

# We're No. 1



**EVERYONE WANTED IN** on the cheering after the Decatur Community High volleyball team won the Northwest Kansas League Tournament on Saturday in Atwood. The Oberlin girls are undefeated and will head for the substate tournament in Scott City this weekend.

## Volleyball team tops in Class 3A

**T**hey move and play with "one heart" and have done so since they had their first match-up in August against Hoxie and Grainfield.

The Lady Red Devils varsity volleyball team won that first game six weeks ago and they have been unbeatable since, with their record now standing at 28-0.

The girls won the league tournament in Atwood on Saturday and are on their way to Scott City for the substate tournament.

Last spring, said Coach Pat Dorshorst, the girls who were going to be seniors this year met to talk about the coming season. The seniors really decide the feel of the whole season, she said.

The girls were looking through magazines and found a theme for this year's team, "Our team plays with one heart."

"I really think they have done that this year," said Coach Dorshorst. "The girls have really succeeded at working as one unit and have achieved one goal. They have worked together as a team to achieve this."

The girls set high goals for this year, she said, and are pretty excited to achieve some of them so far.

She said in the 21 years she has been coaching at Decatur Community High, they have never had an undefeated team going

into substate. Coach Dorshorst said she has a total of 23 years coaching.

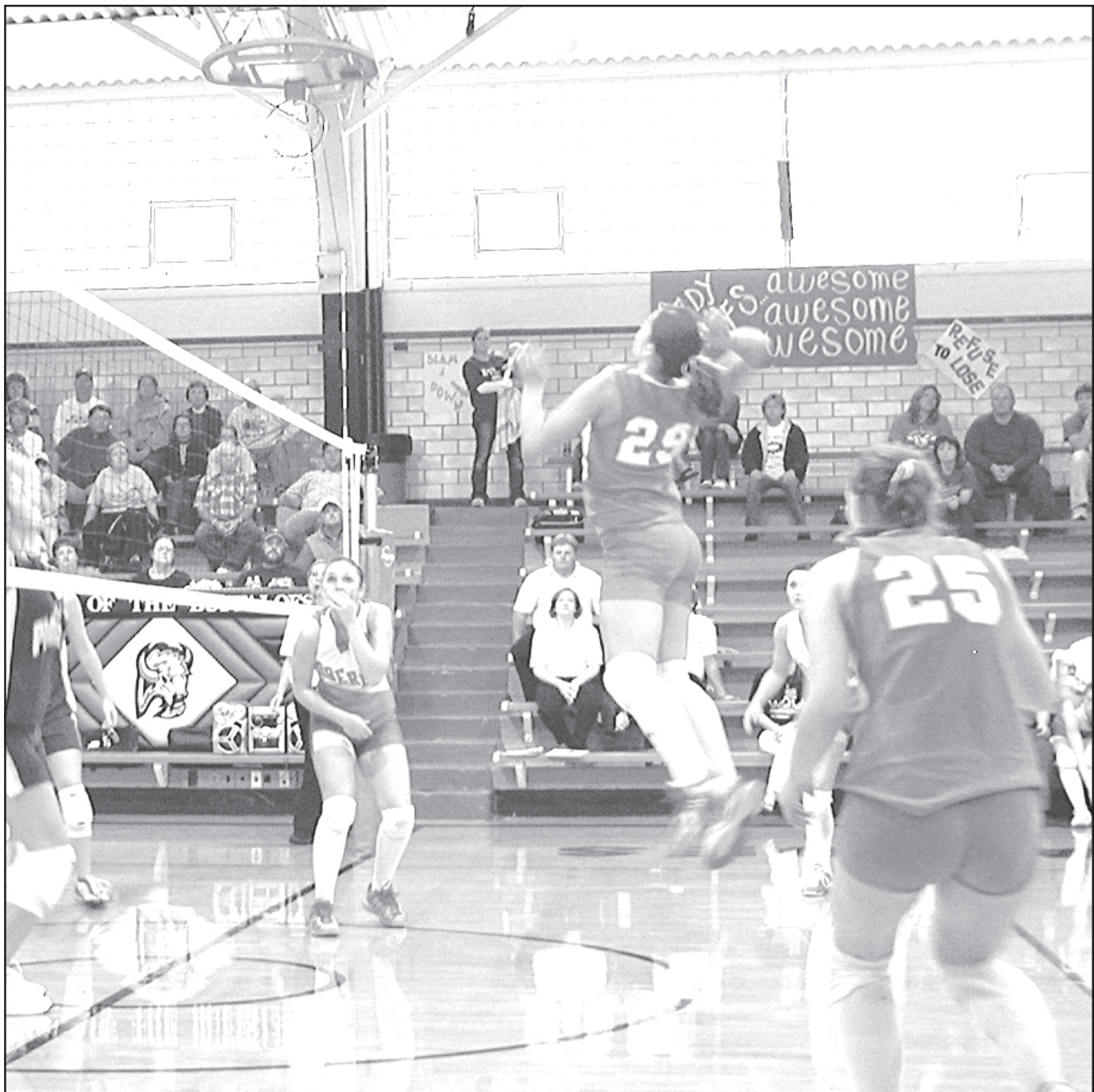
The girls practice every day after school, with warm-up starting at 3:45 p.m. and practice from 4 to 6 p.m. Normally, she said, the team plays on Tuesdays with two to three matches a night.

This week in practice, she said, the team, made up of 12 girls, three who just moved up from the junior varsity team, will work on blocking, staying at the net and serving and receiving.

Saturday, she said, the girls started something new, a dance before each of the matches. It helps them get their bodies moving and loosened up before going on the court, said Coach Dorshorst. Doing something physical before they start to play also helps them settle down so they aren't so tense before the match, she added.

This was the first week for the dance, she said; normally the girls jog or do a shuffle to get their feet moving. She said she didn't know if the girls would be doing the dance again next week or go back to the old way of getting warmed up.

Coach Dorshorst wasn't sure what song the girls danced to, but after the team won, both she and assistant Coach Sherri Ruf did the dance with the girls to celebrate.



**READY FOR THE BALL**, LeAnna Sheaffer (No. 29) was in the air (above) while Trisha Dorshorst (No. 25) and Heather Williams were ready to assist during the Oberlin victory over Oakley in the league finals on Saturday. Before the games (below), the girls danced during their warmup.



**WATCHING AND PRAYING**, Oberlin Coach Pat Dorshorst (left) and assistant Sherri Ruf monitored their girls' performance.



**Herald photos by Sarah Fredrickson**