

RIO

VOLLEYBALL

2010 MEDIA GUIDE



UNIVERSITY OF
RIO GRANDE
& RIO GRANDE COMMUNITY COLLEGE

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The 2010 version of the University of Rio Grande RedStorm volleyball squad will have a nice blend of experience and youth, and a boatload of talent as third-year head coach Billina Donaldson is ready for her team to take the next step in the rebuilding process.

Rio Grande posted an 18-19 overall record in 2009 while finishing in third place in the Mid-South Conference with a 9-5 mark. The goal for this year's squad is to be on the plus side of the .500 mark. "We have set a goal – we want to finish the season well above .500," said Donaldson. "Rio volleyball hasn't had a .500 season since the 1990's (23-21 in 1998)." (Rio nearly finished .500 in 2006 with a 19-20 overall record). "We would like to win 22 to 24 games this year," Donaldson added.

Rio Grande has eight key returners from a season ago, led by Mid-South Freshman of the Year and All-MSC performer Erin Sherman (South Webster, OH). The 6'2" sophomore middle hitter led the RedStorm in kills (388), attack percentage (.338), kills per game (3.03) and blocks (149) last season.

"Erin was selected to the all-region team as a freshman last season and this year we would like to see her continue that success," Donaldson said. "We hope to add a teammate to that (All-MSC) team (this year)."

Fellow sophomore Whitney Smith (Albany, OH) is back this season. Smith was second on the team in kills (321), kills per game (2.51) and serve aces (53) in 2009.

Senior middle hitter Rachel Walker (Ironton, OH) is back to provide leadership and steady play at the net. Walker was third on the 2009 squad in both kills (179) and blocks (86). Senior Ashley Bloom (Worthington, OH) should be much more comfortable in her second season as a setter. Bloom posted 624 assists (4.84 per game) last

year after having never played the position before. She was also the team leader in serve aces with 73.

Junior Kati Moore (Lancaster, OH) is another key contributor back from last year's squad. Moore (177 kills and 92 blocks) was a factor at the net and Coach Donaldson will need her to step up this year as well.

Also back from last year's squad are a trio of sophomores in Tresa Swatzel (Shade, OH), Kaci Shoemaker (Rio Grande, OH) and Erin Moore (South Webster, OH). All three players were on the court quite a bit last season and will be expected to carry more of the load in 2010.

Donaldson talked about keys to success for this year's team. "The key to our success this year will be the ability to show up for the big games," Donaldson said. "We have so much talent this year; we just have to have confidence when we walk on to the court."

"Another key factor is going to be the noticeable difference in sophomores Whitney Smith and Tresa Swatzel's game," Donaldson added. "They came in, in such great shape. They jump higher and hit harder. The improvement of their game is really going to push us ahead in several games."

Donaldson went out and brought in a very strong recruiting class, many of the newcomers will be counted on to make a mark this season.

Freshman Kayla Landaker (Coshocton, OH) will provide depth at the setting position and if Donaldson employs the 6-2 formation from a year ago, Landaker and fellow newcomer Kelsey Martin (Jackson, OH) will push for time with Bloom.

Sophomore transfer Lauren Raines (Albany, OH) will man the libero position for the RedStorm. Raines played last fall in a reserve role for Ohio University. Raines is one of four players from Alexander High School on the 2010 squad (along with Whitney



Smith, Nicole Ogg and Tresa Swatzel). "Having four girls on my team from Alexander will be nice for us," Donaldson said. "Tresa played at Alexander a couple of years and the chemistry between her, Whitney, Lauren and Nicole is great."

Twin sisters Caity and Cindy Willis from Athens High School will also see playing time this season for the RedStorm. Caity is another option at the setter position and Cindy will play some at the outside hitter spot.

Jaymie Rector (Heath, OH) is over from the softball team. Rector is very athletic and will provide depth at the outside hitter position while Ogg, a freshman, will challenge Shoemaker for playing time at the defensive specialist position.

As the RedStorm prepare for the season, Donaldson's main concern lies with how quickly the young setters will mature. "We are still fairly young," Donaldson said. "I am concerned about my three freshmen setters being able to make experienced decisions."

Rio Grande will once again have a challenging schedule in 2010, but they get a chance to get off on the right foot with three early matches in the friendly confines of the Newt Oliver Arena. "We are looking forward to hosting the 'Aces in August Classic' on August

27 and 28," Donaldson said. "We also are excited about having our first three dates of the season at home."

"As far as the rest of the schedule, we always enjoy the trip to Lebanon, Tenn., to play in the tournament at Cumberland and we would love to bring home a few wins from there," Donaldson added.

Donaldson will have a new first lieutenant this season as former Houghton College standout Holly Motheral has joined the staff as a graduate assistant, replacing Lynnette Kiesling. "Holly has the passion for the game of volleyball that we look for in coaches," Donaldson said. "She has a stand up and take-charge attitude and is not afraid to jump into a situation and take it over, to get things done."

"She shows great enthusiasm toward her position and has hit the ground running," Donaldson added. "I am excited and proud to have her in our program."

Donaldson and the RedStorm are extremely optimistic about the 2010 season and can't wait to get underway. "We are bigger, stronger, faster and more experienced," Donaldson said. "We cannot wait to turn heads this season."

"The girls on the RedStorm volleyball team are ready to start swinging."



VOLLEYBALL SCHEDULE

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<h1>2010</h1>		
August		
13	Scrimmage at Sinclair	6:00 p.m.
15	<i>Alumni Day</i>	<i>Noon</i>
26	<i>Point Park</i>	6:00 p.m.
27	ACES in August Classic	
	<i>(Rio Vs Ind. Univ. East)</i>	5:00 p.m.
	<i>(Martin Meth Vs Cumberland)</i>	
	<i>(Rio Vs Martin Methodist)</i>	7:00 p.m.
	<i>(IUE Vs Cumberland)</i>	
28*	<i>(Rio Vs Cumberlands)</i>	9:00 a.m.
	<i>(Martin Methodist Vs IUE)</i>	
	<i>1 vs 4 and 2 vs 3</i>	11:00 a.m.
	<i>Championship Game</i>	1:00 p.m.
September		
2	Mountain State	7:00 p.m.
6*	Pikeville	5:00 p.m.
15*	WVU Tech	6:30 p.m.
17	Cumberland TN Tourney	
	Vs Cumberland TN	1:00 p.m.
	Vs Trevecca	7:00 p.m.
	Cumberland TN Tourney	
	Vs Bethel	9:00 a.m.
	Vs Union	3:00 p.m.
21	Central State	6:00 p.m.
24*	<i>UV Wise</i>	6:00 p.m.
28*	<i>Shawnee State</i>	7:00 p.m.
October		
1*	<i>St. Catherine Double Header</i>	TBA
2	Tri Match at Notre Dame	11:00 a.m.
7	<i>Mountain State</i>	6:00 p.m.
9	Tri Match Mt. St and Brescia	9:00 & 11:00 a.m.
11*	<i>Georgetown</i>	7:00 p.m.
13*	Campbellsville	5:00 p.m.
16	Huntington Indiana Tourney	TBA
21*	<i>Pikeville</i>	6:00 p.m.
22*	<i>Lindsey Wilson</i>	7:00 p.m.
23	Tri Match at Cedarville	
	Rio Vs Houghton	1:00 p.m.
	Rio Vs Cedarville	3:00 p.m.
28*	<i>WVU Tech</i>	6:00 p.m.
30*	Tri at Shawnee Vs Shawnee	TBA
	VS Mt. Vernon	TBA
November		
2*	UV Wise	6:00 p.m.
5	<i>Malone</i>	6:00 p.m.



Billina Donaldson

Donaldson enters her third season as head coach of the RedStorm volleyball program. She is no stranger to Rio Grande having starred on the volleyball court from 1992-96. This was after a stellar career at Jackson High School. Donaldson also participated in the Olympic Trials in 1996.

Prior to coming to Rio Grande, Coach Donaldson served as an assistant coach for one season (1996-97) at Shawnee State University before assuming the head coaching position at Hanover United High School in 1998. Donaldson's teams had some amazing runs during the period of 1998-2003 in which she guided them to a State Final Four Appearance.

Following her tenure at Hanover, Donaldson took over the Jackson High School program for four years from 2004-2007.

Donaldson has a plan in motion to bring Rio volleyball back to the glory days of the 1990's when it was at it's summit. She took some initial steps last season, after a rocky first season, Donaldson guided the RedStorm to an 18-19 regular season in 2009 and an impressive third place finish in the Mid-South Conference, posting a 9-5 mark.

Donaldson is married to former Rio standout basketball player Troy Donaldson. Troy and Billina have three children, Kinnison (12), Cooper (9) and Caden (8), and currently reside in Jackson where Billina teaches at Jackson High School.

Holly Motheral

Holly is in her first season as an assistant coach for the RedStorm program. The native of Paris, Ontario Canada attended North Park Collegiate High School where she played volleyball, basketball, soccer and badminton.

Following high school career, she attended Houghton (NY) College and graduated magna cum laude with a Bachelor of Science degree in Physical Education. While at Houghton, Motheral played volleyball all four years as a middle blocker. Twice she earned NAIA Scholar Athlete awards. Motheral also played one year of basketball at Houghton.

She has coached at various camps throughout her career (three years at Houghton) and was an instructor at the Indian Head Volleyball Camp in Honesdale, PA.

Motheral will assist in all facets of the program and will handle the majority of the office duties.

She is working toward her Masters in Intervention Specialist Mild/Moderate program.

Holly is the daughter of Jamie and Sandra Motheral and has one sister, Erin.



VOLLEYBALL ROSTER

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<i>Player</i>	<i>Pos.</i>	<i>Class</i>	<i>HT</i>	<i>Hometown</i>
1-Cindy Willis	OH	Fr.	5-6	Athens, OH
2-Lauren Raines	LIB	So.	5-6	Albany, OH
4-Erin Moore	OH	So.	5-7	South Webster, OH
6-Kaci Shoemaker	DS	So.	5-2	Rio Grande, OH
7-Rachel Walker	OH	Sr.	6-0	Ironton, OH
8-Erin Sherman	MH	So.	6-2	South Webster, OH
9-Whitney Smith	OH	So.	5-7	Albany, OH
10-Kayla Landaker	S	Fr.	5-7	Coshocton, OH
11-Tresa Swatzel	OH	So.	5-9	Shade, OH
13-Kelsey Martin	S	Fr.	5-6	Jackson, OH
14-Ashley Bloom	S	Sr.	5-7	Worthington, OH
15-Nicole Ogg	DS	Fr.	5-2	Albany, OH
22-Kati Moore	MH	Jr.	5-8	Lancaster, OH
RS-Jordan Nolan	RS	Fr.	5-9	Radnor, OH

Head Coach: Billina Donaldson
Assistant Coach: Holly Motheral



VOLLEYBALL

1-Cindy Willis

Position: Outside Hitter
 Height: 5-6
 Class: Freshman
 Hometown: Athens, OH
 High School: Athens
 Parents: Terry & Tina Willis
 Major: Early Childhood Education



2-Lauren Raines

Position: Libero
 Height: 5-6
 Class: Sophomore
 Hometown: Albany, OH
 High School: Alexander
 Parents: Lee & Michelle Raines
 Major: Nursing



4-Erin Moore

Position: Outside Hitter
 Height: 5-7
 Class: Sophomore
 Hometown: South Webster, OH
 High School: South Webster
 Parents: Jim & Susan Moore
 Major: Early Childhood Education



6-Kaci Shoemaker

Position: Defensive Specialist
 Height: 5-2
 Class: Sophomore
 Hometown: Rio Grande, OH
 High School: Gallia Academy
 Parents: Mike & Sharon Shoemaker
 Major: Early Childhood Education



7-Rachel Walker

Position: Outside Hitter
 Height: 6-0
 Class: Senior
 Hometown: Ironton, OH
 High School: Ironton
 Parents: Jim & Treva Walker
 Major: English (Pre-Law)





8-Erin Sherman

Position: Middle Hitter
Height: 6-2
Class: Sophomore
Hometown: South Webster, OH
High School: South Webster
Parents: Larry & Cindy Sherman
Major: Biology/Pre-Veterinarian



9-Whitney Smith

Position: Outside Hitter
Height: 5-7
Class: Sophomore
Hometown: Albany, OH
High School: Alexander
Parents: Phil & Sandy Smith
Major: Chemistry



10-Kayla Landaker

Position: Setter
Height: 5-7
Class: Freshman
Hometown: Coshocton, OH
High School: River View
Parents: Tim & Debbie Landaker
Major: Nursing



11-Tresa Swatzel

Position: Outside Hitter
Height: 5-9
Class: Sophomore
Hometown: Shade, OH
High School: Eastern Meigs High School
Parents: Jim & Gail Swatzel
Major: Chemistry



13-Kelsey Martin

Position: Setter
Height: 5-6
Class: Freshman
Hometown: Jackson, OH
High School: Jackson
Parents: Jay & Pam Martin
Major: Diagnostic Medical Sonography





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14-Ashley Bloom

Position: Setter
 Height: 5-7
 Class: Senior
 Hometown: Worthington, OH
 High School: Worthington Kilbourne
 Parents: Adam & Michelle Bloom
 Major: Middle School Education



15-Nicole Ogg

Position: Defensive Specialist
 Height: 5-2
 Class: Freshman
 Hometown: Albany, OH
 High School: Alexander
 Parents: Terry & Cheryl Ogg
 Major: Accounting



22-Kati Moore

Position: Middle Hitter
 Height: 5-8
 Class: Junior
 Hometown: Lancaster, OH
 High School: Lancaster
 Parents: Mark & Tina Moore
 Major: Healthcare Administration



23-Jordan Nolan

Position: Redshirt
 Height: 5-9
 Class: Freshman
 Hometown: Radnor, OH
 High School: Buckeye Valley
 Parents: Jon & Donna Nolan and Andy & Kim Miller
 Major: Education



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