

STARTING state

With a record of 23 wins in the season, the varsity team enters State for the first time ever. After an energetic send off, the ladies traveled to the Denver Coliseum for the first game of the weekend. "My initial thoughts were, 'this is really stinkin' cool,' because it's where you would watch professional and college games," **Aubrey Nelson** said. The whole school supported the Lady Jags by attending games and watching them on TV. "Going to State was really rewarding. There was lots of support, even if we didn't do so great. We were there and that's all that matters," **Ali Smith** said. Although it was close, the team ended up losing both the games. After emotional goodbyes, the team left having played a legendary season.



supportive SISTER



My Biggest Fan. Being on the volleyball team can be tough but luckily, **Sofia Araujo** has someone who has her back. "My little sister is my biggest supporter. She always comes to my games and cheers me on and she's always there asking me how it's going. She's playing volleyball now and she really wants to be like me. She has a coach but I enjoy coaching her at home too. She'll ask me for help and then we'll go outside and she'll ask, 'Can you help me pass?' and then I'll spend like an hour with her passing. Her support makes me want to play better so that she can be inspired," Sofia said.



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WARRIOR mindset

Bump, Set, Spike! More than just passing and hitting the ball around the court, volleyball involves a lot of mental toughness. To **Liv Burgower**, being mentally tough means "persevering and when things get tough, you just have to overcome." Something new the volleyball program did was taking time from practice to discuss mental toughness.



The C team added time outside of practice to become more mentally strong. "We would have three to four people and we would plan a team dinner," **Ella Fleming** said. Working on their mindsets together helped the team work together and grow as athletes. "We aren't as passionate about mental toughness as the varsity team but when we had our dinners, I felt like more of a powerful person," **Abigail Thompson** said.



TOTAL domination

The Sideout Showdown Tournament is an annual tournament hosted by JA. Historically, the team has played well in the tournament, but have rarely won. Since JA's last win in the tournament, the Lady Jags have worked hard to reclaim first place. "I feel like, as a team, we were more unified, had more energy, and overall were just more confident than in years past," **Monica Slusser** said. Remembering all of the hard work they put in to become the tournament champions, the team won without losing a single set. "When I was a sophomore, we were second to last. Last year, we got second, but this year we finally got first. As a whole, we did a good job of coming back if we were down, and we really just closed down on everything. We dominated," **Jessie Schaffer** said. After fighting hard, the team now holds the title of 2023 Sideout Showdown Champions, an accomplishment that will not be forgotten.



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