



SPRINGFIELD COLLEGE ATHLETICS

Women's Volleyball

2011

Fast Facts:

- ▼ The Pride is one of the most competitive women's volleyball teams in the nation, posting 38 straight winning seasons.
- ▼ Head coach **Moira Long** takes over in her first season at the helm of the Springfield College women's volleyball program.
- ▼ The Pride rattled off a 31-5 record as it advanced to the NCAA Regional Championship in 2010.
- ▼ Affiliations: National Collegiate Athletic Association (NCAA) Division III, Eastern College Athletic Conference (ECAC).
- ▼ Conference: New England Women's and Men's Athletic Conference (NEWMAC).
- ▼ Home Court: Blake Arena



senior
Lauren Torvi



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HEAD COACH Moira Long



▼ Education

- Marist College, '94
- Springfield College '97

Moira Long enters her first season at the helm of the Springfield College women's volleyball program and will also serve as an assistant professor of physical education. Long returns to Springfield College, where she earned a master's degree in sport management in 1997. During her two-year stint at Springfield College, Long served as the graduate assistant of the women's volleyball program and acted as the interim head coach in the spring of 1997.

For the past 13 seasons, Long guided Plymouth State's women's volleyball toward the top among programs in New England. She led the Panthers to nine post season berths, including a trip to the NCAA championships in 2004, where they won their first-ever Little East Conference title. During her time at Plymouth State, Long owned an overall record of 301-156, good for a .658 winning percentage. Her teams totaled at least 20 wins in 10 of her seasons, including a record-setting year in 2009 when the Panthers went 32-6.

Long held several other roles in addition to coaching the Panthers during her tenure at Plymouth State. She served

as a health and human performance instructor, teaching several physical education concepts and skills courses. From 1998 to 2008, Long was the senior women's administrator, compliance coordinator, and academic advisor for the Plymouth State Department of Athletics. In that capacity, she was responsible for compliance, budgeting, personnel, academic advising, and scheduling.

Long previously served as president of the New England Women's Volleyball Coaches Association (2005-07), as well as the chair of the NCAA Division III Regional Volleyball Committee (2004-08) and vice-chair of the NCAA National Volleyball Committee (2005-07). She then moved up to chair the NCAA Division III Women's Volleyball National Committee (2007-08).

A four-year starter in volleyball at Marist College in Poughkeepsie, N.Y., Long earned her bachelor's degree in political science there in 1994. After her two-year stint at Springfield College, she spent one year at Dickinson College as head coach of volleyball and softball (1997-98) before heading to Plymouth State.

2011 Schedule

September

2	Fri.	Westfield State [^]	5:00 pm
2	Fri.	Plymouth State [^]	7:00 pm
3	Sat.	University of New England [^]	10:00 am
3	Sat.	Roger Williams [^]	3:00 pm
9	Fri.	at Johnson and Wales Invitational	TBA
10	Sat.	at Johnson and Wales Invitational	TBA
13	Tue.	at Babson*	7:00 pm
17	Sat.	Coast Guard *	1:00 pm
20	Tue.	Clark *	7:00 pm
23	Fri.	at MIT Invitational	TBA
24	Sat.	at MIT Invitational	TBA
27	Tue.	MIT *	7:00 pm

October

4	Tue.	at Smith*	7:00 pm
7	Fri.	Plymouth State \$	5:00 pm
7	Fri.	New Paltz \$	7:00 pm
8	Sat.	Westfield State \$	10:00 am
8	Sat.	Stevens Tech \$	3:00 pm
11	Tue.	at Wellesley*	7:00 pm

October (continued)

14	Fri.	at Clarkson#	7:00 pm
15	Sat.	vs. Elmira#	10:00 am
15	Sat.	vs. Brockport#	2:00 pm
18	Tue.	WPI *	7:00 pm
21	Fri.	at Volleyball Hall of Fame Invitational	5:00 pm
22	Sat.	at Volleyball Hall of Fame Invitational	10:00 am
25	Tue.	at Mount Holyoke*	7:00 pm
29	Sat.	at Wheaton*	1:00 pm

November

1	Tue.	NEWMAC Championship Quarterfinal	TBA
5	Sat.	NEWMAC Championship Semifinal	TBA
6	Sun.	NEWMAC Championship	TBA

* NEWMAC match

[^] Springfield College Invitational

\$ Tom Hay Invitational

Clarkson Invitational

Home matches in **Bold**

All times subject to change

2010 Honors and Awards

▼ **AVCA Division III Honorable Mention All-American:** Sarah Lang-Rodean; Kelsea Hellyar ▼ **AVCA Division III All-New England Region:** Sarah Lang-Rodean, Kelsea Hellyar, Lauren Torvi ▼ **NEWVA All-New England:** Sarah Lang-Rodean, Kelsea Hellyar, Lauren Torvi, Tessa Smolinski ▼ **NEWMAC Coach of the Year:** Joel Dearing ▼ **NEWMAC Player of the Year:** Sarah Lang-Rodean ▼ **NEWMAC All-Conference First Team:** Sarah Lang-Rodean, Kelsea Hellyar, Lauren Torvi ▼ **NEWMAC All-Conference Second Team:** Kim Giaquinto, Tessa Smolinski ▼ **NEWMAC All-Academic Team:** Sonya Mickiewicz, Brittany McNally, Meaghan Hart, Heather Lively, Lauren Torvi ▼ **ESPN Academic All-District Second Team:** Heather Lively ▼ **ESPN Academic All-District Third Team:** Lauren Torvi ▼ **NEWMAC Player of the Week:** Sep. 20–Kim Giaquinto; Oct. 11–Tessa Smolinski ▼ **Maroon Club Athletes of the Week:** Sep. 14–Lauren Torvi; Oct. 4–Sarah Lang-Rodean; Oct. 25–Tessa Smolinski; Nov. 15–Heather Lively



senior
Meaghan Hart

2011 Roster of Returning Players

Name	Cl.	Pos.	Ht.	Hometown
Itza Nieves	Sr.	L	5-0	Vega Baja, Puerto Rico
Meaghan Hart	Sr.	L	5-6	Stony Brook, N.Y.
Sonya Mickiewicz	Jr.	S	5-5	Madison, N.J.
Jenna Lebowitz	Sr.	DS	5-7	Coventry, Conn.
Kim Giaquinto	Sr.	OPP	5-11	Massapequa, N.Y.
Cassie Seymour	Jr.	OH	5-8	Sebastopol, Calif.
Lauren Torvi	Sr.	MB	6-3	North Smithfield, R.I.
Mary Consol	Jr.	MB	5-10	Long Valley, N.J.
Tessa Smolinski	So.	OH	5-7	Hebron, Conn.
Lindsay Runge	So.	OH	5-7	Closter, N.J.
Brittany McNally	Sr.	OH	5-8	Derry, N.H.

Head Coach: Moira Long (1st season, Marist College '94)

Assistant Coaches: Mark Thomas, Aylene Ilkson

Captains: Kim Giaquinto '12, Jenna Lebowitz '12, Sonya Mickiewicz '13

All-Time Results (1971-2010)

Year	Record	Highlights
1971	5-5-0	
1972	12-0-0	EIAIW champion
1973	11-1-0	
1974	9-0-0	
1975	7-2-0	
1976	16-8-4	MAIAW champion
1977	17-12-0	
1978	28-5-0	
1979	29-8-0	
1980	21-12-0	
1981	36-13-2	Northeast-8 champion
1982	37-7-0	Northeast-8 champion
1983	36-10-0	Northeast-8 champion
1984	19-17-0	Northeast-8 champion
1985	23-13-0	
1986	23-10-0	
1987	18-9-0	Northeast-10 champion
1988	21-15-0	
1989	22-16-0	
1990	25-12-0	Northeast-10 champion
1991	19-16-0	
1992	29-7-0	ECAC Division II Tournament champion
1993	32-3-0	NCAA Division II Tournament, Northeast-10 champion

Year	Record	Highlights
1994	31-4-0	NCAA Division II Tournament, Northeast-10 champion
1995	30-7-0	NCAA Division III Tournament quarterfinalist
1996	28-10-0	NCAA Division III Tournament quarterfinalist
1997	23-13-0	NCAA Division III Tournament
1998	22-14-0	ECAC Tournament
1999	28-9-0	ECAC Tournament
2000	26-13-0	ECAC Tournament
2001	31-7-0	NEWMAC regular-season champion, ECAC Tournament
2002	23-11-0	
2003	34-3	NEWMAC champion, NCAA Division III Regional Final
2004	26-8	NEWMAC champion, NCAA Division III Regional Final
2005	26-8	14th consecutive 20+ win season
2006	27-8	NEWMAC finalist
2007	23-10	NEWMAC semifinalist
2008	32-5	NEWMAC champion, NCAA Division III Regional Semifinal
2009	27-7	NEWMAC semifinalist
2010	31-5	NCAA Division III Regional Final

Totals: 964-344-6 (.735 winning percentage)



Facilities

The women's volleyball team plays home competitions in Blake Arena, on the main level of the domed three-level Physical Education Complex. The floor is covered by Connor Neo-Shock maple wood that allows for a variety of activities such as athletic contests, classes, lectures, and shows. Roll-out bleachers accommodate more than 2,000 spectators. With the bleachers closed, it has room for two regulation-size basketball courts. Blake Arena has served as the host site of the 2006 and 2007 NCAA Division III Women's Basketball Championship (Final Four). Numerous regional and national tournaments have taken place in Blake Arena as it serves as the home facility to the men's volleyball team, the wrestling team, and both basketball teams.



senior tri-captain
Kim Giaquinto

2011 Season Preview

While many key players return from the Springfield College team that reached historic levels a year ago, the 2011 squad will feature several new components.

With first-year head coach **Moira Long** taking over the reins of the program, the Pride is hungry to stay atop of the New England Women's and Men's Athletic Conference (NEWMAC).

Despite the loss of two American Volleyball Coaches Association (AVCA) Division III Honorable Mention All-America selections, the Pride return a bevy of talent. Leading the way will be senior **Lauren Torvi**, an AVCA All-New England region selection a year ago. Torvi ranked in the top 35 nationally in both hitting percentage (.353) and blocks per game (1.10).

The Pride's success will also be driven by the play of seniors **Kim Giaquinto**, **Meaghan Hart**, and **Itza Nieves**. A NEWMAC Second-Team All-Conference honoree, Giaquinto totaled 225 kills, 85 blocks, and a team-best 49 aces. The defensive duo of Hart and Nieves will be critical in the Pride's defense and ball control game as they combined for more than 600 digs a year ago while taking more than half of the Pride's service receptions.

Emerging as one of the Pride's go-to players last season, **Tessa Smolinski** will look to build on a terrific rookie season. Smolinski, who was also named to the NEWMAC Second Team, posted 280 kills and 243 digs as the Pride's primary leftside hitter.

Also factoring in to Springfield College's success this season will be **Jenna Lebowitz** and **Cassie Seymour**, both of whom played significant roles in the Pride's NCAA run last season.

The Program

Springfield College's competitive year-round program consists of both a traditional season, beginning in September and concluding in late November, and a five-week nontraditional season in March and April. Team members also participate in various campus and community projects. Springfield College hosts the annual Tom Hay Invitational in honor of former Springfield College teacher and coach Tom Hay, who retired in 1987 after coaching the men's and women's volleyball teams for 22 years. Hay coached the women's team from 1978 to 1986, compiling an impressive 252-95-2 record.

History

Did you know that William G. Morgan, who graduated from Springfield College in 1894, invented the sport of volleyball? In fact, Springfield College was the site of the first volleyball game ever played—in 1896.

Morgan, the physical education director of the Holyoke YMCA, developed the sport as a less strenuous alternative to basketball. He originally named the sport "mintonette," but after Springfield College professor A.T. Halstead observed an exhibition match at the College, he suggested "volleyball" as a more appropriate name.