



Side Out Ladies! Coach Jen Mathie watched intently as the girls play for control of the ball.



Sub! Lisa Ramstetter, 9, stepped off the court for her taller teammate to block on the net.

FRESH TEAM, FRESH COACH, FRESH SEASON. The volleyball program hired first year teacher **Jen Mathie**, former Lakota West assistant varsity coach. Contributing coaching experience, new drills, and new conditioning exercises, she not only prepared the freshman, but J.V. and varsity girls for the season. With 15 girls on the team and only six spots on the court, playing time seemed questionable, but Mathie worked it out.

"I would play back row and Allison would play front row. New substitutions each game allowed more playing time for everyone," said **Lisa Ramstetter, 9.**

These 15 new girls to the volleyball program brought competitive play with them - one of the most important skills of the game.

"A lot of our matches went into three games because our team always played with intensity and never gave up," said **Jen Mott, 9.**

Win or loss, overall Coach Mathie was happy.

"I saw each girl improve throughout the season. Athletics at the freshman level are all about preparing for varsity and working on skill

building. To that end, the season was a success!"

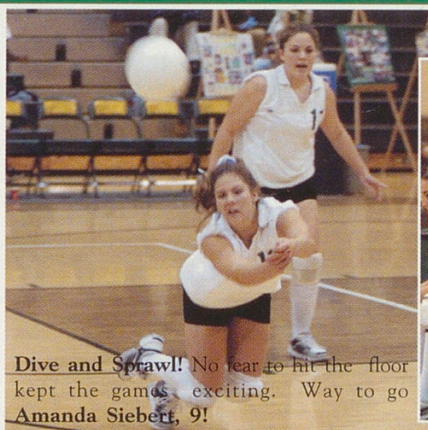


Setting up skill and strategy development

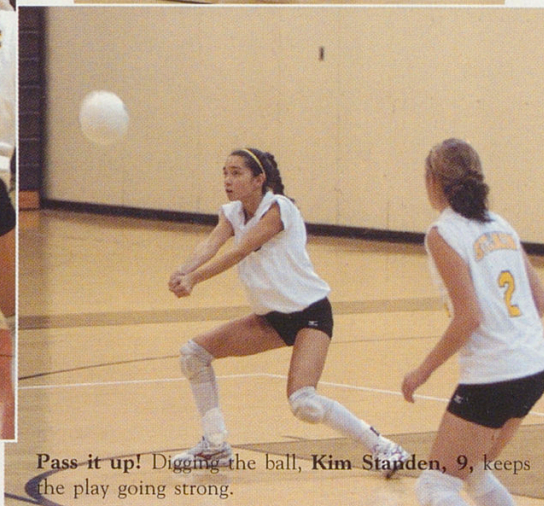
By Molly Finn



Block! Sarah Soled, 9, jumps on defense. Net play and height are always advantages for a team.



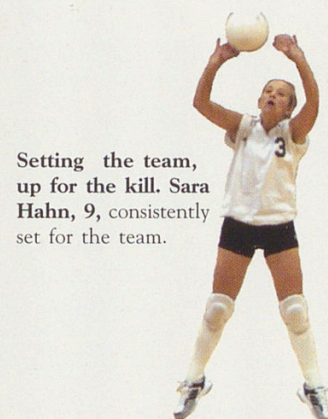
Dive and Sprawl! No fear to hit the floor kept the game exciting. Way to go **Amanda Siebert, 9!**



Pass it up! Digging the ball, **Kim Standen, 9**, keeps the play going strong.



Let's go ladies! The team always cheers for each other whether on or off the court.



Setting the team, up for the kill. **Sara Hahn, 9**, consistently set for the team.

