Note from Coach Holt

Spring is always busiest time of the year for both my team, my coaching staff and myself. Although it keeps me feeling like the Energizer bunny... going and going and going, it is also my favorite time of the year. After a much deserved and well earned break for all of us, we are now in full swing of the spring season.

Spring season, or the Non-Championship season, is a chance to do some real coaching and real training...breaking down individual skills of each player, taking the time we couldn’t take in the fall to really work on each player and developing how we want them to fit into the team system. It means a lot of time in the gym, since we cannot have any more than four players in a individual session at a time until we start our team practices in mid-March, but it’s the best way to bring this extremely young roster up to the speed of the collegiate game. And, they are doing quite well with that!

Since the majority of our roster is back this spring and next fall, it allows us, myself and my new coaching staff (see below) to really flush out where each player is and needs to be for the betterment of the team for the 2008 fall season.

The team is working very hard and we are extremely excited to start playing matches in April, so I hope you can come on to cheer the Missouri S&T Miner Volleyball team this spring and of course next fall. GO MINERS!!!

New Assistant Coach Hired - Roberts Takes New Position

Miner Head Volleyball Coach Jason Holt, has hired a new assistant coach to help him continue to build the new volleyball program at the Missouri University of Science and Technology (Missouri S&T). Former assistant coach Heather Roberts (right), resigned from the Missouri S&T post at the end of January to accept the same position at the Colorado School of Mines, a NCAA Division II school in the Rocky Mountain Athletic Conference.

"I thoroughly appreciated and enjoyed my time working with the Missouri S&T Volleyball team and coaching staff," says Roberts. "It has been an awesome experience to be a part of building this program from the ground up. I am thankful for the opportunity that Coach Holt gave me to work with such a talented group of student-athletes. The Miner Volleyball program is going to continue to grow and find much success on and off the court. I wish them all the best, as this team and experience will always have a special place in my heart. GO MINERS!!!

Former Truman State University standout player and Southwest Baptist University graduate assistant coach, Megan Remley (left), has been hired by Holt to replace Roberts. Remley, who started February 15th with a recruiting trip to Omaha, Nebraska, was a 2002 graduate of Kearney (Mo.) High School, where she had a standout career, earning many All-Conference and All-District awards. While playing middle and right side hitter at Truman State, Megan was apart of two NCAA Division II National runner-up teams in 2002 and 2004, and a quarter-finalist team in 2005. She was selected as an All-Conference and All-Academic pick her sophomore through senior seasons. After earning her B.S. in Exercise Science from Truman State in 2006, Megan became the assistant coach at Southwest Baptist for two seasons where she is currently finishing her graduate degree in Education.

2008 Miner Volleyball - UPDATE

Since our last issue, there has been some major changes to the look of Miner Volleyball. First and foremost, our new name. January 1st, 2008 saw the end of the short-lived UMR Volleyball era and the start of Missouri S&T Volleyball.

It also saw the loss of three players and two coaches who have chosen not to return next fall or have moved on to other opportunities. So we say goodbye to players... Stephanie Harman (Joplin, Mo.), Lisa Robinson (Lake Charles, La.) and Ayslyn Balenciester (Lafayette, Ind.), as well as assistant coaches Heathen Roberts (see below left) and Kristina Conley. They will all be greatly missed!

Thank you Step, Rob, Ash, Heather and Kris for everything you did for the Miners!

The returning players have been plugging away during and following the holiday break with a tough lifting and conditioning program, working to get into great shape for the spring and fall seasons. They have also been really working hard in their individual workouts this winter.

The newly hired coaching staff (see below left) have also been back on the recruiting trail to bolster the ‘08 fall roster. Missouri S&T Head Coach Jason Holt signed outside hitter Erin Bekebrede (St. Charles, Mo.) back in November (see last issue), and hopes to have three new players that will be announced in the June issue.

The rest of the spring will include continued lifting and conditioning, new group individuals, team practices in March, an April filled with competition (see page 2 bottom), program fundraising (see Car Wash page 3 and Operation Volleyball 2008 on page 4), and preparing for the summer and the start of the fall season. Makes for a busy spring! Just the way we like it.

Thank you to all of our families, fans and supporters out there who have been so generous to us so generously to the program! It has not gone unnoticed. It has been essential to our success, both on and off the court and both now and in the future. Thank you so much!!!

Captain’s Corner - Note from Lynsey

Friends, Family and Fans.

Happy Belated New Year! Well, we’ve gotten our break and its now second semester which means... off season training! Tory (Smiley) and myself have been through this last year but it will a little different now that we have a whole team, not to mention it’s a whole new thing for the freshmen. Although the spring isn’t as busy everyday as the fall we still have a lot to do!

A typical week for the Miners this semester is lifting in groups three days a week, with conditioning at 6am twice a week. But my favorite part of the spring are the individuals. For the first few weeks we’ve been in position groups and starting at the end of February we will mix positions until the middle of March when we start team practices! The biggest difference that I’ve noticed is basically the amount of people (5 vs 15). So far its going really well and I know we are all glad to finally start getting court time. I am looking forward to the spring to help us further our court chemistry so that we can be a stronger team. Also I know we are using the valuable experience we gained last season to help us improve our skills for our tough matches this spring and next fall.

Now that everyone has a feel of what goes into our spring season, I would really like to welcome Erin (Bekebrede) to the team! We actually got a chance to play with her on February 22nd as a team when she came down for her PRO day. It was fun to play again as a team but to also see the exciting potential of our incoming class! I hope and look forward to getting our other new players down to Rolla to play with us sometime soon also. I hope the 2008 freshmen enjoy their last months as seniors and are excited to start as Lady Miners in August!

I know we have a solid spring season ahead of us and am looking forward to the weeks ahead so we can improve and go out in the fall kicking butt and taking names!

Lynsey Jorgenson

Miner VB Earns over 30 Team GPA in Fall Semester

The 2007-2008 members of the Missouri S&T volleyball program, formally the University of Missouri-Rolla during the fall season, combined for team grade point average (GPA) of 3.07 during the 2007 fall academic semester.

Four players on the roster, redshirt freshman setter Tory Smiley (Springfield, Mo.), and true freshmen middle hitter Kael Herron (Jonesboro, Ark.), middle hitter Hope Mooberry (Morton, Ill.), and right side/outside hitter Lauren Summerville (Fenton, Mo., right) lead the team with final semester averages of over 3.5 GPA. WAY TO GO MINERS!!!

Note from Coach Holt

Volleyball Newsletter

Volume 1, Issue 3
Missouri University of Science and Technology
March 2008
The sophomore season of Lady Miner volleyball will get underway August 29th, this time as Missouri University of Science and Technology. Head Coach Jason Holt has released the 2008 fall schedule for the new name Missouri S&T Miners (see below right).

The team’s first appearance before the home crowd will be in the Silver & Gold Intrasquad Scrimmage on Monday, August 25th before the Miners play host for their first official matches of the season during the Labor Day weekend at the Holiday Inn Express, Middle of Everywhere Volleyball Classic (see below). Missouri S&T’s first match will take place in the two-day classic hosted in the Gale Bullman Multi-Purpose Building, as the Miners will face the University of North Alabama in their first match of the tournament. S&T will play four games over two days to open the season, including the State of Missouri’s own Truman State and Missouri Western State.

The Miners will be playing in front of their home fans again in their regular season contest on Wednesday, Sept. 3rd when they host MIAA powerhouse Central Missouri before they play in another two-day classic at Southwest Baptist University during the first weekend of September. They open Great Lakes Valley Conference (GLVC) play against the Tritons of Missouri-St. Louis University on Tuesday, Sept. 9th at home. Besides its early season home classic, the Miners will have 13 additional home matches as part of its 33-game regular season schedule. The home slate includes nine GLVC matches and four non-conference matches against teams coming to S&T for their first time, Central Missouri (Sept. 3rd), Missouri Southern State (Sept. 13th) and Truman State (Oct. 14th) and ending the regular season with Oakland City on Nov. 8th. S&T will also face Illinois-Springfield on the road (Oct. 24th) for the first time in team history.

The newest feature to the Missouri S&T volleyball schedule will be a road-trip to Indianapolis and the Team Indiana club volleyball facility, for the first-ever GLVC-GLIAC Crossover Tournament. The 13-team GLVC and the 12-team GLIAC (Great Lakes Intercollegiate Athletic Conference) make up the Great Lakes region of NCAA Division II volleyball. All 25 teams will battle it out against each other over the two-day event, which is said to be the largest collegiate volleyball tournament in the country at any level. Each team will play 3-4 teams from the opposing conference to help determine regional rankings for the NCAA post-season tournament.

Come show your support this fall for the newly named Missouri S&T Lady Miner Volleyball team. Help keep our GLVC-leading attendance marks up! GO MINERS!!!!

### Missouri S&T Hosts Middle of Everywhere Classic

As mentioned above, the Missouri S&T Miners will open their 2008 fall season at home, serving as hosts for the Holiday Inn Express, Middle of Everywhere Volleyball Classic, during the weekend of August 29th & 30th in the Gale Bullman Multi-Purpose Building. The fall tournament will feature some of the best NCAA Division II volleyball teams in the Midwest and the country, including two teams who have won recent NCAA Division II National Championships in Grand Valley State University (2005) and University of North Alabama (2003), as well as two-time National Runner-Ups and local volleyball superpower, Truman State University (2004 & 2002).

The 10-team field includes: Missouri S&T, Grand Valley State (Mich.), Missouri Western State University, Pittsburgh State University (Kan.), Southwest Oklahoma State University, St. Cloud State University (Minn.), Truman State University (Mo.), the University of Missouri-St. Louis, North Alabama, and the University of Southern Indiana.

What a great opportunity for Miner Volleyball and the Rolla community, to have such great teams coming to Missouri S&T in this outstanding volleyball showcase,” says Miner Coach, Jason Holt. “The level of play and the number of teams coming to Rolla is just another great step towards growing high-level college volleyball at Missouri S&T. We invite our fans and all Missouri fans to come watch all these amazing athletes play this coming August.”

### 2008 Miner Volleyball Roster

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Yr.</th>
<th>HT</th>
<th>Pos.</th>
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<tr>
<td>1</td>
<td>Annie Smith</td>
<td>Sr.</td>
<td>5-9</td>
<td>DS</td>
<td>Florissant, Mo. / Incarnate Word</td>
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<td>2</td>
<td>Bridget Williams</td>
<td>Sr.</td>
<td>5-4</td>
<td>DS</td>
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<td>3</td>
<td>Leandra Pelae</td>
<td>Sr.</td>
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<td>OH</td>
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<td>Jr.</td>
<td>5-11</td>
<td>OH</td>
<td>Morton, Ill. / Morton</td>
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<td>5</td>
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<td>Sr.</td>
<td>5-7</td>
<td>OH</td>
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<td>Kit Spears</td>
<td>Jr.</td>
<td>5-6</td>
<td>OH</td>
<td>Valley Center, Kan. / Valley Center</td>
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<td>7</td>
<td>Lauren Summervile</td>
<td>Jr.</td>
<td>5-10</td>
<td>RS</td>
<td>Fenton, Mo. / Rockwood Summit</td>
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<td>5-3</td>
<td>DS</td>
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<td>MH</td>
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<td>Erin Bekebrede</td>
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<td>MH</td>
<td>Ash Grove, Mo. / Homeschool</td>
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<td>OH</td>
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<td>OH</td>
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<td>15</td>
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<td>So.</td>
<td>5-10</td>
<td>RS</td>
<td>Tinley Park, Ill. / Chicago Christian</td>
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*Note: Non-Championship season will have various opponents at different levels (Division I, II, III, NAIA, Jr. College). This Schedule is Tentative/Subject to Change…As of 3/1/08*
The 2007 Miner Volleyball program, playing as the University of Missouri-Rolla, handed out its post-season awards at an on-campus banquet at the Missouri S&T Student Union, for its inaugural season on December 5th, 2007, with several players earning honors that were selected by both the team and coaching staff.

Freshmen setter and co-team captain Ashlyn Balensiefer (Lafayette, Ind.) and freshman libero Bridget Williams (Topeka, Kan., right) shared “The Rock” Award for the ’07 season, given to the team’s Most Valuable Players. Sophomore and co-captain Lynsey Jorgenson (St. Louis, Mo.) was the winner of the Miner Heart & Spirit Award, awarded to the team’s most inspirational and passionate player.

Freshman outside hitter, Jessica Laughery (Wheaton, Mo.) was named as the team’s Most Improved Player of the inaugural campaign. While junior defensive specialist Stephanie Harmon (Carl Junction, Mo., below left) was the winner of the Miner Strength Award for her continual hard work and improvement in the program’s strength and conditioning program.

Tory Smiley (Springfield, Mo.), a redshirt freshman setter and true freshman defensive specialist Annie Smith (Florence, Mo.) shared the Miner Hustle Award, given to the player(s) who gave their all in practices on a daily basis.

The Miner coaching staff awarded true freshman middle hitter Kaci Herron (Jonesboro, Ark.) who redshirted the ’07 season, the Coaches Award. The award is given to the player that the coaching staff believes gives the most of themselves to the team while showing a strong desire to improve and develop as an over player.

As far as the skill awards went, Williams was the recipient of three of the season honors. She earned the team’s top server award with a team-high 35 services aces while showing a strong desire to improve and develop as an over player.

Balensiefer earned the team’s top setter award after averaging 9.3 assists per game, while freshman outside hitter, Leandra Pelaez (Dunlap, Ill.) was the Lady Miners’ top offensive player. The freshman outside hitter finished ninth in the GLVC with her 3.8 kills per game and led the team in hitting percentage for the season.

Jorgenson won the top blocker award with a team-high 64 blocks on the campaign.

Other than the awards handed out, the banquet included a great catered brunch, speeches by the captains and coaches, an end-of-the-season slideshow and newcomer player skits. The team was broken up into three groups, each one performing a 3-5 minute skit highlighting the season. Athletic staff, parents and other family members in attendance, found all three skits to be quite funny as a wrap up of the season.

Since University of Missouri-Rolla Lady Miner Volleyball is no more, and the new era of Missouri S&T Volleyball is upon us, all of our historic 2007 t-shirts, volleyball and media materials must go. If you are interested in purchasing some of our remaining UMR Volleyball items, please contact the Miner Volleyball Office at (573) 341-6848 for available sizes.

Miners Now Missouri S&T ... UMR VB ’07 Now Historic!

2007 Media Guides $2.00 (bottom far right)
2007 Miner Volleyball Gear Available - BUY YOURS NOW!

Miner Volleyball | Newsletter: March 2008

New Miner Volleyball Gear Available - BUY YOURS NOW!

2008 Miner Summer Volleyball Camps

The General All-Skills Camp (beginners, JV level & below/skill specific) and the Advanced Specialty Camp (varsity level/position specific) are for boys and girls who will be going into 8th-12th grade in the fall of 2008, while the Little Diggers Camp is for boys and girls who will be 1st-5th graders.

Interested campers/parents can get information as well as register online. You may find the direct links for each camp on the Missouri S&T Athletic Department website: www.campus.mst.edu/sports.
Operation Volleyball 2008: `Support the Miners`

Missouri S&T Miner Volleyball is continuing the 1st Annual OPERATION VOLLEYBALL: `Support The Miners` fundraising program for our upcoming spring and fall seasons. The objective of the fundraiser is to raise support and build opportunities for the success of the volleyball program and its players. In order to secure the best possible playing environment for our program, we are asking supporters to donate to the Miner Volleyball program through tax-deductible monetary donations (receipts for taxes/records will be sent).

Funds raised through this program will be used to offset costs for the upcoming 2008 season: preseason travel, uniforms, training equipment, locker room and office space construction/renovations, team building activities, and more.

Supporters who donate can choose to receive support awards in return for their donation to the program, depending upon the level of sponsorship:

Support Levels

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<th>Level 2</th>
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<td>$100</td>
<td>$150</td>
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<td>$250+</td>
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Awards (below)

- Copy of Miner VB Yearly Newsletter (4issues) & Recognition in Media Guide
- Miner Volleyball Media Guides (2007 &/or 2008)
- Player/Team Autograph/Photo Card (no autographs)
- Miner Volleyball T-Shirt (FMV $4)
- Framed & Personalized Miner VB Team Photo (FMV $8)
- Miner Volleyball (FMV $10)

I would like to Support the 2008 Missouri S&T Miner Volleyball team, at the following Level (check one & whether you want to receive the support awards tied to your donation):

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<td>Level 6 ($250+)</td>
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Name: ___________________________________________________________
Address: _________________________________________________________
City: __________________________________ State: _______ Zip: __________
Home Phone: _____________________ Cell Phone: ______________________
Email: ___________________________________________________________

T-Shirt Size (circle): Sm. Med. Lg. X-Lg. 2XLg. 3XLg.

Method of Payment:

- Check/Money Order
- MasterCard
- Cash
- Visa
- Discover

Credit Card Number: ______________________________ ExpDate: ____ / ____
Signature: ________________________________________________________

Please make checks/money orders payable to Missouri S&T Volleyball. Send all donations to: Miner Volleyball Office, G-2 Gale Bullman Multi-Purpose Bldg., 705 W. 10th St., Rolla, Mo. 65409.