

Lady Dragons gear up for 2010 volleyball season

Written by Holyoke Enterprise



Returning letterwinners to the 2010 Lady Dragon volleyball team are KrisAnna Ham, Mallory Bennett and Erin Lebsack. —Enterprise photo

After the last few weeks of conditioning and training, there's no doubt the HHS Lady Dragon volleyball team is back and ready for a challenge.

Even though seven seniors graduated last year, seven more seniors are stepping up for the 2010 season. And with six players at 5 feet, 10 inches or taller, the Lady Dragons will certainly have the upper hand, making them especially strong in hitting and blocking.

Coach Sandra Rahe said the athletes will be focusing on defense, serve receive and passing. In the weeks leading up to their first game they have been working on getting back in shape with conditioning and hitting the weight room. On the court, the focus has been passing and footwork.

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Joining Rahe on the coaching staff once again is Tammie Timm. Rachel Schneider serves as student manager.

Rahe pointed out Holyoke's league has changed a little since last year. Yuma and Burlington joined while Merino dropped out of the district. "Our tough competition will be Akron and Burlington; we will have to fight them for post season play," said Rahe. "I am positive we will have a great year though!"

The Lady Dragons kick off the season Thursday, Sept. 2 at Wray at 4 p.m.