

SERVE RECEIVE

HERE WE GO...

We're excited to bring you the very first issue of Serve Receive, the newsletter for Rogue Volleyball. Every issue will feature our club teams, our Rogue Rec League participants, our VolleyTots program, and of course, our alumni.



Shining in Indy

Rogue 16s finished in Gold in Indianapolis, while Rogue 17s finished with a 4-2 record.



Rogue Rec League begins

Grassroots volleyball for the most popular sport in South Carolina gets underway.



VolleyTots kicks off the spring

The most popular volleyball program for kids 3-8 starts their spring sessions.

GET YOUR ROGUE GEAR FOR THE SEASON! CLICK [HERE](#) TO VISIT THE ROGUE STORE.



Center court

Here we put the spotlight on three of our amazing alumni, club players, and youth athletes.



Grae Gosnell (Indiana Univ.)
Class of 2020

Grae Gosnell is the epitome of a “Rogue Girl.” Since she walked in our doors at 15 years old, she has shows a fearlessness and tenacity rivaled by few. It’s that spirit and will to win that caught the eye of Indiana University head coach Steve Aird. Coach Aird said that “Grae is who I want to build my program around.” Just a few weeks later, Grae committed to Indiana, becoming the first player from South Carolina to play in the Big Ten (the best volleyball conference in the country). In addition to being named to the All Big Ten Academic team, Grae was also the recipient of the Big Ten Sportsmanship Honoree award, and can be seen singing the National Anthem before Hoosier volleyball matches.



Sara Sykes : Rogue 17s
Class of 2024

Sara came to Rogue on a 15s team with a toughness and grit that has always grabbed attention. This year, Sara is on our Rogue 17s club team, and is having the best season of her career. On a team loaded with amazing ball control players, like Kellee Craig, Keeley Nellis, Kendall Lanclos and Annie Dzikowski, Sara has stood out even among her peers. A “lock down” passer, and tough defensive player, Sara continues the tradition of Rogue having some of the best liberos in the country, year after year. Her approach to every practice is to make herself, and her teammates better. She never takes a rep off, and leads by example, on and off the court (her 4.81 GPA is evidence of her hard work off the court, as well).



Carleigh Watkins : Rogue 12s
Class of 2029

Carleigh, a 5th grader at Langford Elementary, has been a great addition to the Rogue 12s team (even playing an age group older). Although quiet and new to volleyball, she is quite the competitor on the court. Her improvement over the past several months has been remarkable. She is now doing a three-step approach when attacking the ball. Carleigh first began serving with a closed fist. With hard work, determination, and repeated guidance, she now serves with proper form, and is one of the more consistent servers on the team.



FOLLOW US ON INSTAGRAM @CAROLINAROGUE



Sophie Fischer (2020): Dominating the SEC

Rogue Alum Sophie Fischer took her National Championship ring from her time at the University of Kentucky (won alongside fellow Rogue alum Bella Bell - class of 2019), and moved to the University of Georgia for a record-setting year. Sophie was SEC Defensive Player of the Week an astonishing four times, named All-SEC, set UGA records for blocks, and led the SEC in blocking for the season. We're so proud of Sophie, and will be cheering her on as the Bulldogs continue to rise to the top tier of the SEC with one of Rogue's finest!



ROGUE REC LEAGUE STANDINGS

Every issue, we'll feature the standings from the Rogue Rec League. See who will win the championship this year!

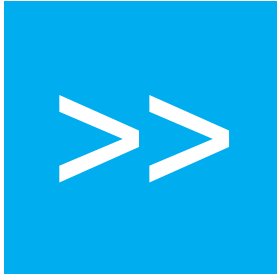
**Shirts,
hats,
hoodies,
koozies,
bags,
blankets...**

CLICK [HERE](#) TO VISIT
THE ROGUE STORE
AND SUPPORT YOUR
SQUAD!

Rogue 16s Shine in Indy.

Rogue's 14-18 club teams traveled to Indianapolis a few weeks ago to play in one of the top early season tournaments in the country. 17s finished with a 4-2 record in 17 Open, with their only losses coming to tournament winners Academy (Indiana), and 3rd place finishing Rock City (Ohio). Rogue 16s, however, finished in the Gold bracket in 16 Open with some good wins over VC United (Illinois) and Lexington United (Kentucky). Rogue 15s had some key injuries and were down to just six players on Day 2, but still managed to score a big Sunday win in the 15 Open division over Academy (Indiana) despite not having any subs. Rogue 14 Black finished in Bronze in 14 Open with a win over Summit (Missouri).

It was a great showing for Rogue at a tournament loaded with top talent from across the country.



by the NUMBERS

SINCE ROGUE'S 2019 CLASS:

31 D1 COLLEGE COMMITS

37 TOTAL COLLEGE COMMITS

OVER 300 TOTAL CURRENT CLUB MEMBERS

LARGEST REC LEAGUE IN SOUTH CAROLINA, GEOGRAPHICALLY

ONLY VOLLEYTOTS PROGRAM IN SOUTH CAROLINA

2 NCAA NATIONAL CHAMPIONS

4 NCAA TOURNAMENT APPEARANCES IN 2022

2 MEDALS IN NATIONAL CHAMPIONSHIPS
(IN THE HIGHEST DIVISIONS OFFERED)

\$3 MILLION IN COLLEGE ATHLETIC SCHOLARSHIPS

LARGEST MIDDLE SCHOOL TOURNAMENT IN THE AREA



VolleyTots Kicking off the spring

VolleyTots is our 3-8 year old program, that is designed to introduce the fundamentals of volleyball to our youngest club members. Through drills using ladders, cones, and soft volleyballs, kids will increase foot speed, develop hand-eye coordination, and engage in social activities. VolleyTots is a national program, and we are excited to bring it to South Carolina! Through fun games and modified drills, kids will develop hand-eye coordination, volleyball basics, and fun with friends! Click [here](#) to register for the next session!

click it!



17s MAKES THE FINALS AT LIL' BIG SOUTH

Rogue 17s rides their spectacular ball control, and an offense run with precision to make the finals in the first three-day tournament of the season in 17/18 Open.

ROGUE 14- 17s FINISH IN GOLD AT BEAST OF THE SOUTHEAST

Rogue 14 Black, 15s, 16s, and 17s all finished in Gold at Beast of the Southeast in Atlanta in the Open divisions. Rogue 14 Blue finished their tournament with a huge win, wrapping up a great weekend for Rogue!



ROGUE REC LEAGUE

the first of its kind



Volleyball is the most popular sport in America... and in South Carolina... for girls, and it's the fastest-growing sport for boys. But, how do you get into the sport? Where do you begin? While Rogue has become synonymous with high level volleyball and athletes playing in college, we know where to look for the future of the sport. It's reaching boys and girls at the grassroots level, giving them good training (based on the same techniques that have led to 37 Rogue players committing to play in college since 2019) and provide competition, but in a way that is focused on the local needs and conveniences of the families. We're bringing Rogue to YOU. Our rec league houses both Rogue and non-Rogue "sets" (such as Lil' Gators from River Bluff), which allows the league to be as comprehensive as possible.

Allowing each site... or "set" (get it? A little volleyball pun)... to house its own teams and practices, makes it its own "mini club," but still play in League matches against other teams across the area.

And we're adding more sets as we speak...

We can't wait to continue to build this sport together!

Visit CarolinaRogue.com for more information



PRACTICE PLAN

NAVIGATING *the* VOLLEYBALL LANDSCAPE

Club vs. Rec? What does it all mean?

Different clubs call their youth programs different things, but at Rogue, we embrace our youth program as a combination of clinics, camps, and of course, team competition. People know “rec” as programs tailored for beginner or younger athletes getting started in a sport. That’s exactly what our rec program is.

Once players “graduate” from VolleyTots, our rec program is the perfect next step to develop skills and compete in matches before making the jump to club.

Club is the highest-profile program, and provides a nationally competitive volleyball experience.

1. VolleyTots (ages 3-8)
2. Rogue Rec (7-14)
3. Rogue Club (10-18)

ALL of our athletes are part of the Rogue family!

In this issue, we’re focusing on **serve receive**, of course.

Rogue is known nationally for our ball control. Passing and defense are some of the hallmarks of our club, and passing the opponent’s serve is the most critical of all. Whether you’re 8 or 18, serve receive will impact your success. In fact, every Rogue graduating class has had a libero (position with the different colored jersey who is basically the “ball control expert”) play at a D1 college. This is because of their ability to master the critical skill of serve receive.

Here are some cues and concepts we teach at Rogue to help develop some of the top passers in the country.

1. Be in ready position before the server serves
2. Study the server before and during contact
3. Immediately identify the path of the ball, and angle your platform (arms) right away so it faces your target. Early angles are key!
4. Build your platform *straight* from your shoulders, tilting from the shoulders to get the correct angle.
5. Do NOT tighten your armpits and chest! Keep your chest back and armpits open.
6. Track the ball with your platform, fighting to stay in posture. (Shuffle!)
7. Keep your platform “predictable” and with as little movement as possible.
8. Fight to finish forward and keep your belly button back!



Caroline Pender
Rogue class of 2019
College of Charleston

This “Practice Plan” from:

Adam Speight

Director of Rogue and Head Coach of Rogue 17s

adam@CarolinaRogue.com