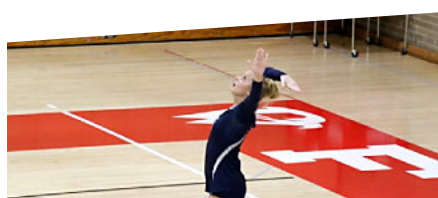
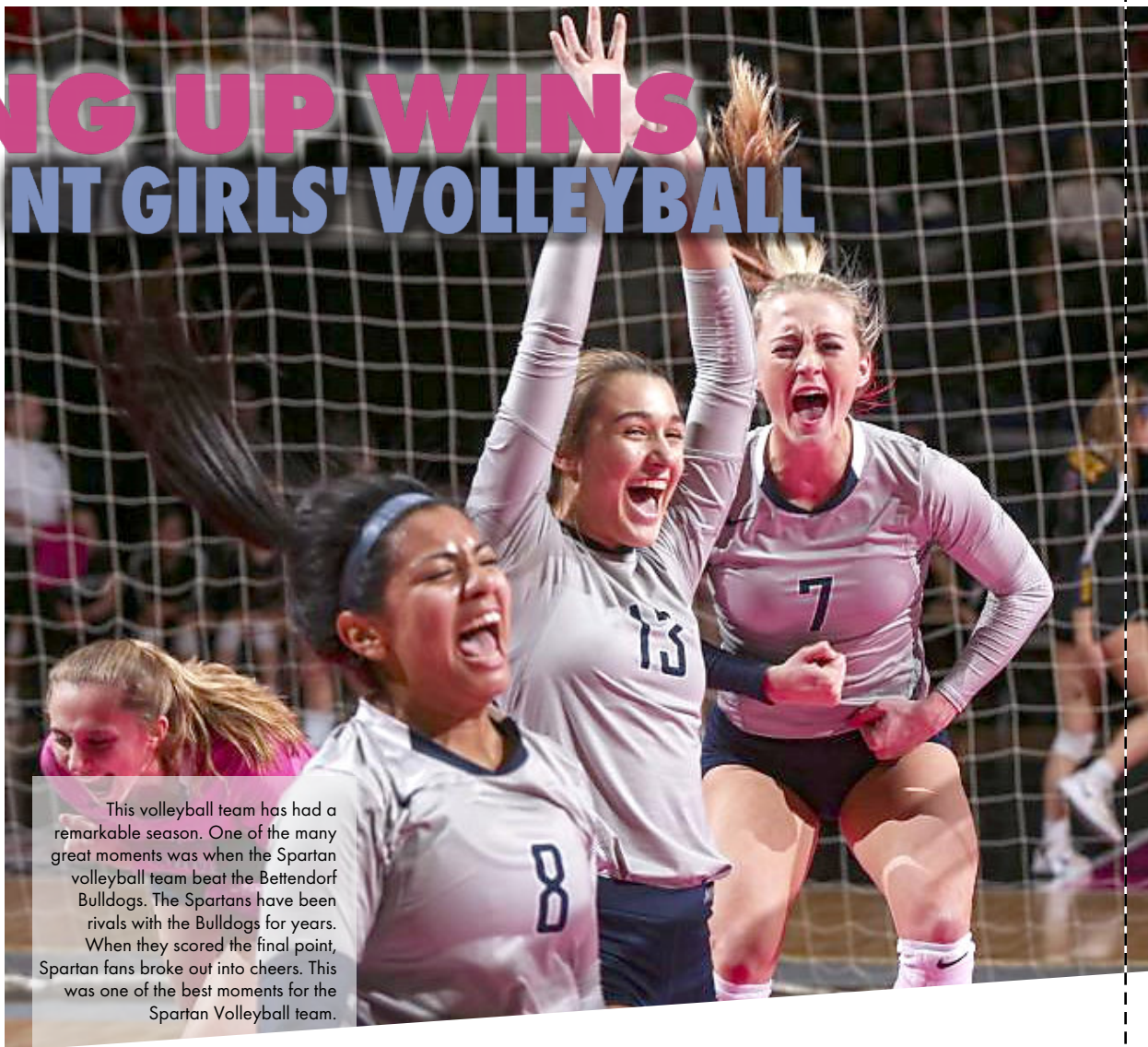


# SERVING UP WINS TRIUMPHANT GIRLS' VOLLEYBALL

## 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.

