

## Bonding, rituals create family unit

Whether it was summer camps, team dinners, pre-game music in the locker room, or breakdowns, the volleyball team agreed that these were the moments that brought them closer together and formed the family unit which showed in their continuous efforts of high spirit and performance on the courts.

"The Iowa State camp was my favorite one because we all told stories and played games at the hotel which brought us all closer and taught us a lot about each other," said junior Kylie Kemp.

Having been one of 24 in the nation to be selected to attend the USA HP A-1 National Training Program in Fort Lauderdale, senior Bailey Ortega brought home valuable ideas to share with teammates.

"After five days there, we had a party hosted by Adidas, a dinner dance party on a yacht, and then got to play teams such as Canada, Chile, and New Zealand. Though these were special times, I wouldn't trade any moment with my Wildcat team. No other group of girls I would've wanted to end my high school career with," said Ortega.

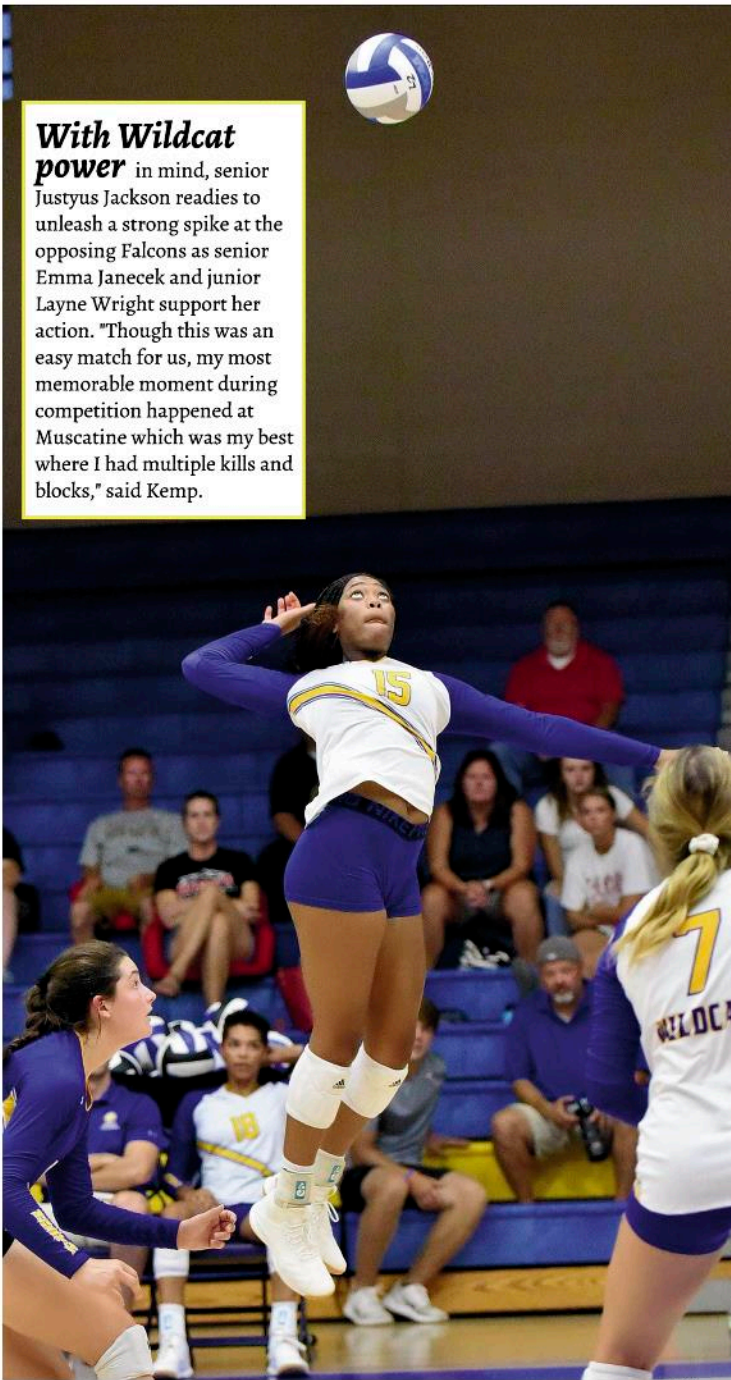
For many of the team members, the chance to watch the Iowa team play was a favorite bonding activity. "We all enjoyed ourselves and had fun watching the game," said freshman Aniela Bethel.

Most popular of all of the team bonding events and rituals were the pre-game locker room hype sessions.

"My favorite team ritual was the pre-game hype with team talk. We would just goof around and dance to music or just talk about team goals for that match," said junior TeAyla Humphrey.

At the final buzzer, senior Emma Janecek summed it up as "I liked just coming together to break it down every day before a game or after a practice. It showed unity and our collective effort."

~ Jai Katz



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**With Wildcat power** in mind, senior Justyus Jackson readies to unleash a strong spike at the opposing Falcons as senior Emma Janecek and junior Layne Wright support her action. "Though this was an easy match for us, my most memorable moment during competition happened at Muscatine which was my best where I had multiple kills and blocks," said Kemp.



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**Varsity Volleyball Team** ~ **Front row:** Kalya Stuckel, Bella Sims, Lauren Durst, Halle Walkuo, Kenzie Tronnes; **Row 2:** Maya Beasley, Madisyn Kapinski, Kamryn Becker, Grace Holvoet, Bailey Ortega, TeAyla Humphrey, Aniela Bethel; **Back row:** Head Coach Heath Donath, Emma Janecek, Rileigh Antle, Kylie Kemp, Olivia Falborg, Justyus Jackson, McKenna Rebarcak, Layne Wright, Assistant Coach Jake Fiesler.

### For the Record

**Overall (9-23)  
Tournaments (7-16)**

**MAC (2-7)**

Bettendorf	1	3
Davenport Central	1	3
Davenport West	3	0
Pleasant Valley	0	3
Muscatine	3	1
Clinton	2	3
Assumption	1	3