



**Pure Energy.** (Above) Abbey Smith '22, Alex Solbrig '20, and Grace Sander '20 celebrate scoring against Assumption. Although sets were lost by the team, the players kept their spirits high in hopes for more seasonal wins. "We were proud of ourselves even with the outcome of the game. Even if you're down a couple of points, you always want to stay positive and keep everyone's energy levels up," said Sander.  
Photo By: Grace Trimble



**Sugar And Spike.** (Above) Izzy Castel '20, Abby Raes '22, and Cassidy Schaeffer '20 guard their net as they face North Scott. Castel went to spike the ball in hopes that North Scott's players wouldn't be able to return the ball. Fighting the battle against the Lancers, Castel found joy in being a middle, as she was able to block several attempts to score. "My favorite thing about being a middle is the ability to block in every position," said Castel.  
Photo By: Abigaile Paper



**JV/ Varsity**  
**Front:** Prianna Banks, Cameron Tracy, Maddison Fuller, Brianna Blake, Hailey Stewart, Abbey Smith, Isabelle King  
**Middle:** Angelicia Villa, Faith Rettler, Cassidy Schaeffer, Alexandria Solbrig Khalil, Sarah Bernick, Abbigail Raes, Chloe Britain  
**Back:** Coach Jillian Donath, Grace Rettler, Isabella Castel, Kelley Wohlers, Emma Peters, Grace Sander, Molly Daily, Coach Christina Groesch

# Can I... Get Your Number?



**Cassidy Schaeffer**

"I'm really going to miss playing with the younger girls."



**Molly Daily**



**Angel Villa**



**Abbey Smith**



**Chloe Britain**

"My favorite memory from volleyball was meeting my best friend Madison."

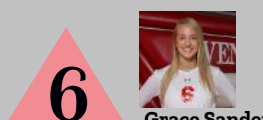


**Cameron Tracy**

"I'm going to miss playing all the girls. The seniors have been playing together since 7th grade; it's going to be hard not playing with them anymore."



**Sarah Bernick**



**Grace Sander**

"My jersey number is special because it's the number my parents used in high school, so it's like a family number."



**Prianna Banks**



**Izzy Castel**

"My jersey number is special to me because my number is my birthday, and also when I was little I just always picked that number."





**Bump It Up.** (Left) Alexis Peters '23 passes the ball to the setter at the freshman home game against Bettendorf. Players found that keeping a strong volley was more important than the outcome of the set against Bettendorf. "We were very good at working together and giving the other team a hard time when we sent the ball back over," said Peters.  
Photo By: Carter Wheeler

**Blocking The Negativity.** (Below) Prianna Banks '21 has one goal throughout this match - to block the ball. Banks leaped into the air while blocking West's opponent. Varsity volleyball finds it important to stay united throughout the season, no matter the end result. "The season could have been better, as far as organization, and team bonding because a strong team is what makes the team," said Banks.  
Photo By: Grace Trimble



**Freshman**  
**Front:** Alexis Peters, Isabel Sinksen, McKenzie Schertz, Avery Heath, Madeline White  
**Middle:** Coach Tish Raes, Hailey Harrington, Alexandria Petersen, Kayla Dawson  
**Back:** Isabelle Spengler, Aaralyn McCullough, Halee Clare, Kierstin Stein, Paige Sinksen



**Sophomore**  
**Front:** Kylee Harper, Ashley Smith, Macie Stinemen, Hannah Taylor, Mackenzie Harland, Grace Krogman, Isabelle DeGeeter  
**Back:** Coach Dakota LaMaack, Addison Abbott, Kaitlyn Leuenhagen, Emma Thalacker, Sydney Duane, Carleigh Argenta

# We WILL serve-ive

Varsity players elaborate on their season

Through a tough season, the girls volleyball team held their heads high as they continued to fight through every game and overcame challenges.

"I think we worked well together on the court, but I feel like off the court we could have kept the energy and communication going more," sophomore **Abby Raes** said. After each game, players gained experience which benefited their following performance.

With the knowledge gained by the Varsity team, our lady Falcons came up with new strategies in order to play their way to victory.

For underclassmen, the pressure was on to become a strong player and understand your role in the success of your team. "Being an under-



classman and working with the girls on Varsity, I grew a lot as far as understanding the players, coaching, and how we needed to play the game in order to win," freshman **Faith Rettler** said. Even though it can be hard to keep their heads up and push past the negative just like in every sport, they continued to fight and never gave up.

"If we had just lost a game, I would go up to players that looked upset and tell them that it's just a game and not to be down. We had really great plays this season," junior **Grace Rettler** said.

It was important that players kept their heads high and encouraged their teammates whether the team took home a win or a loss.

Story By: Daizie Johnson and Grace Trimble

<p><b>11</b></p> <p><b>Abby Raes</b></p>	<p><b>13</b></p> <p><b>Hailey Stewart</b></p> <p>"My favorite memory from volleyball would have to be meeting my best friend Alex Solbrig, if we wouldn't have played volleyball we wouldn't have ever really been friends."</p>	<p><b>15</b></p> <p><b>Isabelle King</b></p>	<p><b>18</b></p> <p><b>Brianna Blake</b></p>	<p><b>22</b></p> <p><b>Kelley Wohlers</b></p> <p>"My jersey number is special to me because it's the same number my older brother wore all throughout high school for sports."</p>
<p><b>12</b></p> <p><b>Faith Rettler</b></p>	<p><b>14</b></p> <p><b>Madison Fuller</b></p> <p>"My favorite memory from volleyball was meeting my best friend Chloe Britain and being able to play with her throughout the season."</p>	<p><b>17</b></p> <p><b>Grace Rettler</b></p>	<p><b>19</b></p> <p><b>Emma Peters</b></p>	<p><b>27</b></p> <p><b>Alex Solbrig</b></p> <p>"The number itself isn't important to me but the jersey is because it is the labero jersey, and I like the position I play."</p>

"Looking Back, to middle school, volleyball was a lot different, and it was more about just having fun. "Moving Forward, in high school, I really hope I can get into more clubs and sports and be more involved overall."  
-Aaralyn McCullough '23

