

SERVING IT UP

Stretching is the most important thing in sports, and these volleyball players took it very seriously. They stretched before every practice and every game.



Laying It All On The Line

The lady Cougars worked hard at every practice. "We do serving, spiking, and setting drills. Also, the running and conditioning really helped us be a better team," junior Rebecca Jacobs said.

The sound of the balls smacking arms and floors produced racing hearts and rapid adrenaline flow in many volleyball players. There had to be a reason for each volleyball player to work so hard. "I played because it was one of the only sports I can play for hours and not get tired.

Also, I love how it pushes me," sophomore Savannah Lane said.

-Tara Shafer



The varsity volleyball team gets together to take a group photo. The team members include: Melanie Manigo, Natasha Gillard, Rebecca Jacobs, Katandra Wilson, Amber Redman, Ellis Upchurch, Meahgan Carter, Tara Shafer, and Casey Crosby.

Matches

	Us	Them
Woodland	3	2
Hilton Head	0	2
Ft Dorchester	0	2
Battery Creek	0	2
Berkeley	0	2
Wando	0	2
Goose Creek	0	2
Beaufort	0	2
West Ashley	0	2
Summerville	0	2
Hilton Head	0	2
Ft Dorchester	0	2
Woodland	0	2
Battery Creek	0	2
Beaufort	0	3
Stratford	2	2
James Island	0	2
	0	2

