

# ATtheNET

The Official Newsletter of the Bucknell Volleyball Program



## NOTES FROM COACH Anna Allison

Hello from Lewisburg!

Spring has finally arrived, just in time for our women to enjoy classes on the lawn of the quad, afternoon runs around the golf course and a well-deserved break from volleyball in order to study for finals. Our seniors are about to graduate this weekend, and the rest of the team has turned their attention to their summer endeavors.

I say well-deserved because we have been hard at work since January 22nd. We started our non-traditional season with lots of reps in the weight room, including box jumps, banded squats and the always dreaded pull-ups. To complement



our lifting sessions that happened three times a week, we added conditioning sessions twice a week. During these workouts, we saw several tabatas, countless up and arounds, and the track in the field-house became our home on Monday mornings. And, oh, let us not forget our two hours of skill work each week - one of my FAVORITE segments of the spring season. Now, add a heavier academic load, since several of our women overload in the spring. I believe it makes for a very challenging semester.

Spring is a time where we see a



lot of growth in our players, they are constantly sore, tired and pushing every step of the way- and I am so proud of them for doing that.

In addition to all of our physical training, we continued to hold our Team Talk meetings. Every Monday, we met



as a group for about 45 minutes. We discussed culture, set semester, weekly and daily goals, watched Ted Talks, etc. Another awesome addition to our growth mindset culture was the "What went well" Journal. At the end of each day, our players would journal 15 things that went well that day, and two or three things that they learned and two areas that they can improve upon. At the end of each week, coaches collected the journals and left post-it notes inside regarding what they were writing - LOVED IT! Our women are incredibly smart, perceptive and funny!

Then, before we realized, it was time for our spring tournaments. We had two exceptional days of competition at Lafayette and at home. Our team played very well, and the future looks very bright. Needless to say I am excited for next fall.

On another front, I need to say THANK YOU! for your support this past year. I am so grateful and honored to be a part of such an incredible BUVB family. Your generosity put us in the #1 women's teams for number of donors - we reached 132 donors, an all-time high for the program and we are well on track to reach our \$50K goal. As many of you know 65% of our budget comes from fund raised dollars, so THANK YOU for making our program stronger and better through your generosity.

Lastly, but not least - make plans to be on campus October 7th-8th. We will be celebrating 40 years of Bucknell Volleyball, and it would be great to see you back at Bucknell!



Best,  
Anna

# Namaste - Hindi for “Hello”

by Lindsey Baker



Hey, everyone! It's Lindsey here. So, as a lot of you know, I've been spending this spring semester in Pune, India to study abroad, and every day is a challenge. I sleep in 100 degree weather with no AC, I bathe myself with a cup and bucket every evening, the tap water is unsafe to drink and my eyes have not stopped burning from the pollution in the air since I first got here in January. But to be honest, all of those small adjustments that seem like a big deal at first, aren't. You gain perspective for the things you have and appreciate the things in life you were blessed with. India is so full of life, color and energy, but it isn't this magical and mystical exotic land of elephants and Hindu gods dressed in flowers we Americans often fantasize India to be. But despite all of these things, I have had the pleasure of meeting incredible people along the way that want to help me succeed. India is a country full of people that find peace and strength in the people around them.





# SUMMERCAMP

July 14-15, 2018

Camp is staffed by Bucknell Volleyball Coaching Staff including Head Coach Anna Allison and Assistant Coach Kelly Bonja.

All women in grades 8-12 are eligible to attend camp.

**Location:** Bucknell University  
Kenneth Langone Athletics and Recreation Center  
One Dent Dr. Lewisburg, Pa 17837

**Cost:** \$150 per participant \*  
\*\*Please note: Housing is not included.\*\*

Camp will be capped at 40 participants.

**Registration Deadline:** June 1, 2018

For additional information, please contact  
Coach Kelly Bonja (570)577-1076, knb007@bucknell.edu

### Day 1 Schedule

**9:00am - Registration**

**9:30am - Warm Up**

**10:00am-12:30pm - Skill Instruction**

**12:30-1:30pm - Lunch (will be served)**

**1:45-3:45pm - Skill Instruction**

**3:45-4:00pm - Cool Down**

### Day 2 Schedule

**9:00-9:30am - Check In and Warm Up**

**9:45-11:30am - Wash Drills and Scrimmages**

**12:00-1:00pm - Lunch Downtown (on own)**

**1:15-2:00pm - Q&A with Bucknell Coaches**

**2:00-2:30pm - Facilities Tour**

**2:45-4:00pm - Campus Tour**

## CAMP REGISTRATION FORM

Participant Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Participant Phone: (\_\_\_\_) \_\_\_\_\_ Parent/Guardian Phone: (\_\_\_\_) \_\_\_\_\_

Participant Email: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

High School, City, State: \_\_\_\_\_

Volleyball Club Name: \_\_\_\_\_

Grade Entering in Fall 2018: \_\_\_\_\_ How many years have you played volleyball? \_\_\_\_\_

Primary Position: \_\_\_\_\_ Secondary Position: \_\_\_\_\_

**Registration Deadline: June 1, 2018**

Checks made payable to Bucknell Women's Volleyball

Completed Form(s) and payment should be  
mailed to: Women's Volleyball  
Bucknell University  
One Dent Dr.  
Lewisburg, Pa 17837

### OFFICE USE ONLY

Date Registration Received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Amount Paid: \_\_\_\_\_ Payment Type: Cash /Check # \_\_\_\_\_



Volleyball  
Bucknell University  
One Dent Drive  
Lewisburg, PA 17837



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to search for “Bison Club, Women’s Volleyball.”

### **VOLLEYBALL CONTACT INFORMATION**

Head Coach: Anna Allison / 570-577-3048 / [ala015@bucknell.edu](mailto:ala015@bucknell.edu)  
Assistant Coach: Kelly Bonja / 570-577-1076 / [knb077@bucknell.edu](mailto:knb077@bucknell.edu)  
Assistant Coach: Ryan Adams / 570-577-2219 / [rea012@bucknell.edu](mailto:rea012@bucknell.edu)

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