

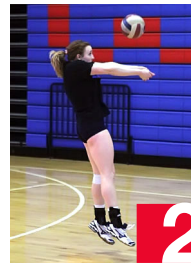
# extra WORK

"I'm in track at school, and I'm playing club, which is going to help me to get a lot better for next year."



mckenzie  
fell, 11

"I try my hardest in offseason and in club and apply what I learn to school volleyball."



amelia  
mouw, 11

"I play club volleyball from November to July. During the summer, I train with my sister at my uncle's gym in Georgia."



jessica  
turner, 10

"I work out by running trails in my neighborhood and doing speed drills."



grace  
weghorst, 12

"Playing club and working hard in offseason is a way to improve for the next season."



elizabeth  
dewey, 11

"A lot of my training is in club. It helps me tone and advance my skills for the new season."



corinne  
grandcolas, 11

## BENCHED

Injury puts senior varsity captain out for the season by Lexie Perez

Left. Right. Left. Swing your arms back, bend down, jump up and hit the ball. Simple steps to spike the ball down on the opposing team. Pain shouldn't have been one of those steps. But for senior varsity captain Michelle Schuler, it became her routine.

"I originally hurt my shoulder in seventh grade when I separated my growth plates in my right shoulder," Shuler said. "Ever since then, I have always had pain in my shoulder."



sarah guthrie

It wasn't easy to play through the pain, but Schuler didn't want to do anything else.

"As I continued my volleyball career," Schuler said, "I developed multidirectional instability in my shoulder due to overuse, slowly causing my labrum to tear."

Schuler did not know what to expect out of what would come of her high school career.

"Sitting out my year on varsity after going through shoulder surgery really did not impact me," Shuler said. "In the back of my mind, I always knew that I had my senior year to leave my mark on Westlake volleyball."

After her junior year season, Schuler was cleared to play around the winter holidays. She couldn't wait to start practicing in offseason and return her skills to what they used to be.

"I remember after the first ball I hit, I began to cry due to pain," Schuler said. "Ever since that moment, I knew something was wrong with my shoulder."

She didn't want to let the pain get the best of her and continued to push forward. Through all of this hard work, however, she discovered that she had re-torn her labrum and ripped out the work from her previous surgery and would need to have surgery again.

"It occurred to me that I would never play again and everything I had dreamed of was being taken away," Schuler said. "It was definitely really hard to accept, but I knew there was no other place that I would rather be my senior year than being a varsity captain."

Being named varsity captain over the summer was a huge deal, and Schuler didn't want to let the injury get in the way of what she had always dreamed of.

"Some days I feel more like a manager rather than captain, but I am always happy to do anything to make the team better," Schuler said. "The hardest part is knowing that I can only contribute to the team by words and not by actually playing."



1. sarah guthrie 2. casey simmons 3. sarah guthrie 4. emma holt 5. casey simmons

### celebration time

1 Celebrating after a win, sophomore Michelle Irvin and juniors Cece Burbach, Molly Smith and McKenzie Fell prep for the next game. Burbach, who was the JV team captain, kept stats for the varsity. 2 In a group hug, seniors Katie Daffer and Cristina Ingram and juniors Molly Smith, Kathryn Turman and Meagan Mellenbruch cheer after a point in the game against Lake Travis on Sept. 14. The Chaps played four out of five games and won the fourth with a score of 25-22. 3 During the game against San Antonio Reagan, senior libero Cristina Ingram prepares to pass the ball. "I loved playing libero for varsity," Ingram said. "It was stressful in tough games, but for the most part, it was really fun and exciting. I loved it."



1. sarah guthrie 2. sarah guthrie 3. laura gilligan



casey simmons



casey simmons

### hello and goodbye

At senior night, senior Kinsey Leavitt receives a hug from a teammate. "My last year was a year to remember," Leavitt said. "We made a lot of memories."

### set it up

Sophomore setter Madison Borowski sets up the play at the game against Akins High School on Sept. 11. The Chaps came out on top, winning the last game 25-11.

&  
some  
more



### Accepted

Going through recruitment to play on a college volleyball team was quite a process for senior Katie Daffer.

She called and emailed coaches from different schools inviting them to watch her play. If interested, she would go visit their campus.

"I had offers from other schools such as Lehigh University and Villanova University, but those were too far away," Daffer said.

She heard from Texas Tech when she was at a camp for recruitment, and they had a spot for her.

"After leaving the school, I knew it was the perfect fit for me," Daffer said, "and I was very happy they offered me a spot on the team."