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Service Line

MICHIGAN STATE VOLLEYBALL

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Inside this issue:

- Green & White 1
- SOC Dates and News 1
- South Haven 2015 2
- Technical Coordinator 3
- Weekend Preview 4
- Letter from Cathy 4

Green vs. White

The annual Green & White scrimmage took place on Saturday, August 22 and serves as a warm up match for team, staff, and event management alike. The match featured 13 of 15 current Spartans (Megan Tompkins and Autumn Christenson both sat out with injury) and offered the first chance for Spartan fans to see transfer Autumn Bailey, and freshmen Hannah Murdock and Sarah Washegesic. Lauren Wicinski (2013 Grad and Student Assistant Coach) suited up to help fill in for the injured players.



The match featured two guest coaches, local media Chris Solari from the Lansing State Journal with the White Team and Kevin Gehl from WLNS with the Green Team, and ended with the White team taking the 2-1 decision. Standout performers were Autumn Bailey and Brooke "Smooth" Kranda who led their respective teams in kills. From a staff perspective, we were pleased with the fight and defensive effort from both teams and were able to identify a few key points of focus leading up to our first tournament in Kentucky the following weekend.

Also—Michigan State Volleyball took time to recognize Alexis Mathews for her 2013 All American campaign. The year-long delay in raising her banner was due to Alexis being out of the country playing professional volleyball in Romania (she left for Finland the following day to continue her playing career). Alexis finished her MSU career ranked second in three major statistical categories: #2 in Career Hitting Percentage (.349—#1 Val Sterk-Kemper at .379), #2 in Total Blocks (624—#1 Angela Morley-Kalczynski with 637), and #2 in Blocks per Set (1.31— #1 Angela Morley-Kalczynski was 1.43). Congrats to Alexis and her family for the honor!

Home Opener Kick-Off

Sept. 3, Thurs., 2015 - Dinner at 6:00 p.m. at Hall of Fame

Coaches Talks at Hall of Fame Café

Luncheons – Doors open at 11:30 a.m. and Coach George speaks at noon.

Thursday, September 24 - Tuesday, October 20 - and Tuesday, November 10,

Luncheons are open to all, so bring a friend. Join the MSU Volleyball family and hear from Coach George and other guest speakers. Admission is free and a full lunch menu will be available for your purchase.

Volleyball Banquet

Sunday, January 10, 2016

20th Reunion

Please join us for our 20th Reunion celebration of our 1995 Final Four team on September 25th and 26th against Indiana and Purdue. In addition, alumni from all years will be welcomed back so come on out and celebrate with us. On Saturday the 25th join us at the Volleyball tailgate located by the baseball field before the football game.



MICHIGAN STATE VOLLEYBALL

South Haven—Team Building 2015



We started our preseason this year with a team bonding trip to the beach town of South Haven, Michigan! Stan and Cindi Compton graciously opened up their beautiful home for our team and staff to stay and have a wonderful getaway. It was a great weekend for our team to really get to know each other as well as some of our new staff. On Friday night, we broke down

barriers with a Lip Sync contest. We got to see all of our players and staff come out of their shell and perform lip sync performances of songs of their choice. There were some really awesome performances that put on quite the show, even using props. Some memorable moments included Maggie Halloran doing a guitar solo while sliding on her back, Sarah Washegesic impersonating a 300 pound deep voiced man with a beard, and Halle Peterson as an all-in backup dancer. Stan, Cindi, and Brady Compton (former MSU Volleyball Manager) served as judges and offered comical feedback after each 2 minute song. Chloe, Rachel, and Megan's group won and we all learned that practice makes perfect! Their rendition of "Poker Face" by Lady Gaga was one of the memorable songs.



Saturday morning, we did a team building exercise on the beach in South Haven. We talked about "holding the rope" for our teammates and holding each other accountable. It was a tough morning of conditioning and team bonding in the sand. Afterwards, we walked downtown South Haven for a delicious pancake breakfast being served in conjunction with the Blueberry Festival—they were delicious and well deserved after an early morning of hard work. We finished the day with groups of players making a different dish for dinner to serve everybody. The players had to split up to buy all their ingredients to prepare the dish for dinner. It was quite the meal with the staff grilling chicken as the main course.

That evening we met as a team to discuss our goals, our expectations, as well as identify some of the things that might get in the way of us achieving them. It's good to get concerns and trepidations out there early so we can deal with them!

We ended the weekend with some yoga on the beach before we headed home to work hard in the gym! Check out our social media pages for pictures of the trip!



Adam Rykse—Getting Technical

Adam Rykse joined our staff this past summer serving in the role of Technical Coordinator for the 2015 season. The position, which is new for MSU Volleyball, offers an opportunity for team to receive concrete statistical feedback after each practice and match. In a nutshell, Adam (and Lauren Wicinski at times) “tags” each drill during a practice and match. “Tagging” is a term used for entering data into a computer program that corresponds to video footage. Think of it as putting Post-It notes all over a video to reference at a later time. Once a practice/match is “tagged,” he uses the video software to recall all the Post-It notes and order them in a way that makes watching it easier. For example, he can make a video that consists of a single player hitting the ball over and over and over from a particular position in order to have the staff see tendencies, tactical decisions, or mechanical flaws. The “breakdowns” can be as simple as showing a player every ball they pass, or as complex as showing us every transition swing a particular player has in rotation 1 when the dig comes from our left back player in sets 4 or 5 only. Once those breakdowns are made, Adam makes them available to the staff as well as each individual player on an iPad provided by MSU Volleyball. He not only does this for us during practice, but also with our opponents. The almost-instant visual feedback is vital to the learning and scouting process.



In addition to video feedback—the tagging process includes a rating scale which can be tallied at the conclusion of the practice/match to give objective feedback to each particular player. This includes certain statistics you’d see on a box score (kills, aces, blocks etc.) but also takes it a step further. Each time he tags a play, he’s rating it. A serve is rated based on how good the pass is; passes and defensive touches are rated based on how many options the setter has when playing the next ball. The ratings are averaged for each skill to come up with a score. For example, a perfect pass is worth 4 pts, a pass that the setter can force the middle is worth 3, a pass that gives the setter 2 options is worth 2, 1 option for setter is worth 1, and a receiving error is worth 0. We’d like to see our passers average out to a 2.8 or higher. The daily score provides feedback to all of our players, even those that don’t play in matches on a regular basis, and identifies improvement or areas of continued focus. The coaching staff can also use this information as one of the factors of personnel decisions.



After graduating from MSU in 2012 Adam earned his graduate degree as a GA Assistant Coach at Valparaiso over the past two years. We are happy to add him to our staff and enjoy the new dimension that he brings to our training.

Jazmine White—Finland Bound

We are proud to pass along good news! Jazmine White—2014 MSU Volleyball Grad—has accepted a contract to play professional volleyball in Finland for the upcoming season. Jazmine’s versatility as a front-row attacker made her attractive to professional organizations looking for depth and experience. We look forward to hearing about her experiences as she gets underway here in the new few weeks. Keep an eye out for occasional updates and follow Jazmine on Twitter to get the day by day updates. @jazzzwhite



Letter From Cathy George

The 2015 season is well underway! With four players out with injuries we find ourselves being tested early. It's a good thing we were challenged to gain versatility a year ago! I am proud of our team as we regrouped after the loss of outside hitter Autumn Bailey during the five-set loss on the road to #15 Kentucky. Brooke Kranda stepped up big as she moved into the outside hitter role while working most of the preseason in the middle and right side positions and Halle Peterson stepped in seamlessly when she moved into a passing/defensive role at the drop of a hat. Also, Allyssah Fitterer turned it up a notch offensively and help lead our team to two straight victories on Day Two of the tournament. We have shown added maturity and have noticed a strong connection within our team and will need to rely on it as we continue to heal up over the next few weeks.

This weekend will be a challenge as all of the teams in our



tournament have done very well in their respective conferences a year ago. It will be good to play in front of our loyal fans again and enjoy sleeping in our own beds. We hope to have a

strong crowd, especially for both evening matches. Over the past few days, we have been doing a lot of work to engage the new students (including a 4x4 grass volleyball tournament and speaking at Welcome Week activities) that are arriving to campus in an effort to get them to attend our matches regularly.

We then hit the road for the final two weekends of the pre-conference schedule at the New Hampshire Tournament as well as road matches vs. North Carolina and Duke.

We open the Big Ten at home with an alumni reunion and recognition of the Final Four team from 20 years ago on Sept 25/26. We look forward to seeing so many friendly faces that have been instrumental in the lasting legacy of MSU Volleyball.

Please join us at the Friday, September 25th to honor them at our match vs. Indiana and then at the tailgate on Saturday morning prior to the football game.

Thanks for your continued support. Go Green!

Cathy



Butler
Friday, Sept. 4
NOON

Butler will provide a matinee showdown vs. a good Big East team from a year ago. The Bulldogs were 20-10 in 2014 and offer a chance for the Spartans to be challenged and build RPI—strength of schedule—which is one of the deciding factors in teams making the NCAA Tournament at the end of the season. The Bulldogs are 1-2 headed into this weekend after playing a challenging first tournament.

Butler is lead by Big East All-Conference selections Middle Blocker Kayla Bivins and setter Makayla Ferguson. Butler will also play Friday at 4:30 vs Miami-Ohio and Saturday at 2:30pm vs Virginia Tech.

*If you plan on attending the afternoon contest, consider parking in the Kellogg Center parking lot as the main lot outside of Jenison Field House is a "pass only" lot for MSU Staff until 6pm.



Virginia Tech
Friday, Sept 4
7:00 pm

Virginia Tech is a formidable ACC foe that has started strong in 2015. After finishing the first weekend 3-0 with three sweeps, the Hokies are off to a good start headed into their East Lansing trip. The Spartans defeated Virginia Tech 3-2 in Blacksburg, VA in 2013 in a barnburner and know it is going to be quite a showdown.

Virginia Tech is lead by junior outside hitter Lindsey Owens (named to the preseason All-ACC team) and Battle Creek native Amanda McKinzie. Virginia Tech will also play Friday morning at 10am as well as Saturday at 2:30pm vs Butler.

*Parking for the match will be free after 6pm in the Jenison Lot.



Miami-Ohio
Saturday, Sept 5
7:00 pm

The Redhawks head into the weekend 0-3, but don't let that fool you—they are a good team. They tested themselves in the first weekend by playing Illinois, Louisville, and Creighton—three perennial NCAA Tournament teams. With a 21-10 record a year ago and many returning players, the Redhawks will look to rebound this weekend.

Miami was represented on the preseason All-MAC East Team by middle hitters Jenny Ingle and Paige Hill. Ingle is coming off a season in which she set a new school record with a .367 hitting percentage. Hill was selected to the All-MAC First Team in 2014 after recording 277 kills and a team-leading 115 total blocks.

Miami will also play Friday at 10am and 4:30pm vs. Butler and Virginia Tech respectively.