

# Varsity Volleyball

1 COURT 2 TEAMS 3 TOUCHES 25 POINTS 1 WINNER



## STRATEGIES CAN MAKE A GOOD MOVIE

Our Lady Cougars use Coach Duncan's knowledgeable game plans and encouraging words in their collective pursuit toward growth and success. Their serious countenances reflect how important her leadership is to keep the girls strong and focused between tournament games after winning a tough match.



The Varsity Cougars of Volleyball finished the season with an impressive slate, considering the highs and lows of the season with a new group of girls. That shows that they were able to use the highs and lows to only made them work harder and harder. Everyone went on to setting a goal to accomplish at every game, improving themselves individually and as a team. The positive atmosphere that they promoted allowed the ladies to really create strong bonds to have on the court in a match. They played with all their heart at their matches, doing nothing but grinding to the best.



## LOVE AT FIRST SPIKE

(L to R) Dakari Gant, Donae Bowens Makenzy Hand & Grace Ann Cox celebrate after an admirable block.



## IT'S A LIFESTYLE

The Lady Cougars enjoy the support from Principal Cannon after the victory of their first home game.



## CLASS OF 2019 - SENIORS

#3 Savannah Reid, #17 Laura Lucas, #2 Amiyah Robinson, #6 Emilia Crosby, and #15 Dakari Gant go out with a "BANG" after learning many lessons through the game of volleyball over the years.



"PLAYING VOLLEYBALL FOR MY SECOND YEAR HAS TAUGHT ME TO NEVER BE AFRAID TO TRY SOMETHING NEW AND NEVER GIVE UP" -- #5 J'NAV MCCOY

