

# Volleyball's Novak is back, not as player but as coach

By Matt Woody  
Staff Reporter

A familiar face is once again part of the Nebraska volleyball team.

Val Novak, an All-American for the Cornhuskers in 1989 and 1990, rejoined the team over the summer.

This time, however, Novak will see the NU Coliseum floor only from the sidelines, as a coach.

Novak joins the coaching staff as interim assistant coach, replacing two-year assistant Brian Begor, who left Nebraska for the University of Pittsburgh.

"It was important to find the best coach possible, and to find someone who was familiar with the program," Nebraska volleyball coach Terry Pettit said.

Pettit said Novak had primarily worked with the setters and right-side players, such as Nikki Stricker, Christy Johnson, Stephanie Clerc and Kelly Aspegren.

Novak said she brought a lot of knowledge to the team, especially the setters.

"I know what it's like to be frustrated as a setter and to be a winner as a setter," she said. "I would like to help Nikki (Stricker) and Stephanie (Clerc) get past the frustrating part to

“*I know what it's like to be frustrated as a setter and to be a winner as a setter. I would like to help Nikki (Stricker) and Stephanie (Clerc) get past the frustrating part to the winning part.*”

—Novak  
Nebraska volleyball assistant coach

the winning part.”

Novak called Stricker “one of the top setters in the nation.”

“Nikki needs some fine tuning,” she said. “But it's nothing really major.”

In addition to helping the setters, Novak also serves another purpose—helping with “motivation and to keep the intensity level high in practice.”

Since Novak had only been gone from Nebraska for two seasons, Pettit said, it was easy for her to learn the Husker coaching philosophy.

Novak played at Nebraska from 1987-1990, setting school career records for aces, digs and set assists.

She returned to perform during Nebraska's annual alumnae match, scoring 24 assists—second only to her fellow assistant coach, Cathy Noth,

who recorded 25.

Novak said coaching was a lot tougher than performing on the court.

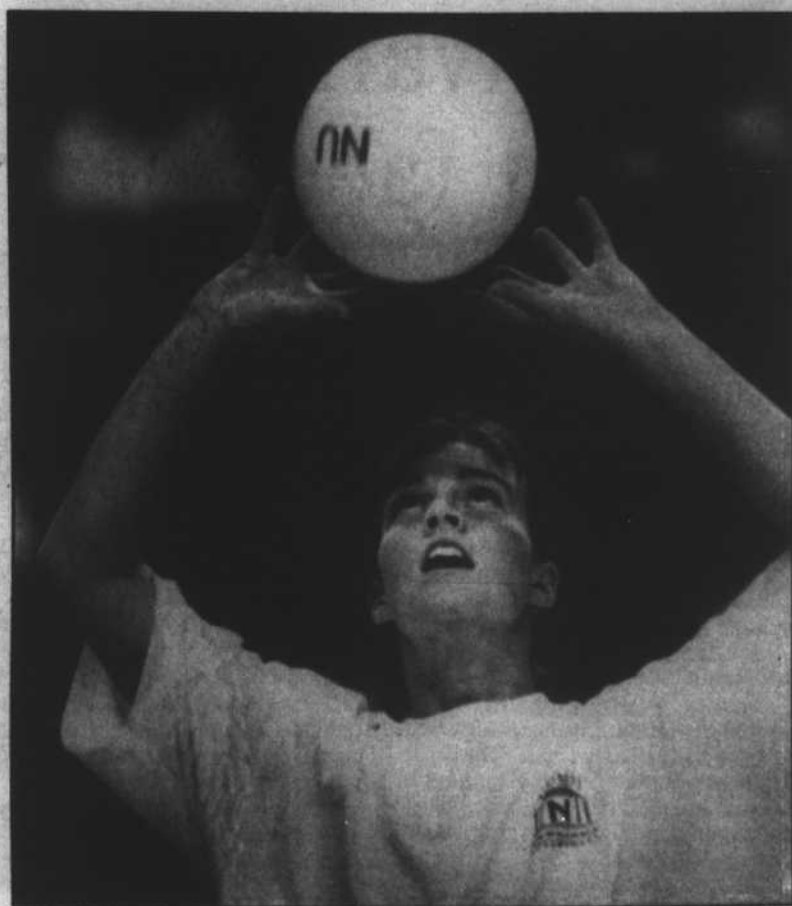
“It is a lot more mentally fatiguing than playing was,” Novak said. “But I really enjoy it.”

When the job opened up, Novak said she already had a job lined up as a substitute teacher and as assistant volleyball coach at Papillion-LaVista High School, under Gwen Egbert, another former NU player.

Novak said becoming a coach had given her the opportunity to gain a higher understanding of the game.

But that isn't her only reward, she said.

“It makes you feel good when you do something to help the team and it works,” she said. “That's just one of the thrills of coaching.”



Shaun Sartin/DN

Nebraska volleyball assistant coach Val Novak warms up before the Cornhuskers' alumnae match in August. Novak, a two-time All-American at Nebraska, has returned to the Huskers as an assistant coach.

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## NEBRASKA VOLLEYBALL MOVES UP IN POLLS



| Tachikara Coaches Top 25 Poll |        | Volleyball Monthly Top 20 |        |
|-------------------------------|--------|---------------------------|--------|
| School                        | Record | School                    | Record |
| 1. Stanford                   | 3-0    | 1. Long Beach State       | 3-0    |
| 2. Long Beach State           | 3-0    | 2. Stanford               | 3-0    |
| 3. Texas                      | 4-0    | 3. Texas                  | 4-0    |
| 4. UCLA                       | 2-0    | 4. Southern Cal           | 3-0    |
| 5. Pacific                    | 2-1    | 5. Pacific                | 2-1    |
| 6. Nebraska                   | 4-0    | 6. UCLA                   | 2-0    |
| 7. Southern Cal               | 3-0    | 7. Nebraska               | 4-0    |
| 8. Florida                    | 3-0    | 8. Illinois               | 0-2    |
| 9. Illinois                   | 0-2    | 9. Hawaii                 | 1-1    |
| 10. Brigham Young             | 1-1    | 10. Brigham Young         | 1-1    |
| 11. Colorado                  | 3-0    | 11. Colorado              | 3-0    |
| 12. Penn State                | 3-1    | 12. Ohio State            | 2-1    |
| 13. Ohio State                | 2-1    | 13. Penn State            | 3-1    |
| 14. Hawaii                    | 1-1    | 14. Kentucky              | 4-0    |
| 15. Louisiana State           | 2-1    | 15. Florida               | 3-0    |
| 16. Kentucky                  | 4-0    | 16. Georgia               | 3-0    |
| 17. Arizona State             | 4-0    | 17. UC Santa Barbara      | 2-1    |
| 18. UC Santa Barbara          | 2-1    | 18. Notre Dame            | 3-1    |
| 19. Notre Dame                | 3-1    | 19. Arizona State         | 1-0    |
| 20. Georgia                   | 3-0    | 20. Texas Tech            | 3-0    |
| 21. Washington State          | 4-0    |                           |        |
| 22. Texas Tech                | 3-0    |                           |        |
| 23. New Mexico                | 0-2    |                           |        |
| 24. Arizona                   | 2-1    |                           |        |
| 25. Washington                | 1-2    |                           |        |

\* - Nebraska opponents

DN graphic

## University Health Center / GM-Southwest Student Insurance

The Student Insurance program is open to both graduate and under-graduate students. It was designed to work together with the Health Center to help off-set the high cost of medical care.

There are some changes this year in the procedure for enrollment that will be affecting International Students. Immigration laws state that non-resident students must be financially responsible to reside in this country. The UNL policy requires mandatory insurance for International Students. These students are required to show proof of private coverage or be billed automatically on their tuition statements for Student Insurance.

The coverage dates for International Students is 8/12/93 thru 8/11/94.  
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Enrollment is open for Domestic students and ALL dependents until 9/23/93. If you have not enrolled in the Student Insurance program by then, you must wait until Spring Semester begins 1/9/94.

THE STUDENT IS REQUIRED TO COME TO UNIVERSITY HEALTH CENTER WHENEVER POSSIBLE. Sorry, we can only treat students, no dependents please!

International Students desiring basic only coverage do not need to fill out application forms.

Enrollment applications for Domestic Students and all dependents available at UHC Business Office or by mail.

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