



LINCOLN HIGH SCHOOL GIRLS VOLLEYBALL NEWSLETTER

September 18, 2024

THE CARDINAL SEASON BEGINS!

Get excited
Get engaged

Get yourself to great games by all three teams!

Check out the following pages for team updates.

Coach Shailah Rickets,
Coach Kim Worsham
Coach Rainey Shriver
Coach Teresa Hammond
Coach Angie Chen

THIS THURSDAY @ WELLS: THE BATTLE OF THE BIRDS!

HELP NEEDED!

Please read on about ways to help support the program through volunteering and read more about the booster program here: www.lhsgvb.org

Don't forget to invite your friends and family to games and tournaments!

[Link to OSAA Schedule](#)



Home game announcer needed!

COMMUNICATIONS COMMITTEE

Help get the word out before, during and after the season using newsletters, community outreach, annual schedule, social media, website, and gameday programs. Need 2-3 people!

CONTINUING LEADERSHIP

The most important aspect to booster club success is consistent professional stewardship from season to season. We need parents to help with events, fundraising and even livestreaming of games. Reach out today please!

CONTACT THE [BOOSTER BOARD](#)

COMMUNITY EVENTS

9/27 SNAP! RAISE CAMPAIGN

Last day to get donations in at LHSGVB. Help the program excel with expanded trainings, up-to-date uniforms and equipment and more!

10/1 YOUTH NIGHT

6th, 7th, & 8th grade volleyball athletes come cheer on the Cardinals vs. Ida B. Wells at Lincoln!

10/9 PARENT PRACTICE

Parents & players hit the court for a fulfilled practice and friendly competition! Sign-up today!
ADVANCE SIGN-UP REQUIRED!

10/22 SENIOR NIGHT

A heartfelt and engaging salute to the year's seniors happens before the last home varsity game!

TBD SEASON CELEBRATION

Planning for the end of season celebration are happening now! The event date will be announced very soon and then the location and menu. Do you have an idea for a location?



PARENT HELP NEEDED!
TOURNAMENT DOOR AND CONCESSION FUNDRAISING
9/28 - VARSITY 10/5 - YOUTH 10/12 - JV2 10/19 - YOUTH

COME SUPPORT YOUR LADY CARDS!

Week of September 16-22

Games

September 17, 2024

Varsity : Lincoln vs. Cleveland at Cleveland, 6:00 PM

JV : Lincoln vs. Cleveland at Cleveland, 4:30 PM

JV2 : Lincoln vs. Cleveland at Cleveland, 4:30 PM

September 19, 2024

Varsity : Lincoln vs. Ida B Wells at Ida B Wells, 6:00 PM

JV : Lincoln vs. Ida B Wells at Ida B Wells, 4:30 PM

JV2 : Lincoln vs. Ida B Wells at Ida B Wells, 4:30 PM

Tournaments

Saturday, September 21, 2024

Oregon City **Varsity** Tournament at Oregon City High School

Silverton **JV** Tournament at Silverton High School

Week of September 23-29

Games

September 24 2024

Varsity : Lincoln vs. Grant at Lincoln , 6:00 PM

JV : Lincoln vs. Grant at Lincoln , 4:30 PM

JV2 : Lincoln vs. Grant at Grant, 4:30 PM

September 26, 2024

Varsity : Lincoln vs. Franklin at Franklin, 6:00 PM

JV : Lincoln vs. Franklin at Franklin, 4:30 PM

JV2 : Lincoln vs. Franklin at Franklin, 4:30 PM

Tournaments

Saturday, September 28, 2024***

Lincoln **varsity** tournament at Lincoln High School!

*****Attention JV and JV2 parents:**

We need volunteers to assist with collecting the door entry fee and run concessions.

Please refer to the signup sheet below. Thank you!

9/28 - TOURNAMENT DOOR AND CONCESSION SIGNUP HERE!

CONTACT & MORE INFO



COACHING STAFF:

Ihscardinalvb@gmail.com



BOOSTERS:

info@lhsgvb.org



High School Band App



PARENT HELP NEEDED!

TOURNAMENT DOOR AND CONCESSION FUNDRAISING

9/28 - VARSITY

10/5 - YOUTH

10/12 - JV2

10/19 - YOUTH

PROGRAM UPDATES

MENTAL PERFORMANCE WORKSHOP

On Thursday 9/12, we were lucky enough to have Anna Hennings come and do a mental performance workshop where the athletes got to work on their methods for "playing with their head on". Mental toughness is such a huge part of the game of volleyball and we are so thankful that Anna gave us the opportunity to grow even more in that department this week. All teams had valuable conversations with each other and learned some tools for enhancing their mental performance during high pressure moments. Friday as a program, we had a one hour session for positional training in which we split all 3 teams into focused practices for defense, setters, and hitters. We are hoping to do this some more this season (like this Friday 9/20) as athletes enjoyed it, and it was a great opportunity for coaches to work with other athletes in the program as well!

2024 FUNDRAISING UPDATE

Our **Snap!Raise** campaign is off to an excellent start with over 200 donations received and will be live until September 27th. There is still time for your player to reach the goal of 20 emails.

2024 LHS GIRLS VOLLEYBALL CAMPAIGN

After anyone makes a donation, they immediately receive a receipt with our organization's name and Tax ID number. If a company or organization wishes to match donations made through our platform, they can use this link above and are given the option to select a player's name. Your support is appreciated! Questions: nicolelongaker@mac.com

The other vital fundraising continues at every tournament hosted at Lincoln. The program gets 100% of proceeds from door fees and concession sales but needs parent help to run. Please sign up for a shift today!

**THANK
YOU!**

**Thanks for your donations of time and resources
to help the LHS Girls Volleyball program.
An exciting update about what this support is
able to provide for the girls is coming soon!**

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TOURNAMENT DOOR AND CONCESSION FUNDRAISING
9/28 - VARSITY 10/5 - YOUTH 10/12 - JV2 10/19 - YOUTH

TEAM HIGHLIGHTS | VARSITY

Week 1 & 2

Varsity started off with some tough competition during the Jamboree on Thursday, 8/29 to kick off the season at Lincoln High School. The Cardinals hosted Nelson (ranked #3) and Sandy, along with our PIL rivalry Grant High School (2023 PIL Champs). The Lady Cardinals competed hard and it was a sneak preview of our competition for 2024.

September 3 - While the Lady Cardinals started out a bit sluggish, they rallied to beat North Salem 3-1.

Sep 5 - Lady Cardinals visited the Lake Oswego Lakers and fought until the end but lost 0-3. We all identified areas we can improve and that is what pre-season, non-league games are all about!

Sept 7 - Tigard Tournament Results - Our first tournament of the season. Varsity went 2-2 for the day with Zoe Lazzara leading the Cards in Serve Efficiency and in Hitting Efficiency, followed by Sloane Holstrom and Katharina Dvortcsak. Kathryn Urquhart and Koko Zemsky led the team in blocks with total of 3 each. Anna Jendsen and Francesca Crepeaux led the team in defensive digs for the day. A big thank you to the families who supplied the food and drinks for the players and coaches. Way to work Cards!

September 9 - The Lady Cardinals took on the Titans for the last preseason match. They had some amazing rallies, but ultimately feel short losing 0-3.



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TEAM HIGHLIGHTS | JUNIOR VARSITY, PAGE 1

Week 1: Home Jamboree, 9/3 vs North Salem, 9/5 @ Lake Oswego

JV is off to a fantastic start this season, and have already made some amazing improvements in such a short time. To start the year we hosted a Varsity and JV jamboree at Lincoln, which was a huge success and a great way to shake off the cobwebs of a summer off! In the jamboree, all players made an impact on the court and we were able to play some amazing volleyball against Sandy, Nelson, and Grant. We learned how we'd battle in close games and all walked away feeling confident about the season and what it will bring.

On Tuesday, 9/3 we took on North Salem in our very first home match and our JV Cards absolutely dominated, winning the first set 25-10 and following it with great performances in sets 2 and 3 to put an exclamation point on the night. We served 87.3% in the match, with 35% aces to bolster an impressive offense led by Junior hitter Melia Nyhus, who couldn't be stopped! She had dominant swings down the line, and used her entire hitting toolbox to tally up lots of points for the Cardinals. Our back line was also fantastic, averaging around a 2.2 passing rating on serve receive and playing relentless defense.

Thursday, 9/5, we attended our first away game at Lake Oswego High School. After a bit of a rough start in the first set, the team found their stride and fought for a well-earned 2nd set win to force a third to decide the match. It was a well fought game against a tall and scrappy Lake Oswego team, but ultimately the Cards fell short. Friday's practice was a great opportunity to refocus and hone in on some of the skills we were lacking on Thursday.

Sophomore setter Nora Pitman led all servers in week 1 with 100% completion at the back line! She also raked in a handful of aces, and 13 serves in a row in our Sandy match at the jamboree to help the team secure the win!



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TEAM HIGHLIGHTS | JUNIOR VARSITY, PAGE TWO

Week 2: 9/9 vs West Salem and Wilsonville Tournament

The Cards started this week with a Monday home game against a tough West Salem Titans team. West Salem had threats defensively and offensively and were one of the best teams we've played all season! Regardless of the scoreboard not going our way, the team played outstanding volleyball, getting great block touches, serve receive passing, cover plays, crazy saves, and smart and powerful swings. We were in tight contention with the Titans all night and definitely did not make it easy on them.

Saturday, the Cards traveled to the Wilsonville JV Tournament where we played Barlow, Central, and Lakeridge to start the day. Winning all but one set, we placed #1 in our pool and earned a spot in the Gold bracket! We played Wilsonville in the semifinal, and even with a home team advantage the Cardinals were able to take the match 2 sets to 1! It was a hard fought, long game with intense rallies that tested our mental toughness. (Anna's workshop couldn't have come at a more perfect time for us!). With the win, the team secured themselves a spot in the Championship match against Sandy, a familiar opponent from the jamboree. This would be our 5th match of the day, right off the back of a 3 set thriller in the semis. The kids were tired, the gym was hot, and it was almost 6pm by the time we started... **The team rallied for a decisive first set win, and then a point for point battle in the second. We finished that match 27-26 (27 point cap) to WIN the day and the tournament overall!! Gold bracket champions!**

It feels wrong to choose just 1-2 athletes of the week this week since Saturday truly couldn't have been so successful without everyone. Even when not actively on the court, teammates were coming up with new cheers, lifting each other up, and bringing so much energy and talk we needed to be successful. On the court, many played new-to-them positions and excelled at it, others brought stability and consistency to positions they have played previously as well. There were pancakes, diving saves, aggressive net plays and blocks, aces-galore, and our passing was stellar. Each person had so many moments of greatness and the day ending in a 2 set sweep for the championship is the perfect way to sum it up. I have never been prouder to be their coach than I was on Saturday - it was truly a TEAM centered day and the championship win is a cherry on top! The sky is the limit with this group and I am so excited to see what they accomplish this week.

Next week, the Cards look to take on the Cleveland Warriors and the Ida B. Wells Guardians in a double away game week at 4:30pm on 9/17 and 9/19. We will also attend another tournament on 9/21 in Silverton where we'll take on Barlow, Roseburg, and Tigard in pool play before an afternoon bracket where we hope to have another day full of great teamwork, dedication, and great volleyball (and a Lincoln Homecoming Dance in the evening to top it all off!)

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TEAM HIGHLIGHTS | JUNIOR VARSITY TWO

In the first official match of the season, Lincoln HS JV2 emerged victorious against North Salem, winning both sets with scores of 19-25. The game showcased the exceptional skills of Lincoln players, particularly Leona who delivered an impressive performance with 10 aces, and 2 kills.

Set one started off evenly matched as both teams exchanged points. However, Lincoln quickly gained momentum thanks to Leona's powerful serves that resulted in multiple aces. Despite North Salem's efforts to close the gap, Lincoln maintained their lead and secured the set win at 19-25.

In set two, North Salem took an early lead but couldn't hold onto it as Lincoln's team turned up the heat, showing off exceptional serving skills and an increasing number of kills. With strong contributions from Azure and Laura, Lincoln dominated the second set and sealed their victory at 19-25. Overall, it was an outstanding performance by Lincoln, who showcased their talent and teamwork throughout the game. With players like Leona leading the charge from behind the service line and hitters making crucial plays at key moments, this team is certainly one to watch out for in future matches.

The next week, Lincoln HS JV2 dominated the first set with a score of 25-16, showcasing their skills with powerful serves from Leona and Alice's impressive aces. However, Lake Oswego JV2 came back strong in the second set, winning 25-19. Despite Lincoln HS JV2's efforts led by Azure's exceptional blocks and kills, they couldn't secure the victory. Determined to bounce back, Lincoln HS JV2 dominated the third set with a resounding 15-6 win. Overall, it was an intense battle between these two teams as they showcased their talent on the court. Both teams displayed great sportsmanship and skill throughout the match, leaving spectators on edge until the very end.

Lincoln also prevailed against West Salem, their strongest competitor to date, with a two point win on both sets.

And on Saturday, this team played extremely well in their first (non-league) tournament, handily winning against Hillsboro, and Forest Grove, tying with Clackamas and earning a spot in the Gold Bracket. Though they couldn't beat Hood River, JV2 gave it their all, and forced their opponent to work for every point.



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