

August 19, 2005

Volleyball Notebook - Full of Surprises

MT Media Relations

AFTER A WEEK: Middle Tennessee volleyball has made a lot of strides after its first full week of practice. The team is fighting through some soreness and injury issues, but all players will be expected to be at full strength by Sunday.

NEW COMERS WOW COACHES: The newcomers have looked exceptional - all three are expected to be major contributors. [Allison Mattox](#) hits the ball exceptionally well and has very good ball control. [Ashley Asberry](#) is picking things up very quickly and the squad has a difficult time defending her in practice due to her physical abilities and fast arm. [Ashley Adams](#) has been showing off a lot of power at the net and her power is going to impress a lot of people.

AND THE RETURNERS: [Alicia Lemau'u](#) hasn't lost a beat since her surgery, and both [Quanshell Scott](#) and [Lindsay Sisco](#) have improved a great deal over the past spring and summer. [Megan Sumrell](#) is also doing quite well. [Andressa Lyra](#) has been doing great attacking, passing, and blocking.

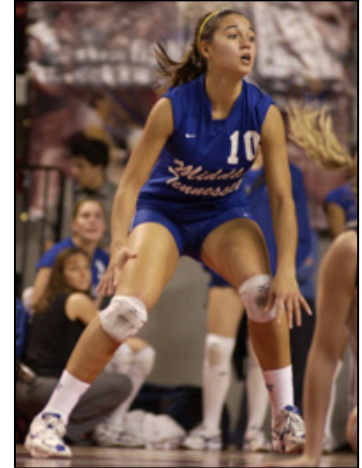
THE BIGGEST SURPRISE: The biggest surprise has been [Victoria Monasterolo](#). She has been training her as an outside and she has really dominated some of the practices offensively and defensively.


OTHER NOTABLES: [Megan Carter](#) has also been a surprise - she has rehabbed very well, and will also see a lot of court time. [Theresa Slowik](#) has been very steady, and [Hannah Randolph](#) and also improved tremendously.

HIGH EXPECTATIONS: Overall, the team has much more balance and has improved as a team over the last year.

ONE WEEK TO THE DAY: Middle Tennessee begins the 2005 season exactly one week from today. The Blue Raiders will host one of two tournaments beginning on August 26 as they welcome Alabama A&M, Texas-El Paso and Tennessee State to the two-day tournament.

SUN BELT TOURNAMENT IN MURFREESBORO: Middle Tennessee will host the Sun Belt Volleyball Tournament on November 17-19 at Alumni Memorial Gym, as eight teams of the 11 schools who sponsor volleyball will be in attendance.



Redshirt sophomore Victoria Monasterolo has been one of the pleasant surprises for Head Coach Matt Peck in the last week of practice. (MT) 

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