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## On the Road with the Gaels

By Caitlin Graveson

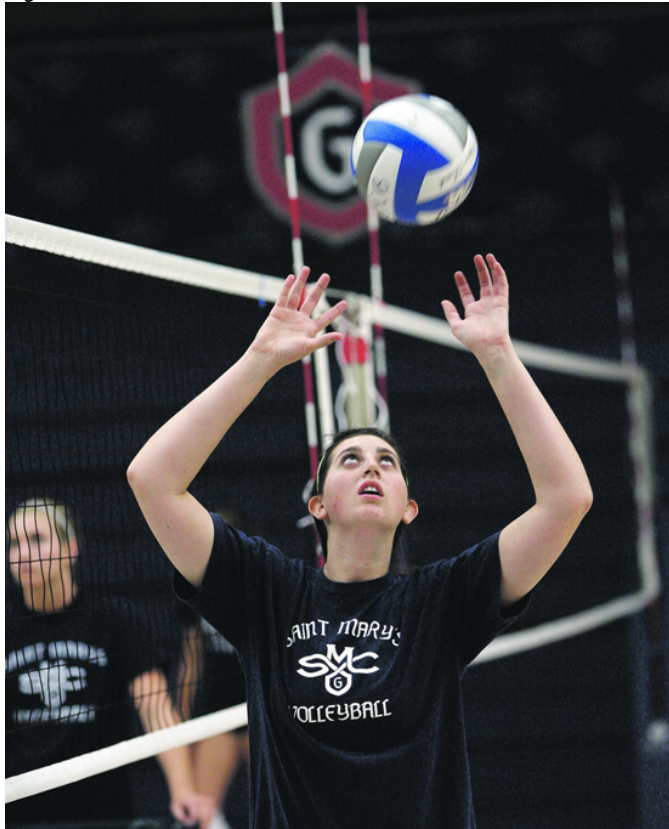


Photo Tod Fierner

etc.

Sophomore outside hitter Lauren Corp said about some of the difficulties of missing class: "There is not a lot of room for procrastination. Teachers are good about us missing class for games and we have designated time for studying, but it's hard to get motivated."

Senior middle blocker Shannon Lowell noted: "Missing school is a little rough but being with everyone all day and getting to focus on volleyball is pretty awesome."

1:00 p.m. Head out for a team lunch

Schroeder noted another bonus to traveling: "The food is good."

3:00 p.m. Return to the hotel for down time

Sophomore setter Missy White said that she starts to mentally prepare for the game with her pregame nap. "My routine starts with my nap and I wake up and start thinking of the game."

4:15 p.m. Afternoon film session and pregame coach's talk

Lowell said she puts on her game face with the film session right before they leave.

5:00 p.m. Leave for USD's Jenny Craig Pavilion

6:00 p.m. Hitting/Passing practice

7:00 p.m. Warm-ups

Right before game time the Gaels say a cheer, "Gaels Woo!" It's a tradition that began in 2002 when volunteer assistant Stacey O'Connor was a sophomore on Saint Mary's record-breaking team. "I remember it was said at practice one day and we just kept

Saint Mary's women's volleyball took on WCC-league rivals the University of San Diego Toreros last Wednesday, November 3. With a win the Gaels, would tie the Toreros for first place in the WCC and move closer to securing a spot in the NCAA postseason tournament. Unfortunately, SMC lost to USD in four sets (25-22, 17-25, 13-25, 21-25) to fall 8-2 in league and 16-7 overall. While the match only lasted a couple of hours, much more goes into traveling. Here is a look at what it takes:

November 2

1:30 p.m. Depart Saint Mary's for Oakland International Airport (OAK)

4:00 p.m. Depart (OAK) for San Diego International Airport (SAN)

6:00 p.m. Arrive at SAN and head straight to the University of San Diego for a light practice

7:30 p.m. Finish practice and head to freshman middle blocker Natalie Loos's parents' house for a team dinner

"A lot of team bonding stuff happens on the road," said Loos.

Sophomore libero Anna Schroeder said, "We get a new roommate each time so we get to hang out with different people."

November 3, Game Day

10:00 a.m. Morning film session

11:45 a.m. Finish up film session and have down time for homework,

saying it. We said it a little differently [than they do now] but it is the same phrase."

"We just do it and it gets passed on. I don't think it will end," Lowell said.

White is now the designated Gaels "Woo-er" she was assigned the role of ensuring the tradition continued during her freshman year as a red-shirt. "Since she was a red-shirt she would be there the longest," Lowell explained.

8:00 p.m. Game Time

Gaels win the first set 25-22, but drop the next three to give USD the win.

10:30 p.m. Late Team Dinner

The Gaels head to a local Mexican food restaurant for a late night meal with family and other SMC fans.

November 4

9:00 a.m. Leave for SAN

10:30 a.m. Depart SAN for OAK

12:00 p.m. Arrive at OAK

12:45 p.m. Arrive back at Saint Mary's and head to the gym for a weight lifting session

White commented on returning from a road trip: "It's nice to be away but then you have to come back to reality."

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