



# Inside the Eagle's Nest

VOLUME 1, ISSUE 3

OCTOBER 3RD, 2011

## War Eagle: September All Tournament Performers

**Our  
Surprise  
Package!**



#1  
Salena Weekly  
6'0 MB Junior  
Sociology Major



In late July of this year Salena walks into my office to express her interest in the volleyball team. I knew of her as an outstanding track and field athlete having been a conference champion in the javelin. Who knew, that she was formerly a volleyball player and would make an immediate impact on our roster!

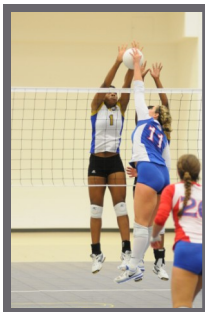
### Battle of Baltimore

All Tournament Selection  
#9 Gabrielle Otero



### Providence Invitational

All Tournament Selection  
#1 Salena  
Weekly



### Bucknell Invitational

All Tournament Selection  
#3 Ariel Richard



### Upcoming Home Schedule

**Friday, October 7th, 2011**

6:00 PM UMES

**Sunday, October 9th, 2011**

3:00 PM Delaware State

**Friday, October 14th, 2011**

6:00 PM Howard

**Friday, October 28th, 2011**

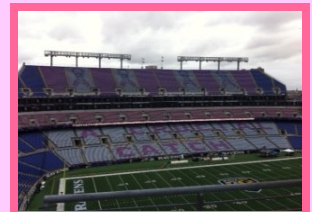
### Dig Pink!

6:00 PM Hampton\*\*

**Sunday, October 30th, 2011**

### Costumes!

3:00 pm Norfolk\*\*



This photo was taken at the M&T Bank Raven's Stadium during a team fundraiser.

## Side Out Foundation: Breast Cancer Support

October is breast cancer awareness month and Eagle Volleyball is committed to the cause and the cure. There is a wonderful foundation called the Side-Out Foundation created by a coach named Rick Duntez (<http://www.side-out.org/about/our-story/>) in

honor of his mother who was diagnosed with breast cancer. Since the creation of the foundation, not only has he created a craze for the color pink and the volleyball community, he has raised hundreds of thousands of dollars for the cause. War Eagles

volleyball is determined to be involved. We aren't just going to wear pink, but we are going to help the foundation reach their goal of a quarter of a million dollars. Every little bit helps.

War Eagle!





**WAR EAGLE!**

**Dealing with Disappointment**

Life hurls disappointments at us again and again. Missed opportunities. Broken relationships. Unexpected diagnoses. As sure as the sun will come up tomorrow, we will experience letdowns.

In all honesty, I'm not that great at dealing with them. But, I'm learning and wanted to share a few tips about getting to the other side of disappointment in a healthy way.

1. **Acknowledge It.**
2. **Greive It.**
3. **Leave It.**

Disappointments are part of life. Learning to courageously acknowledge them, grieve them and leave them develops the emotional maturity necessary to lead yourself and others with excellence.

- Stephanie Zonars,  
Life Beyond Sport  
Team Building Coach

**Coppin State  
Strength &  
Conditioning**



## Our Featured Returner: Vanity Massey

**#6 Vanity Massey**

**Senior Outside Hitter**

**Hometown:** Portland, OR **Major:** Sports Management **Birthday:** 10/12/91

**How has your experience been thus far with the new War Eagles?** "Enjoyable, and I am learning a lot more about myself and becoming more disciplined. Not just in volleyball, but also in class and life. This experience is teaching me to be a harder worker." **How are you dealing with our struggles this season?** *"It's frustrating, but we are learning how to work together and how to connect with each other. It takes time and we must be patient."*



**What personal goals have you set for yourself?** *"To be a better all around player and truly commit to the team. To also work really hard on my weaknesses and be a great teammate."* **Where do you see yourself in 5 years?** *"With a degree and working in my profession as a physical therapist. Having a happy life enjoying my 20's!"*

## #8 Nicole Malave: Dealing with Disappointment

**Nicole** committed to Coppin State this spring. She is a welcomed addition to the team and was expected to be an impact player as a freshman outside hitter. Unfortunately, a few weeks into the season she fell awkwardly at the end of a practice and we later learned she tore a major ligament in her knee, her ACL. She will have corrective surgery at the end of this month.

**How have you been affected by your injury this season?** It was devastating because it was my first season at Coppin and I haven't had a chance to practice or compete really this whole season. I know that I could help the team and contribute if I was healthy.

**to most upon returning?** I expect to recover and be back at the level I was playing before if not better. I am going to work hard to help the team come together to reach success and have a championship role.



**What are you looking forward**

## Straight From the Lab with AV: Rehabing Major Injuries

Coaching student athletes with major injuries is always a difficult task. I have the responsibility of helping them through what is considered to be the most difficult time of their athletic careers mentally and physically. In my area, the daily focus is on injury prevention as much as it is on gaining strength. In reality, there is no way to prevent

accidents from occurring, but what I can do is build the student-athletes mental and physical strength and flexibility so that when accidents do happen they are a lot less serious. There are some specific areas of emphasis when dealing with major injuries that I take into consideration. I don't want to focus on the injury so much that

other areas suffer. I don't want to create an imbalance when focusing on the other extremities when there is a particular non-functional part. In closing, major injuries are just minor set backs as long as the student athlete is willing to commit to the system that I have in place. Having been a competitive athlete and suffering a major knee injury myself has helped me develop the system that I am currently using. Continued on page 3 Follow me on twitter @Warathlete and on facebook at War Athletics.

Follow us on Facebook at Coppin Volleyball and on twitter @CoppinVB and @Coachsylvan! YouTube. [www.youtube.com/user/coppinvolleyball](http://www.youtube.com/user/coppinvolleyball)

**Straight from the lab with AV continued.....**

For example an ACL tear rehab program would begin with focusing on the quadriceps and IT bands. Then I would add some static quad contractions and glute flexibility exercises. Heel slides, step ups, and resistance band exercises are also a part of the major rehab protocol.

Read more at:  
[Wearerevolutionists.com](http://Wearerevolutionists.com)



**EAGLE TALON'S SKILLS CLINICS**

**AGES 8-18**

**ALL SKILL LEVELS**

**WELCOME**

- October 1st 11-1.30pm-Done
- October 9th 11-1.30pm
- October 16th 11-1.30 pm
- October 23rd 11-1.30pm
- October 30th 11-1.30 pm

[www.coppinstatesports.com](http://www.coppinstatesports.com) for registration information.

***Save the Date!***

We are the hosts of the 2011 MEAC Volleyball Championships! As we continue to fight for a slot to compete, we want you to mark you calendars to come out and support the volleyball community and Coppin State! The first day of competition is Friday, November 18th. Please continue to check our website for more details. We look forward to enjoying the festivities with you.



**Dig Pink Match and Coppin Volleyball Partnered with the Side Out Foundation!**



**Friday, October 28th versus Hampton  
6:00 PM**

[www.side-out.org](http://www.side-out.org)

**Join us in making a contribution for the cure and honoring survivors!**

**Costume Day!! Sunday, October 30th**

**Youth Day at the match features give a**

**ways and door prizes for costumes.**



**Eagle Talons Skills Clinics are a huge success!! Check out our Youtube Channel for a video.**

**[www.youtube.com/user/coppinvolleyball](http://www.youtube.com/user/coppinvolleyball)**