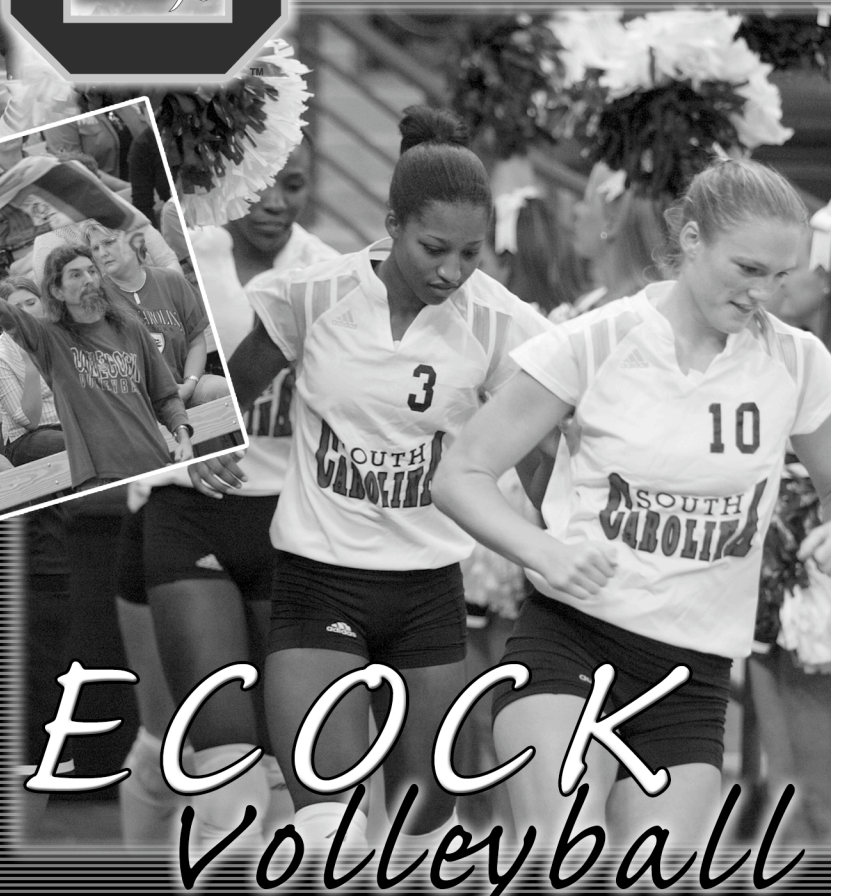
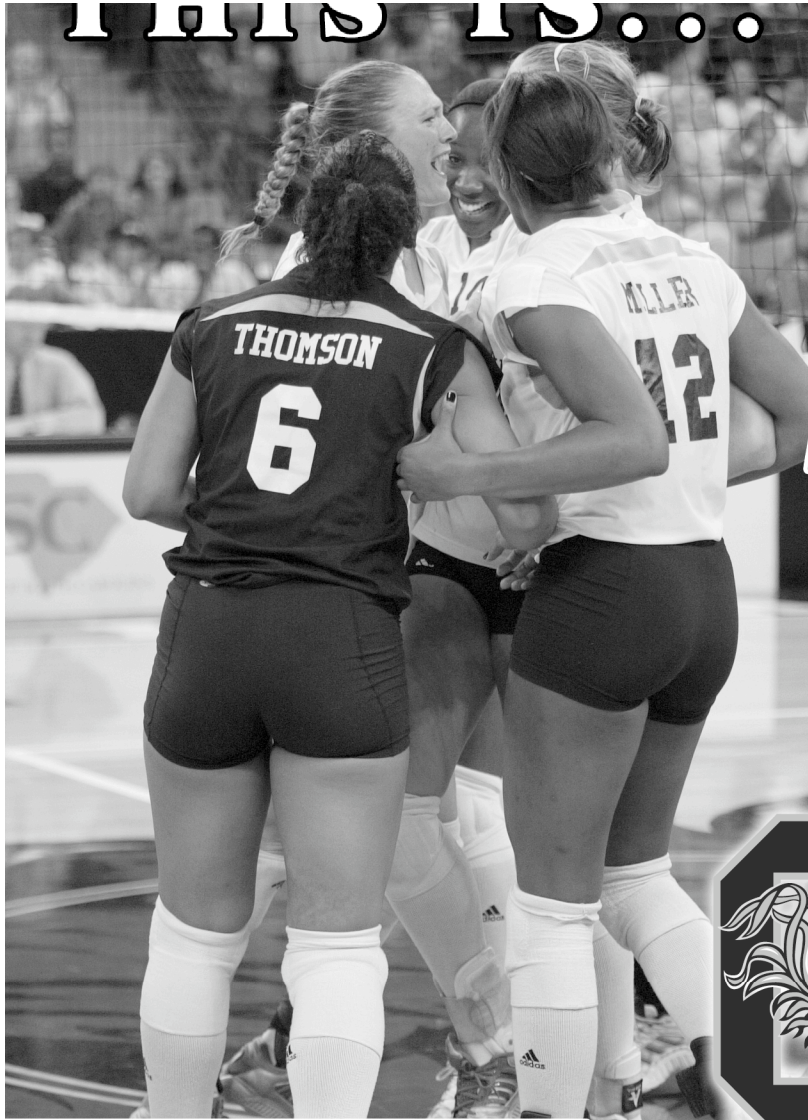


THIS IS...



# GAMECOCK

Volleyball

### GAMECOCK VOLLEYBALL QUICK FACTS

Location: Columbia, S.C. (664.068)  
Mailing Address:  
Rex Enright Athletic Center  
1300 Rosewood Dr.  
University of South Carolina  
Columbia, SC 29208  
Founded: 1801  
Enrollment: 25,140  
Nickname: Gamecocks  
Mascot: Cocky  
Colors: Garnet (PMS 201) & Black  
President: Dr. Andrew Sorensen  
NCAA Faculty Representative: Dr. Russ Pate  
Athletics Director: Eric Hyman  
Senior Women's Administrator: Val Sheley  
Head Coach: Nancy Somera (Southern California, 1989)  
Record at South Carolina: First year  
Overall Record: 77-98 (Six years)  
Associate Head Coach: Ben Somera (Southern California, '95)  
Assistant Coach: Jason Hou (Beijing Univ., 1993)  
Athletic Trainer: Tara Lein  
SID Volleyball Contact: Ayanna Wakefield  
Volleyball Secretary: TBA  
Affiliate: NCAA Division I  
Conference (Division): Southeastern (Eastern)  
2004 Record: 12-15  
2004 SEC Record: 5-11/4th in the East  
NCAA Tournament Appearances:  
1984, 1995, 1996, 1998, 2000, 2001, 2002  
Letterwinners Returning: 9  
(Shonda Cole, Andie Evans, Lauren Ford, Crystal Johnson, Nicole Miller, Sarah Morgan, Iris Santos, Alexcis Thomson, Lynae Vanden Hull)  
Letterwinners Lost: 2  
(Katelyn Panzau, Caitlin Withers)  
Starters Returning + Libero: 6 + 1  
(Shonda Cole, Lauren Ford, Nicole Miller, Sarah Morgan, Iris Santos, Lynae Vanden Hull + Andie Evans)  
Newcomers: 4  
(Dinelia Concepcion, Petra Lorenzi, Marija Milosevic, Carolyn Rivers)

### CREDITS

The 2005 University of South Carolina volleyball media guide is a production of the USC Sports Information Office. Writing and layout by Ayanna Wakefield. Layout, design and editing by Christy Lang, publications coordinator. Cover design by Baseline Sports Media in Athens, Ga. Photography by Jason Ayer, Travis Bell, Jim Burgess, USC Instructional Services, Allen Sharpe, Columbia Chamber of Commerce and the South Carolina Department of Parks, Recreation and Tourism. A special thanks goes out to the Gamecock Volleyball staff, USC media relations student assistants Joe Johnson, Alexandria Layton, Karen Saladyga and Doug Adams, and opponent Sports Information Directors for their help in the production of this brochure.

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## NOTE TO THE MEDIA

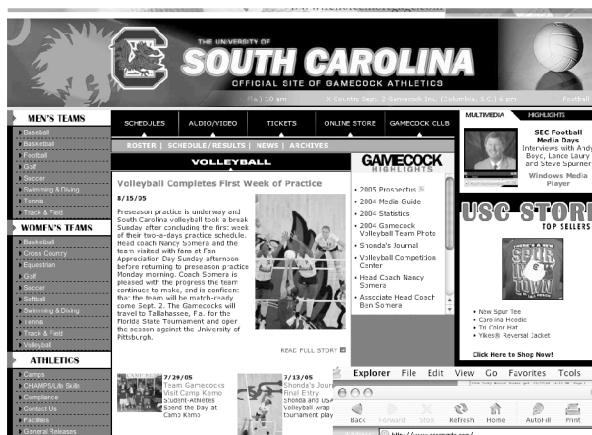
The University of South Carolina welcomes your attention to the 2005 Gamecock volleyball team. Any questions concerning USC volleyball should be directed to Ayanna Wakefield at (803) 777-8017. Interviews, statistics or general information concerning student-athletes or Coach Nancy Somera and/or her staff should also be handled through the Sports Information Office. Thank you for your interest in South Carolina volleyball and please let us know if there's any way we may assist you in your coverage of Gamecock Athletics.

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## GAMECOCKS ON THE INTERNET

The University of South Carolina's home page on the internet with information on all 20 varsity sports is www.uscsports.com. Live audio web casts, schedules, rosters, coaches' bios and other information are available on the USC Athletics home page. Call the USC SID office for further details at (803) 777-5204.





## 2005 TEAM AND ROSTER



**The 2005 Gamecock Volleyball Team:** Front Row (l to r): Associate Head Coach Ben Somera, Manager Catherine Walker, Dinelia Concepcion, Alexcis Thomson, Iris Santos, Andie Evans, Petra Lorenzi, Carolyn Rivers, Student Trainer Stacy Brown, Head Coach Nancy Somera; Second Row (l to r): Sarah Morgan, Shonda Cole, Nicole Miller, Lynae Vanden Hull, Lauren Ford, Belita Salters, Crystal Johnson; Back Row (l to r): Athletic Trainer Tara Lein, Strength Coach Matt Jennings, Assistant Coach Jason Hou, Volunteer Coach Alex Trivellin, Manager Crystal Moore.

### Numerical Roster

No.	Name	Ht.	Pos.	Cl.	Hometown (H.S./College)
1	Carolyn Rivers	5-1	LIB/DS	FR	Pickens, S.C. (Pickens)
2	Iris Santos	5-10	S/OH	JR	Santo Domingo, DR (Dora de la Salle)
3	Crystal Johnson	6-0	MB	SO	Camden, S.C. (Camden)
4	Andie Evans	5-10	LIB/DS	SO	Birmingham, Ala. (Vestavia Hills)
5	Lynae Vanden Hull	6-2	OH	JR	Papillion, Neb. (La Vista)
6	Alexcis Thomson	5-10	DS/S	JR	North York, Ontario (Don Mills)
7	Marija Milosevic	6-0	OH	FR	Gukos, Serbia and Montenegro (Lazarvac)
8	Dinelia Concepcion	5-3	LIB/DS	FR	Deltona, Fla. (Pine Ridge)
9	Petra Lorenzi	5-9	S	FR	Crescent City, Calif. (Del Norte)
10	Sarah Morgan	6-0	OH	SR	Gibsonia, Penn. (Pine-Richland)
11	Lauren Ford	6-2	MB	SR	Indianapolis, Ind. (Lawrence North)
12	Nicole Miller	6-1	MB/OH	SR	Stockton, Calif. (St. Mary's)
14	Shonda Cole	6-1	OH	JR	Kings Mountain, N.C. (Kings Mountain)
22	Belita Salters	6-1	MB	FR-R	Lake City, S.C. (Lake City)

### Alphabetical Roster

No.	Name	Ht.	Pos.	Cl.	Hometown (H.S./College)
14	Shonda Cole	6-1	OH	JR	Kings Mountain, N.C. (Kings Mountain)
8	Dinelia Concepcion	5-3	LIB/DS	FR	Deltona, Fla. (Pine Ridge)
4	Andie Evans	5-10	LIB/DS	SO	Birmingham, Ala. (Vestavia Hills)
11	Lauren Ford	6-2	MB	SR	Indianapolis, Ind. (Lawrence North)
3	Crystal Johnson	6-0	MB	SO	Camden, S.C. (Camden)
9	Petra Lorenzi	5-9	S	FR	Crescent City, Calif. (Del Norte)
12	Nicole Miller	6-1	MB/OH	SR	Stockton, Calif. (St. Mary's)
7	Marija Milosevic	6-0	OH	FR	Gukos, Serbia and Montenegro (Lazarvac)
10	Sarah Morgan	6-0	OH	SR	Gibsonia, Penn. (Pine-Richland)
1	Carolyn Rivers	5-1	LIB/DS	FR	Pickens, S.C. (Pickens)
22	Belita Salters	6-1	MB	FR-R	Lake City, S.C. (Lake City)
2	Iris Santos	5-10	S/OH	JR	Santo Domingo, DR (Dora de la Salle)
6	Alexcis Thomson	5-10	DS/S	JR	North York, Ontario (Don Mills)
5	Lynae Vanden Hull	6-2	OH	JR	Papillion, Neb. (La Vista)

### Breakdown by Class

#### Seniors (3)

Lauren Ford  
Nicole Miller  
Sarah Morgan

#### Juniors (4)

Shonda Cole  
Iris Santos  
Alexcis Thomson  
Lynae Vanden Hull

#### Sophomores (2)

Andie Evans  
Crystal Johnson

#### Freshmen (4)

Dinelia Concepcion  
Petra Lorenzi  
Marija Milosevic  
Carolyn Rivers  
Belita Salters - Redshirt

### Pronunciation Guide

Dinelia Concepcion.....Di-NELL-ya Con-sep-see-ohn  
Petra Lorenzi .....PAY-tra LorenZEE  
Marija Milosevic .....Mar-ee-ya Mi-low-sa-vick  
Iris Santos.....EAR-is Santos  
Belita Salters .....Ba-leeta Salters



**1 CAROLYN RIVERS**  
LIB/DS >> 5-1 >> Fr.  
Pickens, S.C.  
(Pickens)



**2 IRIS SANTOS**  
S/OH >> 5-10 >> Jr.  
Santo Domingo, D.R.  
(Dora de la Salle)



**3 CRYSTAL JOHNSON**  
MB >> 6-0 >> So.  
Camden, S.C.  
(Camden)



**4 ANDIE EVANS**  
LIB/DS >> 5-10 >> So.  
Birmingham, Ala.  
(Vestavia Hills)



**5 LYNÆ VANDEN HULL**  
OH >> 6-2 >> Jr.  
Papillion, Neb.  
(Papillion La Vista)



**6 ALEXCIS THOMAS**  
DS/S >> 5-10 >> Jr.  
North York, Ontario, Canada  
(Don Mills)



**7 MARIJA MILOSEVIC**  
OH >> 6-0 >> Fr.  
Gukos, Serbia & Montenegro  
(Lazarvac)



**8 DINELIA CONCEPCION**  
LIB/DS >> 5-3 >> Fr.  
Deltona, Fla.  
(Pine Ridge)



**9 PETRA LORENZI**  
S >> 5-9 >> Fr.  
Crescent City, Calif.  
(Del Norte)



**10 SARAH MORGAN**  
OH >> 6-0 >> Sr.  
Gibsonia, Pa.  
(Pine-Richland)



**11 LAUREN FORD**  
MB >> 6-2 >> Sr.  
Indianapolis, Ind.  
(Lawrence North)



**12 NICOLE MILLER**  
MB/OH >> 6-1 >> Sr.  
Stockton, Calif.  
(St. Mary's)



**14 SHONDA COLE**  
OH >> 6-1 >> Jr.  
Kings Mountain, N.C.  
(Kings Mountain)



**22 BELITA SALTERS**  
MB >> 6-1 >> Fr.-R.  
Lake City, S.C.  
(Lake City)



**NANCY SOMERA**  
Head Coach  
First Season



**BEN SOMERA**  
Associate Head Coach  
First Season



**JASON HOU**  
Assistant Coach  
Fourth Season

### 2005 Outlook

Entering her first year as head coach of South Carolina volleyball, Nancy Somera's outlook, commitment and philosophy is simple and direct:

"I believe in putting in the work that entitles you to succeed. Confidence comes from the commitment you make to competing hard every day in preparation for competition."

The Gamecocks will have plenty of opportunities to show their commitment this season with a solid schedule and an experienced veteran team. After six seasons as the head coach of Oregon State, Somera takes over a Gamecock program that has struggled to reach the .500 mark the past two seasons. She and her husband, associate head coach, Ben, will bring their coaching philosophy to the Palmetto State with intentions of building on Carolina's tradition.

"My philosophy is that you prepare to win in the practice gym," said Somera. "When you discipline yourself in practice, you learn to believe that you can beat anyone."

Somera and her staff want the team to focus on improving its ball handling, passing and defensive skills, in addition, learning how to be disciplined in team systems and focus on the process, not the outcome.

"It is important for the team to learn what it means to play with integrity and have a sense for what it means to be a Gamecock volleyball player," said Somera. "We want to teach the values of the program and show them why the values will help them succeed and reach goals, both individually and collectively."

In an overall look at the 2005 team, notable strengths include experience, athleticism and eagerness. Somera and her staff will look to junior outside hitter Shonda Cole, along with senior outside hitter Sarah Morgan, and senior middle blockers Lauren Ford and Nicole Miller, to lead the charge for the Gamecocks.

"Nicole and Sarah have done a great job this summer embracing the captain's role and being willing to take on responsibilities as a leader," said Somera. "Regardless of how innately good you are as a leader, any team captain will tell you it is a difficult job at times."

During the summer, Cole had the opportunity to train with USA Volleyball and traveled the world to compete in tournaments in the Dominican Republic, Thailand, China and Korea. The chance for Cole to experience playing volleyball at such a competitive level is sure to serve as a resource for the rest of the team.

"I think Shonda's experience with USA Volleyball this summer will help her be more confident as a leader," said Somera. "Not only because of the level of play she was exposed to, but because she had first-hand experience with some of the best leaders in our sport."

Somera and her staff are looking forward to the upcoming year and believe that each player can make a difference and contribute towards reaching the goals of Carolina Volleyball.

"Our program mission is to provide a positive college experience built

on discipline, consistency and fairness that cultivates players to meet their potential at South Carolina and beyond," said Somera.

### Outside Hitters

Shonda Cole (Kings Mountain, N.C.), Sarah Morgan (Gibsonia, Pa.), newcomer Marija Milesovic (Gukos, Serbia and Montenegro) and right side Lynae Vanden Hull (Papillion, Neb.) comprise the outside hitter lineup for the Gamecocks. Despite Cole being the team leader in kills and the upperclassmen status of Vanden Hull and Morgan, the outside is the position with the least amount of depth for the Garnet and Black. The Gamecocks will have to rely heavily on the talent of Cole, and the experiences of Vanden Hull and Morgan, but look for freshman Milosevic to make an immediate impact this season.

"Marija has international playing experience and is an all-around good player," said Somera. "She has a good jump serve, decent ball control and is a good blocker. Her abilities will be utilized this season."

Expect to see Vanden Hull predominately on the right side as the remaining three players will all play the left side. Since the spring, Morgan has gained better ball control, which has been a weak area for the Gamecocks.

"I am excited about our left side core," said Somera. "It is a good combination of physical talent and ball control."

Cole's experience with USA volleyball over the summer exposed her to the highest level of volleyball. At the international level, the game is more physical and the second team All-SEC selection will have the opportunity to exhibit what she learned from her summer experiences and apply it to enhancing her game at the collegiate level.

Last year, Cole, Morgan and Vanden Hull combined for 771 of USC's 1,363 total kills but recorded a hitting percentage of .167 with 359 errors. This year, the Gamecocks will work on decreasing hitting errors and becoming more efficient attackers.

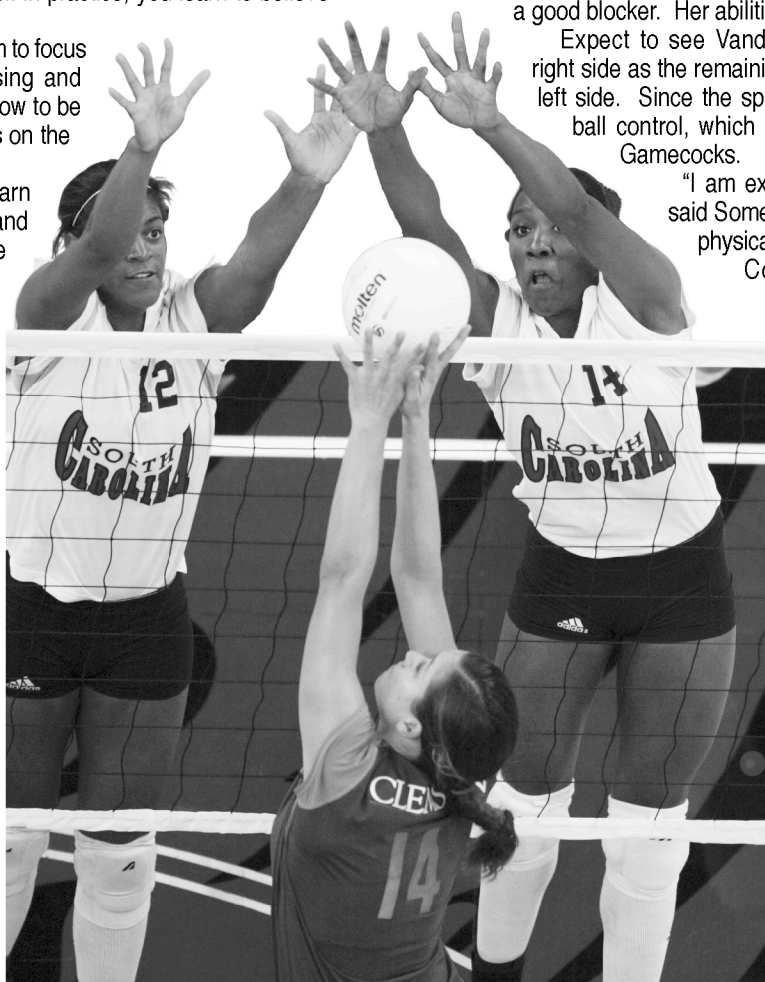
### Middle Blockers

The Gamecocks have one of the best blockers in the SEC in Lauren Ford

(Indianapolis, Ind.). Ford, who finished fifth in the SEC in blocks, along with senior captain Nicole Miller (Stockton, Calif.), will lead the middle blockers this year. Under their guidance will be sophomore Crystal Johnson (Camden, S.C.) and redshirt freshman Belita Salters (Lake City, S.C.).

USC's returning starting blockers, Miller and Ford each recorded more than 100 total blocks last season and ranked No. 1 and 2 in blocks on the team. Both tied for first in block solos with 11 while Ford, who hails from Indianapolis, Ind., was the only player to have more than 100 block assists.

"I feel good about the experience we have in the middle," said Somera.



**Nicole Miller and Shonda Cole**



"Lauren and Nicole both have a lot of matches, attempts and blocks under their belts."

Like the outside hitters, hitting efficiency could stand to see some improvement among the middle blockers. Despite leading the team in overall percentage and finishing second on the team in kills with 228, Ford was one of three players to record more than 100 errors.

"Lauren can be one of the best attackers in the SEC if she can limit her errors. She can terminate in serve-receive and in transition," said Somera. "She has a quick arm swing, good footwork, good size and the experience that goes with being a senior."

Maturity is Miller's strength. She has the ability to play larger than she appears. As a captain, she has the demeanor to keep the team focused in the right direction during the game.

"Nicole is probably the more efficient player. She is not as big, but she has good range for her size, is very smart and gets the job done," said Somera. "Nicole is a six-rotation player that can pass, dig and has a good serve."

On the younger end of the middle blocker spectrum, Johnson will be entering her third year with the team, second year of playing and Salters is an option this season after redshirting last year. Johnson saw action in 13 matches, playing 27 games and needs experience to gain confidence in order to contribute to the team.

"We will spend time developing Crystal and Belita mentally and physically as players," said Somera. "We will have to see throughout the season who can come in and truly get the job done as a competitor."

## Setters

The setter position will have a different look for the Gamecocks this season. Veteran Iris Santos (Santo Domingo, Dominican Republic) will move into that role early on in the season. Last year, Santos saw action in 26 matches and saw more time at the setter role as the season progressed. She recorded 283 assists and 164 digs last year.

"Newcomer Petra Lorenzi (Crescent City, Calif.) will grow in the position while Iris's true home on the court is as an attacker and is still developing as a setter," said Somera. "There is a chance that we use a 6-2 so Iris can be an impact player in more areas for us. Junior Alexcis Thomson could play a dual role this season splitting time between setter and libero."

Lorenzi is young and has limited club volleyball experience but should be able to adjust well to the challenges and pace of the collegiate game. A smart player, Lorenzi has the potential to lead the Gamecocks from the setter position in the future.

## Liberos/Defensive Specialists

Out of all the positions for the Gamecocks this season, the libero/defensive specialist is the deepest. Returning is junior Alexcis Thomson (North York, Ontario), while newcomers include Dinelia Concepcion (Deltona, Fla.) and Carolyn Rivers (Pickens, S.C.). In addition to those three, Sarah Morgan and Petra Lorenzi would be available if needed.

"We are very deep in this position. It is the duty of the libero/DS to provide solid ball control and to be mentally tough to handle pressure situations," said Somera. "This is a key position for our defense and who gets the call to play will come down to who passes the ball the best."

With this position, Somera will have several options for her defensive strategies. Last year, Thomson posted 120 digs and averaged 1.76 per game in 68 games played while Morgan led the team overall with 267 and averaged 2.78 digs per game.

## Schedule

There are three components to the making of a successful season: the players, the coaches and the schedule. Although the 2005 schedule for the Gamecocks may not look intimidating at first, anytime you are away from the friendly confines of home, things are never easy.

"This schedule will be rough. We play 11 of our first 12, and 15 of our first 18 matches on the road. If we can develop as a team and overcome the challenges of being on the road that much, I think we can hit our full stride by the middle of the season and potentially be pretty threatening," said head coach Nancy Somera. "But those are a lot of if's, so we will just take our opponents one at a time, and strive to improve one week at a time and see how good we can become along the way."

Of the Gamecocks' opponents, Coach Somera has faced six: North Carolina, Mississippi State, Auburn, Winthrop, Charlotte and Pittsburgh, compiling a 5-1 record against those teams.

The Garnet and Black will open the season Sept. 2-3 at the Florida State Tournament in Tallahassee, Fla. where they will face Pittsburgh, FSU and Mercer. On Sept. 6, USC will have its home opener when it hosts Charlotte. This match is one of only two non-conference home matches for the Gamecocks in 2005. South Carolina will then travel north of the border to Chapel Hill, N.C. and play Coastal Carolina, Purdue and North Carolina at the UNC Tournament, Sept. 9-10.

The annual Carolina-Clemson matchup is scheduled for Sept. 13 in Clemson. Last year, USC took the match, 3-0, in front of 1,965 at the Colonial Center, the largest crowd to ever witness a volleyball match in the state of South Carolina.

South Carolina will then travel to the Lowcountry and compete in the College of Charleston Tournament, Sept. 15-16, facing C of C and Houston.

Coach Somera will begin her journey in the SEC on Sept. 23 and 25 when the Gamecocks open conference play at LSU and Arkansas. In her six years as a head coach, Somera had coached against two SEC schools and will enter the season with a 2-0 record against SEC teams. She posted a 3-0 win against Mississippi State on Aug. 30, 2003 and a 3-0 win against Auburn on Sept. 11, 2004.

"In the Pac-10, it is so grueling in that it is very realistic to go through a stretch in your schedule for three weeks where you don't play a team ranked below the top 15. Your team can play great and execute the game plan perfectly, but still lose," said Somera. "I see the SEC schedule a little more forgiving in that it allows more room for players to develop confidence. It is hard on a team's confidence when you have long stretches of playing well, but don't feel the gratification that comes with winning."

South Carolina's SEC home opener is scheduled for Sept. 30- Oct. 2 when they host Mississippi State and Ole Miss. USC will face SEC East foes Georgia and Florida the following weekend, then return to the West and travel to Auburn and Alabama. After a weeklong break, the Gamecocks host Kentucky then three days later, host Tennessee, the 2004 SEC champions. The pressure does not let up as USC then hosts Florida and Georgia for its final home matches in the month of October.

The remainder of the SEC schedule for the Gamecocks will include road



**Alexcis Thomson**

## VOLLEYBALL FACILITIES

### THE VOLLEYBALL COMPETITION FACILITY RECORD

	SEC	Overall
1996	5-1	11-3
1997	6-2	9-3
1998	5-3	12-3
1999	5-1	7-2
2000	5-1	15-2
2001	6-2	9-2
2002	7-1	12-1
2003	3-5	5-7
2004	2-6	5-7
<b>Total</b>	<b>44-22</b>	<b>85-30</b>



### TOP TEN GAMECOCK VOLLEYBALL CROWDS

	Attendance	Opponent	Date	Results
1.	1,965*	Clemson	9/7/04	W, 3-0
2.	1,793	Florida	9/21/01	L, 2-3
3.	1,582	Florida	11/18/00	L, 0-3
4.	1,380	Clemson	9/16/98	W, 3-0
5.	1,290	Florida	10/2/98	L, 1-3
6.	1,284	Clemson	9/18/96	W, 3-0
7.	1,278	Georgia	11/10/00	W, 3-0
8.	1,276	Florida	10/27/02	L, 0-3
9.	1,246	Clemson	9/10/02	W, 3-2
10.	1,207	Mississippi@	11/22/96	W, 3-0

@ - 1996 SEC Tournament \*Played at the Colonial Center

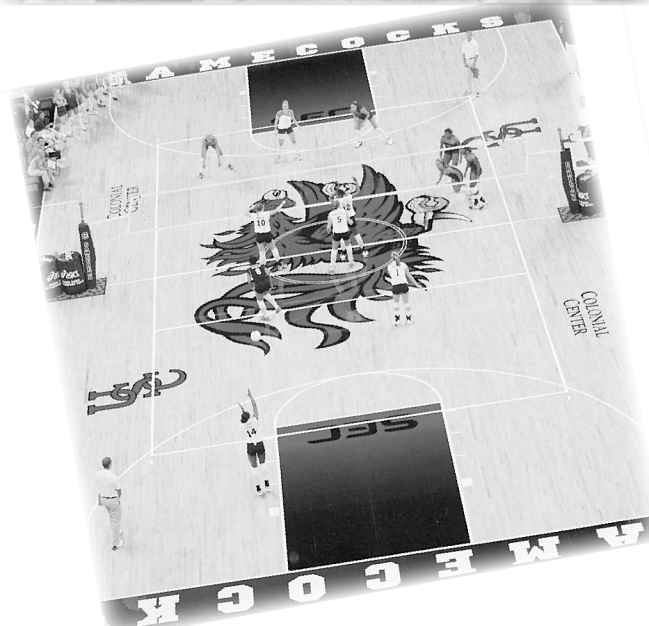


### THE VOLLEYBALL COMPETITION FACILITY

Nineteen ninety-six ushered in a new era for Carolina Volleyball as the Gamecocks began play in the Volleyball Competition Facility. The \$4.6 million facility was completed in January of 1996.

In 2002, USC averaged over 700 people a match for the sixth year in a row, good for second in the SEC.

In 2001, Carolina broke the single match attendance record with a school record crowd of 1,793 in the match with SEC opponent Florida, marking the then largest volleyball crowd in South Carolina history.



For the first time ever, the Gamecocks played a match in the Colonial Center (shown at left) when they hosted rival Clemson on Sept. 7, 2004. The match drew a crowd of 1,965, the largest ever to witness a match in the state of South Carolina.

A DAY...



in the LIFE

# SHONDA COLE & USA Volleyball



During the summer of 2005, Shonda Cole was selected to train with USA Volleyball, the first Gamecock to train with the USA National Team. Cole was one of 32 athletes that trained at the United States Olympic Training Center under the guidance of "Jenny" Ping Lang. Cole was also one of five athletes selected from SEC schools. Cole had the privilege to travel the world as she participated in tournaments in the Dominican Republic, Thailand, China and Korea.