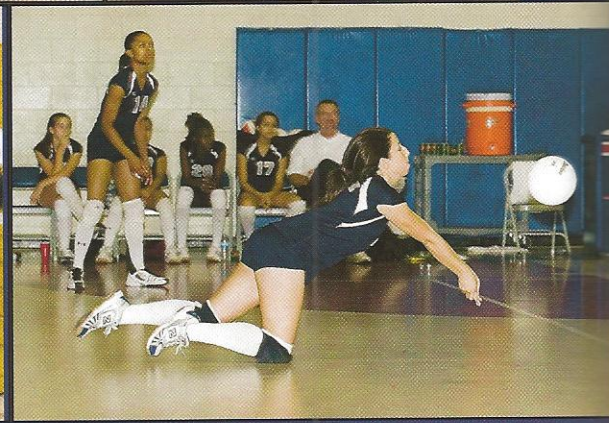
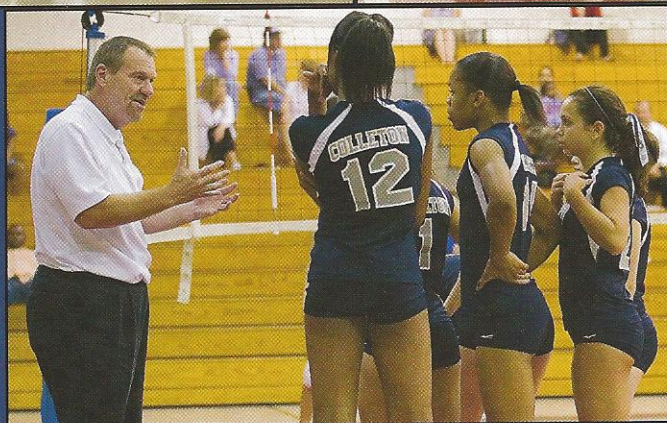
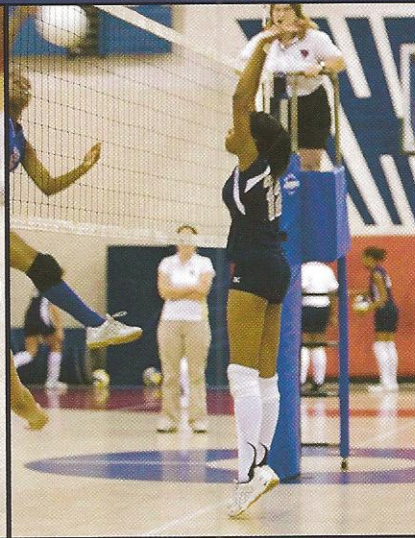
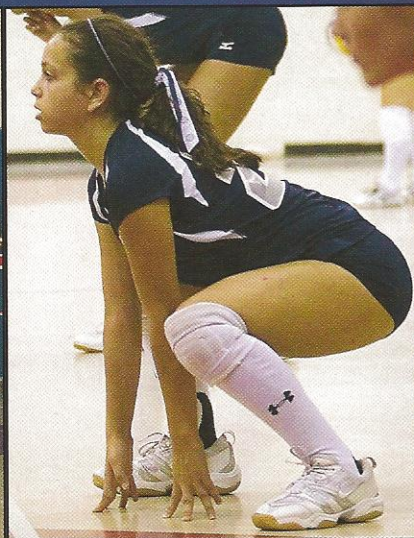
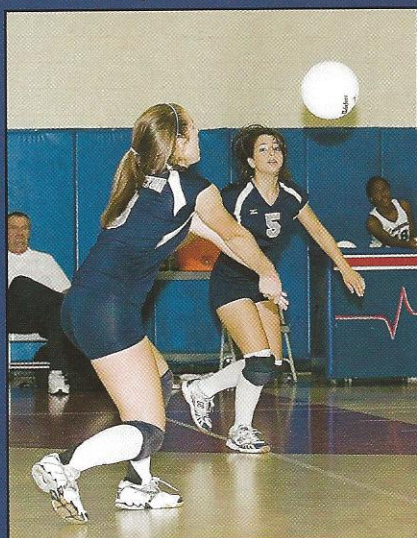


The volleycougs in action!



1. Junior Sarah Smoak sets up to make a pass. "I think passing is essential in volleyball because you have to be able to work together and pass the ball back to the net to get it back over," Sarah said.
2. Senior Theresea Draeckline waits for the ball to cross the net. "I love the anticipation of waiting for the ball on the backline," Theresea said.
3. Sophomore Monica Simmons stretches to block a hit "Blocking is necessary in volleyball because even when you don't get a block it intimidates the other team. When I make a block it makes me feel good because I stepped up to what I had to do and accomplished it," Monica said.
4. During a time out, Coach Nick Seymour shares a few words with his players. "Timeouts are a necessary evil sometimes. They sometimes slow momentum if the other team calls them and its usually something we are not doing right when I have to call one," Coach Seymour said.
5. Freshman Anna Crosby dives to save a ball. "You don't always have to dive in volleyball. I haven't learned how to control myself, but yes, it is totally worth the bruises. Everytime I play I get more experience," Anna said.

Ace!!!

When you hear the word team, you often think of a group of people striving to do something and to do it together. In football the quarterback passes the ball to the wide receiver to get a touchdown. In basketball the point guard may pass the ball to the center to make a basket but in volleyball, it isn't that easy and isn't always that simple. When most people play volleyball, the object of the game to them is to get the ball back and forth over the net and whoever is the first to not get the ball back over loses the point but there is so much more to the game. You have to make sure the ball hits on the right part of your arms, you have to make sure that you pass to the setter so she can get it to the hitter, and you also have to make sure that you don't cross the line when you serve. Without a great deal of concentration, determination, agility, gut, and confidence volleyball would merely be your everyday walk in the park.

