



LOOKING AHEAD

Fri October 23
Hofstra 7pm
Sat October 24
Northeastern 7pm
Tue October 27
Liberty 7pm



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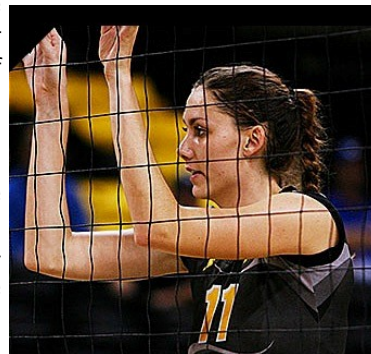
For more information on any article appearing in this newsletter, please contact Laryssa Goncalves, Administrative Assistant, at goncalvesl@vcu.edu.

A Day in the Life of a VCU Volleyball Player

Most spectators only see what happens on the court at 7 p.m. However, the daily lives of VCU volleyball players are, in fact, incredibly intense and require love and dedication far beyond the confines of the Siegel Center. Week in and week out, the Rams put in numerous hours on and off the court, on the road and in study hall, in order to excel at all aspects of their college lives.

Take junior middle Kelsie “Hit Me in the Head” Clegg, for example. Clegg wakes up at 6:30 a.m. and heads straight to the weight room for a strenuous hour-long workout. Then she heads to the training room,

where she receives treatment for all the bumps and bruises collected during the rigors of the season. After a shower and a quick breakfast, Clegg



Kelsie Clegg

heads to class for a few hours before lunch at the dining hall with a few of her teammates. Practice begins promptly at 12:30 or 1 p.m., and lasts anywhere from two

to three hours. After practice, Clegg heads to her next class. As a junior majoring in creative advertising, it’s hardly basket weaving 101. A quick dinner follows class, and Clegg usually heads to the library for a few hours to do homework and study the scouting report for the Rams’ upcoming opponent. Finally, after a long and eventful day, Clegg heads home to get some well-deserved sleep.

“It’s a tough schedule,” Clegg says. “But I’ve really gotten the hang of time management and I love volleyball. So that makes it ok.”

Tough Loss

Virginia Commonwealth University fell in five sets to the Tribe of William and Mary Friday night, but the night was not full of disappointment. Several members of the Rams’ squad filled up the stat sheet in the nail-biting contest that went down to the wire.

Freshman **Marissa Low** posted a career high 31 digs on the

night, the most digs for a Ram since 2007. Fellow freshman and two-time CAA Rookie of the Week **Michala Kvapilova** chalked up 17 kills and hit .280 with 14 digs.



The Rams came out strong from the beginning, taking the first set 25-14, but dropped the next two to

fall behind, 2-1. After pulling even at two sets apiece, the Rams were unable to finish the match out and lost the tiebreaker 15-13.

VCU looks to rebound at home on **Friday, Oct. 23** at 7 p.m. against Hofstra, and again on **Saturday, Oct. 24** at 7 p.m. against Northeastern. Friday’s match is State Employee Night, while Saturday is Humans Rights Night.