

Duvall takes over Lady Eagle team ready to return to winning ways

By MIKE COURSON
Coming off unprec-
edented success in 2014,
the 2015 Lady Eagle
squad faltered to a me-
ger 12-24 record. With
six returning starters
from a year ago, former
assistant coach Shelly
Duvall makes her return
to the squad, this time
as the head coach.
Senior Allison Pan-
ning has been a main-
stay on the squad as
a hitter. Last year she
earned All-CPL honors
in a loaded league that
included powerhouses
from Central Plains and

LaCrosse. This fall,
Panning will be one
of five seniors on the
squad.
“I’m looking for-
ward to watching my
five seniors become
leaders and take con-
trol,” Duvall said.
“They all love the sport
and you can definitely
tell by how they play.
At the same time, I
have a very strong crew
coming up with my
younger girls. Ellin-
wood volleyball has
had a strong past with
previous coaches and I
want to make sure we

keep that alive.”
Senior Liz Standlee
and sophomore Jenna
Caspers will be divid-
ing up the passing.
“They are learning each
and every one of their
hitters and where the
sets need to be in all
situations,” said Duvall.
“As any coach would
know, this is very
beneficial to your team
when you know the
control of the ball is in
good hands.”
The road to a win-
ning record will not be
easy as the Ellinwood
schedule is filled with



2016 Ellinwood Lady Eagle volleyball team

bigger schools like
Sterling, Larned, and
Hoisington. This year
the Lady Eagles will
play up even further
against Great Bend and

Smoky Valley at home
on Sept. 12.
“I love a challenge,
so seeing that we have
5A Great Bend and 4A
Smoky Valley on our

schedule is awesome,”
Duvall said. “I believe
that playing strong
competitors only makes
you a stronger team.
So that should be a fun
night for our first home
game.”
Lady Eagle athletes
have had a lot of suc-
cess in recent seasons.
Last year, the cross
country team won a
state title, and many
of Duvall’s volleyball
players played for a
state softball title just a
few months ago. She’s
hoping to carry on that
tradition of winning.
“My expectations
this year are for the
girls to play with confi-
dence and be the stron-
ger team until the end,”
she said. “They have
put a lot of time in the
weight room and spent
hours at open gyms this
summer, which will pay
off during the season.
Seven of my athletes
are coming off of a
state finish in softball,
so their desire to win
is already high. They
know what it feels like
to have success and
want more of it. Volley-
ball is a mental game,
and right now, we look
very strong in that area.
Mental toughness is
key to our success this
season.”

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