



2017 Sun Belt Conference Volleyball Championship

Jonesboro, Arkansas – First National Bank Arena
November 16, 2017

Post-Match Quotes

Appalachian State Head Coach Matt Ginipro

Opening statement ...

"I'm proud of the group. We've had an up and down roller coaster year dealing with a bunch of injuries and a young team. Then getting on that train of 5 set matches... that was our 14th of the year and I believe we are the NCAA record holder for 5 set matches for the last two years. Our ball control was a little shaky in the beginning of the match and that was affecting us as we just couldn't score with our hitters and we got that back which was good and that was the big push going into the 5th set. I thought our ball control group did a really good job and then our hitters picked it up. You know we knew going in that our game plan was to focus on three hitters on their side and if we could control two of them, we would probably have a pretty good match and putting Kara Spicer on the right did that and I thought she did a great job of just being a nice big block for us and the offense was a good surprise. She has been really good all year but stepping in after not playing all that much and not only being a big block on that right side but stepping up of offense was huge for us."

On his message to the team coming out of the break ...

"Well the biggest thing was in the second set with getting that split and going into the locker room and saying well now it is the best of three match. Again, we have played in 14 five set matches so these tight back and forth things for us is not a shock and clearly I think it helped us because when we were going into the 5th set we had been there 13 times before. So it was nothing new for us and nobody was stressed out about it because we had played... I mean that is 26 five setters in the last two years so going into the 5th set we were pretty calm and comfortable and I just think going into that intermission with the win especially having to kick and claw and scream to get it really helped our mentality going into the third."

On the play of Kara Spicer, Courtney Sullivan and Lexi Kohut ...

"Yeah and Court actually started off in the negative too and she got herself out of it. She was not having a great match in the beginning and I think that our seniors were kind of tight because this is their last go around and they are coming in here trying to do the best that they can and I think Court and Loff started off just tight mentally but Court got herself out of it. Lexie is a really good freshman outside hitter and she gets us kills but she is also high error at times but tonight she had a really good match. We just need her to be more aggressive and then Kara is just consistent. You know if she had been healthy all year she I think without a doubt would have been an all-conference middle. I'm looking forward and I'm looking forward to having three more years with the two of them. You know Courtney is the one... I think

Courtney is a big reason why we are here. Her last 5-6 matches she just did a great job as an attacking middle for us and a good leader and she has always been that. But she just did a really good job in our last bunch of matches being a scoring middle hitter for us and I think that she is large part of why we are here."

On facing third-seeded Louisiana in the quarterfinals ...

"Louisiana is just a really low error team. They are an exceptionally low error team. They are really tough to play because they don't give you a lot of points. I remember when we were there that we didn't play well but I remember that in the first set I was looking at the point scoring run and they weren't giving us any of our points. I think they gave us one in the first set... maybe two. They are just really low error so they are really tough to play. Their hitters do a really good job of keeping the ball in play if they can't take the big swing and they wait for you to make the mistake or they wait for you to put an easy ball back over the net so that they can take a big swing. So they are tough. We are going to have to serve tougher than what we did tonight and were going to have to get our ball control right away. We can't kind of warm up to it but I mean as I told the team just now it is another season of one match so who knows what can happen tomorrow we just have to go after it."