



By Shari Friedel

Tribune Staff

The Lady Plainsmen ended the week on a high note with a victory over Holyoke Friday, Sept. 9.

The girls were able to pull off a win in three sets, 25-16, 25-16 and 25-20.

Also winning in three sets were the reserve and JV teams.

“The girls were much more consistent with passes and played much better defense,” remarked Coach Penny Hite.

“Michi Prante is really reading the court well,” said Hite. “She is definitely setting herself apart from other liberos with really good defense.” Hite said.

Also, “Tanya Metcalf and Tori Osler had worked hard this week on their net play. Both stepped up and blocked very well tonight.”

Metcalf is credited with nine blocks and five kills; Osler with seven blocks and six kills for the night.

Shania Metcalf contributed 13 kills for the Plainsmen as well as 10 blocks.

PC vs. Holyoke

Kills: S. Metcalf 13, T. Osler 6, T. Metcalf 5, G. Patrick 3, S. Pollard 3, K. Beck 1, M. Prante 1.

Blocks: S. Metcalf 10 (3 ace), T. Metcalf 9 (3 ace) T. Osler 7 (1 ace), S. Pollard 2, G. Patrick 1.

Set assists: K. Beck 22, S. Pollard 2, T. Metcalf, M. Prante, T. Osler, S. Metcalf, 1 each.

Ace serves: S. Metcalf 3, K. Beck, J. Woodmancy, T. Osler and S. Pollard, 1 each.

Wallace Triangular

The first competition after the long Labor Day weekend found the Lady Plainsmen a bit out of their groove as they participated in a triangular at Wallace against Wallace and Hitchcock County.

The girls finished in the middle, defeated by Hitchcock County in two sets 23-25, 22-25. They beat Wallace in three sets, 25-18, 23-25 and 27-25.

“Hitchcock County and Wallace came ready to play,” said Lady Plainsmen Head Coach Penny Hite.

The girls took on the winner of game one, Hitchcock County, who beat Wallace in two sets.

The girls were unable to focus against a good defensive and offensive team, said Hite. “We missed nine serves and couldn’t get into a rhythm offensively.”

Wallace proved to be a worthy opponent in the third match of the evening.

“Wallace gave us a run for our money,” said Hite. “They defended us very well.”

Serving improved this game, but as in the first game, took us out of rhythm, said Hite. "We need to get back to basic fundamentals."

Hite commended the back row play by Kim Cook and Michi Prante,

Next Action

The Lady Plainsmen will continue competition on the road with a triangular at Paxton against the Lady Tigers and Creek Valley Storm today (Thursday, Sept. 15) and the Bridgeport tournament on Saturday.

PC vs. Hitchcock County

Kills: S. Metcalf 10, T. Osler 5, T. Metcalf 3, G. Patrick 2, S. Pollard 2.

Blocks: S. Metcalf 5 (3 ace), S. Pollard 4, G. Patrick 2, T. Metcalf 2, T. Osler 1 (ace).

Set assists: K. Beck 19.

Ace serves: M. Prante 2, S. Metcalf, S. Pollard, K. Beck 1 each.

PC vs. Wallace

Kills: S. Metcalf 11, T. Metcalf 10, T. Osler 7, G. Patrick 7, S. Pollard 5.

Blocks: T. Metcalf 7 (1 ace), S. Metcalf 3 (3 ace), G. Patrick 2, K. Beck 1.

Set assists: K. Beck 36, M. Prante 1.

Ace serves: S. Metcalf, S. Pollard, M. Prante 2 each, T. Metcalf 1, K. Cook 1.