# VOLLEYBALL Media Guide



Lakeland COMMUNITY COLLEGE

2016

## **About Lakeland**



#### A Message from the President...

Welcome to Lakeland Community College, the first college in Ohio founded by a vote of the people. As a college, we take great pride in providing students with the education and training needed to earn a degree, start a career, upgrade job skills or complete the first two years of college education. In addition, it is essential for the college to provide students with opportunities to enhance their college experiences through participation in athletics or on-campus student organizations.

When it comes to athletics, Lakeland has an outstanding history of its teams and players performing at the highest level. Our coaches are topnotch and our student-athletes always strive for excellence on the field, on the court, and especially in the classroom.

Whether you are a participant or a spectator, thank you for supporting Lakeland's intercollegiate athletic programs. Sit back and enjoy another exciting, fast-paced season!

Morris W. Beverage Jr., E.D.M. President



## **Table of Contents**

#### CONTENTS

Table of Contents
LAKELAND VOLLEYBALL 2016 Schedule & Opponents4
COACHING STAFF Head Coach Russ Miozzi5
STUDENT-ATHLETES Profiles
2015 IN REVIEW Final OCCAC Standings
HISTORY & RECORDS Single Season Records

#### **QUICK FACTS**

COLLEGE
Location Kirtland, Ohio
Enrollment
Founded1967
President Dr. Morris Beverage Jr.
Director of Athletics Scott Barlow
Athletic Operations CoordinatorKeith Nadrah
Senior Secretary for Athletics Jeanne Sudyk
Department Phone (440) 525.7302
Department Fax(440) 525.7636
Ohio Community College Athletic Conference (OCCAC)
Region 12
AffiliationNJCAA
Nickname Lakers
ColorsBlue & Silver
COACHING STAFF
Head CoachRuss Miozzi (4th season)
Volunteer Assistant CoachNicole Miozzi
Volunteer Assistant CoachMalinda Miozzi
HISTORY
All-Time Overall Record532-435
Inaugural Season
Reg. Season Conference Championships One (1998)
Conference Tournament ChampionshipsOne (1999)

#### **SCOTT BARLOW, Director for Athletics**

"Academic success for every student-athlete is the ultimate goal of the athletic department at Lakeland Community College," says Athletic Director Scott Barlow. "We believe that success in athletics can support success in the classroom and, ultimately, a successful life."

"At Lakeland, our athletic programs are designed to enhance an athlete's academic experience by helping our students develop the critical life skills of time management, self-discipline, the ability to work within a team environment, and recognition of the need for personal improvement."

Barlow was named Lakeland's athletic director during the summer of 2000. He brought with him an extensive educational and practical background in teaching, coaching and administration.

Barlow currently serves as the commissioner of the Ohio Community College Athletic Conference (OCCAC) and is the National Junior College Association (NJCAA) Region XII women's division director. He is also regional representative for the NJCAA Division II volleyball and women's basketball poll and a member of several NJCAA standing committees including softball, swimming, and diving. He is the national chair of the NJCAA's Division II women's basketball committee. Barlow was named OCCAC Athletic Director of the Year in 2002 and was selected as Co-Athletic Director of the Year in 2005.

He received a Bachelor of Science degree in physical education from the State University of New York College at Cortland, where he was a four-year varsity baseball player. He has two master's degrees; one in physical education and health from Radford University and another in administrative supervision from the State University of New York – Plattsburgh. A native of upstate New York, Barlow currently resides in Painesville Township with his wife, Jennifer, and three children.

## **Schedule and Opponents**

#### **Cincinnati State**

Nickname	Surge
Location	. Cincinnati, Ohio
Region	XII
Conference	OCCAC
Head Coach	Kristy Parrill
2015 Record	25-13



#### **Columbus State**

Nickname	Cougars
Location	. Columbus, Ohio
Region	XII
Conference	OCCAC
Head Coach	Jaclynn Yocum
2015 Record	22-15, 8-6
Conference Head Coach	OCCAC Jaclynn Yocum



#### Cuyahoga

Nickname	
Location High	land Hills, Ohio
Region	XII
Conference	OCCAC
Head Coach	Mary Colovas
2015 Record	9-25, 2-12



#### Clark

Nickname	Eagles
Location	Springfield, Ohio
Region	XII
Conference	OCCAC
Head Coach	Ally Hall
2015 Record	2-21, 0-0



#### **Edison**

Nickname	Chargers
Location	Piqua, Ohio
Region	XII
Conference	OCCAC
Head Coach	Chris Davis
2015 Record	6-21, 0-14



#### Hocking

Nickname	Hawks
Location	Nelsonville, Ohio
Region	XII
Conference	OCCAC
Head Coach	Kasey Jones
2015 Record	N/A



#### **Lorain County**

Nickname	. Commodores
Location	Elyria, Ohio
Region	XII
Conference	OCCAC
Head Coach	Ted Whitsel
2015 Record	23-12, 7-7



#### **Oakland**

Nickname	Raiders
Location. Bloomfield	Hills, Mich.
Region	XII
Conference	MCCAA
Head Coach	. Jeff Stark
2015 Record	36-4, 10-0



#### **Owens**

ivickname	Express
Location	Perrysburg, Ohio
Region	XII
Conference	OCCAC
Head Coach	Sonny Lewis
2015 Record	40-7, 14-0



#### **Sinclair**

Nickname	Tartan Pride
Location	Dayton, Ohio
Region	XII
Conference	OCCAC
Head Coach	KC Gan
2015 Record	18-12, 8-6



Nickname	Tartan Pride
Location	Dayton, Ohio
Region	XII
Conference	OCCAC
Head Coach	KC Gan
2015 Record	18-12, 8-6



The Ohio Community College Athletic Conference (OCCAC) began in 1993. The conference consists of 10 community colleges all around the state of Ohio. The OCCAC promotes and fosters community college intercollegiate athletics for men and women on the state level. Prior to 1993, the OCCAC was known as the Ohio Junior College Athletic Association (OJCAC) and the Turnpike Conference. Current sports include men's golf, women's volleyball, women's soccer, men's soccer, men's basketball, women's basketball, softball and baseball.

#### **MEMBERSHIP:**

Cincinnati State Technical & Community College, Clark State Community College, Columbus State Community College, Cuyahoga Community College, Edison Community College, Hocking College, Lakeland Community College, Lorain County Community College, Owens Community College, Sinclair Community College

#### 2016 Volleyball Schedule

9.2	Mott [Owens Invitational] (A)
9.2	Moraine Valley [Owens Invitational] (A) 1:30 p.m.
9.3	Kellogg [Owens Invitational] (A)
9.3	Mercyhurst NE [Owens Invitational] (A) 1:30 p.m.
9.7	LORAIN COUNTY* (A) 6 p.m.
9.9	McBRIDE MEMORIAL TOURNAMENT TBD
9.10	McBRIDE MEMORIAL TOURNAMENT TBD
9.14	Cuyahoga CC* (H) 6 p.m.
9.16	Clark St. (H)
9.17	Edison (H) 11 a.m.
9.21	Owens (A) 6 p.m.
9.23	Sinclair (A)
9.24	Cincinnati St. * (A)TBD
9.24	Kalamazoo (A)TBD
9.30	Columbus St. * (H) 6 p.m.
10.1	Columbus St. *(A)
10.1	Hocking * (A)
10.5	Lorain* (H)
10.14	Cincinnati St.* (H) 6 p.m.
10.15	Hocking* (H) 11 a.m.
10.19	Owens* (H) 6 p.m.
10.21	Clark St.* (A) 6 p.m.
10.22	Edison* (A) 11 a.m.
10.26	Cuyahoga CC* (A) 6 p.m.
10.29	Sinclair CC* (H)
	(H) Home Match (A) Away Match *Conference Match

## **Coaching Staff**



**RUSS MIOZZI** enters his fourth season as the head coach of the Lakeland women's volleyball program and his third overall as a member of the coaching staff. Prior to his appointment to head coach in 2013, Miozzi spent the 2012 season as an assistant with the Lakers.

Under his leadership, five players entered the single-season record book for kills, digs, blocks and assists. Sophomore Alyssa Woltman finished with 252 kills while freshman Shelby Smith posted 217, good for 10th and 19th all-time, respectively. Smith also registered 147 blocks, the third most in program history.

Freshman libero Danielle Talevski recorded 491 digs to finish seventh on the all-time list while classmate Brittany Wentworth handed out 546 assists to finish 12th.

Miozzi's coaching career began at the Catholic Youth Organization (CYO) and middle school level where he led squads at Immaculate Conception School in Willoughby and Notre Dame Cathedral Latin in Chardon.

He has spent the past 10 years coaching Junior Olympic Volleyball at the National Open level, helping a number of teams qualify for the national tournament.

Miozzi led an 18-year old team to the Junior National Championship in Atlanta, Georgia where they finished as the 16th-ranked team in the country. He also founded and directed a team from 2005-08 before merging with Eastside Volleyball Club in 2009, when he served as a co-director.



## **Student Athletes**



#### **Caitlin Cipriano**

FRESHMAN • Setter • 5-4 Solon, Ohio Solon High School

PRIOR TO LAKELAND: Cipriano was a member of the Solon volleyball team for three years, and was on the academic merit role all four years of high school.

PERSONAL: She is the daughter of Joe and Denise Cipriano.



#### Olivia Mancisio

FRESHMAN • Middle Blocker • 5-10 Kirtland, Ohio Kirtland High School

PRIOR TO LAKELAND: Mancisio was a member of the Kirtland High School volleyball and softball teams.

PERSONAL: She is the duaghter of Vince and Jean Mancisio.



#### **Allison Lister**

FRESHMAN • Def. Specialist • 5-4 Geneva, Ohio Geneva High School

PRIOR TO LAKELAND: Lister was a member of the Geneva volleyball team throughout her high school career, and earned a varsity letter in her senior season.

PERSONAL: She is the daughter of Larry Lister.



#### **Cary Morin**

FRESHMAN • Outside Hitter • 5-6 Newbury, Ohio Newbury High School

PRIOR TO LAKELAND: Morin was a three-sport athlete at Newbury High School as she participated in volleyball, basketball and track.



#### **Brittney O'Hara**

FRESHMAN • Def. Specialist • 5-4 Sandusky, Ohio Sandusky Perkins High School

PRIOR TO LAKELAND: O'Hara was a two-sport athlete at Sandusky Perkins High School. She was a four-year letter winner in volleyball and a two-year letter winner in track.

PERSONAL: She is the daughter of Chris and Tina O'Hara.



## **Student Athletes**



#### **Nicolette Waite**

FRESHMAN • Def. Specialist • 5-2 Willoughby Hills, Ohio Willoughby South High School

PRIOR TO LAKELAND: Waite was a member of the Willoughby South High School volleyball team, and in her senior year she was named second team all conference. In addition, Waite as a member of the honor role her junior and senior year.

PERSONAL: She is the daughter of Dennis and Andrea Waite.



#### **Alissa Quick**

FRESHMAN • Outside Hitter • 5-8 Beavercreek, Ohio Beavercreek High School

PRIOR TO LAKELAND: Quick was a member of her high school volley-ball team. She was named MVP in 2014, and received the Coaches Award in her senior season.

PERSONAL: She is the daughter of Steven and Teresa Quick.



#### Kayla Zarbock

SOPHOMORE • Middle Blocker • 5-10 Willoughby, Ohio Willoughby South High School

PRIOR TO LAKELAND: Zarbock was a three-sport athlete in her time at Willoughby South High School. Zarbock played volleyball, basketball and softball.

PERSONAL: She is the daugher of Matt and Barb Zarbock.



#### Marissa Salomon

FRESHMAN • Middle Blocker • 6-0 Mentor, Ohio Riverside High School

PRIOR TO LAKELAND: Salomon was standout as a volleyball player during her time at Riverside High School. Salomon was named the 2014 student-athlete of the year.

PERSONAL: She is the duaghter of Michael Salomon and Michaele Hue.



# **Student Athletes**



NO.	NAME	POS.	HT.	CL.	HOMETOWN / HIGH SCHOOL
21	Kayla Zarbock	MB	5-10	So.	Willoughby, Ohio / South
13	Olivia Mancisio	MB/RH	5-10	Fr.	Willoughby, Ohio / Kirtland
3	Alissa Quick	ОН	5-8	Fr.	Beavercreek, Ohio / Beavercreek
12	Caitlin Cipriano	S	5-4	Fr.	Solon, Ohio / Solon
8	Allison Lister	L/DS	5-4	Fr.	Geneva, Ohio / Geneva
10	Brittney O'Hara	L/DS	5-4	Fr.	Sandusky, Ohio / Perkins
7	Marissa Salomon	MB/RH	6-0	Fr.	Mentor, Ohio / Riverside
4	Cary Morin	ОН	5-6	Fr.	Burton, Ohio / Newbury
6	Nicolette Waite	DS	5′2	Fr.	Willoughby Hills, Ohio / South

**HEAD COACH:** Russ Miozzi (Fifth season at Lakeland, Fourth as head coach)

**VOLUNTEER ASSISTANT COACH:** Malinda Miozzi (Third season) **VOLUNTEER ASSISTANT COACH:** Nicole Miozzi (Second season)

#### **FINAL OCCAC STANDINGS**

	CONF	OVERALL
Owens	14-0	40-7
Cincinnati State	9-5	25-13
Sinclair	8-6	18-12
Columbus State	8-6	22-15
Lakeland	8-6	21-15
Lorain County	7-7	23-12
Cuyahoga	2-12	9-25
Clark State	0-0	2-21
Edison	0-14	6-21

#### OCCAC ALL-ACADEMIC TEAM

OCCAC ALL-ACAD	PEMIC LEAM
Brooke Gyori	Owens
Erika Hartings	Owens
Annie Lindeman	Owens
Ally Mikesell	Owens
Ashley Pleiman	Owens
Macy Reigelsperger	Owens
Stephanie Anderson	Sinclair
Abigail Bertke	Sinclair
Sarah Eifert	Sinclair
Erica Oldiges	Sinclair
Alexandra Petri	Sinclair
Taylor Bachman	Edison
Molly Dunlevy	Edison
Tasha Potts	Edison
Kady Whitsel	Lorain
Emily Mandoke	Lorain
CARLY CABOT	LAKELAND
JESSICA FONTANA	LAKELAND
Ashley Nitsch	Columbus State

## 2015 in Review

#### **POSTSEASON HONORS**

First Team All-Conference					
Brett Bey	Columbus State				
Julia Wynn	Columbus State				
Claire Gerhardstein	Cincinnati State				
Rebecca Robben	Cincinnati State				
JESSICA FONTANA	LAKELAND				
Erika Hartings	Owens				
Brooke Gyori	Owens				
Macy Reigelsperger	Owens				
Meg Reineke	Sinclair				
Alexandra Petri	Sinclair				
Kady Whitsel	Lorain				
Emily Mandoke	Lorain				
Honorable Mention All-Conference					

Honorable Mentio	n All-Conference
Faith Gerhardstein	Cincinnati State
Kelsey Rammel	Columbus State
Holly Hoffman	Cuyahoga
Brianna Wells-Barnes	Edison
JORDAN TALEVSKI	LAKELAND
Maryssa Kellick	Lorain County
Ally Mikesell	Owens
Melissa Mireles	Sinclair
Player of t	he Year
Macy Reigelsperger	Owens

Coach of the Year

Owens

#### INDIVIDUAL STATISTICS

Sonny Lewis

NAME	MP	SP	K	TA	Α	SA	DIGS	D/S	BS	PT	Pt/S
Elizabeth Spellacy	34	123	321	875	3	24	416	3.4	41	392	3.2
Haley Azbill	33	118	259	791	5	30	267	2.3	17	311	2.6
Mary Prosuch	21	50	66	173	0	2	7	.1	32	105	2.1
Joelle Baliker	3	6	5	25	0	0	3	0.5	3	9	1.5
Grace Wilson	34	123	247	753	6	19	191	1.5	75	356	2.9
Carly Cabot	34	123	47	117	1329	34	134	1.1	30	116	0.9
Jaclyn Butera	14	25	30	85	0	1	18	.72	10	43	1.7
Jordan Tavelski	34	123	3	19	18	32	771	6.3	2	37	0.3
Jessica Fontana	34	120	335	694	6	31	77	.64	159	546	4.6
Jordan Talevski	34	123	3	117	4	40	491	4.91	1	53.0	0.5
Jessica Fontana	34	120	335	26	4	34	78	0.78	0	40.0	0.4
Kayla Zarbock	16	57	81	219	0	0	21	0.37	45	129	2.3

MATO	CH-BY-MATCH	RESULTS
DATE	OPPONENT	SCORE
Aug. 21	vs. Kalamazoo	L, 3-2
Aug. 21	vs. Ancilla	W, 3-0
Aug. 22	vs. Lake Michigan	W, 3-1
Aug. 22	vs. Lansing	W, 3-0
Aug. 28	vs. Vincennes	W, 3-1
Aug. 28	vs. Kellogg	W, 3-0
Aug. 29	Kanakee	W, 3-0
Aug. 29	Waubonsee	W, 3-0
Sept. 4	at Clark St.	W, 3-0
Sept. 5	at Cincinnati St.	W, 3-0
Sept. 9	Lorain CC	W, 3-1
Sept. 11	Mercyhurst NE	W, 3-0
Sept. 11	Cuyahoga	W, 3-1
Sept. 13	St. Clair County	L, 3-0
Sept. 13	Oakland	L, 3-0
Sept. 16	Owens	L, 3-0
Sept. 18	Sinclair	W, 3-0
Sept. 19	Edison	W, 3-0
Sept. 23	at Cuyahoga	W, 3-1
Sept. 26	Oakland	W, 3-2
Sept. 26	Vincennes	L, 3-2
Sept. 27	McHenry County	L, 3-0
Sept. 27	Kalamazoo	L, 3-0
Oct. 2	at Columbus State	L, 3-2
Oct. 7	at Lorain County	W, 3-1
Oct. 9	Indiana Hills	L, 3-0
Oct. 14	at Owens	L, 3-0
Oct. 16	Clark St.	W, 3-0

Oct. 17 Cincinnati St.

Oct. 21 Columbus St.

Oct. 23 at Sinclair

Oct. 24 at Edison

Oct. 28 Cuyahoga Nov. 6 Sinclair

Nov. 6 Owens

Nov. 6 Columbus St.

W, 3-1

L, 3-1

L. 3-2

W, 3-0 W, 3-0

W, 3-0

L, 3-1

L, 3-2

## **History and Records**

MC	ST K	ILLS (SINGLE SEAS	ON)
1.	460	Jacki Hruby	2001
2.	360	Jacki Hruby	2000
3.	358	Janine Piunno	2002
4.	355	Jessica Fontana	2015
5.	344	Shannon McBride	1998
6.	339	Janine Piunno	2001
7.	321	Elizabeth Spellacy	2015
8.	319	Melissa Eck	2008
9.	305	Melissa Schwartz	1998
10.	273	Noelle Said	1993
11.	268	Stephanie Frick	2011
12.	259	Haley Azbill	2015
13.	252	Alyssa Woltman	2013
14.	250	Julie Formica	2007
15.	247	Grace Wilson	2015
16.	227	Noelle Said	1994
17.	226	Meghan Stonebrook	2007
18.	225	Lisa Harvey	1993
	225	Elaine Bowen	2009
19.	224	Lisa Harvey	1994
	224	Christy Fons	1999
20.	218	Shannon McBride	1999
21.	217	Lisa Debevc	2002
	217	Shelby Smith	2013
21.	215	Josie Carey	1992
22.	211	Karla Bailey	2010
23.	203	Karen Lutz	1989
24.	202	Alyssa Woltman	2012
25.	193	Kaitlyn Constantine	2006





M	MOST DIGS (SINGLE SEASON)					
1.	771	Joran Tavelski	2015			
2.	625	Lynn Wervey	1990			
3.	572	Cori Began	1990			
4.	548	Steph Unger	2006			
5.	538	Amy Norcini	1998			
6.	503	Tanya Herrick	1989			
7.	499	Danette Winchell	1990			
7.	491	Danielle Talevski	2013			

МО	ST AS	SISTS (SINGLE SEA	SON)
1.	1,735	Heather Dow	1990
2.	1329	Carly Cabot	2015
3.	1,012	Chrissy Mooney	2001
4.	924	Heather Dow	1989
5.	752	Amanda Schumacher	2007
6.	750	Kelly Cornwell	2002
7.	744	Karisca Chambers	2009
8.	709	Alyssa Smalley	2006
8.	644	Breanna Wilson	2011
9.	610	Ellen Snyder	2010
10.	548	Jen Pepka	2000

MOST ACES (SINGLE SEASON)				
1.	98	Lynn Wervey	1990	
2.	95	Josie Carey	1992	
3.	92	Jennifer Kacperski	1990	
4.	86	Amy Norcini	1998	
5.	79	Cori Began	1990	
6.	74	Sue McKeon	1994	
7.	62	Janine Piunno	2001	
8.	60	Alyssa Woltman	2012	



YEAR-BY-YEAR RESULTS				
YEAR	RECORD	HEAD COACH		
2015	21-15	Miozzi		
2014	14-19	Miozzi		
2013	7-26	Miozzi		
2012	7-15	Sargent		
2011	9-24	Creque		
2010	11-20	Creque		
2009	14-22	Van Horn		
2008	14-22	Creque		
2007	9-15	Riehl		
2006		Riehl		
2005	7-23	Riehl		
2004	7-20	Square		
2003	9-25	Heath-Nicolanti		
2002	21-13	Heath-Nicolanti		
2001	27-17	Riehl		
2000	28-12	Sanders		
1999	23-17	Sanders		
1998	23-16	Sanders		
1997	16-15	Evensen		
1996	12-19	Evensen		
1995	17-14	Evensen		
1994	19-16	Mekinda		
1993	28-13	Mekinda		
1992	20-17	Royer		
1991	26-17	Abols		
1990	23-17	Valenza		
1989	16-12	Valenza		
1982	16-11	Sprenger		
1981	15-3	Francosky		
1980	28-3	Francocky		
1979	24-9	Bradshaw		
1978	28-3	Bradshaw		
1977	21-9	Bradshaw		
1976	19-2	Bradshaw		
1975	11-5	Bradshaw		
TOTAL	532-435			

## **About Shannon Lee McBride**



Prior to attending Lakeland Community College, Shannon McBride was an award-winning soft-ball and volleyball player at Brush High School in Lyndhurst, Ohio. McBride and her Brush Arc teammates won both the 1996 and 1997 Greater Cleveland Conference Volleyball Championship and she won the prestigious Jim Whitelaw Sportsmanship and Integrity Award in 1998. Shannon wore the number "7" during her four years at Brush and at Lakeland.

As a freshman at Lakeland, she was named OCCAC Player of the Week two times and garnered First Team All-Conference accolades. She was also the runner-up for OCCAC Player of the Year and won the Team MVP Award that same year after helping the Lakers capture their first OCCAC volleyball championship.

Shannon broke her ankle very early into the 1999 season and missed several games. Even so she served as the team's co-captain and earned honors as Lakeland's MVP and NJCAA Regional MVP before the end of the season. Lakeland's women finished second in the OCCAC that year but went on to win both the OCCAC Tournament and the Runners-Up trophy at the Genesee Women's Invitational Volleyball Tournament.

According to her coaches, Shannon was an extremely talented "lefty." Her heart was always in the game, she always knew where the ball was, she played consistently, and she knew how to lead a team to victory. All of those critical assets made her a valuable contributor at all times. In her final season Shannon was ranked inside the top-10 in the country with a .380 "kill" percentage.

Shannon Lee McBride died an untimely death on July 29, 2003. She was 22 years old. Shannon died from complications associated with a tonsillectomy procedure done on Monday, July 14, 2003. Prior to the surgery Shannon was in excellent shape and good health. She was playing on two ladies softball teams, a college volleyball team, and working out daily to prepare for a charitable 10K run.

#### Shannon Lee McBride Memorial Scholarship Winners









7700 Clocktower Drive Kirtland, OH 44094

lakelandcc.edu