

# Volleyball

## About the Program

- Luther has had nine 20-plus-win seasons since 1980.
- The Norse have posted 18 or more wins 11 of the past 16 seasons.
- The team's schedule features regular play against some of the top teams in the nation.

- Luther has had 33 all-conference performers, including a conference MVP.
- Forth-three student-athletes have been named to the academic all-conference team since 1993.
- One student-athlete has been named a two-time CoSIDA academic All-American and NCAA Postgraduate Scholar.



2009–10



## JANE GIBBS, HEAD COACH

563-387-1496 [gibbja01@luther.edu](mailto:gibbja01@luther.edu)

- Third year as head coach
- 2004 graduate of University of St. Thomas
- Took over Norse program after serving as top assistant coach at University of Wisconsin–River Falls in 2006
- Prior to UW-River Falls spent two seasons (2004–05) as head assistant coach at NCAA Division I Gardner-Webb University (North Carolina)

## Program Snapshot

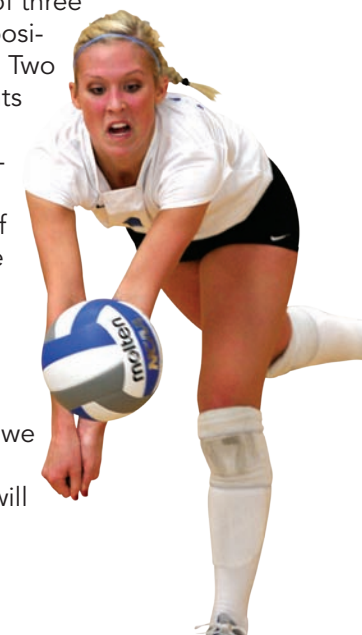
“Locker room to locker room” has been the Norse volleyball team’s practice and competition philosophy for the past three seasons. Through this daily commitment of honoring the game through an unmatched work ethic, our players and coaching staff are committed to building this program into an Iowa Conference (IIC) and national powerhouse. Luther has moved up the IIC volleyball standings each of the last three seasons, and with the continued recruitment of quality athletes from top volleyball programs, our goal is to attain Luther’s first conference volleyball championship within the next two years.

The backbone of Luther’s success has been our defensive game, which has led the conference in digs the last two seasons. The team honors the pursuit rule by never making a decision about playing the ball but always pursuing it until the whistle blows. By setting up a strong blocking and defensive system, we allow our setters and hitters to put together a quick offense and stay on the attack. Even though only six players are on the court at one time, we believe that each member on the varsity and junior varsity teams play an important role in building the program.

The team practices and competes on some of the best facilities in the Iowa

Conference. Luther’s practice facility includes the use of three volleyball courts, allowing the team to spread out by position to get valuable touches in a short amount of time. Two full-time volleyball coaches and five additional assistants assure that each player receives quality training and feedback. The coaching staff also stresses cardiovascular and strength training as important components of building a great team each year. Under the direction of a strength and conditioning coach, the team has made great strides in becoming faster, stronger, and more competitive as a whole.

Each year the team plays a 22-date schedule against several top regionally and nationally ranked teams. Conference play composes our mid-week games, and we compete in different tournaments in Iowa, Minnesota, and Wisconsin on the weekends. This year the Norse will also compete in a tournament at UC–Santa Cruz, Calif.



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