team from her playing and coaching career. Shaylen has been an outstanding role model and mentor off the court as she balanced graduate school and her commitment to InterVarsity, a MSU Campus ministry. Shaylen has been very valuable to the staff and will be missed. We wish her all the best as she continues her work with InterVarsity!



Two Familiar Faces Return

If you attended the 2011 banquet, you may have already heard that a 2007 Michigan State Volleyball Alumnae Jess Hohl will be joining the staff as the volunteer assistant coach in Shaylen Jackson's place. Jess saw action in all four years as both a Middle Hitter and Right side attacker and culminated her career by advancing to the Sweet 16 in her senior season. After her playing days in East Lansing were over, Jess played two seasons overseas including one with Miranda de Ebro (Spain) and one with Kamnik (Slovenia). Jess served as an assistant coach at Arkansas State in 2011 and is a great addition to the staff. The Spartans will look for her to draw on her experiences as a player, coach, alum, and professional in her time back at Michigan State.



Carli Weiler will also stick around to help the 2012 squad as a student assistant coach as she completes her academic load on campus. As a captain for the 2010 and 2011 seasons, Carli has always had a valued leadership role within the program and looks to continue teaching and mentoring the remaining players. Carli was also the recipient of the 2011 Coaches Award for her selfless attitude and team-first mentality throughout not only this past season, but her entire career as well. Her perspective and insight will be valued in the upcoming spring and fall seasons!

In just a short amount of time, they have both have already hit the ground running and started their duties with the team.

Spring Outlook 2012

This spring we will continue to build upon the foundation of this past season's success. We know that we will have some different faces in some big roles this fall and are preparing each and every day to equip them with the tools they will need to take on that challenge. As is the case in most spring seasons, we're working with truncated numbers in the gym as we have said good bye to the seniors and have yet to welcome in next year's freshmen. For the next six weeks, we will continue to work with the team two hours in the gym (NCAA Maximum allowance throughout this time) and six hours working on strength and conditioning to get our bodies in great physical shape. In the preseason, Eric the Marine preached to the team that "it's human nature to become mentally weak when you become physically tired." For this reason, we're working diligently in the offseason! Cathy, Red, and Lianna are working hand in hand to develop an intense, engaging, and challenging program which will help bring us to the next level.

In the middle of March we will begin our non-traditional segment which allows us to work with the team twenty hours a week over the course of the six-week spring season. At that time we will be in the gym for practice every day similar to the fall. This tends to be the biggest time for player development throughout the year because you don't have the constant demands of a Big Ten or NCAA Tournament match to prepare for in just a few days. Our coaching staff loves the opportunity to work with each player on a personal basis to take them to the next level. During this training period the NCAA permits us to play on four days. I've attached the schedule below if you'd like to find a time to see the 2012 Spartans in action!

March 24 - HOME vs. Western Michigan

March 31 - MSU Spring Tournament - Jenison Field House

April 7 - @ Cincinnati

April 14 - @ Great Lakes College Tournament - Aurora, IL





SIDEOUT CLUB NEWS

Thank You David Kirkby!

Michigan State Volleyball would like to thank David Kirkby for being the emcee for this year's banquet! Good work!



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The Service Line

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