

# SERVE RECEIVE

## FULL SWING

As the most comprehensive Rec League in the state gets going, and the Club teams hit the heart of the competition season, we recap all things Rogue as everyone is hitting their stride.



### 15s finish top 10 in Louisville

Rogue 15s finish 9th in the country, while Rogue 17s end with a 4-1 record.



### Rogue Rec League standings

Updated rankings after the first few weeks of the Rogue Rec League



### USA Open Tryouts

Two Rogue alums attended the USA Open Tryouts in Colorado Springs in February.



## Center court

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



**Maggie Salley**  
Class of 2019

Maggie has been part of Rogue from the very beginning. Maggie was a huge part of teams that achieved several top 10 Open national finishes, including medaling at AAU Nationals in 2019. An accomplished six-rotation athlete both in club and in high school, Maggie went on to start as a freshman at Big South conference powerhouse High Point. Maggie finished her college career with three Division 1 NCAA Tournament appearances, and multiple Big South titles. As a “Rogue original,” and now a licensed EMT, Maggie is synonymous with determination, self-worth, and hard work, and will forever be a part of the Rogue family!



**Madeleine Jones**  
Class of 2023

From the moment Madeleine stepped into a Rogue open gym in 2020, we knew it was a perfect match. Immediately jumping into drills as a 15 year old, going against players now at Clemson, Kentucky, Auburn, App State, High Point, UNC Wilmington and other schools, Madeleine showed no fear. Her goal since day one has been to be the hardest working player in the gym, whether it's in practice or a 200-court tournament. Madeleine continues to show that level of heart and determination, and will continue to “outwork the gym” as she moves on to play at Berry College in the fall. Madeleine is an amazing teammate, and truly someone that every player loves to have on their side.



**Riley Lyons**  
Class of 2027

Riley joined Rogue two years ago, playing up on our 13s team as a 6th grader. Her older sister, Taylor, had been playing with us, so we already knew Riley and her family. Now in her third year with Rogue, she has shown continued growth to become one of the better middles in the 14 Open division. Riley, coupled fellow 6' middle Finley Dungen, has created a wall in the middle of the net that has dominated the top teams in the country. In her third year with Rogue, her career is just beginning. With the size and strength to compete with top players her age, Riley's development will be fun to watch!



FOLLOW US ON INSTAGRAM @CAROLINAROGUE



## Rogue Represented at Team USA Tryouts

**Two Rogue alums attended the USA Womens National Team Open Tryouts.** Zoe Weatherington (Rogue class of 2019), current right side hitter at Penn State, and Sophie Fischer (Rogue class of 2020), current middle blocker and SEC blocks leader at the University of Georgia spent three days at the Olympic Training Center in Colorado Springs. The WNT Open Program is used for consideration for selection to both our Women's National Team and our Women's Collegiate National Team. These programs allow our Women's National Team staff to observe the highest potential athletes with and against one another.



**Zoe Weatherington**  
Rogue class of 2019  
Penn State University



**Sophie Fischer**  
Rogue class of 2020  
University of Georgia



## ROGUE REC LEAGUE STANDINGS AFTER WEEK 3

### 8U

1. Red Kris
2. Banana Puffs
3. Blue Whales
4. Golden Gators

### 10U

1. Blue Jays
2. The Cool Girls / Champions
3. Slugs
4. Sugar & Spikes
5. Panthers

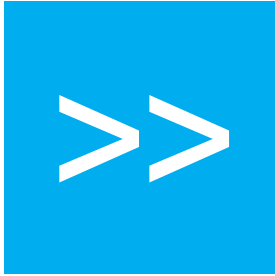
### 14U

1. Gold Diggers
2. Ravens / Milky Ways
3. Skull Crushers
4. Queen Bees / Blue Baddies / Stingrays / Red Mimi Volcanoes
5. Seagulls / Clouds / Rogue Aces / Stitches
6. Spike Warriors / Dawgs

# Bluegrass: 15s take Top 10

Rogue returned from Louisville with some great performances. On Day 1, Rogue 14s went 2-1 in their first pool in 14 Open to advance. Rogue 15s also went 2-1 and found themselves in the top group of 15 Open. Rogue 17s had a dominant Day 1, going 3-0, including putting on an offensive showcase in their third match of the day to win the pool in 17 Open.

On Day 2, Rogue 17s beat Pittsburgh Elite, but fell to KIVA 17 Red three sets in Gold, ending their tournament with a 4-1 record. Rogue 15s ended their weekend with a top-10 finish in the largest two-day tournament in the country. A top 10 National finish in the Open division at Bluegrass with over 150 teams in the 15s age group is quite an accomplishment for this young group.



## by the NUMBERS

SINCE ROGUE'S 2019 CLASS:

~~33~~ 31

D1 COLLEGE COMMITS

~~39~~ 37

TOTAL COLLEGE COMMITS

OVER 400

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



## Coaching Profile

### Abreia Epps

Abreia is one of the pillars of Rogue. She has been one of our top coaches since our third year, and has been a critical coach, confidante and advocate for our athletes. Abreia played club for our staff, and went on to play at UNC Charlotte and then to USC, where she starred as one of the top right side hitters in the SEC. Abreia now has her own counseling practice called Growth Counseling, where she focuses on individual, families and couples. "My goal is to help them create a more resilient sense of self, while exploring the attachments, fears, worries, traumas, and life-altering events that make them who they are. We grow and differentiate *with* others, not *from* others."

## Newest Addition to the family!

Congratulations to Rogue co-founder, coach and "do everything" Lisa Jackson and her husband Justin as they welcome Levi to their family, and ours!



### 14s & 15s win Silver at SEQ

Rogue 14s and 15s went undefeated on Day 2 of the Southeastern Qualifier to win silver.

### Rogue 12s wraps their season

Rogue 12s are finishing their regular season at Big South - the largest single-weekend tournament in the country. The season has been loaded with fun, as well as challenges, as many players were new to the sport. That didn't stop them from competing and finishing 5th at Lil' Big South! Family Fun Day was also a big hit. We love to see the development of these young athletes!

# NEW COLLEGE commits



← Congratulations to 2023 setter **Bella Assaley** on her commitment to play volleyball at Indiana Tech!

→ Congratulations to 2023 middle blocker **Kennedy McCants** on her commitment to play volleyball at Indiana Purdue at Fort Wayne!



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

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

Questions?  
Contact Us!

Adam Speight  
Director of Rogue Volleyball  
[CarolinaRogue.com](http://CarolinaRogue.com)

## VolleyTots Kicking off the spring

click it!

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!





# PRACTICE PLAN

## NAVIGATING *the* VOLLEYBALL LANDSCAPE

### Tournament Divisions

At major national AAU/JVA tournaments, the divisions are as follows:

1. Open (the top)
2. Premier
3. Club
4. Classic (if offered)

Major USAV qualifiers:

1. Open (always the top)
2. USA
3. American/Liberty
4. Challenge

Typical local tournament:

1. Open/Power
2. Club

Open in local tournaments is not to be confused with Open in major national ones.

Most clubs who play Open in local/regional tournaments, do Premier, Club or Liberty in bigger National ones. "Power" is more of a local term.

Each division matters!

In this issue, we're focusing on **blocking**.

Although many believe blocking to be a "tall" person's skill, even the undersized player can be a very effective blocker at the net. Aggressiveness and Effort are the two areas we look for in effective blockers, and here at Rogue, we focus on the technique of swing blocking, though most of these cues apply to any blocking tactic.

Here are some cues we teach at Rogue:

1. Start in a balanced, "ready" position with knees bent, elbows above hips, away from body and hands up
2. Track your hitter. Identify where your hitter is or what she is running once the ball is passed (Eye work is a hard skill to master and will be addressed in another "practice plan")
3. Once the setter releases the ball, the blockers eyes go straight to the hitter (do not stare at the ball).
4. Attack (approach to) the hitter with your feet and line up your body where your head is in the hitters armpit
5. Jump with your hitter, making sure to "punch" over the net with big, strong, open hands, "Flex your Phalanges."
6. Eyes need to move from the hitter's body to the hitter's hand while in the air and "attack" the ball with big, strong, open hands.
7. Finish the block back to the middle of the court
8. Keep your eyes open when blocking



**Sophie Fischer**  
Rogue class of 2020  
Univ. of Georgia

**Brooke Thomas**  
Rogue class of 2020  
Winthrop

This "Practice Plan" from:

**Bryan Piro**

Head Coach of Rogue 17s and River Bluff High School

# INTRO. TO VOLLEYBALL



## GAMECOCK VOLLEYBALL CAMP



Come learn the basic skills of volleyball from our coaches and players as well as play games and more!



**Session 1:  
Thursday, July 6**

**Session 2:  
Friday, July 14**

- Grades K-7th as of Fall 2023
- Check-in between 8am-9am
- Camp @ 9am-5pm
- Lunch included
- \$200 / camper
- Please bring a water bottle, tennis shoes, socks, knee pads and other athletic clothing

**REGISTRATION  
FOR ALL  
CAMPS OPEN  
NOW!**

See all of our camp details and pricing at the website link or QR Code below. Please reach out to Claire Edwards at [cme2@email.sc.edu](mailto:cme2@email.sc.edu) with any questions you have.

<https://www.southcarolinavolleyballcamps.com/intro-to-volleyball-camp.cfm>

All camps are open to any and all entrants, only limited by number, age, grade or gender.

**MORE INFORMATION :**

