



SPARTAN STAFF





**HEAD COACH
THIRD SEASON
CENTRAL MICHIGAN '09**



Suzy Merchant was named head coach of the Michigan State women's basketball program on April 30, 2007. Merchant has been a part of winning programs every step of her career. In her 14 years as a head coach, she has won more than 60 percent of her games, collecting a 246-145 (.629) career record as a head coach at Saginaw Valley State, Eastern Michigan and MSU. In her first two seasons with the Spartans, Merchant is 45-25 (.643), having compiled the most wins through two years than any coach in program history.

Last season, Merchant topped the 20-win plateau for fifth-straight season and for the sixth time in her career. The Spartans earned a No. 9 seed in the NCAA Tournament and advanced to the Sweet 16 with wins over No. 1-seed Duke and No. 8-seed Middle Tennessee; Merchant's first career NCAA Tournament win. She led the Spartans to a 13-5 record in the Big Ten, tying them for second in the conference. The wins tie for the second most in program history, while the finish is the best since the 2004-05 Big Ten Champions. In the offseason, Merchant was named the 2009 Basketball Coaches Association on Michigan (BCAM) Women's College Coach of the Year. Six Spartans earned postseason Big Ten accolades, led by Allyssa DeHaan taking home second team All-Big Ten honors.

This past summer, Merchant spent time with USA Basketball as an assistant coach for the Women's World University Games team in Belgrade, Serbia. Team USA went undefeated and took home the Gold medal, topping Russia, 83-64 in the championship game.

In her first season at Michigan State, Merchant took the youngest team in the Big Ten to its seventh-straight postseason trip, advancing to the championship game of the WNIT, and tied for the most wins (23) by a first-year Spartan basketball coach in MSU history. The 23 wins tied for the fourth-winningest season in program history and also tied a career-high for Merchant.

In addition, the Spartans collected their fifth-straight 20-win season against one of the toughest schedules in the Big Ten, and won 10 conference games for the sixth consecutive season. MSU also advanced to the semifinals of the Big Ten Tournament for the fifth-straight year after beating Minnesota in the quarterfinals.

Individually, Allyssa DeHaan earned first team All-Big Ten honors, while a pair of freshmen – Kalisha Keane and Brittney Thomas – were honorable mention all-conference and on the All-Freshman Team. In addition, to their success on the court, four Spartans were named to the Academic All-Big Ten Team, including DeHaan, who was also a CoSIDA Academic All-District IV Third Team selection.

In her first two years in the Greater Lansing area, Suzy Merchant has gone to great lengths to become an integral part of the community. In her time off the court and out of the office, Merchant can be seen at many community service events in the Great Lansing area. She has been an Honorary Chair for numerous events, including the MSU Children's Initiative, Hike for Hospice, Women Working Wonders, Women's Center of Lansing, Advent House Ministries, Old Newsboys Shoe and Coat Drive, Muscular Dystrophy Association, Ronald McDonald House and Ele's Place Race.

During her tenure with the Eagles, Merchant guided Eastern Michigan to a record of 147-91 (.618), including three 20-win seasons, three postseason appearances and two Mid-American Conference West Division titles. She currently is the school's all-time winningest coach. Merchant's 2003-04 Eastern Michigan team claimed the MAC West Division and MAC Tournament championships for the first time in school history, earning the program's first-ever bid to the NCAA Tournament en route to a 22-8 record. She followed that impressive season by winning 23 games in 2004-05, the most in school history, and sent EMU to the postseason for the second straight year with a WNIT appearance.

In 2005-06, the Eagles reached the 20-win plateau for the third consecutive season and won their second MAC West title with a 15-1 conference record, notching the most league wins in school history. Their 22-8 overall record put them into the postseason for the third-straight year as the Eagles earned a bid to the WNIT. While on maternity leave for most of her last season, Merchant's Eagles finished second in the MAC West Division with a 10-6 league record and finished 16-13 overall.

Before coaching at Eastern Michigan, Merchant spent three seasons at Saginaw Valley State, posting a 54-29 (.651) record. After inheriting a team with a losing record, Merchant quickly built the SVSU program into a winner, going 15-11 in her first season before going 19-11 in year two while earning a berth in the NCAA Division II Tournament for just the second time in school history. In her final season, Saginaw Valley State collected a 20-7 record and was ranked as high as 15th in the nation.

The Traverse City, Mich., native, has 17 years of collegiate coaching experience, all in the state of Michigan. A four-year starter and three-year captain at Central Michigan, Merchant began her coaching career at Oakland University, serving as the top assistant coach for three seasons.

A closer look at Merchant's career prior to Michigan State:

- Although Merchant only coached four games in the 2006-07 season, she passed two milestones: she picked up her 200th career win with a victory over Morehead State in the second game of the season Nov. 18, and became the winningest coach in Eastern Michigan history with a win over Detroit Dec. 6.

- In 2005-06, Merchant guided the Eagles to a 22-8 overall record and a 15-1 record in the Mid-American Conference en route to the program's second MAC West Division Championship and a postseason WNIT berth. The 15 league wins were the most in program history, and it was the third consecutive time the Eagles had reached the 20-win mark. Leading the West Division wire-to-wire in the regular season, the Eagles won 18 out of their final 20 games to close the year. Individually, Ryan Coleman earned honorable mention All-America honors for the second straight season and closed out her career as the second all-time leading scorer in school history with 1,793 points. Coleman, a top-30 guard nationally out of high school, is one of two players in MAC history to record 1,500 points, 600 rebounds, 300 assists and 200 steals.

- EMU recorded the program's first back-to-back 20-win seasons in 2003-04 and 2004-05. The 2004-05 season saw the Eagles win a school-record 23 games while earning the school's first-ever bid to the WNIT. Eastern Michigan, which received votes in the ESPN/USA Today Coaches' Poll for the first time in school history, topped the league in nine statistical categories and finished ninth in the nation in rebounding margin. Three players earned All-MAC honors, including Ryan Coleman, who became the second Eagle in program history to earn honorable mention All-America accolades. Along with her coaching duties, Merchant assumed the interim role of Assistant Athletics Director/Senior Women's Administrator in April 2005 through June 2006.

- After building a program for five years, Merchant's hard work paid off in 2003-04, as the nation's 14th-youngest team captured the program's



first-ever conference title as well as an NCAA Tournament berth. A preseason seventh overall pick, the Eagles posted a then-school record 22 overall wins and 12 conference victories. EMU garnered national attention in the NCAA Tournament as it almost pulled off an upset against third-seeded Boston College in the first round, falling just short on a last-second shot, 58-56. Merchant became the first female coach at EMU to win a MAC title and was selected as the BCAM (Basketball Coaches Association of Michigan) Coach of the Year.

- In 2002-03, the Eagles turned in another strong showing in MAC play with a young team, finishing the year with a 9-7 mark, the second most victories within the conference.



MERCHANT FILE

Birthplace: Dearborn, Mich.

Family: Husband, Gary Rakan; son, Tyler Rakan.

Previous Coaching Experience: Assistant Coach—Oakland University (1992-95); Head Coach—Saginaw Valley State University (1995-98); Head Coach—Eastern Michigan University (1998-2007).

Coaching Record: 246-145 (.629) in 14 years as a head coach [54-29 in three years at Saginaw Valley State University (1995-98); 147-91 in nine years at Eastern Michigan University (1998-2007); 45-25 in two seasons at Michigan State]; 64-23 record as assistant coach at Oakland.

Education: Bachelor's degree in health/fitness from Central Michigan in 1991; master's degree in educational leadership from Saginaw Valley State in 2000.

Playing Experience: Four-year starter and three-year captain at Central Michigan (1987-91).

Postseason Coaching Experience: 1997 NCAA Division II Tournament, 2004 NCAA Tournament, 2005 WNIT, 2006 WNIT, 2008 WNIT, 2009 NCAA Sweet 16.

International Coaching Experience: Won Gold as an assistant coach with USA Basketball at the 2009 World University Games in Belgrade, Serbia.

SUZY MERCHANT



- EMU set then-school records for single-season wins (18) and single-season conference wins (10) in 2001-02.
- In her first three years at the helm of the Eagle program, Merchant led the team to three consecutive overall winning and .500-or-better conference seasons for the first time in school history. Her 14-13 record in her first season was the first winning record for the program since the 1985-86 season and marked just the second time in eight years EMU qualified for the MAC Tournament.
- In 2000-01, her team was ranked 12th academically in the nation by the Women's Basketball Coaches Association with a 3.28 GPA.
- Merchant had the ability to recruit top-notch student-athletes in her tenure at Eastern Michigan. Her first recruiting class in 1999 featured five all-state players who were all ranked among the state's top 25 players, according to the Detroit Free Press. She followed it up in 2000-01, signing Ryan Coleman, one of the top 30 guards in the country.
- After getting the talent to Eastern Michigan, Merchant also developed it. EMU players received postseason MAC honors over 20 times during her nine seasons in Ypsilanti, including the only two All-Americans in program history (Stephanie Smiley, Ryan Coleman).
- Merchant's first head coaching position was at Saginaw Valley State, where she started in 1995. She inherited a losing team, but quickly built the Cardinals into a winner, recording a three-year mark of

54-29, including a 15-11 record her first season. Her second year, the team improved to 19-11 and earned a berth in the NCAA Division II Tournament for just the second time in school history. The 1997-98 team followed with a 20-7 record and was ranked as high as 15th in the nation in the NCAA Division II rankings. The squad was also ranked in the top 25 academically by the WBCA in Division II.

- Prior to becoming a head coach, Merchant was the top assistant for three years at Oakland University (1992-95).
- A four-year starter and three-year captain at Central Michigan, Merchant holds Chippewa records for assists with 463 and single-season assists with 156, and is tied for first in single-game assists with 11. She also finished her career third-best in made 3-point field goals with 75.



YEAR-BY-YEAR COACHING RECORD

Year	School	Record	Conference Record	Postseason	Highlights
1995-96	Saginaw Valley State	15-11	9-9 (t-7th, GLIAC)	-	First year as head coach
1996-97	Saginaw Valley State	19-11	10-8 (3rd, GLIAC North)	NCAA Div. II	First postseason appearance
1997-98	Saginaw Valley State	20-7	12-6 (t-3rd, GLIAC North)	-	First career 20-win season for Merchant
1998-99	Eastern Michigan	14-13	8-8 (3rd, MAC West)	-	Posted EMU's first winning record in 13 years
1999-00	Eastern Michigan	16-14	8-8 (t-3rd, MAC West)	-	Advanced to MAC Tournament semifinals
2000-01	Eastern Michigan	16-12	9-7 (4th, MAC West)	-	Tied school record for most conference wins (9)
2001-02	Eastern Michigan	18-11	10-6 (t-4th, MAC West)	-	Coached first All-American at EMU
2002-03	Eastern Michigan	13-16	9-7 (4th, MAC West)	-	Two All-MAC selection
2003-04	Eastern Michigan	22-8	12-4 (1st, MAC West)	NCAA	Won EMU's first MAC Division & Tournament title
2004-05	Eastern Michigan	23-8	11-5 (2nd, MAC West)	WNIT	Most wins in school history (23)
2005-06	Eastern Michigan	22-8	15-1 (1st, MAC West)	WNIT	Most conference wins in school history (15-1)
2006-07	Eastern Michigan	3-1	-	-	Coached four games before maternity leave
2007-08	Michigan State	23-14	10-8 (t-5th, Big Ten)	WNIT	Tied for most wins by a first year MSU coach
2008-09	Michigan State	22-11	13-5 (t-2nd, Big Ten)	NCAA Sweet 16	Earned first NCAA Tournament victory



**ASSOCIATE HEAD COACH
THIRD SEASON
EASTERN MICHIGAN '06**



Shane Clipfell is beginning his third year on the Michigan State women's basketball staff, but his first as Associate Head Coach. Clipfell was promoted to Associate Head Coach on June 1, 2009, after spending his first two seasons at MSU as an assistant coach.

Clipfell coordinates all of Michigan State's recruiting efforts, including organizing official, unofficial, off-campus and home visits. In addition, he focuses on the team's offensive game preparation and in-game adjustments, while being instrumental in the individual skill development of the Spartan perimeter players. With the other two assistants, Clipfell scouts the MSU opponents and helps to implement the Spartans' game plans.

Clipfell spent nine seasons with head coach Suzy Merchant at Eastern Michigan, and was the acting head coach for most of the 2006-07 season when Merchant was on maternity leave.

Along with Merchant, Clipfell joined the EMU staff in 1998-99, and the two have been coaching together ever since. Clipfell helped build the Eagles into one of the top programs in the Mid-American Conference. Eastern Michigan compiled a record of 160-103 (.608) during Merchant and Clipfell's tenure, including three 20-win seasons, three postseason appearances and two Mid-American Conference West Division titles.

While serving as the acting head coach at EMU for a majority of the 2006-07 season, he guided the Eagles to a 16-13 overall record and a 10-6 finish in the MAC, good for second place in the West Division. Individually, senior Sarah VanMetre became the first women's basketball player in program history to be named Academic All-American, senior Patrice McKinney was named MAC Defensive Player of the Year and freshman Alyssa Pittman was named the MAC Freshman of the Year.

Prior to joining Merchant's staff at Eastern Michigan, Clipfell spent five seasons at Glen Oaks Community College, including three as head coach, and 11 years as the varsity head coach at Colon High School.

After spending two seasons as an assistant at Glen Oaks Community College (1994-95), the 43-year-old Clipfell took over the program in 1996 and tallied a 58-35 overall record. His 1997 team finished with a No. 3 final ranking in the NJCAA after a 28-8 record and a fifth-place finish in the NJCAA Tournament. For his efforts, he landed numerous coaching awards, being named Coach of the Year for the Michigan Community College Athletic Association, the Western Conference, and the National District. In addition, he also earned the NJCAA Tournament Sportsmanship Award. Clipfell coached a NJCAA second-team All-America player in 1997, and a third-team All-America honoree in 1998.

While at Colon High School (1982-1998), Clipfell tallied a 185-65 career varsity head coaching record. His teams captured seven conference championships, three district championships, two regional championships and one Final Four appearance. He assisted in seven of his players receiving collegiate scholarships. He was named the area Coach of the Year by the Sturgis Journal in 1990 and 1992. He was also named the Basketball Coaches Association of Michigan Regional Coach of the Year in 1992, 1994 and 1995. In 2005, Clipfell was inducted into the Colon High School Athletic Hall of Fame for his achievements.

In 1996, Clipfell coached an all-star team for 10 days in Austria and then was selected to coach Athletes In Action for a summer tour in Bolivia in 1997. He also served as the co-director of Glen Oaks Community College summer basketball camps for three years.

Clipfell graduated from EMU in 2006 with a bachelor of science degree in communications. Clipfell and his wife, Connie, have two children: John (27) and Lauren (21).

CLIPFELL FILE

Birthplace: Niles, Mich.

Family: Wife, Connie and two children, John (27) and Lauren (21).

Previous Coaching Experience: Assistant and Head Coach at Glen Oaks Community College (1994-98, assistant from 1994-95; head coach from 1996-98); Assistant Coach at Eastern Michigan University (1998-07).

Coaching Record: 448-228 (.663) as an assistant and head coach; 185-65 in 11 years as head coach at Colon High School; 58-35 in three years as head coach at Glen Oaks Community College from 1996-98; 160-103 overall in nine years at Eastern Michigan University from 1998-2007, including 13-12 as acting head coach in 2006-07.

Education: Bachelor's degree in communications from Eastern Michigan in 2006.

Postseason Coaching Experience: 2004 NCAA Tournament; 2005, 2006 and 2008 WNIT, 2009 NCAA Sweet 16.



**ASSISTANT COACH
THIRD SEASON
WESTERN MICHIGAN '71**



Rick Albro is in his third season on the Spartan women's basketball staff. With the Spartans, Albro works extensively with the Michigan State post players, in addition to being the staff's academic liaison, and assisting with opponent scouting and game planning.

In his first two seasons at Michigan State, he has been instrumental in the development of Allyssa DeHaan. DeHaan, a three-time All-Big Ten selection, broke the conference's all-time blocked shots record last season, in addition to breaking into the Spartans' top-10 in career points and rebounds.

Academically, MSU posted a team grade point average of 3.0 last season, and saw five Spartans earn Academic All-Big Ten honors.

Albro brings more than 38 years of coaching experience and over 400 wins as a head coach to the Spartan program.

After spending three years as the top men's assistant at Cleveland State from 2003-06, Albro's most recent position was the head boys' varsity basketball coach at Grandville High School for the 2006-07 season.

Prior to Cleveland State, Albro served as the head men's basketball coach at Aquinas College in Grand Rapids, Mich., from 1990-2003. The winningest coach in Aquinas history, Albro was named the Wolverine Hoosier Athletic Conference Coach of the Year after setting a school record with a 23-10 mark in 1999-2000. Albro twice earned NAIA District Coach of the Year honors. While at Aquinas, Albro was also the school's sports information director, handling all the publicity for the Saints' athletic program.

Before heading across town to coach at Aquinas College, Albro coached at East Grand Rapids High School for 13 seasons, leading the boys' varsity basketball team from 1978-90 while also coaching the girls' varsity team three seasons (1983, 1987, 1988). At East Grand Rapids, Albro's teams won four conference, six district and three regional titles, and in 1983 his team advanced to the state tournament semifinals.

Albro has a history of developing players. Included among his East High graduates are former MSU men's basketball assistant coach and current head coach at the University of Utah men's basketball team, Jim Boylen, who played at Maine, and Garde Thompson, who went on to star at Michigan,

In addition to his coaching duties at Aquinas College and Cleveland State, Albro worked for 15 years (1988-2003) for the Michigan Camp of Champions. He was the founder of the residential basketball camps for high school boys and girls, attended by more than 4,000 athletes.

Albro has also worked and been hired as a basketball clinician at several prestigious camps throughout his career, including the Michigan State Basketball Camp and the Five Star Camp in Pittsburgh, Pa.

Albro's coaching career began at St. Charles (Mich.) High School, where he served as the head golf coach and JV basketball coach for three years and the athletic director for two years. He then moved on to Marlette (Mich.) High School, coaching the boys' varsity basketball team from 1974-78 in addition to being the athletic director for three years.

Albro graduated from Western Michigan in 1971 with a bachelor's degree in business administration. He earned his master's degree in education administration from Central Michigan in 1985.

ALBRO FILE

Birthplace: Adrian, Mich.

Family: Wife, Cathy and two children, Tiffany (29) and Alison (26).

Previous Coaching Experience: Head Coach at Aquinas College (1990-93); Assistant Men's Coach at Cleveland State University (2003-06).

Previous Head Coaching Experience: Head Varsity Boys Coach at Marlette High School (1974-78); Head Varsity Boys and Girls Coach at East Grand Rapids High School (Boys Coach from 1978-90; Girls Coach in 1983, 1987, 1988); Head Coach at Aquinas College (1990-93); Head Varsity Boys Coach at Grandville High School (2006-07).

Education: Bachelor's degree in business administration from Western Michigan in 1971; master's degree in education administration from Central Michigan in 1985.



**ASSISTANT COACH
FIRST SEASON
MICHIGAN '90**



Tempie Brown arrived at Michigan State in the beginning of June 2009, after being hired to head coach Suzy Merchant's staff as an assistant coach. Brown spent the 2008-09 season as an assistant coach at the University of Memphis, following coaching stops at Northwestern, Lehigh, Eastern Michigan and Saginaw Valley State.

With Michigan State, Brown will help with the development of the Spartans' guard play, while also playing a key role in scouting their upcoming opponents.

Prior to last season in Memphis, Brown spent four seasons (2004-08) as an assistant coach at Northwestern. With the Wildcats, she oversaw the team's player development, scouting, recruiting and compliance, while also acting as the director for Northwestern's summer basketball camp. Her recruiting expertise helped secure NU the No. 18 recruiting class in the country in 2007, including two-time All-Big Ten selection Amy Jaeschke.

Brown was at Lehigh from 2002-04. In her two seasons, she directed the Mountain Hawks' guards, while also assisting in recruiting, strength & conditioning and compliance.

Brown's first stop as a Division I collegiate coach came at Eastern Michigan under Coach Merchant and along side MSU associate head coach Shane Clipfell. They spent two years together (2001-02), winning a then-school record 18 wins in Brown's first season with the Eagles. On staff, she handled academics, strength & conditioning, compliance and film exchange.

Brown broke into the coaching world at the high school and AAU ranks, and made her collegiate debut in 2000 at Saginaw Valley State.

A four-year letterwinner and two-year captain at the University of Michigan (1986-90), Brown ranks among the program's top-15 scorers with 1,142 points, in addition to sitting in the top-20 in career assists and steals. As a sophomore, she was recognized as an honorable mention All-Big Ten selection, in addition to being named the team's most improved player.

Brown graduated from Michigan in 1990 with a degree in kinesiology, and later finished her master's degree in exercise physiology in 1992. She has also pursued course work in the doctorate program at Michigan State.



BROWN FILE

Birthplace: West Palm Beach, Fla.

Previous Coaching Experience: Assistant Coach at University of Memphis (2008-09); assistant Coach at Northwestern University (2004-08); assistant Coach at Lehigh University (2002-04); assistant Coach at Eastern Michigan University (2001-02).

Playing Experience: Four-year letterwinner and two-year captain at Michigan (1986-90).

Education: Bachelor's degree in kinesiology from the University of Michigan in 1990; master's degree in exercise physiology from University of Michigan in 1992.

JULIE DOMBROSKI



**DIRECTOR OF
BASKETBALL
OPERATIONS AND
TECHNOLOGY
THIRD SEASON
MICHIGAN STATE '04**



Julie (Pagel) Dombroski, a four-year letterwinner at Michigan State from 2001-04, is starting her third season as the Director of Basketball Operations at her alma mater, after spending three seasons at University of Detroit.

She served as the Titans' graduate assistant in 2004-05, was promoted to assistant coach in the summer of 2005, and was promoted again in 2006 to serve as the recruiting coordinator. While at Detroit, she worked with all aspects of the Titan program, including recruiting, travel plans and on-floor coaching.

A 2004 graduate of MSU, Dombroski concluded her four-year Spartan career as one of only three players in school history to rank in the top 20 in career points and top 10 in career rebounds and steals. She sits 26th in the MSU record book with 952 career points and is seventh all-time

in free throws made with 282. Dombroski is also seventh in games played (120), 10th in rebounds (667) and 11th in steals (185).

As a freshman in 2000-01, Dombroski led the Spartans in rebounds, collecting 219 for a 7.9 per-game average. She also led the team in steals with 54. In the freshman record book, Pagel is fourth in free throws (78), sixth in points (313), rebounds (219) and steals (54), ninth in field goals (116) and ninth in field goal percentage (.487).

Prior to her time in East Lansing, Dombroski starred at Utica High School, where she earned first-team all-state accolades and was fourth in the

voting for Miss Basketball, en route to a 27-0 season, claiming a Class A State Championship in 1999.

She married Jason Dombroski on Aug. 11, 2007. The couple had their first child, Gibson, on August 28, 2009.



MONIQUE GOVAN



**COORDINATOR
OF BASKETBALL
OPERATIONS
THIRD SEASON
MASSACHUSETTS '05**



Monique Govan is in her third year with the Michigan State women's basketball program. Govan was promoted to Coordinator of Basketball Operations in June 2009, after spending her first two seasons as the team's video coordinator.

Prior to MSU, Govan spent two seasons as the Director of Basketball Operations at Ball State University. Govan's responsibilities at BSU included assisting in all aspects of recruiting, film breakdown, and travel. She also served as the liaison for the student managers.

Govan was a four-year letterwinner at Massachusetts-Amherst, where she was a tri-captain in 2004-05. A member of the Student-Athlete Advisory Council at UMass, she was a two-year member of the Atlantic 10 Commissioner's Cup Honor Roll.

Govan participated in the WBCA 'So You Want to be a Coach' program and served as an assistant coach for the Springfield Pro-Am Women's League in 2003.

The Chicago, Ill., native earned her bachelor's degree in sport management from Massachusetts-Amherst in 2005 and earned her master's degree in sports administration from Ball State in 2007.



MARGARET SELASKY



ADMINISTRATIVE ASSISTANT
10th SEASON



Margaret Selasky, in her 10th season as the administrative assistant, is a valuable member of the Michigan State women's basketball staff.

Selasky is responsible for the daily undertakings of the Spartan women's basketball office, including travel arrangements for the women's basketball team and the coaching staff. She also is in charge of managing Coach Merchant's calendar, and assists with budget maintenance.

Selasky has a bachelor of arts degree from Michigan State in English literature.

A native of Allen Park, Mich., Margaret and her husband Jim have two boys — Ian (10) and Cameron (9).



SUPPORT STAFF



Shelley Appelbaum
Senior Associate AD/Senior Women's Administrator



Bryan Hoch
Associate Ticket Manager



Angela Howard
Director, Student-Athlete Development



Malinda Hudkins
Equipment Manager



Jill Mason
Promotions Director



Dr. Jeff Kovan
Head Physician



Dr. Michael Shingles
Team Orthopedic Surgeon



Jami Baker
Graduate Assistant



Jess Loding
Graduate Assistant

Office Assistants
Audrey Sibiski
Antonice Strickland

SPORTS MEDICINE



**LOUANNE
JEFFERSON, ATC
CERTIFIED
ATHLETIC
TRAINER**

LouAnne Jefferson is in her 14th year as the certified athletic trainer for the MSU women's basketball program.

A native of Indianapolis, Ind., Jefferson joined the Spartan athletic training staff in September of 1996 after two years as the head athletic trainer at the University of Wisconsin-La Crosse.

Jefferson is a member of the National Athletic Trainers' Association, the Great Lakes Athletic Trainers' Association, the Michigan Athletic Trainers Society and is a volunteer for the Red Cross as a CPR instructor.

She earned a bachelor's degree in athletic training/sports medicine from Purdue University and a master's degree in athletic training/sports medicine from Temple University.

Jefferson is the sports medicine crew captain for the Michigan "3-Day" - a three-day walking event raising money to fund breast cancer research, education, screening and treatment. The event, which features 14 different cities holding "3-Days" throughout the summer, serviced approximately 3,000 workers and raised \$5.5 million in the summer of 2007. Jefferson has been working the event since 2005.

Michigan State basketball players receive first-class care from the sports medicine staff, which is comprised of a team of certified athletic trainers, family practice physicians, orthopedic surgeons and a staff of students who aspire to be the athletic trainers of the future.

The MSU Sports Medicine staff is guided by Head Physician Dr. Jeff Kovan, who also serves as the team physician for women's basketball. Orthopedic care for women's basketball is provided by Dr. Michael Shingles.

The women's basketball program also has a staff athletic trainer in LouAnne Jefferson, who provides year-round health care for head coach Suzy Merchant's student-athletes.

At Michigan State University, the philosophy of the Sports Medicine staff is two-fold: to help prevent injuries as much as possible through effective preventative programs, and to facilitate an effective rehabilitation program post-injury for a timely return to competition. In all cases, the ultimate well-being of each individual is considered the top priority.



The training room in the Breslin Center was remodeled prior to the 2008-09 season.

STRENGTH & CONDITIONING



**MIKE VORKAPICH
ASSOCIATE HEAD
STRENGTH &
CONDITIONING
COACH**

Associate head strength and conditioning coach Mike Vorkapich is in his 12th year at Michigan State.

Vorkapich, who works directly with men's and women's basketball, women's golf and hockey, previously worked at Notre Dame and Cincinnati as an assistant strength and conditioning coach.

Vorkapich got his start at Michigan State as a graduate assistant from 1995-97. During that time he worked with women's basketball and assisted with the hockey and football programs.

A former Spartan football player (1991-94), Vorkapich received his bachelor's and master's degrees in physical education and exercise science from MSU.

In addition to American Red Cross Certifications in first aid and CPR, Vorkapich is Strength & Conditioning

Coach Certified (SCCC) through the Collegiate Strength and Conditioning Coaches Association (CSCCa) and a Certified Strength & Conditioning Specialist (CSCS) with the National Strength and Conditioning Association (NSCA).

Vorkapich has published various articles and spoke on various topics related to strength and conditioning. He is a member of the Board of Directors for the Varsity "S" Alumni Club at MSU.

Toughness! That best describes the ultimate goal of the Spartan strength and conditioning program. The year-round approach adhered to by the Spartans addresses all of the vital components of strength development, speed and power improvement, flexibility and cardio-respiratory conditioning.

Attention is also given to the educational process regarding dietary considerations and healthy lifestyle habits that will benefit the players far beyond their playing days.



Michigan State basketball players train in an aggressive and intense manner, with a high priority placed on steady progression. The weight room atmosphere emphasizes a championship work ethic, proper instruction and supervision, and safe, proven exercise techniques.

MSU student-athletes have access to two state-of-the-art weight rooms, one located in the Breslin Center and the other in the 9,000-square-foot Duffy Daugherty weight room.