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

By MIKE COURSON Coming off unprecedented success in 2014, the 2015 Lady Eagle squad faltered to a meager 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 Panning has been a mainstay 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 forward to watching my five seniors become leaders and take control," 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. Ellinwood 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 dividing 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 winning 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

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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 success in recent seasons. Last year, the cross country team won a state title, and many of Duvall's volleyball players played for a few months ago. She's hoping to carry on that

state softball title just a tradition of winning. "My expectations this year are for the dence and be the stronger team until the end," she said. "They have put a lot of time in the weight room and spent off during the season. Seven of my athletes

girls to play with confihours at open gyms this summer, which will pay 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. Volleyball 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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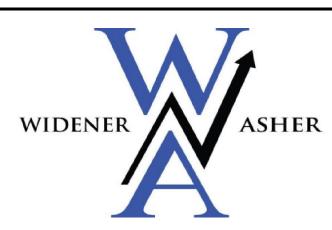
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