



2011 VOLLEYBALL



GENERAL FACTS:

Institution: Spring Hill College
 City/State/Zip: Mobile, AL 36608
 Founded: 1830
 Enrollment: 1,504
 Nickname: Badgers
 School Colors: Purple, white
 Home Facility: Arthur R. Outlaw Recreation Center
 Capacity: 1,600
 Affiliation: NAIA
 Conference: Southern States Athletic
 Division: West
 President: Rev. Richard P. Salmi, S.J.
 Athletic Director: Jim Hall
 Alma Mater: Grinnell College, 1995
 Faculty Athletic Representative: David Dean, Ph.D.
 Athletic Department Phone: 251-380-3485
 Athletic Department Fax: 251-460-2196
 Sports Information Director: Jim Stennett
 Alma Mater: Mississippi State, 1990
 SID Phone: (251) 380-4468
 SID Email: jstennett@shc.edu
 Athletic Web Site: www.shcbadgers.com
 Facebook: SHCAthletics
 Twitter: SHCBADGERS

COACHING STAFF:

Head Coach: Dr. Peggy Martin
 Alma Mater: Indiana University, 1972
 Record at Spring Hill: 35-21 (3rd season)
 Career record: 1,099-302-8 (36th season)
 Office Phone: (251) 380-3485
 Graduate Assistant: Missy Williams (2nd season)
 Athletic Trainer: Jake Jefcoat, ATC
 Athletic Trainer's Phone: 251-380-3493

TEAM INFORMATION:

Overall Record Last Year: 27-5
 Conference/Finish: 7-1 (1st SSAC West)
 Starters returning: 5+ Libero
 Starters Lost: 1
 First season: 1977-80; 2001
 Overall Program Record: 176-142-3 (since 2001)

SPRING HILL COLLEGE

Mobile, Alabama

Spring Hill College is ranked once again in the top 20 Southern universities and colleges, according to the 2012 edition of U.S. News & World Report's "America's Best Colleges."

Spring Hill is ranked 17th among the Southern colleges and universities offering a full range of undergraduate majors and master's programs. The U.S. News rankings are based on several quality measures including academic reputation, graduation and retention rates, faculty resources, student selectivity, peer assessment and graduation rate performance. Colleges and universities are listed in various categories depending on their size, location and other factors.

The college is ranked 10th among only 15 schools listed in the South's "Great Schools, Great Prices" category, colleges that offer quality academic programs, affordable tuition and significant financial aid.

Spring Hill College is also listed in the region's "A-Plus Schools for B Students" category, campuses where B students thrive in an engaged student body.

Forbes Magazine also ranks Spring Hill among its "America's Best Colleges" with SHC ranked No. 32 in the nation among similar institutions.

Forbes also ranks Spring Hill among the "Best Colleges in the South" and among the top 25 percent of the "Best Private Colleges" nationwide according to Forbes.





PEGGY MARTIN

Mobile Sports Hall of Fame member Dr. Peggy Martin is in her third season as the head volleyball coach at Spring Hill College. In 2010, she directed SHC to the Southern States Athletic Conference (SSAC) West Division crown and a runner-up finish at the SSAC Tournament in Gulfport, Miss. As she begins her 36th season as a collegiate head coach, she opens 2011 with a

career record of 1,099-302-8 including a 35-21 record with the Badgers.

Martin holds the most wins in the history of NCAA Division II after 33 consecutive winning seasons at the University of Central Missouri where she compiled a 1,064-281-8 record. At the end of the 2008 season she retired as the Jennies' coach and returned to her hometown of Mobile, but the opportunity to coach at SHC was too tempting to pass up.

Over 33 seasons at UCMO, Martin never suffered a losing season, won 25 matches in 31 consecutive seasons and won or shared 19 Mid-America Intercollegiate Athletics Association titles. Her teams made a record 25 consecutive NCAA Div. II Tournament appearances, reached the "Elite Eight" six times and finished as the National Runner-up in 1987. She has won 22 Coach of the Year Awards including the 1987 NCAA Division II National Coach of Year Award.

Martin first served as softball and volleyball coach at UCMO when she started her Division II career in 1975 and even stepped into an assistant women's basketball coaching role for the 1976-77 season. Her first collegiate coaching experience came at Florida Southern College as a volleyball and basketball coach at the then club level program.

In college, she played at Indiana University and led the women's basketball team to three consecutive national tournament berths while winning four letters in softball and three letters in field hockey. She completed her bachelor's degree at IU in 1972 and earned a master's degree from the University of North Carolina-Greensboro in 1974. In 1980, she completed her doctorate in physical education at Indiana University.

GRADUATE ASSISTANT



MISSY WILLIAMS

Missy Williams is in her second season as Coach Martin's Graduate Assistant after one of the most prolific libero careers in SHC volleyball history. GCAC Libero of the Year in both her junior and senior seasons, Williams averaged 5.84 digs per set over her four-year career on The Hill. She built a reception percentage of .956 while also scoring 64 kills with 23 assists, five total blocks and 84 service aces.

In 2010, Spring Hill College Head Volleyball Coach Peggy Martin directed the Badgers to a 19-win improvement over 2009, a school-record 18-match winning streak and a Southern States Athletic Conference (SSAC) West Division Championship. Now comes the hard part. Spring Hill enters the 2011 season as one of the hunted and not the hunters, but Martin says the change of expectations is welcomed by her team.

"It will be a new experience for our team to wear the bulls-eye, but not for our players," Martin says. "Almost all of our players come from top performing high school or junior college programs so they are used to the pressures and expectations of that role. We have to focus every time we go out and approach each match with the right attitude."

Most of the problems that Martin faces as a coach going into this season are the problems that coaches enjoy handling. "Our enthusiasm is very high at practice and during the scrimmages," she says. "Now, maintaining that same level of enthusiasm throughout a long season will be a goal for us. In volleyball an emotional rush before matches is needed, but you need to budget that emotion, as well."

If there is one word that Martin would use to sum up her Badger team this season that word would be "depth." "We have to find places for everyone to play and that's a great problem to have," she says. "Our practices are competitive and that means that each week nobody's starting job is safe. That only makes us better each time we go out."

That Badger depth will be crucial in a tough SSAC schedule that is made all the tougher by the fact that the conference has only one automatic bid to the NAIA National Tournament. "We understand that in volleyball the phrase 'any given day' is true," says Martin. "We have a goal to build a program similar to what (SSAC rival) Lee University has built, but we can't focus all of our energy on just beating Lee. We need to go out and play our best every match and if that effort takes us beyond just the conference tournament, so be it."

Most Badger fans look to All-American senior right side hitter Yiting Cao (pronounced "E-ting Dow") from Shanghai, China, to be the team's linchpin on offense, but Martin sees the situation in a different light. "Ting is a terrific player who is very coachable and a true team player who works to improve our younger players everyday," she says. "But the key to any volleyball team is the setter. Taryn Nash, a sophomore from Independence, Mo., is a terrific player and just gets better and better." Backing up Nash will be freshman Maddie LaForge of New Orleans, La. "Maddie is a great competitor and we have to find a way to get her on the court," Martin says. "She's a year behind Taryn in development as setter, but she can play any position, so getting her on the court is important."

Martin is quick to point to her senior class as the team's emotional backbone. Cao and outside hitter Abbey Roam of Lebanon, Mo., get most of the attention, but the Badger head coach is also proud of the other three upperclassmen. "Cassandra Marchand-Stewart from Grand Bay, Ala., Holly Shultis from Pewaukee, Wis., and Sarah Stacey of New Berlin, Wis., have been through a lot the last four years, but they've been real leaders on and off the court," Martin says. "I have a lot of respect for each of them. They do everything you ask and they are very excited to be a part of what has happened to this team over the past two years."

Last season, the Badger front line was the difference in most matches as Cao and Roam teamed with sophomore Sha Sha Buchanan of Mobile's McGill-Toolen Catholic High School to control most of the action. Martin has those weapons back in 2011 and adds freshmen Megan Haber from Foley, Ala., and Sami Hantak of St. Louis, Mo., to her arsenal. "Sha developed into a real 'go to' player last year and Megan and Sami are both showing us tremendous potential every day," she says.

Martin also stresses the need for improvement in the back court. "The back court was our weak spot last year," she says. "But we should be improved. Sophomore libero Meredith Donald of McGill-Toolen was a player who really went after every ball last year, but she finds herself in a competition this year with freshman Sami Maurer from St. Louis. Sophomore Jessica Hall of Grand Bay also gives us more choices along the back line while freshman Sarah Jane Winterton of Lake Charles, La., is a terrific server who we'll work into serving as much as we can."

Jessica's twin sister Jamie Hall has moved from middle hitter to outside hitter, but her tremendous athleticism and versatility means she can be used either as an outside or right side hitter or in the middle. "Jessica's versatility can actually be her downfall at times," says Martin. "She's good at everything, but finding that one specific position for her can be difficult for me to settle on as her coach."

Martin says her team is excited and ready to make something special happen in 2011. "We have five seniors, five sophomores and five freshmen, so it makes for good team chemistry," she says. "We're also excited that big crowds are back to watch us play at home. Our players spend a lot of time being active on campus and that has resulted in some really close personal relationships with the fans. What we now have to do is grab hold to what we've built and not let it get away."



1

Jamie Hall
OH

Sophomore • 5-10

2

Jessica Hall
OH

Sophomore • 5-10

4

Abbey Roam
OH

Senior • 6-0

5

Meredith Donald
L/DS

Sophomore • 5-4

6

Sami Maurer
OH

Freshman • 5-10

7

Cassandra
Marchand-Stewart
OH/MB

Senior • 5-11

2010 SSAC WEST FINAL STANDINGS

Team	SSAC	Overall
* Spring Hill	7-1	27-5
Loyola	6-2	25-14
Mobile	5-3	15-16
Faulkner	2-6	13-21
Belhaven	0-8	9-16

* - Division Champion

2010 SSAC EAST FINAL STANDINGS

Team	SSAC	Overall
~ Lee	10-0	39-1
Shorter	8-2	26-6
Southern Wesleyan	5-5	20-13
Columbia	4-6	15-14
Brenau	3-7	7-23
Brewton-Parker	0-10	20-13

~ - Division / SSAC Tournament

2011 ROSTER

NO.	PLAYER	POS.	CLASS	HT.	HOMETOWN / PREVIOUS SCHOOL
1	JAMIE HALL	SO.	OH	5-10	GRAND BAY, ALA. / FAITH ACADEMY
2	JESSICA HALL	SO.	OH	5-10	GRAND BAY, ALA. / FAITH ACADEMY
4	ABBEY ROAM	SR.	OH	6-0	LEBANON, MO. / MO. ST. WEST PLAINS
5	MEREDITH DONALD	SO.	L/DS	5-4	MOBILE, ALA. / MCGILL-TOOLEN CATHOLIC
6	SAMI MAURER	FR.	OH	5-10	ST. LOUIS, MO. / COR JESU
7	CASSANDRA MARCHAND-STEWART	SR.	OH/MB	5-11	GRAND BAY, ALA. / ALMA BRYANT HIGH
8	MEGAN HABER	FR.	MH	6-0	FOLEY, ALA. / FOLEY HIGH
9	SARAH JANE WINTERTON	FR.	DS	5-8	LAKE CHARLES, LA. / ST. LOUIS CATHOLIC
10	SHA SHA BUCHANAN	SO.	MH	5-10	MOBILE, ALA. / MCGILL-TOOLEN CATHOLIC
12	MADDIE LAFORGE	FR.	S/RS	5-11	NEW ORLEANS, LA. / SACRED HEART
13	TARYN NASH	SO.	S	5-9	INDEPENDENCE, MO. / TRUMAN HIGH
15	SARAH STACEY	SR.	OH	5-9	NEW BERLIN, WIS. / NEW BERLIN EISENHOWER
16	YITING CAO	SR.	RS	6-0	SHANGHAI, CHINA / SHANGHAI TECH / ILLINOIS CENTRAL
17	SAMI HANTAK	FR.	MH	6-2	ST. LOUIS, MO. / ROSATI KAIN
18	HOLLY SHULTIS	SR.	MB	6-0	PEWAUKEE, WIS. / WAUKESHA NORTH



8

Megan Haber
MH
Freshman • 6-0

9

Sarah Jane Winterton
DS
Freshman • 5-8

10

Sha Sha Buchanan
MH
Sophomore • 5-10



12

Maddie Laforge
S/RS
Freshman • 5-11



13

Taryn Nash
S
Sophomore • 5-9



15

Sarah Stacey
OH
Senior • 5-9



16

Yiting Cao
RS
Senior • 6-0



17

Sami Hantak
MH
Freshman • 6-2



18

Holly Shultis
MB
Senior • 6-0

2010 RESULTS

DATE

Aug. 24

Sept. 3

Sept. 7

Sept. 9

SSAC Conference Crossover @ Montgomery, Ala. - Sept. 10-11

Sept. 10

Sept. 11

Sept. 14

Sept. 21

Spring Hill College/University of Mobile Invitational - Sept. 24-25

Sept. 24

Sept. 25

Sept. 28

Sept. 30

Loyola Wolfpack Tournament @ New Orleans, La. - Oct. 1-2

Oct. 1

Oct. 2

Oct. 6

Faulkner University Invitational @ Montgomery, Ala. - Oct. 8-9

Oct. 8

Oct. 9

Oct. 12

Oct. 15

Oct. 21

Oct. 23

Oct. 26

Oct. 30

Nov. 2

Nov. 4

Nov. 6

Nov. 12

Nov. 13

Nov. 13

OPPONENT

%Faulkner State CC

Southeastern University (Fla.)

*at University of Mobile

at Concordia College-Selma

vs. Shorter University

vs. Brenau University

vs. Columbia College (S.C.)

*at Loyola University (La.)

Huntingdon College

Stillman College

Fisk University

Concordia College-Selma

*Faulkner University

vs. Xavier University (La.)

vs. University of St. Thomas (Texas)

vs. Dillard University

at Xavier University (La.)

vs. Brewton-Parker College

vs. Lindsey Wilson College

vs. Martin Methodist College

vs. Asbury University

at Huntingdon College

*at Faulkner University

at Southern University-New Orleans

*Belhaven University

*Loyola University (La.)

University of Alabama-Huntsville

at University of West Florida

*University of Mobile

*at Belhaven University

\$Columbia College (S.C.)

\$Shorter University

\$Lee University

SITE

Home

Home

Univ. of Mobile

Selma, Ala.

Montgomery, Ala.

Montgomery, Ala.

Montgomery, Ala.

New Orleans, La.

Home

Home

Home

Home

Home

New Orleans, La.

New Orleans, La.

New Orleans, La.

New Orleans, La.

Montgomery, Ala.

Montgomery, Ala.

Montgomery, Ala.

Montgomery, Ala.

Montgomery, Ala.

New Orleans, La.

Home

Home

Home

Pensacola, Fla.

Home

Jackson, Miss.

Gulfport, Miss.

Gulfport, Miss.

Gulfport, Miss.

RESULT

W; 4-0[25-18, 25-12, 25-9, 15-10]

W; 3-0[25-21, 25-14, 25-18]

W; 3-1[25-16, 25-18, 16-25, 25-15]

W; 3-0[25-7, 25-13, 25-7]

L; 1-3[15-25, 25-27, 25-23, 16-25]

W; 3-0[25-10, 25-18, 25-7]

W; 3-0[25-20, 25-14, 25-11]

L; 2-3[22-25, 25-15, 30-28, 25-27, 10-15]

W; 3-0[25-6, 25-22, 25-13]

W; 3-0[25-6, 25-10, 25-12]

W; 3-0[25-6, 25-3, 25-5]

W; 3-0[25-5, 25-9, 25-17]

W; 3-0[25-9, 25-22, 25-14]

W; 3-0[25-15, 25-12, 25-13]

W; 3-1[25-14, 21-25, 25-16, 25-18]

W; 3-0[25-18, 25-22, 25-19]

W; 3-0[25-16, 25-13, 25-22]

W; 3-0[25-13, 25-11, 25-8]

W; 3-0[25-19, 25-15, 25-20]

W; 3-0[25-18, 25-21, 25-11]

W; 3-0[25-19, 29-27, 25-11]

W; 3-0[25-15, 25-13, 25-21]

W; 3-0[25-22, 25-9, 25-19]

W; 3-0[25-15, 25-12, 25-11]

W; 3-0[25-9, 25-19, 25-12]

W; 3-0[25-10, 25-23, 25-23]

L; 2-3[23-25, 25-21, 23-25, 25-16, 12-15]

L; 0-3[10-25, 20-25, 19-25]

W; 3-0[25-8, 25-13, 25-12]

W; 3-0[25-17, 25-21, 27-25]

W; 3-0[25-19, 25-17, 25-16]

W; 3-2[25-17, 27-29, 13-25, 25-23, 15-8]

L; 0-3[18-25, 20-25, 14-25]

% - Exhibition

* - SSAC West match

\$ - SSAC Tournament

2011 SPRING HILL COLLEGE VOLLEYBALL



2011 SCHEDULE

DATE	OPPONENT	SITE	TIME
AUG. 22	%FAULKNER STATE CC	HOME	6 P.M.
AUG. 26	SOUTHEASTERN UNIVERSITY (FLA.)	HOME	6 P.M.
AUG. 31	CONCORDIA COLLEGE-SELMA	HOME	5 P.M.
MILLSAPS COLLEGE INVITATIONAL, JACKSON, MISS. - SEPT. 2-3			
SEPT. 2	VS. MISSISSIPPI COLLEGE	JACKSON, MISS.	1:30 P.M.
	VS. UNIVERSITY OF NEW ORLEANS	JACKSON, MISS.	3:30 P.M.
SEPT. 3	AT MILLSAPS COLLEGE	JACKSON, MISS.	12:30 P.M.
	VS. MARTIN METHODIST	JACKSON, MISS.	2:30 P.M.
SEPT. 6	XAVIER UNIVERSITY (LA.)	HOME	7 P.M.
BAKER UNIVERSITY INVITATIONAL, BALDWIN, KAN. - SEPT. 9-10			
SEPT. 9	VS. OTTAWA UNIVERSITY	BALDWIN, KAN.	1 P.M.
	VS. STERLING COLLEGE	BALDWIN, KAN.	5 P.M.
SEPT. 10	AT BAKER UNIVERSITY	BALDWIN, KAN.	11 A.M.
	VS. BENEDICTINE COLLEGE	BALDWIN, KAN.	3 P.M.
SEPT. 13	DLLARD UNIVERSITY	HOME	7 P.M.
SSAC CROSSOVER TOURNAMENT, ARTHUR R. OUTLAW RECREATION CENTER - SEPT. 16-17			
SEPT. 16	*BREWTON-PARKER COLLEGE	HOME	7 P.M.
SEPT. 17	*LEE UNIVERSITY	HOME (LIVE ON SSACSPORTS.COM)	1 P.M.
	*SHORTER UNIVERSITY	HOME	4 P.M.
SEPT. 20	*LOYOLA UNIVERSITY (LA.)	HOME	7 P.M.
SEPT. 22	*UNIVERSITY OF MOBILE	HOME	7 P.M.
SEPT. 24	*AT BELHAVEN UNIVERSITY	JACKSON, MISS.	1 P.M.
SEPT. 27	*AT FAULKNER UNIVERSITY	MONTGOMERY, ALA.	7 P.M.
SSAC CROSSOVER TOURNAMENT, GAINESVILLE, GA. - SEPT. 30-OCT. 1			
SEPT. 30	*VS. SOUTHERN WESLEYAN UNIVERSITY	GAINESVILLE, GA. (LIVE ON SSACSPORTS.COM)	7 P.M.
OCT. 1	*AT BRENAN UNIVERSITY	GAINESVILLE, GA.	11 A.M.
	*VS. EMMANUEL COLLEGE	GAINESVILLE, GA.	3 P.M.
OCT. 4	TOUGALOO COLLEGE	HOME	6 P.M.
	HUNTINGDON COLLEGE	MONTGOMERY, ALA.	7 P.M.
FAULKNER UNIVERSITY INVITATIONAL, MONTGOMERY, ALA. - OCT. 7-8			
OCT. 7	VS. WEBBER INTERNATIONAL	MONTGOMERY, ALA.	1:30 P.M.
	VS. SAINT THOMAS UNIVERSITY (FLA.)	MONTGOMERY, ALA.	3:30 P.M.
OCT. 8	VS. FREED-HARDEMAN UNIVERSITY	MONTGOMERY, ALA.	9:30 A.M.
	VS. MARTIN METHODIST COLLEGE	MONTGOMERY, ALA.	1:30 P.M.
OCT. 15	AT TOUGALOO COLLEGE	TOUGALOO, MISS.	1 P.M.
OCT. 18	*FAULKNER UNIVERSITY HOME 7 P.M.		
OCT. 20	*AT LOYOLA UNIVERSITY (LA.)	NEW ORLEANS, LA.	7 P.M.
OCT. 25	SOUTHERN UNIV. NEW ORLEANS	HOME	7 P.M.
BIRMINGHAM-SOUTHERN COLLEGE TOURNAMENT, BIRMINGHAM, ALA. - OCT. 28-29			
OCT. 28	VS. SUSQUEHANNA UNIVERSITY	BIRMINGHAM, ALA.	10 A.M.
	VS. FISK UNIVERSITY	BIRMINGHAM, ALA.	5 P.M.
OCT. 29	VS. BERRY UNIVERSITY	BIRMINGHAM, ALA.	12 P.M.
	AT BIRMINGHAM-SOUTHERN COLLEGE	BIRMINGHAM, ALA.	7 P.M.
NOV. 1	*BELHAVEN UNIVERSITY	HOME	7 P.M.
NOV. 3	*AT UNIVERSITY OF MOBILE	UNIV. OF MOBILE	7:30 P.M.
NOV. 11-12	AT SSAC CHAMPIONSHIP	BILOXI, MISS.	TBA