

WHAT DID YOUR TEAM ACCOMPLISH?



WE HELD OUR HEADS UP WHEN TIMES GOT DIFFICULT.
Kaylani Trinh '23

INJURY OR NOT, SYDNEY WANG '21 IS GOING TO PLAY HER GAME WHICHEVER WAY SHE NEEDS TO.

"I like playing on the court. You get all excited [about the game], and you have these people around you who share the same emotion," Sydney Wang '21 said.

Wang has been a member of the Varsity volleyball team during all her three years in high school. She entered the volleyball world in sixth grade and hasn't stopped playing since then.

"[Everything is] scheduled around volleyball," Wang said.

Until her sophomore year came around, Wang experienced problems with her leg, and her doctor told her there was an issue with her back. The back problem, a herniated disk, meant that she could no longer jump in volleyball, a critical move used by most players.

"I stay on the ground most of the time. There are some times that it is like an instinct to jump but most of the time I just have to stay on the floor and use what I have," Wang said.

"Using what I have" typically meant that she relied on her teammates to help her out. She would pass the ball to them to help score points

and make kills. Wang is also close to her teammates off the volleyball court, and gets them excited before a game.

"We hang out together sometimes and listen to music and talk about what we need to do, we get hyped on that. We're like 'yeah, we're going to do this, we're going to make sure we focus on that,'" Wang said.

Wang, even with her back injury, knows that she can rely on her team and her ability to adapt in to play...and win.

BY: JENNA JOHAL

FOCUS: Sydney Wang '21 listens attentively to the who referee explains the actions needed to be taken in order to continue the game. PC: MARTA CHARNCHEKNGKHA, JENNA JOHAL

STAYING GROUNDED



ADRENALINE. As a player from Independence tips the ball over the net, Khadija Usman '21 reaches forward and dives to save it from hitting the floor. "I was a little nervous because it was one of my first few games, but once I was subbed in and I got on the floor, I felt good and excited to play," Usman said. PC: MARTA CHARNCHEKNGKHA



SAVE THE BALL. At their last home game against Lincoln, Shyan Perry '23 (right) slides onto the floor while her teammate, Kennedy Ventura '22 (left) assists in saving the ball before it hits the ground. The JV team lost the last set, creating a final score of 0-2. "We wanted to win, so we worked as hard as we could to keep up with them or even try to get ahead," Perry said. PC: ANNIE DO

ALL OR NOTHING. JV players Zaina Usman '23 (left) and Anastasia Gardner '23 (right) attempt to block a spike made by Lincoln. With the tight score of 23-25 in the first set, the girls realized they needed to step their game up. "Once we got a couple kills, it brought up the energy and we were on a role. My goal was to be ready for that next set," Usman said. PC: ANNIE DO



SAME TEAM, NEW GAME. The varsity team group together at the beginning of the third set for a quick discussion on their plan against their rival, Evergreen Valley, at an away game. Players listened attentively to their coach, since they needed this set to continue the game. They previously lost against them two weeks before this final game of the season. PC: ANNIE DO



ROLE MODEL. Aliya Valenzuela '20 hugs her coach at the Senior Night ceremony. Valenzuela was exhilarated to have made it to the end of the season. "I now look up to [my coaches] as a role model," Valenzuela said. PC: ANNIE DO

RIVARLY. During a rival game against Evergreen Valley, Mia Truong '20 cheers on her teammates to play strong. With the surge of audience in the stands and the weight of the rivalry on their shoulders, the players were anxious for the game's outcome. "The game against EV was one of the most stressful games of the season, but also one of the most memorable," Truong said. PC: MARTA CHARNCHEKNGKHA

IN MORE WAYS THAN ONE. Observing from the bench, Coach Malina Prudencio cheers and critiques the varsity players on the court. "I think that coaching is much more than just learning how to play and develop your skills of volleyball, it's developing them as young women and student athletes also," Prudencio said. PC: ANNIE DO



ANTICIPATION. Playing back row defense, Megha Yaramada '21 keeps an eye a serve from Independence. The defensive position is to be in ready stance—feet apart, back lowered, and hands open to receive or bump the ball. PC: JENNA JOHAL

CROSS OVER. Leo Punsalan '21 lunges forward to bump the ball. Punsalan crosses in front of Moly Ezezo '20 who covers her back. PC: ALEXANDER GONZALEZ

BEEN THERE DON'T THAT

3/4 SENIORS REFLECT ON THE MOST MEMORABLE ASPECT OF THE SEASON.



MOLLY EZEZO '21

"The one thing I won't forget is feeling the thrill and excitement I get whenever I am playing with my teammates or when we get a point or a kill."



CHRISTINE TRAN '20

"The week we had three games in a row because it was really hard for us but we still beat all three teams and came out victorious, on top."



SHEENA PATEL '20

"When we lost two in a row and then we won it was just the most proud feeling. It's really hard to mentally come back from a loss, but we can come back from that."



LESLEY PHAM '22
"I have my socks, my shoes, my knee pads, a hairbrush, perfume, my jerseys, and my water bottle."



VICKY HUYNH '21
"Paintbrushes, my pet rock, deodorant, a lot of extra shirts, and googly eyes."



SOFIA COULMAN '23
"A lot of knee pads and a lot of spandex because my teammates forget them."