







"I like both of the shirts equally, yet I think that the bleach tie-dye brings out more of our school colors,"

Shirts are a way of teams showing their team spirit. For volleyball, the teams and their coach, **Coach Cara**, decided that they would do bleach tie-dye whereas the

All in This

previous year, they did colorful tie-dye.

Emily Neptune explained.

There are different opinions about the shirts. For instance, **Piper Lanterman** said that she liked the them "because it's like, school colors, and it's just prettier." On the other hand, **Daelin Ruff** said, "I prefer the colored tie-dye shirts more because they have more color."









Wanna Be Your BIG TEAM

One of the most exciting things about joining a sports team is being able to advance teams if you played the year before. Even though it is extremely exciting to upgrade teams, it takes a lot of work and dedication. There are many ways to train for this. **Claire Leyba** explained how she "did a lot of club volleyball and Apex Center stuff over the summer" to train and get ready for the big season.

The hard work that you put in will almost always pay off in the long run, and that seemed to be the case for **Alexandra Pashova**. Alex made sure to improve the things she was struggling with. "My serving and setting improved overall," Alex said. After all the effort that she put in, Alex moved up a level and was proud of herself for the goals that she accomplished.

TRIM LINE



Easing

Every sports team has to go through the nerves and excitement of their first game, which was the case for the volleyball team. **Hailey Cohrs** explained that she was "a little nervous, but our team was doing pretty good during practice so I was also confident about it." **Aubrianna Saiz** seemed to think the same thing as she said, "I felt very nervous and excited to go into the first game."







Better Luck Next legan Harding Olivia Johnson

Even though the team did experience a few losses, players still encouraged and motivated each other. "I am really good at encouraging, and just forgetting about the losses and remembering the wins," **Ellie Huang** commented.



TRIM LINE

Volleyball

Nevaeh Allen **Ashley Bilby** Giada Bruno Shelby Christensen **Delaney Dalpe** Megan Harding **Danvy Hoang** Olivia Johnson Mallory Kaffine Maysen Kulak Piper Lanterman Kendyl Leifheit **McKenna Mauney** Emma Monroe Aspen Petrie Milena Quintana Callie Redabaugh Sophie Richling **Emily Sacan** Tailey Sengdara Addy Clausen **Hailey Cohrs** Alexis Engel Sally Gibson Emma Gorski Sora Greenzweig Ellie Huang **Rilev Lewis Claire Leyba** Mila Marjanac Georgia Miller **Emily Neptune Kinsley Palmer** Alex Pashova **Daelin Ruff** Audrey Saenz Aubrianna Saiz Heather Simonds **KK Smith** Hayden Sorice

37



8

8

8

8

8

8

8

8

8