



Senior Emma Truman and junior Blythe Rients



Emma Truman, Sydney Therien, and Kathleen Bishop



Outside hitter, junior Blythe Rients



Emma Truman, Sophia Rose, Sydney Therien, Kathleen Bishop



Sophia Rose, Ella Carry, and Mimi Geller



Ella Carry, Sophia Rose, and Mimi Geller

Season Scoreboard

| DATE | OPPONENT | W-L |
|-------|--------------------|---------|
| 8/29 | Maranatha | 3-2 (W) |
| 9/5 | St. Croix Lutheran | 0-3 (L) |
| 9/7 | Mounds View | 1-3 (L) |
| 9/12 | Blake | 3-0 (W) |
| 9/13 | Minnehaha | 3-0 (W) |
| 9/16 | Henry Sibley | 2-0 (W) |
| 9/16 | Henry Sibley | 0-2 (L) |
| 9/16 | St. Agnes | 0-2 (L) |
| 9/16 | St. Cloud Tech | 2-0 (W) |
| 9/16 | White Bear Lake | 2-0 (W) |
| 9/19 | Breck | 3-0 (W) |
| 9/23 | Nova Classical | 2-1 (W) |
| 9/23 | St. Agnes | 2-1 (W) |
| 9/23 | St. Paul Como Park | 2-0 (W) |
| 9/23 | Highland Park | 2-0 (W) |
| 9/26 | Providence | 3-2 (W) |
| 9/28 | Mounds Park | 3-2 (W) |
| 10/3 | Blake | 3-0 (W) |
| 10/5 | Minnehaha | 3-0 (W) |
| 10/9 | Holy Angels | 0-3 (L) |
| 10/10 | Nova Classical | 0-3 (L) |
| 10/12 | Breck | 3-0 (W) |
| 10/17 | Providence | 3-0 (W) |
| 10/25 | Charter Stars | 3-0 (W) |
| 10/27 | St. Croix Prep | 3-0 (W) |
| 10/31 | Hill-Murray | 0-3 (L) |



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Q&A Ashley Jallen and Sophia Rose

Q: How did you build team unity?

AJ: Soph and I really worked on incorporating team bonding activities this year, such as team sleep overs and team meals.

Q: How did you build team unity?

SR: Playing team building games and talking about our hopes and goals for the season.

Q: What is one memory from the year?

AJ: The libero from another team went up to my coach and told him she noticed how good our team chemistry is and admired us for it.

Q: What is one memory from the year?

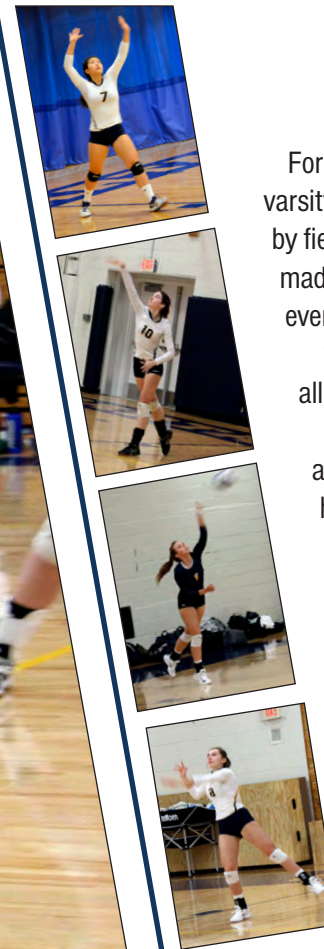
SR: Winning our conference, we worked so hard to accomplish our goal and nothing felt better than to come together as a team and see what we are really capable of.



IBID PHOTO: Gabi Seifert

Junior Mia Litman rushes to hit the volleyball and senior Sophia Rose cheer her on. "You're hard as a team together to achieve our goal,"

before it touches the ground while junior Mimi Geller only as strong as your weakest link...we worked so hard as a team together to achieve our goal," Rose said.



We are athletes

Volleyball

By Gabi Seifert

For the first time after years of too-early defeat in the season, the 2017 varsity volleyball team made their way through conference and beyond, driven by fierce competition, advancing all the way to their section semifinals. What made this year unique was the intense motivation and endurance shared by every member of the team.

"Our group in general has been a little bit more competitive this year, we all have this want to win," Blythe Rients said, an outside hitter on the team.

Behind their series of victories lies not only a desire to win, though, but also an unwavering resilience, an ability to keep going, even in the face of harsh losses: Libero Sophia Rose said, "Coming from games that have been very much not in our favor, something we really focused on this year was never giving up, regardless of the outlook of the game."

Building off of their competitive spirit, another main focus of the season was the team's ability to work together. Teamwork is essential for volleyball, as Blythe said, "It's the greatest team sport, because every single goal, you need to have more than one person touch the ball, and like basketball one person can dribble the ball up and shoot, volleyball is always a team effort."

Last year volleyball only graduated two seniors. "Having two years' experience playing together has also really helped us to not only get closer outside of volleyball, but also inside of volleyball, and having that connection is super important because a lot of volleyball is just constant communication, and being comfortable with your teammates," Sophia said.

Activities such as an entire day of team bonding exercises at the beginning of the season also helped to bring the team together.

Player Memories



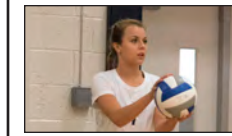
"Every team has little ups and downs they go through, but this year we've kept improving and there's been less fluctuation."

- junior Blythe Rients



"We had this idea, so we either win all these games out from here, or we lose our conference, you have to leave it all on the court."

- sophomore Sydney Therien



"There's been more hype around volleyball this year, it's been awesome."

- senior Sophia Rose



IBID PHOTO: Emma Davies

Sophia Rose, Annie Kristal, Ashley Jallen, Isabel Dieperink, Kaia Larsen, and Annie Bottern at Dig Pink, one of the most popular volleyball events. "I don't think I've seen a crowd as big as Dig Pink since my freshman year," Rose said.



IBID PHOTO: Gabi Seifert

Junior Annie Kristal, senior Emma Truman, and junior Mimi Geller set the ball for a spike. "Our group has been a little bit more competitive this year, we all have this want to win," junior Blythe Rients said.



IBID PHOTO: Maggie Qin Youngdale

Libero: Sophia Rose

Captain Sophia Rose uses her unique role as libero, an all-around defense position, to bring the volleyball team together. She said that "As a leader it's really helpful to go in for two different people, and then being able to hype everybody up. As libero you have to be out for one rotation, so I can communicate with people who are across the board, with people who are on the bench but also with the people that are on the court."