

How do you get focused before a game?



Grace Wilkins- 10th

"I listen to songs on my iPod that pump me up and get me ready to dominate."



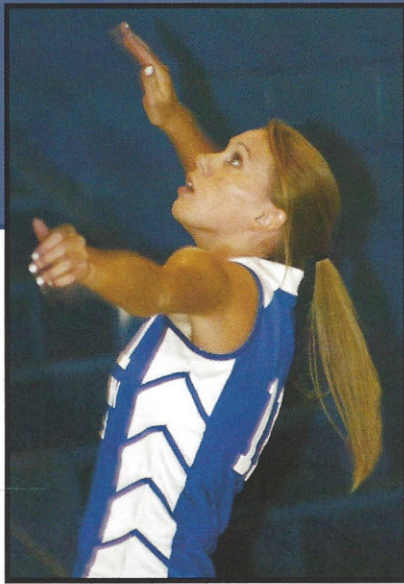
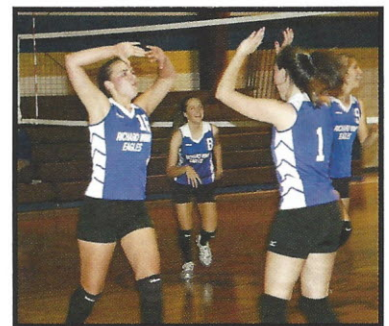
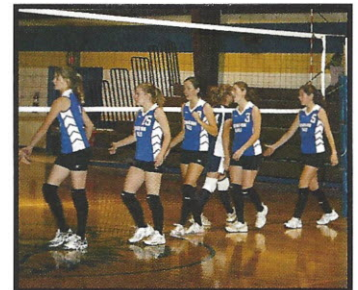
Julie Locklair- 11th

"I become focused by talking to my teammates, getting pumped, and praying."



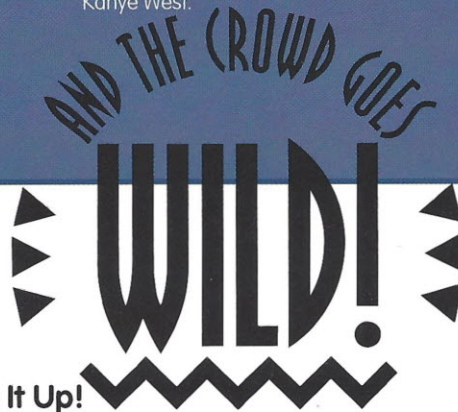
Lauren Pendergrass- 11th

"The night before the game I watch a college volleyball match on tv. On the day of the game I drink purple Gatorades and Mountain Dew's. Then as we are getting dressed, Kasey and I listen to "Halftime" by the Ying Yang Twins and "Stronger" by Kanye West."



Serve It Up!

Senior Kasey Parris serves the ball. Kasey's vertical leaping abilities made her an awesome threat at the net and helped the Lady Eagles score lots of points.



2007 RICHARD WINN VARSITY EAGLES

Varsity Volleyball Team

Front row (l-r): Kasey Parris, Caroline McMeekin, Alex Maass, Grace Wilkins, and Brittany Speagle. **Back row:** Lauren Pendergrass, Katherine Matthews, Rachel Matthews, and Julie Locklair.