

INSIGHTS

What was your biggest challenge this season?

"The team's biggest challenge this season was consistency. Especially in the aspects of energy [and] mental toughness, we might start off a game strong and gain a lead, but there were multiple games where we ended up losing [the] lead when the opposing team went on a run of points. This [was] a problem we talked about a lot as a team, but never fully overcame. Some points which solved this problem were keeping each other accountable and mixing up our offense so that the other team can't just adjust to what we did [previously]."

SYDNEY SU (12)



[A] DIG IT Junior Evelyn Xie executes a dig, where a defensive player successfully passes a ball that has been attacked by the opponent. She anticipated a spike and prepared to quickly dive in the direction of a ball to prevent the ball from hitting the ground. Photo by Vidya Bharadwaj



[B] SPIKE ON After approaching the ball, senior Sydney Su spikes the ball down past the block into the opposing court in an effort to score a point. Although spiking is the most frequent form of attack, there are others, such as tips, an light push used to confuse the other team. Photo by Krish Dev

READY, SET, JUMP

Varsity volleyball player Krupa Shanware (12) explains how to execute a jump serve



"A jump serve is very different from a standing serve where the order of the steps becomes completely different. The first thing is [the] approach for when you go to hit; you do two steps as if you were almost gonna go up and hit and then you have to do your toss, and then two more steps, jump and swing. A big part about the jump serve is that a lot of people use it to do a float serve or spin serve: float, meaning that the ball won't spin at all and spin, meaning it'll just spin forward and it's a lot harder to get. So just depending on that there's little adjustments but overall, those are like the main steps."

KRUPA SHANWARE (12)

DOWN THE MIDDLE Senior Miranda Shakouri takes the ball from the middle of the court and begins to follow through her arm in order to smash the ball. Previously playing the role of an outside hitter, Shakouri, this season, has switched to the role of a middle blocker: the first line of defense against the opposing team's hits. Photo by Vincent Zhao

FINAL GOODBYES

Senior night is a day of lasts filled with memories, speeches, roses, and more

[C] ONE LAST HUG Sophomore Samantha Tong hugs senior Sydney Su, her mentor through her time on the team, after giving her a senior speech. "We often spend a lot of time together because we work on our connection on the court," Tong said. "This time spent together is really what brought us closer. It was really emotional for me to realize this would be one of our last times playing on the same court together with her, and that this could be on of the last times she'd be my setter." Photo by Eric Zhou

[D] ONLY OURS Junior Mithila Chaudhari and senior Krupa Shanware perform their handshake during their senior night. Doing the handshake for fun over the year, it became a tradition they did together. They also began matching socks and other attire on gamedays. "We did it a ton throughout the season when we were feeling really happy and in tune with each other." Shanware said. "So we also did it senior night as a 'last time ever.'" Photo by Darpan Singh



A NEW POSITION

When senior Miranda Shakouri first started playing volleyball, she remembered feeling intimidated by the other players because of their skill and experience, which she felt she lacked comparatively. However, throughout her volleyball career, Shakouri has continued to combat challenges that she attributes to her growth as a player.

"I [used to be] an outside hitter, [but] now I'm middle and [it was a struggle] getting used to [playing a] position I don't normally play," Shakouri said. "It's [a position] where the taller players usually are and, since I'm kind of short, it's difficult."

Shakouri attributes her team's collaborative, optimistic mindset as a major reason for her growth not only as a volleyball player and captain but also as a person.

"I enjoy the team's [uplifting] atmosphere [the most] because it helps with my mental state whenever I play," Shakouri said. "Being part of this team and

[especially] since I'm a captain, I've learned a lot more about leadership. This experience was really new to me and so I was able to like work through it and learn a lot more about it."

Even though Shakouri initially doubted her abilities when she joined the team, she was able to lead MVHS to the Central Coast Section (CCS) and NorCals as well as being nominated for Athlete of the Week by the Mercury News. However, she has also seen growth in other ways.

"[Volleyball] has taught me a lot about how confidence is really important in order to stay level, stay calm and just play well [in general,]" Shakouri said. "I focused on what I needed to work on and not doubting myself. I knew I could do it so I worked hard to be able to do it."

our WINS mvhs vs. opp.	homestead jv: 2-1 v: 3-0	notre dame jv: 2-0 v: 3-0	cupertino jv: 0-2 v: 3-2	los altos jv: 0-2 v: 2-3	mountain view jv: 0-2 v: 2-3	gunn jv: 0-2 v: 3-2	palo alto jv: 2-1 v: 3-0	cupertino jv: 1-2 v: 3-1	los altos jv: 2-1 v: 1-3	los gatos jv: 1-2 v: 2-3	gunn jv: 1-2 v: 3-0	mountain view jv: 2-1 v: 2-3	los gatos jv: 2-1 v: 3-0	palo alto jv: 0-2 v: 2-3	westmont jv: n/a v: 3-0
----------------------------------	---------------------------------------	--	---------------------------------------	---------------------------------------	---	----------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	----------------------------------	---	---------------------------------------	---------------------------------------	--------------------------------------