

THE COLLEGE OF SAINT ROSE

Athletics Department

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WOMEN'S VOLLEYBALL

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VOLLEYBALL



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THE SCHEDULE

is primarily composed of single matches and tri-match competitions. The result affords each team member a great bonding experience from which lasting friendships develop. With the guidance of head coach Brian Goodale, the squad has been encouraged from day one to become a family both on and off the court, an ideal that never ceases.

60%

Since 2000, the volleyball team has won 60 percent of its matches. The Golden Knights fashioned a pair of NCAA Tournament qualifying squads and captured the 2006 Northeast-10 Conference regular-season title. Saint Rose has also produced the program's first NCAA All-American, Northeast Regional and NE-10 Player of the Year.

PROGRAM

The team follows a training and conditioning program that is broken up into three phases. The program begins at the end of playoffs in the fall and extends through the end of summer until preseason begins. Each program is designed to fit the needs of each player at their specific position. Such individualized training allows the student-athletes to get quicker, improve their vertical and become more athletic players. Each team member is also taught to focus on sports nutrition along with the speed, agility and strength training components.

Head coach Brian Goodale believes that the main goal for the volleyball program is to develop the student-athletes into good people. The main emphasis from day one is that team members are “student-athletes” and that the student comes first. Coach Goodale challenges his players to become coaches and thinkers on the court. An environment where there is a lot of communication on and off the court is vital as team chemistry is of the utmost importance.

During the summer months, team members are encouraged to do a lot of ball handling drills. Should the opportunity to play arise, the student-athletes should play as often as they are able to.

Team practices commence in mid-August with preseason sessions. In the past, the squad has had the opportunity to take a three-day trip to the Olympic Training Center in Lake Placid, New York. When classes begin, the team practices in the early evening for an average of two hours on a daily basis. The main objective is to get classes completed, eat a proper meal and focus on volleyball. This allows student-athletes the proper recovery time needed in order to prepare for the grueling regular-season and tournament schedule.

Saint Rose volleyball offers dedicated student-athletes a competitive environment that caters to the needs of the student’s academics. Varsity athletics is a great opportunity to push oneself further than the mind and body have before. Saint Rose has fielded student-athletes that have been given an opportunity to be part of an athletics program that is strong and nationally recognized.

Returning to campus for a training session or to a home match gives alumnae/i a chance to relive memories of competing for Saint Rose. The Saint Rose volleyball alumnae/i network has deep roots and team members form friendships that often last forever.



Rachel Baxter
Stratford, Conn.
Bunnell High School

“ **AT SAINT ROSE** I learned quickly that college volleyball is a much different game. Not only did I have to learn a lot about time management and balancing my class schedule, but I had to train harder to be in the best shape I could be. I am grateful for the friendships that I made by playing volleyball at Saint Rose. We are not only teammates, but a family as well. Each year we have an opportunity to qualify for the league and NCAA Tournaments and have the ability to accomplish those goals due to our preparation. ”



Mary German
Canandaigua, NY
Canandaigua Academy

“ **COMING TO SAINT ROSE** to play volleyball was a huge transition because of the commitment and dedication you must have to play this game. Our coaches demand a lot from us, but are integral in helping us balance volleyball with our academics. One of the most enjoyable things that I will take from my experience playing volleyball at Saint Rose is the friendships I have with my teammates. They inspire me in so many ways, not only on the court; but off the court as well. Knowing that I have a group of friends that I compete with and can rely on is the reason why I attended Saint Rose. ”

OUTLOOK



Within the past decade, the Saint Rose volleyball team has put together four consecutive 20-win seasons (2003-2006) and garnered two straight trips to the NCAA Division II Tournament (2005, 2006). The Golden

Knights posted their best single-season winning percentage in school annals with a 26-6 (.813) mark in 2006, the same year they won the Northeast-10 Conference regular-season championship. With only one losing season since 2001, the Saint Rose volleyball team is well on its way to becoming a powerhouse in the East Region.

Mary German ('10) was a member of the NE-10 All-Conference Team in 2007 and was selected to the league's All-Tournament Team as well. A libero, she has finished among the conference's

top-five in digs on a regular basis throughout her career and owns single-season school records in digs and digs per-game. At this juncture, German is projected to graduate as the career leader in both categories.

Jaclyn Griffin ('10) is a right side hitter that has provided a valuable presence at the net. Griffin has consistently finished among the club's top-three in kills and blocks throughout her career in a Golden Knights uniform. Furthermore, she is on pace to graduate among the top-five in school annals in kills and blocks.

Rachel Baxter ('11), an outside hitter that can also defend, has consistently been among the squad's top-five in kills, digs and aces. She is on pace to close out her career among the program's top-10 all-time in all three categories.

COACHING



Brian Goodale

*Women's Volleyball
Head Coach*

Brian Goodale has led Saint Rose to four 20-win seasons throughout the past six years, which has justified his standing as one of the top small college coaches in the East. Goodale is also by far the most successful Saint Rose women's volleyball mentor with a 170-128 career record.

The devotion that Goodale has put into the Saint Rose women's volleyball program came to fruition in 2006 when the Golden Knights made their second consecutive NCAA Tournament

appearance. Goodale was honored by his colleagues as the Northeast-10 Conference Coach of the Year following the 2006 campaign when he furthermore guided the Golden Knights to the NE-10 regular season title for the first time in school history on the strength of a perfect 14-0 mark in league play. It was the second time in his tenure that Goodale received the award. He was named the league's Coach of the Year after he guided the 2004 squad to a 20-13 overall record and a 10-4 showing in league play.

Saint Rose began turning some heads with Goodale at the helm in 2003. The Golden Knights captured their first ECAC postseason championship and chalked up a 24-10 record. Saint Rose was ranked in the Northeast Region for the first time ever that season as well.

In 2002, Saint Rose finished 16-18 overall and made its first postseason appearance since 1994 by qualifying for the conference playoffs. A year earlier, the Golden Knights finished 15-13 overall to post their first winning season since 1990. Saint Rose went 10-17 in 2000 and 7-19 during the 1999 campaign, Goodale's first year directing the Golden Knights. The seven victories represented a five-win improvement from the 1998 season.



Brian Goodale
Women's Volleyball
Head Coach

“ **BEING A MEMBER** of the Saint Rose volleyball team is about so much more than just playing a sport you love. It's about being a member of a family and developing lifelong friendships. It's about working hard to be the best student-athlete you can be. And it's about being dedicated to playing the best volleyball of your life. The result of this formula is a successful program we are all very proud to be a part of. ”

Sports Medicine

Saint Rose student-athletes are supported by a sports medicine staff that includes two NATABOC-certified athletic trainers. The sports medicine staff administers all phases of preventive training, care and injury rehabilitation. The staff also provides analysis to athletes on sport-specific nutrition, strength training and conditioning.

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