



LINCOLN HIGH SCHOOL GIRLS VOLLEYBALL NEWSLETTER

September 30, 2024

WEEK FOUR

*The Battle of the Birds Part Two
and Youth Night this Tuesday!*

TUESDAY THE CARDS #29 TAKE ON WELLS #36

THURSDAY THE CARDS TAKE ON BENSON #50

FIND THE COMPLETE SCHEDULE ON PAGE 2!

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

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 fun filled 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?

COME SUPPORT YOUR LADY CARDS!

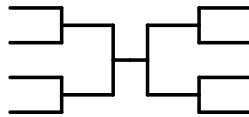
This Week

Games

October 1, 2024
@ Lincoln
v. Ida B. Wells
VARSITY - 6pm
JV - 4:30pm
JV2 - 4:30

October 3, 2024
@ Benson
v. Benson
VARSITY - 6pm
JV - 4:30pm

Tournaments



October 5, 2024
JV @ Oregon City High School



Hosted Tournament @ Lincoln:

October 5, 2024 - 7th Grade Youth

Varsity and JV2 athletes work concessions and door with parent volunteers for set-up, supervision and breakdown.

Please use the link below to sign up. Thank you!



DOOR AND CONCESSION SIGN UPS

[10/5 - VARSITY & JV2 PARENTS](#)

[10/12 - VARSITY & JV PARENTS](#)

[10/19 - JV & JV2 PARENTS](#)

CONTACT & MORE INFO



COACHING STAFF:
Ihscardinalvb@gmail.com



BOOSTERS:
info@lhsgvb.org



High School Band App

THE LHSGVB CAMPAIGN COMES TO A CLOSE AFTER RAISING



\$18,321



On behalf of the players, coaches, and booster leadership
THANK YOU!

Watch for updates coming soon with the exciting news about how your generosity will benefit the Lincoln High School Girls Volleyball program!



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TEAM HIGHLIGHTS | VARSITY

WEEK 4

The Cards kicked off the week with a tough match against the #12 ranked Grant Generals. The first set was a battle back and forth between the Generals and Cardinals, with the Generals taking the first set 23-25. Varsity was unable to gain back the momentum the rest of the match, ending the next two sets 14-25, & 19-25. We look forward to a rematch against Grant!

On Thursday the Cards took on Franklin, taking home the match 3-1. Varsity was able to mix up the lineup and try some players in new positions. Anna Jendsen did a great job running a 6-2 setting with Nikki Nassib. Some key hitters in this match were Katharina, Koko, Lily, & Kathryn.

Saturday the Cards hosted our first Varsity Tournament. Playing great in the morning against Woodburn, Reynolds, & McMinnville got them into the gold bracket for the afternoon. In a rematch semi-finals re-match against Tigard Varsity was unable to close out the match, losing to the Tigers 1-2.

This week we have another battle of the birds match against Wells on Tuesday, followed by our first match of the season against Benson at the newly remodeled school.



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TEAM HIGHLIGHTS | JUNIOR VARSITY

WEEK 4

We had an all-out battle on Tuesday at home vs. Grant (23-25, 24-26, 15-13). The team has been looking forward to this game all season, and even with leads in both of the first two sets, the Cards weren't able to seal the deal. We did, however, rally for the third set win to end on a high note! Ultimately, both teams were evenly matched and it was a great back and forth game with lots of great rallies. At practice on Wednesday, we talked about pressure and what that looks and feels like for each player and our team, and we feel confident that next time we take on Grant we'll be able to channel that energy into our best volleyball!

Then on Thursday, the Cards took on Franklin, dominating the match with an all-new lineup (25-13, 25-17, 15-4). Freshman Ellie Drake stepped up into the libero position (and as an outside hitter) and excelled at it. She stayed gritty in the back row on defense, and helped lead the back row when we started lowering our volume. Junior Eliza McCurdy also had a fantastic day, playing all the way around on the outside. She was hitting aggressively, serving with intensity, and was a rock in the back row for our team.

Overall this week, the cards served 92% (passing our team goal of 90%!) and almost a 20% ace rate. Very impressive!



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TEAM HIGHLIGHTS | JUNIOR VARSITY TWO

WEEK 4

JV2 faced challenges this week with multiple athletes sidelined by illness, resulting in unfamiliar lineups. Despite this, they continued their winning streak, securing a victory against Grant on Tuesday and easily defeating Franklin on Thursday. Hazel led the team with an impressive 14 aces out of 34 serves, while Azure contributed a third of the team's 30 kills. At the Sherwood Tournament, the Cards persevered, advancing to the semifinals of the Gold Bracket before ultimately falling to Silverton after a long day of competition.



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