



August 2014

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Autumn Christensen teaches WLNS Anchor Sheri Jones the finer points of the arm swing!

Service Line

MICHIGAN STATE VOLLEYBALL

Volume XX Issue 1

Green and White Scrimmage

August 23rd was the initial opportunity for the Spartans to finally play a match under the lights in front of fans! For five players, it was the very first time they donned the Green & White. For thirteen others it was an opportunity to practice a new role within the team!

The teams were selected by the coaching staff (taking into consideration experience, position, and other factors) in an attempt to be competitive, but also test each player in a role they might see themselves in at some point of the season. With eighteen players, it was easy to have full rosters on each side!

Jake Boss (MSU Baseball Coach) and Simone Jardim (MSU Women's Tennis Coach) served as our honorary head coaches for the match—with Mike and Russ serving as assistants. Cathy, not wanted to choose one side over the other, was not on either sideline but

rather was feverishly taking notes on the sidelines, identifying each players strengths and weaknesses that we would need to address before the start of the season.

The back and forth match ended with the Green Team taking it by a final score of 2-1. The match was a great chance to shake off some early season jitters and play under more pressure than a typical practice provides. While the coaching staff was pleased with many plays and players, there was undoubtedly things

that we needed to address in the following week. The match was followed by the annual SideOut Club Dinner! Thanks to all of those who attended.



Coaches Dinner—Thursday Sept 4th—6pm



Join the coaches and other SideOut Club Members for our first Coaches Dinner. The event, which will be hosted at Peppino's in East Lansing on the 2nd story "Skybox", will be an opportunity to hear from Head

Cathy George, Captains Kori Moster and Jazmine White, as well as a couple of our newbie freshmen! The menu which will be a Pizza and Salad Buffet will be available for \$15 per person. Bring a friend and get the inside scoop!



MICHIGAN STATE

VOLLEYBALL

From the Seniors' Perspective: Jazmine and Kori



Ebony Scott cheers on Sheri at Media Day!



Autumn tries to squeeze a kill past the Canadian Wall of Jazmine and Fitty



LSJ Reporter Graham Couch practicing his skills at Media Day



It's unreal how fast the four of us became seniors. I swear it was yesterday when Carli Weiler was pushing us tiny little babies in our strollers, teaching us the Spartan way. We weren't pushed like any average baby, let me tell you.... Carli took us through our first ever sprint workout here at MSU. Afterwards, it took us about an hour to walk back to our dorm (singing during the walk to prevent ourselves from falling over). We didn't even make it to our rooms when we walked into the building.... We just sat in the lobby. Jazmine fell asleep sitting upright in a chair, Taylor took an entire couch to herself, and Kori and Ryian were sprawled out across the floor. I would say that's a good first run. Kori even fell asleep on the floor of a community bathroom after a workout once. You can definitely tell that there is a lot of work put in right when we arrive on campus. That work is what got us to our senior year, here and now. The amount of hilarious things that our class has been through probably cannot be counted, but senior year definitely makes us reminisce on the experiences.

To summarize our friendship in a few words would be impossible. Although we have completely different personalities, we've created an unbreakable bond that brings us close together. My favorite story to describe this is from our sophomore summer when we sat in our apartment for 3 hours using the Garage Band App creating a rap titled "Bow, We Sophomores Now". Each verse (there are 4), correlates with our personalities but reminisces past memories and fun things we did together that summer. We hope to give you some insight to what those personalities are.

You know those people who are too blunt for their own good? Well, that is Jazmine. Her sarcastic and jokester personality isn't afraid to let you know when you have made a fool of yourself. This is a trait that only Jazmine can get away with because she is one of the most genuine and light-hearted people you will ever meet. She is the only player that can make Cathy switch from frustrated to laughing in a matter of seconds, and we are all jealous of her for that.

Taylor is definitely the odd ball of the group, but her loving personality makes her friendship cherished by everyone. She's spontaneous, scatter-brained, and her random "ingenious" thoughts are sure to give you a good laugh. Taylor has a knack for making light of any situation, and whether she is playing Sims on her iPad by herself or singing made-up songs in the shower at the top of her lungs, her goofiness is one-of-a-kind.

Kori is the kind of girl you watch in movies. Perfect in every way except the little things like singing and dancing. She is driven, courageous and confident. I would be lying if I said I wasn't intimidated by her when we first met, but her natural ability to make anyone and anything feel important is truly amazing. She gives the best advice, whether it be for volleyball, shopping or a life altering decision. Plus it's impossible not to love someone so small who's perfected a baby voice!

Ryian is definitely the extrovert of the group. She has a big personality, and does everything to the extreme! Her happy hyper days are the craziest you'll experience evened out by days of coma-esque laziness and calm. She is the first one there to get in your face when you do something great and the one to give you the much needed hug after a hard day. You can always count on our "spider monkey" to leave a stamp on your day!

What I've (Jaz) enjoyed most about our senior class is having three great sisters. We have had soooo many silly, fun, annoying times over the past four years but one of the memories that sticks out the most to me was one day something traumatic (a girly moment; it was traumatic at the time but I can't remember what it was about) had happened and although my meltdown had ruined our craft day and Taylor consoled me while she called Ryian and Kori who both dropped what they were doing immediately and without hesitation to come make me feel better. Its times like that where I'm so grateful to have three awesome big sisters to help be friends and leaders to our fourteen little sisters that I've gained on this team.

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Mitchell's Run

On Saturday, August 16th we had an opportunity to participate in a great event that is near and dear to the hearts of MSU Volleyball. Mitchell's Run, an event started by the Peterson Family (Halle Peterson is a Junior on the MSU Volleyball Team) is:

"an annual 5k run/walk to raise money for Parent Project MD. Parent Project MD is committed to expediting viable treatments and a cure for Duchene muscular dystrophy. Duchene muscular dystrophy is the most devastating of the muscular dystrophies. Mitchell's Run Thru Rockford will donate 100% of the race fees and pledges raised to [Parent Project MD](#)."

Halle's brother Mitchell has had Duchene muscular dystrophy since birth and the event is now in its 16th year! It was amazing to see such a great turnout for the event. It was a tremendous opportunity for the team, coaches, and even a few families to get out there and show support for the Peterson Family and a great cause.

Due to the fact that we were in the middle of double days, the team had variations of how competitively attacked the race based on athletic trainer Lianna



Hadden's recommendations. There was a group of runners, a group that ran and walked in intervals, and a group that walked the entire thing. For each group, the race was quite the workout!

The event was followed by lunch at a local café, short opportunity to shop and visit the downtown farmer's market, and a practice at Rockford High School. Thanks to the Peterson Family for hosting such an amazing event!

*The team then returned to campus while the coaches headed to Traverse City for the wedding of Jess Carney, Russ' daughter! Congrats to Jess and Mark Buckley.



White Team huddles up before the Green & White Match.



Freshman OH Holly Toliver after an ace!



Senior DS, Ryian Hubbard at Media Day



MSU Baseball Coach Jake Boss—Green Team Honorary Coach.

Letter From Cathy George

The season is officially underway and we are off! It is fun to finally play other teams as we wrap up our preseason training. The teams this weekend did present new challenges as they exposed weaknesses and confirmed strengths. We were pleased with many of our accomplishments but are anxious to get back in the gym to work as we prepare for very strong North Carolina and Duke teams this weekend.

This season we open up our SideOut Club Activities with a kick off dinner at Peppino's in East Lansing. Join the coaches, a few players, and other SOC members for an inside look at this coming weekend. The captains and two freshman will be on hand to answer questions and interact.

The North Carolina match will begin at 7:00 on Friday, while the Duke game was moved to 5pm to accommodate the MSU/Oregon Football game. The series between UNC/Duke is the 1st half of our

agreement with the ACC opponents—which means we will play both teams again in 2015 on their respective home floors. The series concept has been a great way for both Michigan State and Michigan to bring in quality, competitive teams that prepare us for the tough conference schedule ahead. The same concept was used in 2013/2014 for our matches with Oregon and Oregon State.

We look forward to seeing you this weekend (and Thursday night @ 6pm).

As always, thanks for your continued support!

Go Green!!



Freshman Rachel Minarick sets at hitter during the Green & White Game.



#20 North Carolina
Friday, September 5
7:00 pm



#21 Duke
Saturday, September 6
5:00 pm

North Carolina Preview:

UNC enters the second week 2-1 after beating Southern Illinois and Long Beach State in 3-0 sweeps. The Tarheels dropped their match vs. Illinois 0-3 in Champaign but will provide a good early season challenge for the Spartans. With a lot of returners from 2013, the Heels are a veteran team that has a strong MB presence. Their 6-2 offense with try to separate our physical block and they will likely look to balancing out the offensive load rather than relying solely on 1-2 stud attackers.

The Tarheels entered the 2014 season as the AVCA #20 team and were voted by the ACC Conference as the preseason #3 finisher, behind only Florida State and Duke. However, they did receive 4 votes to WIN the conference outright! Look for MB Paige Neunfeldt and RS Chaniel Nelson to be big factors.

Duke Preview:

The Blue Devils enter week 2 undefeated after winning 3 straight matches vs. High Point, Furman, and North Florida en route to capturing the Duke Invitational. They are lead by Jeme Obieme, a high flying outside attacker that we will have to slow down. OH Emily Sklar and setter Maggie Deichmeister were also voted preseason all conference.

Duke entered the 2014 season at #21 in the AVCA Poll and were voted 2nd in the ACC poll—like UNC, they also received 4 votes to win the conference outright! 2013 Blue Devils advanced to the 2nd round of the NCAA Tournament

Playing 2 great teams on back to back night will provide the Spartans a glimpse of what a typical Big Ten weekend looks like!