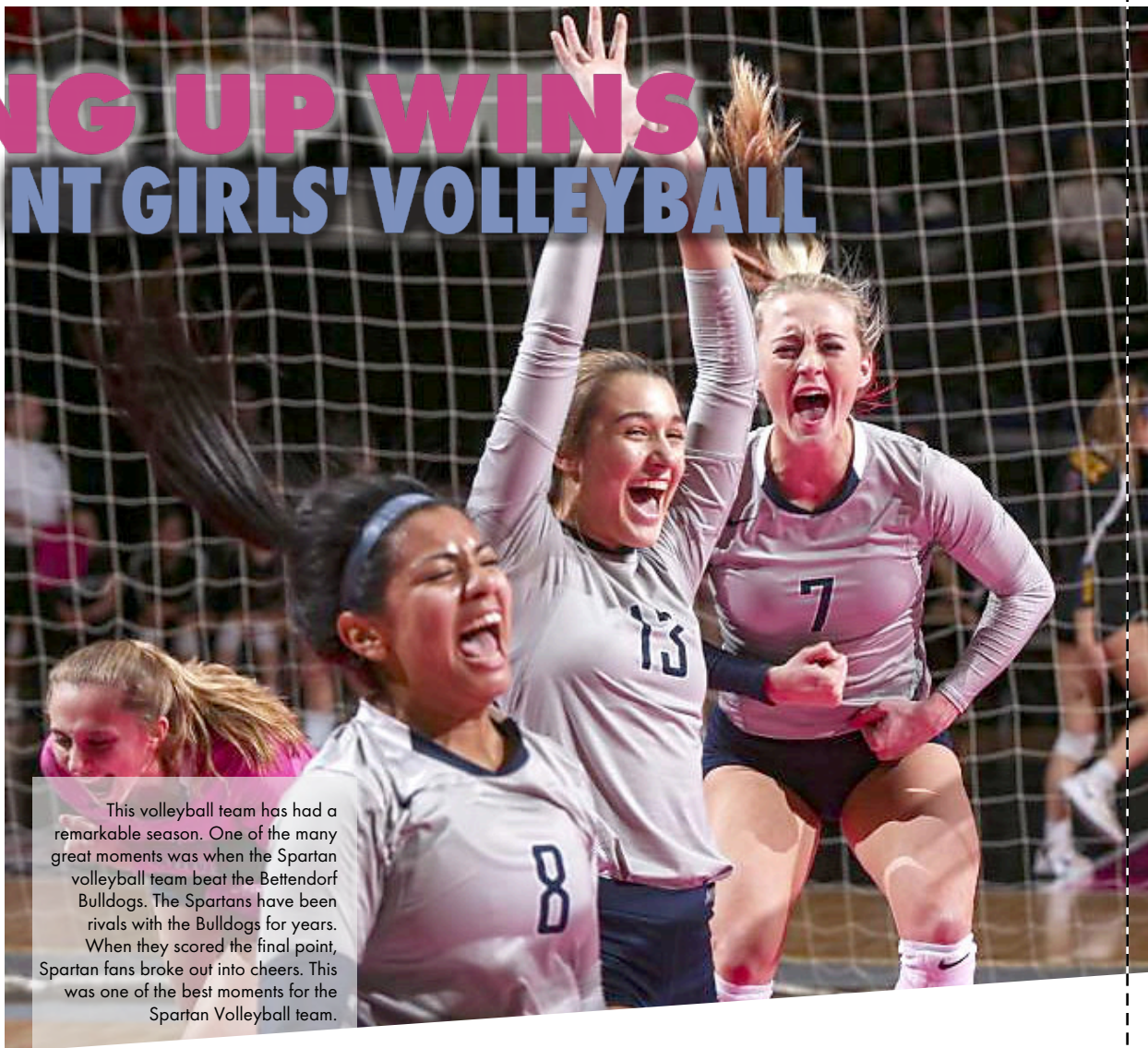


SERVING UP WINS TRIUMPHANT GIRLS' VOLLEYBALL

setting *the dream*

Determination and Strength are two characteristics the Spartan volleyball team has learned to accomplish over the 2019-2020 season. They've had to overcome multiple obstacles. One of the main aspects they've had to overcome this season is teamwork. They needed to learn everyone's strengths and use them to the fullest. This strategy took time and practice to achieve. Coach Slifka states, "This season, the volleyball girls proved to be unbreakable. Our focus was on not only the physical toughness that goes with being unbreakable, but also the mental toughness. It started on a personal level. Which is each member athlete specifically doing for themselves to be unbreakable, and then transferred to the team level. It is harder to break a force of 10-12 people than a force of one." She mentions how bringing everyone's individual mental toughness together to have the same goal as each other is difficult. It took a lot of work. Once they got figured out how to use everyone's mental toughness to their best ability, the team applied it to the game. Every practice the team would get better with working together. Eventually, the team was close to unbeatable. Game after game, another win. All of the obstacles they had to work hard to overcome, paid off. The Volleyball team ended with a 29-5 record for the 2019-2020 season.



This volleyball team has had a remarkable season. One of the many great moments was when the Spartan volleyball team beat the Bettendorf Bulldogs. The Spartans have been rivals with the Bulldogs for years. When they scored the final point, Spartan fans broke out into cheers. This was one of the best moments for the Spartan Volleyball team.



"Volleyball season for me is a time where I get to play the sport I love with some of my closest friends! Our hard work shows through our record, losing only one game in the MAC. I love this sport, the friendships, and the competitive drive it's given me!" -Morgan McClain '22

"One of our main goals was to win the MAC outright and so we worked really hard to focus and dial in on MAC games to make sure that we could accomplish one of our big goals. Another goal of ours is to go to the state tournament and to do that we have to beat Bettendorf. We have all worked super hard this season to achieve our goals!" -Sara Hoskins '21

"Volleyball has always been a big part of my life. I've been playing it for a while. It has taught me so many great lessons and skills that don't necessarily have to be used for volleyball such as leadership and friendship. It's had been a very fun and great experience!" -Riley Morgan '22

Setting Goals and Achieving Them

Over the season the team members of the Pleasant Valley volleyball team had two main goals. The first one was to become MAC champions. The second one was to try to make it to state. The Spartan volleyball team was co-MAC champions for the past 2 years. This year however, they stepped up to the challenge. They were determined to be champions. The team was solo-MAC champions. After hard work, they accomplished this goal. It took endless practices and perseverance. They had to focus in and take MAC games seriously. The team also qualified for state by beating Bettendorf.



We are unbreakable

BUMP IT UP

Over the season, these volleyball players have become friends on and off the court. Playing volleyball has showed them they have to trust in one another. They have to trust one another's abilities. Communication is also a key factor to the team. By showing they can trust and communicate with one another has lead to these teammates becoming friends. Sadly, this year there are many seniors leaving. The seniors that are graduating are Kaitlyn Morgan, Sara Hoskins, Erica Brohm, Natalie Adams, Claire Bebow and Ilah Perez-Johnson. Many of these seniors have decided to continue their volleyball careers into college. Overall this season for the pleasant valley volleyball team will be one to remember.



Chante Hardaway '22

"This year everyone worked really well together. Our teams communication led to a rewarding season."



Addy Patten '21

"It was a very good learning experience and I met new people and created new friendships."



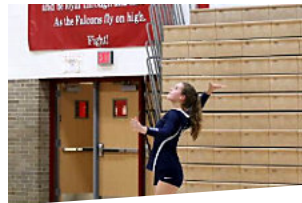
Emily Hoskins '22

"I will never forget this season I had so much fun. As a team I think we grew a lot and I'm really proud of us."



Campbell Wolfe '22

"Our growth from last year to this year with our connections on the court helped us win tough games."



CHASING DOWN THE Dream

PV students dream big, knowing hard work and determination can get them anywhere. Here's how these Spartans are chasing their dreams.



Nolan Graham '20
"To be rich and famous."



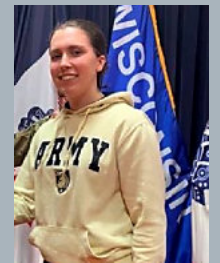
Natalie Adams '20

"It's been really cool to grow up playing with a lot of these girls and building friendships that will last a lifetime! It's going to be tough when the season is over but I'm excited to see what their futures hold for them!"



Erica Brohm '20

"Our season has been very successful this year. We work together on the court very well and we're all very competitive. It's translated into many wins for us. I'm proud of how far we've come and where we will go."



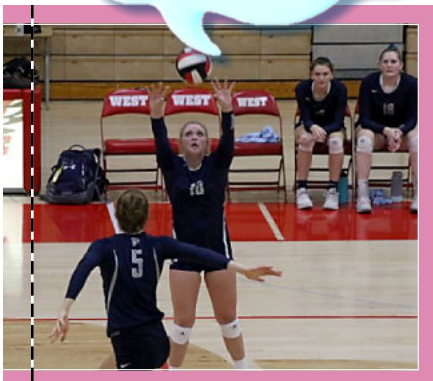
Maria Vaaler '20
"My biggest dream in life is to become an officer in the U.S. military and dedicate myself to a life leadership and service."



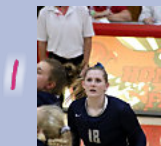
Molly Ramirez '22
"My dream is to play D1 volleyball then after college I want to play professional beach volleyball."

"Being with my teammates is valuable because we push each other to produce the best results out on the court"

-Jess Meyer '21



Dreams are as easy as 1, 2, 3



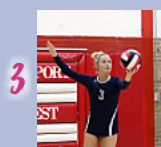
"The season went really well. We were solo MAC champions and that was fun to do, after being co-MAC champions the last two years. I really enjoyed being able to play and be teammates with everyone."

-Kaitlyn Morgan '20



"Winning MAC champs and getting the chance to go to state is my favorite thing that we accomplished during this volleyball season"

-Ilah Perez-Johnson '21



"Our team is very close knit and a great group of girls! The success we have had is only added to the fun we have everyday."

-Claire Bebow '20