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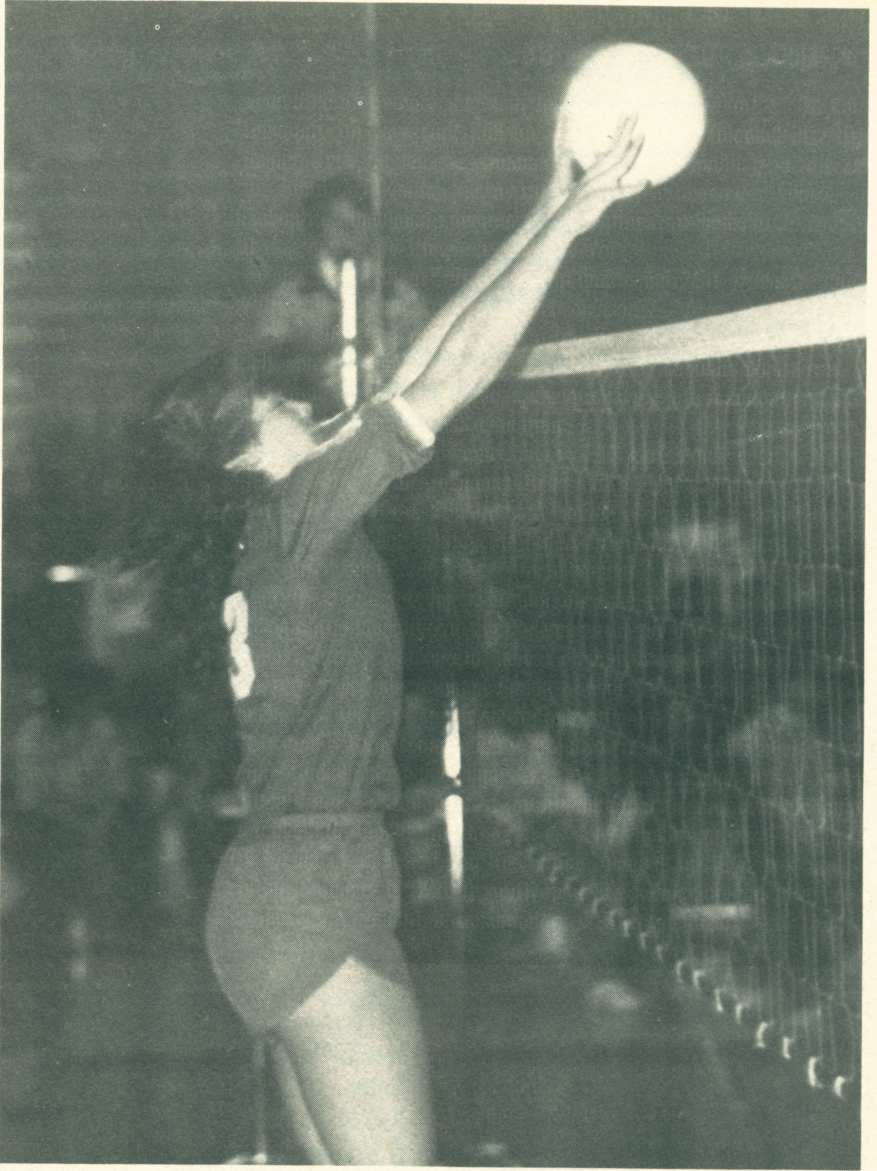
1984

### 1984 Team Guide, Volleyball

State University of New York College at Cortland

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**CORTLAND STATE  
1984 VOLLEYBALL**

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# HEAD COACH JOAN SITTERLY

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A highly successful women's volleyball coach, Joan Sitterly cracked into the collegiate coaching ranks in the autumn of 1983 and directed the Cortland State squad to an impressive 28-18 mark against the top Eastern teams.

Sitterly, a 1974 graduate of Brockport State, led the Newark Central High spikers to five Finger Lakes League titles and the Western New York State Championship prior to coming to C-State.

Her volleyball victories, at both the collegiate and scholastic levels, have resulted from Sitterly's proven personal approach to teaching the sport.

"I push the learning aspect," she says of her coaching methods. "I am concerned each match that the team plays well. I stress consistent play. The winning will take care of itself in most cases."

We run more complicated offenses than most of the teams we play. Our players may not always have the same athletic ability as some of our opponents, but I think our players come away with a better understanding of the game. We not only emphasize learning volleyball skills and theory, but after each game we look at the psychology of winning or losing that particular game. We also study statistics and the role they play."

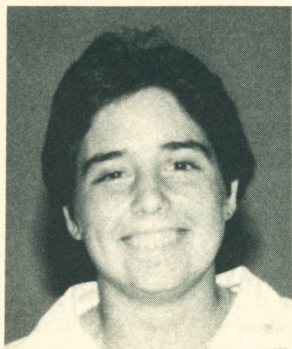
"While it's important to play well, it's just as important to me that my players have fun when they're out there."

A native of Fairport, N.Y., Sitterly played on the 1977 University of Colorado field hockey unit that went to the nationals. She earned an M.Ed. from Colorado in 1979. A member of the Newark (NY) Physical Education staff between 1974-82, Sitterly coached the basketball squad to a league title and assisted with track. She was Director of Physical Education for the Newark School District in 1982.

Sitterly is a member of a number of professional physical education associations and officiating boards. She has officiated basketball, lacrosse, softball and field hockey, and currently is active with Project Adventure and Outward Bound.

**For further information on the Cortland State volleyball program, call or write: Joan Sitterly, SUNY-Cortland, Park Center, Box 2000, Cortland, N.Y. 13045. (607) 753-4967.**





**Irene Carideo**  
**Senior**  
**Majors: Physical Education**  
**Elementary Education**

**Katonah, New York**  
**Position: Back Row**

A 1983 co-captain . . . Defensive specialist for C-State . . . Played soccer as a Cortland freshman . . . All-County volleyball player at John Hay High . . . Also played soccer, ran track and competed in gymnastics . . . The Cortland State APEM publicity chairperson.

**1983 SEASON TOTALS**

| Atts. | Kills | Errors | Avg. | Aces | Errors | Serve Pct. |
|-------|-------|--------|------|------|--------|------------|
| 5     | 0     | 0      | 0.0  | 17   | 18     | 91.3       |

---BLOCKING---

| Solo | Assts. | Errors | Digs |
|------|--------|--------|------|
| 0    | 0      | 0      | 2    |

---ERRORS---

| Handling | Receiving |
|----------|-----------|
| 9        | 8         |



**Kelly Congdon**  
**Sophomore**  
**Major: Elementary Education**

**York, New York**  
**Position: Spiker**

Played a reserve role last year as a freshman . . . Has good arm and wrist action, but needs to work on vertical jumps, says Coach Sitterly . . . Could be one of C-State's power hitters in 1984 . . . Was a volleyball MVP at York Central, where she also played softball and basketball.

**1983 SEASON TOTALS**

| Atts. | Kills | Errors | Avg. | Aces | Errors | Serve Pct. |
|-------|-------|--------|------|------|--------|------------|
| 27    | 7     | 3      | 14.8 | 0    | 0      | 100.0      |

---BLOCKING---

| Solo | Assts. | Errors | Digs |
|------|--------|--------|------|
| 0    | 0      | 2      | 2    |

---ERRORS---

| Handling | Receiving |
|----------|-----------|
| 1        | 7         |



**Andrea Falvo**  
**Senior**  
**Major: Elementary Education**

**Pound Ridge, New York**  
**Position: Spiker**

A good all-around player . . . Paced the Dragons with 192 kills in '83 . . . Coach Sitterly expects Andrea to be one of C-State's top competitors in 1984 . . . Minorng in German . . . An All-County and All-Conference volleyball player at Fox Lane High . . . A member of the Cortland State Yearbook Staff.

**1983 SEASON TOTALS**

| Atts. | Kills | Errors | Avg. | Aces | Errors | Serve Pct. |
|-------|-------|--------|------|------|--------|------------|
| 589   | 192   | 54     | 23.4 | 22   | 20     | 87.0       |

---BLOCKING---

| Solo | Assts. | Errors | Digs |
|------|--------|--------|------|
| 17   | 28     | 22     | 8    |

---ERRORS---

| Handling | Receiving |
|----------|-----------|
| 25       | 19        |



**Bonnie Labunski**  
**Senior**  
**Majors: Physical Education**  
**Elementary Education**

**Ravena, New York**  
**Position: Spiker**

The team leader . . . A four-year veteran and co-captain in 1983 . . . Sparks the Dragon unit with enthusiasm as well as experience . . . A top server with a team-high 61 aces . . . Key member of the C-State front line . . . Minor in Art . . . Competed in volleyball, softball, track, soccer and basketball at Ravena-Coeymans-Selkirk High School.

**1983 SEASON TOTALS**

| Atts. | Kills | Errors | Avg. | Aces | Errors | Serve Pct. |
|-------|-------|--------|------|------|--------|------------|
| 414   | 132   | 88     | 10.6 | 61   | 45     | 89.6       |

---BLOCKING---

| Solo | Assts. | Errors | Digs | Handling | Receiving |
|------|--------|--------|------|----------|-----------|
| 31   | 62     | 31     | 16   | 36       | 44        |

---ERRORS---



**Hannah Lamite**  
**Junior**  
**Major: Physical Education**

**Delmar, New York**  
**Position: Back Row**

Saw limited action as a sophomore in 1983 . . . Worked out with the setters, but was used primarily in the back row . . . Played volleyball and basketball at Bethlehem Central . . . Recipient of the Girls Athletic Association Scholarship in high school.

**1983 SEASON TOTALS**

| Atts. | Kills | Errors | Avg. | Aces | Errors | Serve Pct. |
|-------|-------|--------|------|------|--------|------------|
| 00    | 0     | 0.0    | 0    | 2    | 88.9   |            |

---BLOCKING---

| Solo | Assts. | Errors | Digs | Handling | Receiving |
|------|--------|--------|------|----------|-----------|
| 0    | 0      | 0      | 0    | 0        | 0         |

---ERRORS---



**Pam Leopard**  
**Sophomore**  
**Major: Physical Education**

**Plattsburgh, New York**  
**Position: Spiker**

By the end of the 1983 season, Pam was one of Cortland's most improved players . . . Eager to learn . . . A strong blocker and top-notch server . . . A National Honor Society member, Regents Scholar and Class Secretary at Plattsburgh High . . . Participated in swimming, soccer, volleyball, softball and track for the Plattsburgh High Hornets.

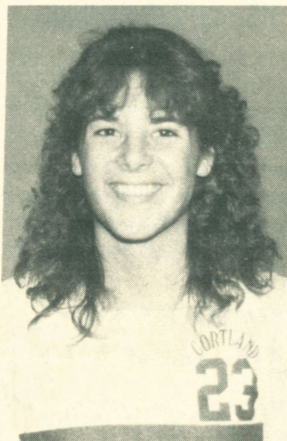
**1983 SEASON TOTALS**

| Atts. | Kills | Errors | Avg. | Aces | Errors | Serve Pct. |
|-------|-------|--------|------|------|--------|------------|
| 25    | 12    | 3      | 36.0 | 4    | 1      | 98.1       |

---BLOCKING---

| Solo | Assts. | Errors | Digs | Handling | Receiving |
|------|--------|--------|------|----------|-----------|
| 0    | 0      | 2      | 2    | 13       | 5         |

---ERRORS---



**Denise Maron**  
**Junior**  
**Major: Physical Education**

**East Meadow, New York**  
**Position: Spiker**

Played exclusively front line for Cortland in 1983, but Coach Sitterly wants Denise to improve her defense during the off-season to become an all-around player . . . A good spiker and blocker . . . A scholarship award winner at East Meadow High . . . Voted Most Athletic . . . Played volleyball, basketball, lacrosse, softball and field hockey . . . Played C-State lacrosse as a freshman.

**1983 SEASON TOTALS**

| Atts.          | Kills  | Errors | Avg. | Aces         | Errors    | Serve Pct. |
|----------------|--------|--------|------|--------------|-----------|------------|
| 441            | 135    | 51     | 19.0 | 11           | 8         | 87.5       |
| ---BLOCKING--- |        |        |      | ---ERRORS--- |           |            |
| Solo           | Assts. | Errors | Digs | Handling     | Receiving |            |
| 40             | 77     | 56     | 8    | 25           | 10        |            |



**Patty Renner**  
**Junior**  
**Major: Undecided**

**Dix Hills, New York**  
**Position: Setter**

The Red Dragons' offensive floor general in 1983 . . . A key to C-State's success last season . . . Possesses a very good knowledge about the sport . . . An excellent server . . . Had 59 aces . . . A scholar-athlete at Half Hollow Hills West High . . . All-Conference and All-League in volleyball . . . Also played field hockey and basketball.

**1983 SEASON TOTALS**

| Atts.          | Kills  | Errors | Avg. | Aces         | Errors    | Serve Pct. |
|----------------|--------|--------|------|--------------|-----------|------------|
| 138            | 42     | 19     | 16.7 | 59           | 7         | 98.3       |
| ---BLOCKING--- |        |        |      | ---ERRORS--- |           |            |
| Solo           | Assts. | Errors | Digs | Handling     | Receiving |            |
| 10             | 40     | 28     | 10   | 10           | 2         |            |



**Kristen Smedek**  
**Sophomore**  
**Major: Physical Education**

**Saugerties, New York**  
**Position: Setter**

Started for C-State as a freshman . . . Used primarily in the back row and as a setter . . . Coach Sitterly wants Kristen to develop her strength in order to see action on the front line in 1984 . . . Attended Saugerties High, where she was a scholar-athlete . . . MVP volleyball player there . . . Played softball and basketball in high school.

**1983 SEASON TOTALS**

| Atts.          | Kills  | Errors | Avg. | Aces         | Errors    | Serve Pct. |
|----------------|--------|--------|------|--------------|-----------|------------|
| 0              | 0      | 0      | 0.0  | 13           | 5         | 98.1       |
| ---BLOCKING--- |        |        |      | ---ERRORS--- |           |            |
| Solo           | Assts. | Errors | Digs | Handling     | Receiving |            |
| 0              | 0      | 0      | 7    | 5            | 12        |            |

# CORTLAND STATE SERIES RECORDS VS. OPPONENTS

(Cortland wins listed first)

## Opponent/Series Record

Albany (0-1-0)  
Alfred (1-0-0)  
Army (0-1-0)  
Barnard (1-0-0)  
Binghamton (11-1-0)  
Bridgeport (1-0-0)  
Brockport (8-5-0)  
Brooklyn (5-2-1)  
Broome CC (1-0-0)  
Bucknell (1-2-0)  
Buffalo, SUNY (6-1-0)  
California, Santa Barbara (0-1-0)  
Catholic University (0-2-0)  
Clarion (2-1-0)  
Colgate (9-6-0)  
Central Connecticut (5-4-0)  
Connecticut College (1-0-0)  
Southern Connecticut (7-3-0)  
University of Connecticut (0-2-0)  
Cornell (7-5-0)  
CW Post (1-1-1)  
Delaware (4-7-0)  
Drexel (1-2-0)  
Dutchess CC (1-0-0)  
East Stroudsburg (10-6-1)  
Edinboro (5-10-0)  
Elizabethtown (1-0-0)  
Elmira (1-0-0)  
Farleigh Dickinson (0-0-1)  
Franklin and Marshall (2-0-0)  
Fredonia (2-0-0)  
Gannon (0-1-0)  
Geneseo (6-1-0)  
Georgetown (0-2-0)  
George Mason (0-1-0)  
George Washington (1-1-1)  
Gettysburg (1-0-0)  
Grove City (1-0-0)  
Hawaii (0-1-0)  
Hofstra (4-1-0)  
Houghton (2-0-0)  
Immaculata (1-0-0)  
Indiana (Pennsylvania) (2-0-0)  
Ithaca (13-9-0)  
James Madison (1-0-0)

## Opponent/Series Record

Keuka (3-0-0)  
Kutztown (2-0-0)  
LaFayette (4-0-0)  
La Salle (3-0-0)  
Lehigh (5-0-0)  
Lehman (1-0-0)  
Madison (Virginia) (2-0-0)  
Maine (1-0-0)  
Mansfield (1-2-0)  
University of Maryland (2-5-0)  
Millersville State (1-0-0)  
Mississippi U. for Women (1-0-0)  
Southwest Missouri St. (0-1-0)  
Mount St. Joseph (0-1-0)  
Navy (2-2-0)  
Nazareth (1-2-0)  
University of New Hampshire (2-0-0)  
New Haven (2-1-0)  
New Paltz (1-0-0)  
New York Tech (2-0-0)  
Niagara U. (1-0-0)  
North Carolina (1-0-0)  
Northeastern (1-0-0)  
Ohio (0-1-0)  
Oneonta (12-1-0)  
Oswego (3-0-0)  
Penn State (4-1-0)  
Pennsylvania (3-1-0)  
Pittsburgh (1-2-0)  
Portland State (0-2-0)  
Potsdam (3-0-0)  
Princeton (3-0-0)  
Providence (1-2-0)  
Queens (2-0-0)  
University of Rhode Island (3-1-0)  
Rider (0-2-0)  
Rochester Institute of Tech. (2-0-0)  
Rutgers (1-0-0)  
Rutgers-Newark (3-0-0)  
University of Rochester (1-0-0)  
St. Bonaventure (0-1-0)  
St. John Fisher (3-0-0)  
Salisbury State College (7-0-0)  
Seton Hall (2-2-0)  
Shippensburg State (1-0-0)

**Opponent/Series Record**

Slippery Rock (2-1-0)  
 Springfield (5-1-0)  
 Stony Brook (1-0-0)  
 Syracuse (11-4-1)  
 Temple (2-6-0)  
 East Tennessee (1-0-0)  
 Texas Arlington (0-2-0)  
 Towson State (4-2-0)

**Opponent/Series Record**

U.C.L.A. (0-1-0)  
 University of Vermont (1-0-0)  
 Villanova (2-2-0)  
 Virginia Commonwealth (0-2-0)  
 Wells (1-0-0)  
 Westchester CC (3-0-0)  
 William and Mary (3-1-0)

## TENTATIVE 1984 VOLLEYBALL SCHEDULE

**September**

|       |  |      |
|-------|--|------|
| 14-15 | Trident Invitational at U.S. Naval Academy | Away |
| 21-22 | Bucknell (Pa.) Invitational                | Away |
| 28-29 | Cortland Invitational                      | Home |

**October**

|       |  |      |
|-------|--|------|
| 2     | Cornell, SUNY-Binghamton at Binghamton | Away |
| 5-6   | Juniata (Pa.) Classic                  | Away |
| 9     | Oneonta                                | Away |
| 12-13 | East Stroudsburg (Pa.) Invitational    | Away |
| 16    | Colgate, SUNY-Albany at Albany         | Away |
| 26-27 | Red Dragon Invitational                | Home |
| 30    | Oswego, Niagara, Geneseo               | Home |

**November**

|      |   |      |
|------|---|------|
| 2-3  | State University of New York Athletic<br>Conference (SUNYAC) Tournament | TBA  |
| 6    | Ithaca, Nazareth at Nazareth  | Away |
| 9-10 | Eastern Collegiate Athletic Conference<br>(ECAC) Tournament             | TBA  |



## STATE UNIVERSITY OF NEW YORK COLLEGE AT CORTLAND

Located atop one of the many hills in Central New York's "City of Seven Valleys," the State University of New York College at Cortland was founded in 1868 as the Cortland Normal School. Over the decades, the campus expanded and in 1941, by an act of the legislature and the Board of Regents, the institution officially became a college, providing four-year courses leading to a bachelor's degree. In 1948, the state legislature incorporated Cortland College into the new State University of New York.

Today, more than 5,500 undergraduate and 750 graduate students are pursuing degrees within the College's two academic divisions — Arts and Sciences and Professional Studies. Twenty-three departments with a faculty of more than 300 offer the Cortland State student body some 40 majors from which to choose, including liberal arts, elementary and secondary education, health and physical education, recreation education, speech education and speech and hearing handicapped education.

The College's main campus covers 191 acres and includes 30 major buildings. Thirteen of these structures are residence halls and provide on-campus housing for 2,600 students.

At Cortland State, athletics are viewed as having an important role in the educational mission of the College. During the fall, winter and spring seasons, Cortland State participates in 24 intercollegiate sports — 12 men's and 12 women's — in an attempt to provide a broad program of athletics which will meet the needs, interests and abilities of its students.

The stated objective of the College's athletic program is the development and welfare of the student. In the coaching of individual sports as well as in the direction of the overall athletic program, the College endeavors to provide a high calibre of professional leadership which is consistent with the goals of the institution.

Cortland State is particularly proud of its long tradition of intercollegiate athletics and its high standing in small college athletic circles. In support of this heritage, the College offers its student-athletes a number of outstanding indoor and outdoor facilities which are used for intercollegiate competition as well as educational and recreational purposes. The Park Center for Physical Education and Recreation, opened in 1973, features a main gymnasium with a seating capacity of 3,600, an Olympic-size swimming pool with gallery seating for 1,500, and an ice arena which can accommodate 2,500 spectators.

