

The Mintonette

A Newsletter of the Longmeadow Volleyball Booster Club.

November 14, 2008 – Issue III The End of Season Issue

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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>

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.

Western Mass Championships

One of the best runs of any Longmeadow high school volleyball team came to an unfortunate end Wednesday night, November 13, 2008. Even after a hard-fought 25-20, 25-20, 25-13 semifinal loss to Central Catholic of Lawrence, the Lancers have reasons to celebrate. Winning Western Mass is an extraordinary accomplishment!

In winning Western Mass, the Lancers achieved “back-to-back” status. They beat East Longmeadow, 25-12, 25-23, 25-12. For that championship, the starters were hot and substitutions were minimal. Steph Lauria played exceptionally well with 5 service aces, and 5 kills. Andrea Davis led the Lancers with 16 kills. Christina Mentor and Lynsey Keator combines for 10 block assists. Caroline Martin and Jenna Carando hit 100% of their serves. Natalie Zucker excelled at defense with 15 digs and Hannah McGrath had some key kill shots. With the win, the Lancers advanced to the state tournament.

State Semifinal - Suffering from a cold and long bus trip after arriving at the site late due to New England Football traffic on the Mass Pike, the Lancers initially shook that off exchanging leads in the first set. The Lancer crowd estimated at close to 100 fans, cheered loud and clear trying to will a win. The first set went to Central Catholic 25-20.

After dropping the close first game in the match, the Lancers came out fired up but they quickly fell behind 5-0 to start the second set. Again the fans screamed and shouted which motivated the Lancers and allowed them to catch up. Central Catholic used their height advantage and powerful shots that turned into points and a second set win, 25-20.

In the third game, Central Catholic again used its height advantage to block key Lancer shots. The block is a frustrating play for any offense and the Lancers tried to over come the defensive giants but came up short in the third match 25-13.

The starters, Steph Lauria, Andrea Davis, Christina Mentor, Lynsey Keator, Caroline Martin, Jenna Carando Natalie Zucker and Hannah McGrath played well. Key substitutions by Katelyn Boutin, Anna McGann and Desiree Santaniello provided some spark and some extra loud cheering from the rest of the team helped, Central Catholic was to strong.

While some Longmeadow High School sports team’s seasons are not over, the volleyball team provided the new Athletic Director Alex Rotsko, with his first Western Mass Championship win. Winning Western Mass is a SUPER accomplishment. The Lancers will celebrate that victory at the banquet November 15, 2008.



Lynsey Keator #3

Lynsey is the Lancers most valuable volleyball blocker. We enjoy her jumps above the net blocking the ball back into the person that spiked the ball – Stuffed!

“While her blocks and kills are memorable, Lynsey’s most spectacular play was when she called a tip on a ball that the ref called out. Her honesty makes her a winner for life!” - Booster Club Supporter

HIGHLIGHTS

2008 – Lynsey was the top Blocker for the Lancers with 27 Total Block Points. She played in 71 games. She had 137 Ball Handling Attempts (second amongst starters) Lynsey finished the regular season as one of the top LHS scorer with 250 points on 198 kills, 48 aces and 27 blocks.

2007 – Lynsey finished the 2007 season with 84 kills, and 29.5 blocks.

Jenna Carando

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Jenna had big shoes to fill in the Libero (Italian for “Free”) position due to graduation. She worked in the off season playing JO for Western Mass. She wore a Lancer contrasting jersey. As a result, Jenna became the focus of many as she replaced players without notice to the officials. “Jenna worked hard and produced unexpected results”- Booster Club Supporter

HIGHLIGHTS

2008 – For most of the games this year, Jenna wore the Libero jersey. As a defensive specialist, Jenna had 179 digs putting her on the list of all-time great Lancer diggers. Jenna had the second highest serve % at 92.3%. She had 28 Points in 70 games.

2007 – Jenna finished the 2007 season with 10 points

Coaches Corner – The Mintonette asks Coach some questions.

1. What makes a better player - a specialist or generalist?
This is a tough one. I would prefer a "Jill of all trades" because I run very complex offenses and defenses. This is why you will sometimes see Caroline setting for Natalie rather than subbing in another setter for the serve-serve. That is not to say that specializing is bad. Hannah and Jenna are great examples of specialists whom complement each others play very well.
2. Do you follow College Volleyball?
Not as closely as I would like. I mainly follow the local teams but I do speak with almost all the coaches in the Northeast throughout the off-season at Junior Olympic tournaments.
3. Do you coach a boy’s team?
I got my coaching start with the boy’s team at Holyoke High School in 2001 and stayed there until the spring of 2007. I am a certified PAVO official and wanted a chance to hone my officiating skills so I decided to leave my position at Holyoke. I have not ruled out coaching a boys team though.
4. Is LHS starting a boy’s team?
Stay tuned.

Andrea Davis

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Andrea is the Lancers most valuable volleyball attacker. All spectators agree that when Andrea hits a volleyball spike it is one of the most fun and athletic plays in the game. “When Andrea hits her jump serve, no team could stop it. Her offensive abilities at the net forced teams to pay attention to her.” - Booster Club Supporter

HIGHLIGHTS:

2008 – Andrea was the top attacker and serve receiver for the Lancers. She finished the regular season as the top LHS scorer with 308 points on 249 kills, 54 aces and 5 blocks. Andrea was the AVCA player of the week, September 21 averaging 5 kills per game and 3.8 digs. She is the sole member of the Lancer 15-Kill Club. Andrea owns the Lancer Career Record for Kills (416)

2007 – Andrea finished the 2007 season with 218 kills, 45 aces and 5 blocks.

Kill (True) or

Ball Handlings Error – BHE(False)

1. A Libero can enter a game only 20 times.
2. When the person slides on the floor to hit the ball up in the air it’s called a dive.
3. A blocker jumps and tries to stop the ball from coming over the net
4. When the opponent serves first, the starting Right Back player (on your team) will be the last to serve.
5. The setter in volleyball is responsible for tackling the person with the ball.
6. The ball can be played off the ceiling on the first or second hit if it returns to the same side that it was hit from.

ANSWERS

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

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.

Christina Mentor

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Christina is the Lancers unsung hero. She can be counted on for getting the serve in play, hitting her kill shots and key stuff blocks. She holds the LHS Match Block record (6). “Christina is the Charley Hustle of the Lancer Volleyball program. She gives 110%. She displayed a “Never give up” attitude. She was out with a week-long injury caused by her intensity.”- Booster Club Supporter

HIGHLIGHTS

2008 – Christina was the most consistent player for the Lancers. She led LHS starters in Serve % at 92.6 and Defensive Receptions (4.0/game) Christina finished the regular season with 83 points on 44 kills, 18 aces and 21 blocks in only 51 games.

2007 – Christina finished the 2007 season with 94 kills, 20 aces and 18.5 blocks in 85 games.

Natalie Zucker

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Natalie is a triple threat - excels in kills, sets and assists. Her sets are classic; feet to the ball, square to the antennae, hands shaped and up early, extended, held, set and point. Her dumps are offensive surprises and executed flawlessly. “Natalie runs the offense and that is the reason for Lancer volleyball success.” - Booster Club Supporter

HIGHLIGHTS:

2008 – Natalie was the top server, digger and ball handler for the Lancers. She finished the regular season second in scoring with 211 points on 130 kills, 69 aces and 12 blocks. Natalie was The Republican athlete of the week, September 22. She is the sole member of the Lancer Triple-Double Club. Natalie owns Lancer records in Career Points Served (384), Career Service Aces (129), and Career Assists (670).

2007 – Natalie finished the 2007 season with 142 kills, 64 aces and 16 blocks.