

The Mintonette

A Newsletter of the Longmeadow Volleyball Booster Club.

October 20, 2008 – Issue II The 3/4 % Season Completion Issue

IN THIS ISSUE:

1. **Lancers beat Spartans** – WOW!!
2. **LHS Volleyball Alumni** – Where are they now - Mary Bitzer, USCGA
3. **The 3/4% Season Completion Summary** - 12 wins, 3 losses
4. **Kill or BHE** – Take the quiz, True or False?
5. **Medfield Tournament** - Lancers to participate – Play the best in Mass.
6. **Volleyball Clinic** – at Springfield College
7. **Coaches Corner** – 4 questions to Coach
8. **Booster Club Report** – Year-end Banquet, Next Fundraiser in Process and Senior Night
9. **Western Mass Volleyball** – Play, Play, Play



Lancers beat Spartans

East Longmeadow - The big news is the win over the East Longmeadow Spartans on October 17th. Back in September, the Lancers lost to EL. So, revenge was a motivator. However, the Spartans were celebrating “Senior Night” and quickly took a commanding lead winning the first 2 games. During the break between games, the Lancers regrouped and decided to play volleyball based on their capabilities. They won the next two games leading to the final games which are played to 15 points rather than 25 points. The key to the last game victory was Sophomore Defensive Specialist, Desiree Santaniello. Desiree served for 4 straight points including one service ace to gain the Lancers the victory by 15-9 and winning the game 3-2. Overall, the team had 14 service aces, and hit 86.5% of the serves. Senior Natalie Zucker led the Lancers with 14 kills (team total was 48) and 26 ball handling assists. Senior Christina Mentor had 23 (out of a team total of 83) defensive receptions. The highlight of games won was the Lancer blocking. A team total of 9 blocks were executed. These successful blocks frustrated the Spartans who were forced to float the ball over the net rather than project kill shots. When the Spartan kill shots were successful, the Lancer defense was present. 87 total digs were recorded. Everyone present witnessed a preview of the Western Mass Championship.

LHS VOLLEYBALL ALUMNI – WHERE ARE THEY NOW - MARY BITZER

New London – LHS Volleyball Alumnus Mary Bitzer is working on defense – in defense of our country as a US Coast Guard Cadet. A 2005 graduate of LHS, Mary will graduate from the academy and go directly to a position of leadership in “The Shield of Freedom”.



Right now, Mary is a senior and captain of the USCGA women’s volleyball team. So far this year, Mary has 133 KILLS in her position as an Outside Hitter. Mary was an offensive weapon for the Lancers, and her future plans include flying the HU-25 Falcon in defense of our country. We wish her the best of luck with the rest of the volleyball season and Best Wishes on a successful coast guard career.

The 3/4% Season Completion Summary

For the fifteen matches ending October 18, the Lancers are 12-3. This success is due to hard work by all the players. The team is averaging 9.4 KILLS per game led by Senior Andrea Davis. While every coach would love to see all serves hit in play, the Lancer Service Percentage (the number of errorless serves) nears 90% and total service aces are 253. The 6'2" Senior Lynsey Keator leads in total blocks with 19 out of a team total of 59. Other stat leaders include Natalie Zucker (177 Digs 284 Ball Handling), and Andrea Davis (165 Serve Receiving). While the Lancers beating the Spartans was a significant highlight, the Lancers demonstrated team depth in the match against Ludlow on October 14th. Most Senior players played in only 1 game. Therefore, the victory over Ludlow was earned by the underclassman. The results of this strategy were perfect serve percentages given by Steph Lauria, Steph Dionisi, Katelyn Boutin, Olivia O'hara and Desiree Santaniello. Significant accomplishments include: Season best attacks (10) by Sara Underwood, Anna McGann dominated Ludlow with 5 Kills recorded against the Lions, and Alison Donnelly has a season high 7 ball handling assists. With 25% of the season remaining, the Lancers are on the verge of a championship repeat.

Kill (True) or Ball Handling Error - BHE (False)

1. "The Bump" is the only way to hit the ball when returning the serve.
2. Rally scoring is used in volleyball.
3. A "Fault" is called when you touch the net in volleyball.
4. If the ball is going to land on the line, it is not a playable ball or a fair ball and the Lancers should not play the ball because if it hits the line, the Lancers score a point.
5. A "Sideout" in volleyball is when the team that serves the point makes a mistake and the ball goes to the other team.
6. 2007 was the first year the Lancers made it to the Western Mass Tournament.

ANSWERS

1. Kill
2. Kill
3. Kill
4. BHE
5. Kill
6. BHE

How did you do?

- 6 Right – Excellent job Coach!
- 5, 4, or 3 Right – You could be a Libero!
- 2 or 1 Right – Keep your day job!
- Zero Right – Benchwarmer.

Lancers to Play in Medfield Tournament

OCTOBER 25th – Longmeadow Varsity is in store for more great volleyball at the Medfield (MA) tournament starting at 8 am. All varsity players will get tons of playing time. The Lancers will play two rounds of pool play and will conclude with playoffs. Besides Longmeadow, the teams that will be there are; Case, Medway, Old Roch., Frontier, Braintree, Brockton, Bishop Feehan, Holliston, Medfield, Hanover, Pembroke, Falmouth, Sacred Heart, Bourne, and Hopkinton. The Lancers are paired with Sacred Heart (Kingston, MA), Bourne, and Hopkinton in first pool play. Longmeadow is guaranteed 12 games with the possibility of up to 15. The bus for the team leaves at 4:45am at the back of the high school. The day will probably wrap up around 7pm and the team will arrive home around 9:30pm...It's going to be a LOOOOOOONGMEADOW day!

Volleyball Clinic

SPRINGFIELD, Mass., - On Saturday, February 14th, 2009 Springfield College offers a volleyball clinic for players. The clinic starts at 9:00 a.m. and end at 2:30 p.m. with a break for lunch. The cost of the clinic is \$50. To sign up for the clinic visit www.volleyhall.org.

Coaches Corner

The Mintonette asks Coach some questions.

1. Why does the varsity team stand during the game?

The varsity team stands during games because it gives them a chance to jump around and warm-up before they are called in to play. It also gives them a better vantage point of what's going on in the match and they can help call balls in or out. It also lets me roam the sidelines without blocking anyone's view.

2. What makes a good server?

Confidence. We have made a conscious effort to serve more aggressively this season knowing we might not make every serve because we want to limit our defensive touches on the ball. It's great to serve 100% but if you serve a lolly-pop serve, that ball is coming right back down your throat! It's frustrating at times to see the missed serves but it's worth it in the end.

3. How is the JV team doing?

The JV team is doing great! They have only two losses this season (Frontier & EL). It's scary to think how good these kids will be if they play Junior Olympic Volleyball in the off-season.

4. How is the JV - B Team doing?

I was very impressed with the JV-B team when they played the EL JV team. I also got to see them at the Frontier playday Sat. Oct. 18th where they played Belchertown, Pioneer, Frontier, and a group of our Middle School Clinic players where they, again, played great.

Booster Club Report

Phase I Fundraising – nearly \$1,000 from Parents -- \$965 to be exact.

Phase II Fundraising is underway! If you haven't yet handed out or sent out letters to family, friends, or co-workers yet, please do so ASAP. While this phase of fundraising is optional, it could prove extremely successful for the Volleyball program. Each player and/or parent can make a difference in growing the Booster account by simply obtaining donations of any amount.

Mark Your Calendar for Banquet

November 16, Sunday, 5 pm, Twin Hills Country Club - Varsity, JV, JV-B players and families invited. \$24 per person (seniors, coaches & wives complimentary)

Check Payable To: LHS Volleyball Booster

Give to or Send to Linda Mentor, 33 Wellesley Drive, Longmeadow.

Planners: Linda Mentor (567-4340), Jo-Ann Davis (567-9542), and Ida Zucker (567-5502)

Senior Night

October 27, Monday, 6 pm

You won't want to miss this last home game of the season vs. Amherst! Our 5 seniors—Christina Mentor, Andrea Davis, Natalie Zucker, Jenna Carando, and Lynsey Keator—will play their last varsity volleyball game at LHS. After the JV game and prior to the game start, a brief ceremony will take place in our gym, which will be festively decorated.

Photography is welcomed!

Western Ma Junior Olympic Volleyball

2009 season to begin

HOLYOKE - Club Director, Roxann Link (roxlink@juno.com) reports the start of the 2009 Club Volleyball season on Sunday Nov. 23rd 2008 at Holyoke Community College. Two sessions are available; 9am - 11am (registration 8:30) and 11am - 1pm (registration 10:30). Club Volleyball offers:

- 20 to 23 weeks training and competition
- membership in USA volleyball (USVA)
- membership in New England Region Volleyball (NERVA)
- Uniforms and practice shirt

The November 23rd sessions are for both Parent and Player. For more information go to :

<http://www.wmassvolleyball.com>

Longmeadow Booster Club Representative Jo-Ann Davis says "Western Mass Junior Olympic Volleyball has been very beneficial to Andrea. She had the opportunity to take her game to new levels. I highly recommend the program."