

## **Wet & Wild 12's, 13's, & 14's, 15's.**

The 121, 131, 141, 142, 152, 15-Black, 15-Red, & 15-White teams had the day off of volleyball to go have some fun at Wet & Wild.

Most of the teams arrived about 9:15am and promptly hit all the rides. Disco H2O, Black Hole, Brain Wash, Bomb Bay, and the Toilet Bowl.

Lunch was served at the water park and the girls quickly ate all the hamburgers, hot dogs, chicken and ice cream. Then it was back to the wave pool or the lazy river. Most of the teams headed back to the homes around 1:30pm where many of the girls took naps or relaxed in the air conditioning watching movies. Today's high was a cool 88. It was a little cool in the morning at the park, but quickly warmed up.

Dinner was a wide variety of things from Lasagna, to Spaggethti, to individual custom pizza, and taco salads.

Curt took the 152 team out for dinner for winning the AAU Super Regional.

All of the teams stayed home this evening except for the 15-Red team which went out exploring the Disney area.

Competition starts on Wednesday morning with 2 of the teams having 8/9am matches, the rest are in the afternoon.

Here is a summary of the 14-1's day written by Brittany McClean.

The day is starting with our wonderful chaps waking us up at 7:15 in the morning. We were not so excited about that. As each room slowly awoke the energy level rose very quickly. We each envisioned of what the waterpark would be like and which rides we would go on next. But we had to wait a little bit longer because it was breakfast time. We had delicious eggs, toast and yummy bacon. After we cleaned up it was finally time to leave.

On the car ride over to wet n' wild we jammed out to music and partied in the car. Even though we got lost we still made it to the park with time to spare. When we entered the park everyone was so excited and anxious to jump in the water. But we had to take some pictures. Once that was over we sprinted to the main rides like Brain Wash and Disco H2O. In brain wash the dark tube and loud music really washed our brains out. And disco really felt like a disco.

With the all the fun we had time flew by. Before we knew it we had to go to lunch in the Pavillion. We ate delicious hot dogs and mac 'n' cheese that was simply amazing. after that we went on more exciting rides like The Blackhole and The Bubba Tub. Eventually the lines grew long so the rides took forever to get on. For the last 15 minutes we enjoyed ourselves in the wave pool. Then Kari told us to come in but before we left two of our teammates Sheridan and Dakotah joined the hola hoop contest. They didnt win but it was funny to see them try. At last our time at the park cam to a close and we had to leave but what we still have is our amazing memories that we all share.

### **2012 AAU Trip - Day 1 of Competition 15's, 14's, 13's, 12's**

Pictures taken this entire year are now posted on our new photo website by [CrossCourt Images](#)

Another AAU National tournament is off and running, and so am I. This year I'm having each team write a summary of their day. So here they are.

**12-1: By Curt because the 12's had to get to bed:** The 12-1's played at the Convention Center today. They started off by winning their first match of the day in two straight sets against a team from Puerto Rico. Their 2nd match of the day was also against a team from Puerto Rico and was the same club that had won the 12's last year. We lost the 2nd match in 3. They then played a crossover match against Pinnellas Heat from Florida, and won that in 2 straight sets.

After playing in the morning, they went back home and got ready for dinner with Curt. Curt took them out to dinner because they won the 12's cup & the Metro Area Championships and they had a good video. We went to Carrabbas Italian and they liked it. After dinner and some fun discussions at the table we went back to the house and Curt had his year end team meeting with them.

**13-1: By Olivia** We started the volleyball portion of our Florida trip today by waking up at 5:30 am. Luckily, Crystal had us go to bed at 8:30, so we weren't THAT tired! Our first match of our three team pool was against Absolute 13 Black from California (25-12, 25-18). After defeating WI Juniors from Wisconsin, (25-20, 25-22) we played the 1st place team from another 3-team pool, Gainsville Juniors from Gainsville, FL. This is the team we beat in the championship of the NL Qualifier. Being short a player, because Karly sprained her ankle in the first game of our first match, and not really playing our best, we lost (20-25, 23-25).

During our downtime, we invited our parents to our house for dinner. We made them bring the food though :) The rest of our evening was spent in preperation for the next

day. Although we went 2-1 today, we plan on dominating the next pool and making it to the gold!! :)

#### **14-1: By ??? not yet submitted**

**14-2: By Willa** Today the 14-2s woke up around 8:30. We had a breakfast of bacon, eggs, cereal, toast, and lemonade. This amazing breakfast was served to us by mama-c and k-dawg. After breakfast we went shopping. Two of the three gift shops we went to had sculptures surrounding the doorway. Most of the girls on the team got at least one souvenir at the gift shops. After the gift shops we came back to the house for a lunch consisting of past salad. This hearty meal made us play phenomenally and we won all three matches in two games each. After we played we voted on where we wanted to go next. We had the option of going shopping at down town Disney, or going back to the house and going swimming. We choose the latter and took underwater pictures while swimming in the pool at the house. We had tacos for dinner. Overall, today was an amazing day, and we all had lots of fun.

**15 - 2: By Kelly Law:** So for our first game yesterday we played Club Legacy and won the game in 2. We played kind of rusty and had some unforced errors. We weren't quite playing like a team yet, but eventually we figured it out and began to play together better.

For our second game of the day we played Club South. We came out for the first game with tons of energy and finished the game quickly with few to none unforced errors. However, for the second game we played down and didnt have very much energy so the game dragged on and wasn't as clean as usual. We still won the game in 2 though!

For our third game of the day we payed The Edge and this was by far our best game of the day. We played the whole game with energy and only had a few moments where we weren't playing with energy and focus.

**15 - Black: Audrey Erickson & Malissa LeClaire:** Today the first team we played was Green Bay Power, they won the first game and we won the last two. It wasn't our best match. The second team we played was Carolina Crush, we played better and won both games to 25. Our third game we played even better, but still wasn't our best match losing the third game 14-16 against the tough Alamo team with a really good middle. We are still going for the gold, and we are going to visualize success and tomorrow we will be to our best capability!

**15 - Red: By Brooke and Maddie** Today was a great day for the 15-red team! We woke up this morning and decided to dye our hair! Some girls took a strip of their hair and dyed it blue or purple! However Brooke and I did purple! Then we all got our stuff on and headed to ESPN Wild World of Sports! We had a very successful day!

We won all of our matches putting us in gold! We are ready to take it all and win the gold!

**15 - White: By staff:** We didn't play until afternoon shift so hung out at the house in the morning. Since we played at Josten's at the Wide World of Sports, we left a little early so we could take some pictures and take a quick, walking tour around the complex. We were ready and raring to go, but the a.m. Pools were running late so we started an hour late. Played pretty well over all and won our all our matches. Didn't get back to the house til almost 10, showered, ate a quick meal and off to bed.

### **2012 AAU Trip - Day 2 of Competition 15's, 14's, 13's, 12's**

Pictures taken this entire year are now posted on our new photo website by [CrossCourt Images](#)

**12-1: By ??? not submitted yet**

**13-1: By bre maloney, karly lewis, and payton nutter :** On Friday we had the afternoon session, so we got to sleep in until 9:00! We woke up, made breakfast, and hung out for a while. We quick made our pizza for lunch, then got set to play for the day. On the way to the convention center we played our pump up music to get us ready for the day. We first played a Puerto Rico team named Vaqueras. We came out strong the first game and won, then lost the next game and finally barley lost the third game. Knowing that we had to win our next 2 games of the day, we came into the game against the Milwaukee Sting with a new attitude. Going into 3 games yet again, we pulled it off this time. For the final game of the day we played A5 and beat them in two for a change. -by bre maloney, karly lewis, and payton nutter

**14-1: By Olivia:** The start of day 2 was a little early for all of us but we are starting to adjust. We woke up at 7:30 and had breakfast at 8:30. We had baked ham, cheese, and egg sandwiches. We did have the option of bacon as well. The entire team went through 2 gallons of tru- moo chocolate milk. And 1 gallon of sunny D. It was delicious. After cleaning the table Kerri came over for some team bonding.

She decided that it would be nice to make flower hair clips. What you do is that you make strips of cloths that you can cut from old practice t-shirts or just rags or whatever you can find. Then you fold the cloth in half and then half again. You start to roll the strip very tightly until its the width of your finger. Start to twist the fabric to make texture. Eventually you come to the end of the fabric strip and hot clue it to the bottom. Glue felt to the bottom and glue bobby-pins to the felt.

After the team activity was over we had lunch. Tacos was on the menu for today. We had a choice of soft shell or hard. We then piled on the meat, cheese, lettuce, and tomatoes. Every girl had at least 2 tacos. Kerri and Marlon came over and had lunch with us. All of us girls started to pack our lunch and get ready for day 2 of competition.

We all left with our shades and jackets all the way zipped up. We looked cool and we knew it. The entire team had a jam competition, on the way to the convention center. We were pumped. Once we got inside we headed to court 65. The team put everything on and started dynamic warm up.

Once we were warmed up we started to take a look at our competition. Our first competitors were Top Select. We lost the first game, but then came back and won the second one. We won the coin toss for the third game so we had serve. We had a good lead, so with teamwork, believing in ourselves, and trusting each other we won the match. It was pretty awesome. We rested after our win. Our team headed up stairs to eat and re-hydrate ourselves. We had to ref the next game on court 64. The next team we played was the AJVC team. We took them in two. We then had another rest session but we do a whole lot of resting. It was eat, bathroom and warm up. And I mean a whole dynamic for our next game. It was difficult after our game but we needed it because our next competitor was the Puerto Rican team. This is the game we were so excited to play. So like Kerri said we all need to put balls in and play our game.

We started out strong with a lead of 7-1. And with getting balls and playing our game we won the match. We were all so happy we fell to the floor. Then shook hands and had a team meeting. The coaches were very proud of us and we didn't make the mistakes we made them make their own. It was 9:00pm when we got inside the coaches car. We drove home jamming out to modern day artists and were ready for bed. But then it gave us a surprise when Kerri got a text saying that the coaches house got broken into. It all gave us a scare. So after eating chicken Alfredo, breadsticks, and salad we all headed to bed with a little boo-bi-trap for the burglar so watch out. Everyone is off to bed and I am stuck here writing this email at 10:57. Well that is how AAU's went for the 14-1's. It was a great day and the team made it great by believing and trusting in each other. Its time to turn in.

p.s LOCK YOUR DOORS!!!!

**14-2: By Emily Hoff** Today was an awesome day!! We woke up early had pancakes for breakfast and got to the playin'. All the games we played we went into 3 and we got 1st in our pool. The encouragement from everyone really kept us going. The

constant saying 'I love you' at the end was heart warming <3 high hopes for tomorrow :) And btw we went gift shopping ;)

### **15 - 2: By ??? not submitted yet**

**15 - Black: By Audrey Erickson** Playing against the Gators, we lost the first match today in 3 games, we started off strong and then it went down hill from there. The second match we played we won in 3 games, pulling through in the last game against the Lions. Our last match was from south bend. It was an easier match then the other two, winning in the first 2 games. We finished second in our pool today, and are ready to take first tomorrow.

**15 - Red: By Maddie Wheaton** Today was a tiring and fun day! All 3 matches were won by the 15-red team! We played protege first. Although they were a decent team we had no trouble beating them. Then we played Indy volleyball followed by union volleyball. Both were easy wins, although we struggled a little in the beginning of the second game against Indy volleyball.

After all three wins, we decided to head to the beach! We took a forty minute ride to cocoa beach. It was worth it! The water was very warm and we had lots of fun jumping the waves! Then we ate at A N.Y. Pizza! It was the biggest pizza we all had ever seen! Then we headed home where we had a wonderful talk with curt.

**15 - White: By staff** Today we had to be at the convention center to play at 8 and were in a 5 team pool. We won our first 3 matches but lost the last one, even though we played pretty well. After we finished, we quickly changed into our beach clothes and headed to Cocoa Beach. Weather was great. Several girls got to see and swim in the ocean for the first time. After about an hour at the beach (where many of our parents joined us), we spent some money at Ron Jon's, then headed to a restaurant on The Pier at Cocoa Beach and had a nice meal sitting on the pier. A couple of cute waiters just happened to be waiting on the girls' table, so they had an especially good time. Got back home, showered and off to bed to get a good night's sleep before an early 8 a.m. start again!

### **2012 AAU Trip - Day 3 of Competition 15's, 14's, 13's, 12's**

Pictures taken this entire year are now posted on our new photo website  
by [CrossCourt Images](#)

Another good day at the AAU National Tournament. Northern Lights has placed 3 of its 8 younger teams into the Gold Championship Brackets, and just missed putting two

more teams in the Gold by literally 2 points. Congratulations to the 15-2, 15-Red, and 13-1 teams which will all be competing for the Gold Championship titles on Saturday.

**12-1: By ??? not submitted yet**

**13-1: By bre maloney, karly lewis, and payton nutter :** On Friday we had the afternoon session, so we got to sleep in until 9:00! We woke up, made breakfast, and hung out for a while. We quick made our pizza for lunch, then got set to play for the day. On the way to the convention center we played our pump up music to get us ready for the day. We first played a Puerto Rico team named Vaqueras. We came out strong the first game and won, then lost the next game and finally barley lost the third game. Knowing that we had to win our next 2 games of the day, we came into the game against the Milwaukee Sting with a new attitude. Going into 3 games yet again, we pulled it off this time. For the final game of the day we played A5 and beat them in two for a change. -by bre maloney, karly lewis, and payton nutter

**14-1:** Today...was an...interesting day. we had great moments mixed with some disappointing moments. We lost our first match in two and won our second match easily in two. don't get me started on the third match. we played gva and beat them in three. we played really really really really really good. then wee had to play a challenge match against them. the score was 24 19, wee were up. then....BAM. we lost. now we are going to win silver

**14-2: By the team** Today was a very long day. The morning started out with 3 solid wins. We played really hard and strong. We had a loss at the end for our challenge match, and lost 17-15 in the 3rd game. We were so Close and wanted it so bad. After, we went to UNO's pizzeria and ate a HUGE meal. Xoxo MNL 14-2's :)

**15 - 2: By ??? not submitted yet**

**15 - Black: By ??? not submitted yet**

**15 - Red: By Maddie Wheaton** Today we had an early start. We all had to get up at 6:15 to leave at 6:40. We then went to the convention center and played the 15-white. Although we love them, we thankfully beat them! We played humacao next. They came all the way from Puerto Rico and we also beat them! Lastly, we played AVA. They were a very hard team. In the first game we were down by 9 at one point but we came back and won the game! The next game we beat them 25 to 15 winning us the match!

We all went home and showered. Our wonderful parents then came to our house and made us dinner! The hamburgers were delicious! However the moms made us clean

our rooms.. Which we did not like. We are all getting ready now to play tomorrow now. We are going for first and we are planning to get it!

### **15 - White: By ??? not submitted yet**

**Bonus Write up Hannah Tapp 17-1's.** Even though they weren't required to submit a writeup today, the 171 team did a great job with this summary of the trip down to Florida.

Our alarm clocks sounded at around 3:45 this morning. In most cases, this is not an ideal way to start ones morning, but knowing the final destination made it all worthwhile. We meet at group check-in at 5 a.m. and greeted each other with smiles and our inevitable drowsy eyes. After a short wait we got our tickets passed out and started through the mandatory security checkpoint. The security check went quickly and only Hannah's bag had to be scanned a second time-- because of her failure to follow the simple direction of dumping out all liquids in her water bottle. We then rode the train to our terminal and purchased snacks to tame our grumbling tummies. We boarded the plane and everyone had enough room to store their bags in the overhead bin; Samantha's beast of a bag even fit after a few group shoves. After take-off, we all went fell fast asleep. We landed safely and waited in the baggage claim for them to rent the vans. This was when a life changing event happened! We can all practically be called NBA player profile geniuses because we follow professional basketball so closely. And being the geniuses that we are, we can all identify an NBA basketball player when we see one. So to begin, it all started when a bystander passed us saying he just saw Carmelo Anthony. Being the NBA freaks we are, our eyes circled the room for Carmelo. Me, being a prior Anthony fan when he played for the nuggets, frantically looked for the famous basketball player. Sadly I didn't spot him, but thankfully Samantha did! She spotted a 6'7 tattooed man. And it sparked for her, it was Carmelo. He was wearing a Jordan T-shirt and a backwards Miami Heat hat. He was wearing a great disguise!! Only Samantha and her obsession with this famous athlete could have picked him out. His iconic cornrows were gone, his skin was much darker than his actual skin tone, he stood abnormally tall, and he was supporting the recent champions and competitors the Miami Heat. Totally unrecognizable to the average eye, but thank god Samantha doesn't have the "average" eye. Alyssa got photos from her iPad of him, as he waited in line to get a Budget rental car (which must have been another one of his tricks to blend in). The vans were finally ready, and everyone was excited to get to our house and settle in; if only it was that simple.

Our rooms weren't ready so we went to Orlando's Premium Outlet Mall. First, we went to eat at the food court. Storm clouds were building overhead and it looked like it was going to rain, but it held off until the end. After we finished our Subway/Taco Bell/A&W Adam told us that we had forty-five minutes to shop around. Sticking in

groups we wandered off to different shops. We enjoyed our time, escaping the humid heat by entering the frigid air-conditioned stores and listening to The Fudgery workers harmonize beautifully to common tunes; this reinforced the valuable lesson of not judging a book by its cover. As we meet back up when our time ran out, Adam gave us another half-hour to shop. After that half-hour was up, Adam gave us twenty more minutes to shop. Throughout our growing time at the outlet mall we learned that Tim Tebow himself was making an appearance there that day. Our hope for seeing the superstar was growing as Adam kept increasing and increasing our time at the mall, but our dreams were crushed during the next meeting because the coaches room was ready for move-in. :( As we gathered to go it started raining, so we all were ready to get out of there anyways, even if that meant never meeting our favorite celebrity crush. We piled in the vans, which graciously picked us up from our sheltered area out of the rain, and drove to a parking lot near our houses. Finally, we were going to unpack and relax at the houses.... Nope! Not Yet! So we picked up groceries and a few essentials at Target. In Target, we parted in different directions, some were admiring each other in different pairs of sunglasses, some compared nutrition labels in the food isles, and some colored. Finally we departed and this time we all hoped it was for the houses. But, no.. not yet. We found ourselves in the parking lot again, where we met Adam, Mer, Jen, and Curt. Then Barbara left our car to get something's straightened out. When she left, she took the keys with her. Without the car on, we all started heating up(FAST!) and Sarah almost couldn't handle the heat. But right before Mama-Mer went to go retrieved the keys-- she was back! We were finally off to our houses!!!

At the houses, we found our rooms and settled in. We ate delicious tacos with guacamole, chips, and salsa! We went for a swim and all found our photogenic sides with Alyssa and Jamie's underwater cameras. Who would have known someone could make such "beautiful" faces under water;)! We followed our swim with a wonderful team meeting and went to bed!

**2012 AAU Trip - Day 4 of Competition 15's, 14's, 13's, 12's, First day for 151 & 181. Water Park day all others**

Pictures taken this entire year are now posted on our new photo website by [CrossCourt Images](#)

**Mizuno Northern Lights 15-Red wins the AAU National Championships 15 Classic**

**Mizuno Northern Lights 15-2 place 5th at the AAU National Championships 15 Club**

## **Mizuno Northern Lights 13-1's place 5th at the AAU National Championships 13 Open**

**12-1: By ??? not submitted yet**

**13-1: By ??? not submitted yet**

**14-1: By ??? not submitted yet**

**14-2: By Hailey:** Hi! We started off our day by waking up by 6:30 ( let's just say we were really tired ) For breakfast we had the choice of bagels, cereal, pancakes, toast, breakfast burritos, or fruit. Then we drove to the Orange County Convention center where we played a match and we lost it so we were done. It was such a bummer to lose because we had done so good this week. We won all our pools for the first 3 days but we ended up losing our challenge match. After that we went home had some lunch and went swimming for about a hour and a half. Then we showered and went the the 15 red championship game. It was so cool!! All the lights people there made it just so intimidating, but it was a good thing:) After that game we watched the awards and that was cool to see. Then after awards we went to buffalo wild wings and met a famous YouTube guy ( we're not sure of his name though:) ) after that we went to the board walk and that was so much fun!! We pretended British people and we took pictures with everyone. We met a dance team and an actual British person it was a little awkward... When we got home we got a visit from Curt and we packed and all slept in the same room because it was out last night together:( I love my team!!

**15-2: By ??? not submitted yet**

**15-Black: By ??? not submitted yet**

**15-Red: By Maddie Wheaton** Today was the best day of the whole trip! We were able to wake up at 9! We all decided we would go to wide world of sports early so we could scout some teams! The first team we played was pursuit volleyball. They took us to three but we won!

The second team we played was M1 15-3. They also took us to three but we won again!

That win put us in to the championship match! Finally in the championship match we played the stingers from Texas. They were amazing. They beat us pretty good in the first game. But we pulled it together and in the second game, with all the lights teams cheering us on, we won! Then the third game surprised us all. The Stingers gave up a

little. We cheered our hearts out. The light's teams were going crazy. We beat the Stingers 15 to 8.

We are National Champions!

To celebrate the win Curt took us out to eat! We went to a pasta restaurant and it was delicious! We were stuffed! We then just came back to our house, packed, and hung out. Unfortunately one of our girls, Jesse Noltiemer broke her nose in the championship game. She also may have gotten a concussion. So she went to the hospital.

This was a great season for all of us. We would like to thank all of the lights teams and coaches for supporting us. And a special thanks to all of our parents. We couldn't have done it without you.

**15-White: By ??? not submitted yet**

**16-1: By ??? not submitted yet**

**16-2: By Mary Mullen** We are off to a GREAT start! The night before we left for Orlando, we had a team swimming bash/sleepover at Mary's house. So, we all arrived at the airport sleepy, but together. The flights were uneventful....who knew Ganser snored zzzzzzz?? We got the vans and went to Target to kill time before the house was ready. After we picked roommates and rooms, we settled in with a movie , Aquamarine, in the home theater. Believe it or not, for dinner we had Spaghetti with Italian sausage, salad, French bread and brownies for dessert. Swimming after dinner, with another movie and then off to bed. The only competition we saw today was with the HUGE spiders and bugs. However, Ganser was happy to see that we took them down 3-0! (With no help from Alyssa, Kelly and Sami who are afraid of spiders.)

This morning we woke up to fresh scones, scrambled eggs with cheese, bacon, strawberries and chocolate milk. We needed the energy for the Waterpark. Mr. Mullen and Ganser took us, and we had a blast. Our favorite stuff included the rapids, the racing slides and the wave pool....(English guys,too!)

We are constantly starving, so we had a snack of Mr. Mullen's granola and yogurt. Tonight we are eating Thai Chicken skewers with peanut cocoanut sauce, couscous and homemade chocolate chip cookies for dessert. Then it's a competitive game of Bingo. Hopefully we will be "game on", as tomorrow will start our competition.

**16-Black: By Maddie Johnston & Lauren Simonson** Today was an eventful day for 16 Black! We work up early to go to Aquatica, which most of us have never been to

before. The weather unfortunately was cloudy, but thankfully it didn't rain! We had a lot of fun with the slides, we made almost every single one a race (but Taylor cheats). Lunch was delicious, our team took full advantage of the all you can eat buffet. After lunch, we all laid out and tried to catch a tan through the clouds. We left the water park around 1, and went home, napped, and watched movies. For dinner we had kabobs, and we got to construct ourselves. After dinner, we went to watch the 15-Red's extremely exciting championship match! It was very inspiring and motivating, we are ready to kick some butt tomorrow! Congrats 15-Red! :) We are now going to watch a movie and wind down before bed, we've got to get our rest before our big day tomorrow! We are going to go ham! ;) Goodnight!

**16-Red: By Team** Our day started off with a huge cockroach in a bathroom. It was disgusting and freaked us out. Next we went to the waterpark, Aquatica. Although the weather was a little cloudy, it was still hot & didn't rain so it was fun anyways. We saw dolphins and went on every single ride there multiple times. Our favorite was the racing slides. A couple girls on our team met the Italian boys and raced them, even though they were the only ones who talked to us. We were denied by a couple guys before them.

After we came home, we all chipped in to make an amazing stir fry dinner. As some girls were playing pool, they found a huge spider under the pool table. We all went in, looked at it, and ran out screaming. Then, we went to watch the 15- red play in the championship. It was so much fun to watch the crowd cheer them on & it made us excited for tomorrow. It's really cool how Northern Lights supports each other and is like a family.

**16-White: By Team** Travel Day ~ We arrived in Milwaukee and had a three-hour layover! We played Uno, went to the pretzel stand and took some quick naps. We finally arrived in Florida around 4:30 and got into our rental cars and headed to our house. Once there we toured the house, including the Buzz Light Year and Princess room! We got settled in and had spaghetti made with love by our chaperons, Scott and Trish. After dinner we lounged in the theatre room and watched a funny movie and at the end we headed off to bed.

Water Park Day ~ Today we had to wake up at 7 and had eggs, bagels, fruit, and cereal for breakfast. Breakfast for champions! Later on we went to Aquatica and saw dolphins! Everyone was amused. We went on every slide, laid on the beach, and took many pictures. We went to the buffet and it was so good! We all went back for seconds! Once we were home we watched movies and some people went swimming. Later we went to ESPN Wide World of Sports and watched the 15-Red win the CHAMPION!! We watched the award ceremony and all the Lights teams were there

cheering as loud as we could for them! Now we are making walking tacos for dinner and then we are off to bed! We need to get a good rest for our games tomorrow!

**17-1: By Paige Tapp and Sam Swenson** Today was our second day in Florida. It was an all around great time. We started the day off with a wonderful breakfast made by our chaperones. After our yogurt parfaits, we went straight to the water park, Aquatica. We floated, swam, rode the slides, ate, and laid by the beach from 9:00am-1:30pm. We went back to the house and relaxed for the rest of the afternoon. Many of us took naps, and a few of us watched movies in our rooms. We gathered for dinner at 4:30pm for an amazing meal of pasta and salad, then we were rushed off to the ESPN sports complex to cheer the 15-reds on to a National Championship. After the ceremony we went back to the house and had a few snacks, drank lots of water, and met with our coaches about tomorrow's game plan. Lights out at 9:30 tonight. Cannot wait to play tomorrow.

**17-2: By Jazz and Johns** Today, the 17-2s woke up bright and early at 7am to eat breakfast and get on the road to Aquatica. Although the sun wasn't really bright we all found many things to do between riding rides, sitting in the wave pool, eating, and talking with other teams also there. After lunch we headed back to the house to relax, go to the pool, and watch movies. After dinner, we all got ready and headed to go watch 15-Red in their championship match! After, we will return back to our house to relax and get ready for our first play day tomorrow.

**17-Black: By Haley Walker** We woke up early Saturday morning and went to the water park called Aquatica. We had fun going down the water slides and the lazy river. After that we got sleepy and took a nap on the beach chairs for a few hours. The lunch at water park was absolutely amazing and we totally pigged out! Once we got back to the house, we played hide and seek for over an hour. Both our coaches Taylor and Eric also played with us! It was so funny. We then went and watched the 15-4s in the championship. They won!! Then when we got home we ate dinner. We had chicken, fish, pickles, corn, and hash browns. It was soo yummy! After dinner we watched the movie Inception and we all fell asleep. It was a great day!!

**17-Red: By Annie Ericksen and Lauren Watne** Today has been full of scattered showers. We woke up bright and early to head to Aquatica-the world famous water park. It was a grand time, especially because there were barely any lines. Our favorite ride was the water slide racer... It was a joy!!!! We also enjoyed the wave pool. The lunch buffet was superb and the pizza was just UNREAL!!!! Then we headed home on our full stomachs. When we got home, we watched Bridesmaids (down to the river) and The Vow in our high tech movie theatre. It was incredible. Finally, we had an awesome dinner of fruit and vegetable pizza. Yum! Then we heard the good news that our 15 Red team was in the championship so we headed down to support our

fellow teammates! We watched them kick butt!!! Way to go!! We are now very pumped and excited for our first day of play tomorrow morning... GO LIGHTS!!!!

**17-White: By Nikki Brolin** This morning we woke up early, had some french toast and headed to the water park. Everyone had a blast while we were there whether they sat in the lazy river, rode the waves in the wave pool, or soaked up a few rays in the pool chairs! We even got some cute pictures of the team! After Aquatica, we went home and spent some time as a team watching movies and painting each other's nails.

Following dinner, we piled into the vans and fist pumped our way to the Wide World of Sports to watch 15-Red play in their championship match. We felt the excitement and the support from the entire Northern Lights family, and decided we wanted that too. We came back to the house and had a team chat discussing how we wanted to end our tournament and our season. The whole team is pumped to use the energy from the 15's match to fuel us on our first day.

**18-1: By ??? not submitted yet**

**18-2: By ??? not submitted yet**

**18-Black: By Aly Johnson** Today we woke up bright and early (mostly just early) to go to Aquatica. It was overcast most of the morning, but cleared up in the afternoon. We got to the water park and even though it wasn't sunny, we had a blast! We went on all of the slides and Ro and Megan came with us! We went on the racing slides, and you can't just go down those once. We also had fun floating in the lazy rivers and dodging the waves in the wave pool. We ate lunch at the park, and it was delicious! It was a buffet that included pizza, pasta, salad, fruit and brownies! After the waterpark, we went back to the house and all took showers. Then we piled into the theater and watched The Hills as a team. We all put on our lights gear and headed to watch the 15-4's in the championship. It was awesome! All the lights team were surrounding the court. It went to three games and when they won the whole gym went crazy! We headed back to the house after we stayed to watch the award ceremony. For dinner we had chicken and caesar salads. We were all tucked in bed by 10 with our game faces on, ready for our matches in the morning.

**2012 AAU Trip - Day 1 of Competition 16's, 17's, 18's, Day 2 for 151 & 181**

Pictures taken this entire year are now posted on our new photo website  
by [CrossCourt Images](#)

**15-1: By Callie & Jess:** Today was a great day. We woke up at 10am. We got lots of sleep and were well rested for the day. we ate french toast, muffins, and fruit and yogurt for breakfast and then watched dumb and dumber. AND the blind side!

Then, Jess and Callie washed dishes for 30 min! We had to scrubbed them REALLLY hard. Then we picked up the laundry, but we didn't fold it. Jess needed to make the bed. Afterwards we proceeded with our pre-game routined. We turned on our ghetto mix and Jess bunned up her hair! (long process). Patty braided Callie's hair. It looked fantastic!

Next, we put on our very long socks! Later, we packed our lunches with scrumptious food including healthy sandwiches, fruit, trail mix, granola bars, almonds, bananas, popcorn, and sun chips. WE WERE OFF! (it was pouring!! but we had a lot of excitement in our brains!) It was an hour drive because we got a little lost. We all jammed to the music in our earphone. We finally arrived at our destination! We slogged in the rain to the door, and walked to court 79.

We started our play on time! YAY! We warmed up and played OVA...for the third time. AND WE WON THE MATCH! After our usual reffing job (which we did awesome at) we played dead frogs. And we killed them. We really made sure they were dead. We did a fantabulous job reffing AGAIN! Then we relaxed and ate our scrumptious cooler-food!

Then we watched BOYS volleyball!

After that we were off to play our final match of the day! We played fusion. They were a very good team and we had not played them before! We won in 2, and thus won the pool! :) Curt was proud of us! Then we had to drive home in 4 different cars because the keys were lost. It still is raining and a hurricane is on the way! :/ It was a baller time driving with Curt on the way home and now we are going to get some rest for an early morning!

**16-1: By Brittany Jessen:** Today we woke up at 9:00. We have the afternoon shift so we had time for some team bonding.

We heard there was a lot of traffic so we decided to leave a little early... which didn't help at all.

For a car ride that should have taken 20 minutes turned in to TWO HOURS. We sprinted into the convention center through rain and puddles. Just our luck, our court was the farthest away from the entrance. When we final got to the court out of breath and wet we learned the annoying news that our court was an hour and a half

behind.. With all of the chaos that filled our day, we pulled ourselves together and were ready to win all three matches. Which is exactly what we did.

When we got back to the houses, showers and sleep were much needed. We all are focused again on the next day, as we take the games one by one on our way the championship.

**16-2: By whole team:** Let the Games begin!, we started our first day of competition with blueberry and strawberry pancakes, truly the breakfast of champions. Then we played "spoons" just to get our competitive juices flowing. After a lunch of baked potato bar, with all the fixings, we headed out to the convention center. Yes, it took us FOREVER but well worth the drive as we won all three of our matches...2-0 all the way around. Of course the pasta salad (Mrs. Muelken"s recipe) during our break helped big time.

And we celebrated with homemade chocolate chip cookies. When we got home we made personal pizzas on the grill...chicken pesto, pepperoni, sausage, basil, extra cheese! The highlight was the scary bug that landed on Afton. Thank goodness it didnt land on the pizza. Hmmm, ladybug pizza...sounds interesting, and may be good protein. We are soooooo tired, so off to bed.

The rain may have damped the land, but not our spirits as we are heading over to Wide World of Sports for more volleyball.

**16-Black: By Paige:** Today we woke up at 9:00 and we had breakfast. We had eggs, bacon, fruit, juice, and pancakes! After breakfast seven of us went to the gift shops and the other two of us stayed home and watched a movie (He's Just Not That Into You). Once everyone got home we all packed our lunches and then had lunch! We had chicken noodle soup, grilled cheese sandwiches , and lemonade! Yummy :) then we all got dressed and ready for volleyball!

We couldn't decide on what jersey to wear so we took a vote! And decided to wear black! Then we hopped in our vans and road to the convention center! There was a lot of traffic! So we got there a little later then we were hoping, we ran in and got on court 43.

We were the A seed so we did play, ref, play, ref, sit, play. And we won all of our games (obviously black was the right choice)! The first two went to three but the last one we finished in two! We realized we lost a ball so Raina made us walk around for a while...it was a long time! We literally checked every court in the convention center. But we didn't find it. So we left and on our way out it was really rainy and the

stairs were very slippery! Our team mate Bre took a spill on the steps and hit her head and scraped up some other areas unfortunately. Paige helped her walk to the car.

We rode home and once we were home Bre's mom came over to check on her. Once she felt okay she came out and we all had dinner! We got to eat watermelon, cold pasta, lemonade, and pulled pork sandwiches! So delish!! We finished dinner and the everyone took showers except Taylor, Lauren, and Bre and then we all went to bed at 11:30. It was a great day!

Love 16 Black=

**16-Red: By Team** Today, we woke up pretty early and had breakfast so we could head to the courts at 6:30. At first, we went to the wrong court but we eventually figured out the right court. We won all 3 games pretty easily. One game we won 25-2 with help from a 12 point serving run from Kaylee and another one by Hannah. We played really well together and had a lot of fun. After we were done playing, we watched the Chinese girls team play. Next, the guys played and we were amazed by their warmups. They can jump so high & their jump serves are crazy.

Tonight we decided to go to Bahama Breeze because it was pouring outside. The food was good, but the service was kind've bad. It was still a fun time and great to spend time as a team. We had a secret dance party (don't tell our chaperones) and watched a movie. The other girls had a pool tournament & it got pretty intense. We're excited to sleep in tomorrow and are ready to kick butt at 2:30.

**16-White: By Team** Today we had to get up very early. For breakfast we ate cereal, bagels, and fruit. Then we were off to the convention center. Our first game was at 8:00, then we played at 10:00 and 1:00. We won all three games! We walked out of the convention center and it was pouring rain, not a dry spot on our body. We sat in some traffic, when we finally got home some of us jumped in the pool. Then we invited the parents over for dinner, which consisted of Buffalo Wild Wings, fruit, ice cream and cookies. Yummy! Now we are all settling down to watch a movie in the theatre, and participate in team bonding games.

**17-1: By Haley and Jamie** Today our team had our first day of playing! To start off our day we were pleasantly awakened by amy and barb (our chaperones). We slowly arose from our warm beds, and our cozy room with two twin beds. As we walked out to the kitchen we found some tasty eggs sizzling on the stove with ham. Super excited, we hurried to grab a plate and toast our toasties in the toaster. Then we finally changed into our volleyball apparel. Knock Knock! Jen, Mere, and Adam are at the door! We load into our extravagant vans, and headed to the convention center! We won all three of our matches, and none went to 3 games! When we finished we

walked outside to some pouring rain and a slippery stair way. Dodging all the puddles, we finally made it alive to the vans! Once we got home a few of us had some delicious raisin bran, and snuggled back in to our beds for a little cat nap. It is now about dinner time and we are having steak and potatoes! YUM! over and out <3 from your favorite .

**17-2: By Tegan and Maddie:** Today our team went 3 and 0. For our celebration we took celebratory naps and went out to dinner at Carabas. When we got home from the restaurant we watched bridesmaids as a team and went to bed early. So far the competition has been below average but we hope to play better teams as we move up in the tournament.

**17-Black: Sarah & Alex** Today started off early but it was worth it. We woke up at 5:30 knowing we had a big day ahead of us. We grabbed a quick breakfast and headed to the convention center in the unrelenting rain. We went through our playing routine and prepared for the next three matches. I guess what we did worked because we went undefeated! Curt even came to watch during the last match, which always makes us a little nervous, but we closed out fairly easily. After we left the convention center, we all hit the showers then hit our beds for a well deserved nap. We recharged until our chaperones woke us up to the wonderful news that we would be grubbing at bdubs for dinner! I had 18 wings!! We went back to the house after eating to our stomach's capacity and sat down to a team movie... Dumb and Dumber. Everyone loved it, you could tell by the laughter filling the entire theater. After the movie, everyone went to sleep for a good nights rest!

**17-Red: By Courtney and Camille** This morning we woke up not so bright but very early, hopped in our vans, and headed off to the Orange County Convention Center. Then we played three games and kicked butt in all of them. After that, J-dawg (Jason) was a doll and purchased us all the ice cream of our choice. Then we ran through tropical storm Debby to get to our rockin' mini vans and headed back to our lovely beach home (even though it's not on the beach). Then some of us took a dip in the pool while others napped and waited for our tasty meal of chicken enchiladas to be made. And then, well we haven't really done anything else yet, but I'm sure there will be some hide-and-go-seek and snoozing in our king sized/bunk beds. Hugs and Kisses from 17 Red!

**17-White: By Taylor Wirth and Morgan Schultz** Today we played in the morning and reffed first. We visualized this morning before leaving the house which helped us get a winning mentality. On our way over to the convention center we jammed out to music to get us pumped for the day; which worked. After reffing the first game we felt pretty confident. With an iffy warmup we felt a little unprepared but once we started playing it became easier to work as a team. We took each team in 2 games including

the seed above us with a close 2nd game. Joanna probably had a heart attack. We played sooo well the last game. Our communication was about and A- and we were going for balls that we wouldn't have gone for about 2 months ago! Everyone did so well and it truly was a team effort.

After playing we planned on going to the beach. The weather forecast predicted 100% rain for Cocoa Beach which made us have to choose either to go or not to go. Nikki has never been to an ocean or a beach before and wanted to go but then admitted it wouldn't be the same if her experience was wet and miserable. Eventually, after standing in the rain to wait for the vans, everyone realised it would be cold and a waste of gas to just go there then turn back around and go home. Too bad we couldn't go to Tampa Beach because the radar said no rain! We decided to still do something tonight even though the weather was crappy so we all agreed to go out to dinner at Corabbas or however you spell it, the Italian place. The food was awesome but the waitresses were slow because they didn't want to mess anything up. It all turned out okay though so we are home now and "going to bed".

**18-1: By ??? not submitted yet**

**18-2: By ??? not submitted yet**

**18-Black: By Becca Woodstra and Paige Smith** This morning we woke up at the crack of dawn. Our first day of playing in the tournament was today! The Ryans had a delicious breakfast set up and we quickly ate and packed up our lunches and bags. Today we played at the Jostens Center. Our first match was against a Hawaiian team and we beat them easily. Our second match was against Supernova from Michigan. We beat them easily in the first set but lost focus in the second set and lost by two. We then beat them in an exciting close third set. Our final match was against 1st Alliance, a very very good team. The first set was not our best... We played decent but were not quite used to their speed of play. They were big and fast. The second set was AWESOME and we beat them yay :) the third set started off great and we were on fireeeee!!!! They caught up however and the game stayed consistently close and exciting. So many great hits and digs. We ended up beating them 15-10. IT WAS BOMB. We were pumped. Walking out of Jostens we were met with a raging typhoon. It was actually kind of fun walking in the rain and getting soaking wet. The rain mixed with our sweat and we all became super slimy and slippery. When we got back to the house we took showers and then ice baths. Yay :) After all our ice baths were finished and our limbs thawed out we dressed up and went to dinner at Carrabbas. It was delicious!!! Ro and Megan joined us, and some of the parents had dinner near us. Along with our team, Carrabbas was delighted to serve the 17-2's, 18-2's, and 16-5's at the exact same time. Now we are back at the house and about to start

"The Vow" in our luxurious movie theater. Tomorrow we okay at 2:30 in the Convention Center. Hopefully we don't get rained on!

### **2012 AAU Trip - Day 2 of Competition 16's, 17's, 18's, 15-1 & 18-1 Day 3**

Pictures taken this entire year are now posted on our new photo website  
by [CrossCourt Images](#)

Another good day at the AAU National Tournament. The 15-1's and 18-1's have both made it into the Gold Championship Brackets. They will be playing for the National Championship Title on Tuesday.

**15-1: By the lovely Elizabeth Mohr (aka elmo) & Janae Neuenschwander:** This morning we woke up very early for a morning wave. It was still pouring like the day before. We got into the convention center and to our court before realizing we had forgotten the volleyballs. After this minor setback, we were ready to play our first match of the day. We played Celtic Force and beat them in two games. We were then on to our next game against Skyline for the second time in the tournament, we won again in two games. For our last game of the day we played Woodlands Wave. The first game we won by a lot, but the second game was closer. But we pulled it out 25-23. Tonight we are going to have Olive Garden with root beer floats, and watching movies! Tomorrow we will get to wake up early again to play in the gold bracket.

**16-1: By Hannah Weidner:** Today we got to sleep in until 9:30!!!!!!!!!!!!!! We started off the day by enjoying the lovely breakfast prepared by our chaperones. They also made AMAZING tacos that really hit the spot! There was traffic today but not as bad as yesterday! Thank God!!

Today we played Absolute, Metro-American, and the Saints and went 3-0!! That is 6-0 for the tournament so far!! On our way home our car had a really fun dance party with Sean and Lynne! I really loved watching Lynne embrace her inner swag. We also helped ourselves to multiple cheeseburgers and leftover pasta.

So all in all it was a very fun and successful day!!

**16-2's (also known as Unibreasts Team...just ask Sami):** It was such an early morning today, we don't remember what we had for breakfast. We're sure it was good, though. We packed lunches and we got to Wide World of Sports drenched. It was Hurricane Debbie Downer that caused the downpour. Our first match was with Net Force and it started slow...but we suddenly took off, beating them in the first set 25-16 and then the second set 25-10. There were lots of good digs, and even though we were down one middle to an injury, the blocking and hitting were top-notch.

We then took on New Wave Hurricane ( NOT Debbie!) and took the twist right out of their cyclone. 25-19 and 25-14.

We were pretty tired by the time we faced Fusion Orange, but still came out on top after two sets: 25-17 and 25-21. We stopped and got lots of ice, and then headed home. Emotions were running high...so we had a team meeting just to help us all catch our breath.

Then Curt came over for our team meeting and we had PLENTY to say about our coaches. (We love you, Ganser and Brian!)

Then we had our families over for dinner...pulled pork sandwiches and a bunch of veggies and fruit. Yum yum. Mrs. Sobasky made homemade cookies (\*) and they were still warm when we ate them. We also had rice krispy bars from Mrs. Madison. Thank goodness we worked it off today. We needed a good cry so we watched "The Notebook" as we folded clothes. As soon as Ganser finishes clipping his toenails, we are going to go to bed.

\* Publix organic batter from the freezer section

**16-Black: By Renee Johnston** Today was the second day of tournament play. We woke up and got ready and headed to the ESPN Wide World of Sports. We were A seed in our pool. First we played Tribe and won in two games. Then we played Tampa Elite and won in two games as well. Then our last match, we played Michigan Volleyball Academy, and lost in a really close two games. Then. After we finished playing, we headed home and had our meeting with Curt! After that pizza and sundaes... :)

**16-Red: Lauren Miller:** We went 3-0 today against some pretty good teams. We woke up early and watched some Kardashians & played some pool. After our pleasant chat with you, we ate lunch & got out the door quickly. We were so pumped to play!! Our first game was against Capitol which we won in two. We had played them before and they had improved so it was good competition. Our next game was against Instant Replay. That game didn't go as well because we had a mental breakdown in the second game, so it went to three but we pulled out a win in the end.

Our last match was against our toughest competition, Adversity. We won in 2 and were really aggressive on offense & defense. Basically we shut them down, and it was awesome. Tomorrow we are getting up really early so we have to go to bed now. We're super excited & can't wait for day 3 of the tournament.

**16-White:** Today we played in the afternoon and got to sleep in. This morning we all hung out as a team and did each others hair. We had a potato bar for lunch made by the best chaperones ever! During lunch Curt stopped by and had a talk with us in our theatre room about our wonderful year. We had to leave at 12:30 for the convention center and played our first game at 2:30. We won all of our matches today in 2 games each. We were on fire! Now we are all showering and settling down for bed and getting mentally tough for tomorrow

### **17-1: By Barb and Amy**

#### **A day in the life of a chaperone for AAU Nationals:**

Alarm goes off at 4 a.m.

The smell of rich dark coffee soon fills the kitchen as we make an attempt to appear bright-eyed for the 5:30 team wake up. Soon, hearty oatmeal and berry yogurt parfaits are prepared, gobs of fruit-cut for the cooler, snack bags by the dozens are set out and lunch fixings ready for the girls to descend sleepily upon the kitchen.

At the 6:15 mark, 10 players, coaches and chaperones make chase to the cars through the pouring rain, thanks to tropical storm Debbie. Though the rain persisted, the moods are bright and the spirits high as the girls make their way through 3 matches without dropping a set. A few delays on the court gives them some time to play some team-bonding games that have everyone on the sidelines laughing, themselves included.

A smooth day on the court, a rainy afternoon and a planned dinner out, affords the 4 a.m. gals the perfect opportunity for a 30 minute snooze.

After a really fun time at Applebees (yes it was really fun!), we opt out of downtown Disney...thanks again to Debbie, and the coaches surprise the girls by showing up at the house with a game and a new fresh batch of veggies (aka four flavors of ALL NATURAL pure ice cream :).

So...while the chaperones cheerfully prepare tomorrow's egg bake, chop more fruit and fill plentiful baggies, we get to enjoy watching the girls and their coaches in side-splitting laughter, loud game-playing antics and a recounting of many fun times together not only today, but throughout their season.

This rare and privileged experience, to catch a glimpse of the breadth and depth of the relationships these girls have with each other and their coaches, their love for the game on and off the court and the opportunity they are being afforded by playing for Northern Lights, is one we feel blessed to have...

Signing off in great expectation of another thrilling day tomorrow,

**17-2: By Lauren and Carlee** On this dreary Monday morning we woke up to a scrumptious breakfast provided by our delightful chaperons Mr. and Mrs. Carter Reese. As we hovered over our mouth-watering sausages and eggs, we visualized winning the three matches preceding us. The vehemence in the house was confident as we packed up and headed for the convention center. We came out strong from the beginning and continued to prevail throughout the day. We are currently 6-0! Our battle cry had been heard throughout the convention center (even the bird joined in). The team was excited for tomorrow's festivities and also intimidated the other teams present. We are twelve individuals working towards a common goal. After today, we are one step closer to the national title. The pride of Northern Lights lay in the hands of the 17-2's. We will win or die trying. Now we're just chillin' at home watching TV and eating.

**17-Black: By Bella Nelson and Maggie Perrel** On Monday we had to wake up very early again around 5 am to get ready to play! And we went 3-0 again that day. We had many ups and downs but we pulled out the wins as a team! After a long day of playing, we returned back to our house to get ready for a dinner with our parents. Once all the parents were at the house, we sat down to a huge pot-luck dinner. Once all of us players were done eating, we went for a swim in the pool while it was raining! Great team bonding!:-) when all the parents had left, we all decided to watch the movie *Miracle* for a little inspiration! Overall it was a good day!

**17-Red: By Erin Schwarz:** Today we got to sleep in!!! Woohoo! We awoke to the glorious smell of fresh pancakes, maple syrup and strawberry sauce. It was delicious!!! After we hung out until we had our end of the year meeting with Curt which went really well. After Curt left we all got ready to leave because we had to leave extra early because of traffic :( . Our lunch consisted of left over fruit and veggie pizza, it was nothing less than superb! Then we headed over to the convention center and played! We won all three of our matches, the last one was by far the most intense, it went to three games and we killed in the third and won 15-4!!! Yeah.... sooo that was pretty much our day!

**17-White: Callie Sinclair and Alannah Baker:** We started off the day with some eggs and bacon at about 9am. We then hung out playing pool, watching TV, and snuggling. We ate lunch and got ready for the day ahead of us. As we got in the car to leave we didn't know all of the struggles coming our way. We had many miscommunications on the route to take to the convention center. After a phone call filled car ride we arrived on time to ref. As we were reffing, we realized that we forgot our warm up balls at the house!

Our first match was against a Puerto Rican team. We needed more time to warm up, and ended up losing the first set. We came back strong the second game with good defense and hitting. So, we took them to a third set and stayed strong the whole game, and we ended up winning. It was a fun match! After our break, we played the Starlings. It was a blowout, and we won easily in two sets. We reffed the next match, and then played OVA. They were a pretty good team, but didn't play to their full potential. We were playing really well as a team with good offense. We ended up beating them in two sets to end the day 3-0! We came home, and some of us went in the hot tub as we waited for the potato bar to be ready. We all ate massive baked potatoes and were soon ready for bed. It was a good day! :)

**18-1: By ??? not submitted yet**

**18-2: By ??? not submitted yet**

**18-Black: By Ashley Peper and Steph Little:** Today we got to wake up at 9 because we played in the afternoon. We had eggs, fruit and something else. Then we all watched criminal minds in our theater! It was intense. Then some of us went swimming during the hiatus in the rain. We had lunch at 11:30 - Mac and cheese and grilled cheese sandwiches. We left for the convention center at 12:15 ! Then we watched some lights teams played and started our warm up. We played diamond elite, a2 and juggernaut. We had fun playing but if you want the outcomes of the games you can look online (if you catch my hint). Now we are riding back home and getting a lot of ice for tonight. We will have dinner and ice baths once we get home! We play in the afternoon tomorrow.

**2012 AAU Trip - Day 3 of Competition 16's, 17's, 18's, Final Day for 15-1 & 18-1**

Pictures taken this entire year are now posted on our new photo website  
by [CrossCourt Images](#)

**Mizuno Northern Lights [15-1](#) win the AAU National Championships 15 Open**

**15-1: By Team 15-1's CHAMPIONSHIP DAY 2012-** Today, we had a very long day. We woke up at 6, and had to be at the gym by 7. Our first game was at 8 against a Puerto Rican team. We beat them in 2. The second game we played, quarter finals, was against MN Select. In the second game versus Select, the score at one point was 15-0 in our favor. We then continued on to the semifinal match versus the Bedazzled Marshmallows and we roasted them in 2. We were very pumped for this game because last year the 14-1's were beat by them in the quarter final. We brought energy, defense and our quivers and defeated them in 2. We had about 4 hours between the

semis and finals games so we went back to the house to hang out and get pumped up! We watched the tv show Parental Controls until it was game time. We loaded up on pasta and were off to ESPN Wide World of Sports. The first game was a little slow, but we were getting used to playing in that environment. The 2nd game we dominated, and beat GVA 25-21. We started the 3rd game then and it was close the whole way until we went ahead and won 15-8. We dog piled in the middle of the court and shook hands, got our medals and Mira and Jade got All Americans. Natalie got MVP and everyone was excited! Curt took us out to Outback Steakhouse and it was a GREAT day!

### **16-1: By ??? not submitted yet**

**16-2: By Whole Team** We woke up soooooo early, and Mr. Mullen had homemade egg-mcmuffins and scones ready for us. We wolfed them down and they must have worked because we absolutely took down the first team, Xtreme 16 KAEPA, in two sets, even though we were down TWO teammates. We then had a bit more of a challenge with the Criolias Volleyball Club. They scared us by winning the first set, but then we woke up and won the next two...winning the match in three.

The next team, Guaynabo Mets, was scary good, but we beat them in three. This put us in great position for our challenge match. We beat New Wave Hurricane in two, 25-14, 25-8. Now we're in the CHAMPIONSHIP round!

We had so many funny moments today, like Tawny leading Molly into the Men's bathroom, and running into Ganser in a bit of a compromising position. And Syd running into Ganser during one of our games...he still wants to play! And Syd putting biofreeze on Mary's face. Sammi also made up songs about tacos and rice, which we had for dinner. Then we had ice cream bars for dessert.

And then the BEST treat of the day, our other coach Brian, came into town for our last day of play. Hooray! Now we have three fantastic coaches for our big day. We love our team, even though we decided we're the weirdest most fun team at Lights. Oh oh!! Mr. Mullen was just called upstairs to deal with a spider emergency! Maybe we won't be able to go to bed just yet. Good night everyone.

**16-Black: By Team** Today was day three of the tournament. We started the day early by waking up at 5:00. We went into the day as the C seed in our pool. Our first game was against Network and we played hard but lost in two. We went up against Nebraska Elite the second game but were unable to pull off a win and once again lost in two. Our final game was against Fusion and we really pulled together as a team. We lost the first game 26-28, came back to win the second 25-19 but got a slow start

in the third and weren't able to catch up. We will be playing in the Red Division in the morning and plan to lay it out all on the court for our last day playing together.

**16-Red: By Lauren Miller** Today started off really early because we played at 8am. We won all of our matches in pool play against some pretty good competition. Our game against River City was awesome, we did really well. In another game we fought back against a huge point deficit and won. Overall, pool play went really well & we were really excited. Since we got first in pool play, we had to play a challenge match.

Then we got to gold, just kidding. We didn't. We lost against Tejas and found out it really sucks to lose. We didn't play to our full potential and fell apart. The 14 hour day got really long and we were exhausted. For dinner, we had delicious pizza & sundaes with the parents who came. We ate our feelings. It was a lot of fun and now we are stuffed. Later we had team bonding by the pool and now we are heading to bed because we ref at 8am. ~ Hasta la pasta

**16-White: By Team** Today we were all pulled out of bed at the crack of dawn to go play at the Convention Center. Finishing up the last three matches in our pool it left us with a 9-0 record and a challenge match. In the challenge match we played MVP from Sioux City, Iowa. After beating them 25-15 in the first game we had a change of line-up when Megan W. busted her top lip on a chair after a beautiful save. We lost the last two games and now look forward to playing tomorrow.

**17-1: By Alyssa Goehner & Sarah Wilhite** Today me(alyssa) and Sarah Wilhite woke up to the slight sprinkle of rain on the rooftop. I slowly awoke as Barb came into our room and told us "GET UP!" I was super tired, so I just made a mumble noise and rolled over. I eventually got out of bed, and brushed my teeth and went downstairs to find my team all waiting patiently at the breakfast table. Our wonderful chaperones had made us an egg bake, it was quite spicy, but delicious. After our team ate, we all got changed into our jerseys, filled up water bottles, and headed to the convention center. 5 girls in each car, we arrived to the gym, where we went 3-0 for the day. I'd say we had one spectacular day, especially the first 15 points of our last match, we were a massive wall, containing a very large block by Sarah Wilhite and the Tapp twins. I was pretty scared for the other team. We left the gym to go back to the house, and came home and everyone showered up and crashed in their beds for a few hours. When we woke up, we heard the great news, that the northern lights 15-1s were in the open national championship for their division. We went there, and cheered them on. Lucky for them, they won the whole entire thing!!! It was amazing, just another casual national championship for Curt I'd say! I was very proud. We finally decided to leave and go back to our houses, and we all split up and went to our cars. Fortunately, my car had a JAM SESH with Mere and Jen where we danced to the song "rackcity" and "bedrock". Then we arrived to our house, where we had a team meeting, and where

our dinner awaited us at the table. Then we popped in miracle, and watched that until 9:30 then the chaperones made us go to our room and go to sleep, and that's where I am right now typing this... and our chaperones are nagging for us to go to sleep. GOODNIGHT with lots of love!

**17-2: Kara** We started the third day of play the same way as the rest, by waking up at the crack of dawn, and eating the usual cheesy scrambled eggs, bacon, and fruit. After talking about our quote of the day we headed out the door to the OCCC. We played Fusion, MN Select 17-2 and NKYVC, and beat all three in two games! We packed up our stuff and headed home to rest before our cross over match which would determine whether we made it in to gold or not. We came home and ate sloppy joes and watched Bridesmaids for the fifth time since we had arrived in Orlando to mentally prepare ourselves for our next game. Before we left Liz gave us our good luck Dove Dark Chocolate, then we got back in the vans and back to OCCC. When we got there we cheered on the 16-2 in their crossover match in which they beat their opponent in two games. Next it was our game, against Rolling Thunder who we had previously lost to at the Qualifier in 17 Open. We were all a little nervous, but also excited to kick some butt. We came out in the first game guns blazing and took the game 25-15 not looking back at all. The next game we gave up the first 5 points on unforced errors, but we came back to make it close. The game was 21-24 them, and it looked like we might have to take it to three. Andy called a time out, and Sara served the next 6 points. We Won!!!! We all celebrated and hugged each other. After that we headed back home for a taco bar, and mandatory ice baths. They were terrible but we survived them. After that we went to bed. Debby is back....

**17-Black: By Katherine Hawkins** Wow, what a day! We had a 5:30am wake up call for the 3rd day in a row. It's so hard to get out of bed. A quick yummy bagel for breakfast and I was off for the day. We won our first 2 matches and then had a great lunch. Unfortunately, after a long hard battle, we lost 2 matches in a row that knocked us out of gold. It was a tough loss, but we're hanging in there. We came home late and had some amazing potatoes! I can not wait until my head hits my pillow tonight !

**17-Red: By Marie Krengel and Paige Patterson** Today we got our beauty sleep again (some of us needed it more than others lol). We woke up and had pancakes and crepes for breakfast which were super yummy. After we all crowded the living room and watched the talk show Doctors, which was quite informative, we learned the top 5 dangers that are in a woman's purse. Lolol. Then we headed over to Disney world to go on rid-I mean play some volleyball! We won all three of our matches in 2 games (that makes us 9-0!!). During our break we also got to watch our 15 1's win a national championship! After we headed home, watched the new episode of dance moms, ate pizza and lastly ice baths!

**17-White: By Taylor Koehn and Garet Miliner** Today we played the afternoon wave at the Orlando Convention Center. We were in a three team pool in which we were the B seed. After we reffed the first match we went on to play LVA and beat them in two games efficiently. Right after that, we played a Puerto Rican team, the Valencianas, who we knew would be tough competition. As a team, we completed the first game with a score of 25 to 23. Going into game two, we knew they wouldn't go down without a fight. After being down 15 to 20, we came back for an identical win with a score of 25 to 23. Next up was the cross over match with the court next to us. The teams ended up in a three way tie putting A5 at first. They warmed up strong but we knew we could do it. After an early battle point for point early on, we pulled a head for a 11 point lead with a win. The second game was point for point a little longer than the first but around 15s we pulled ahead for a win for the match in two games putting us into the GOLD for day four, championship day.

**18-1: By ??? not submitted yet**

**18-2: By ??? not submitted yet**

**18-Black: By Linds & Mel:** Today we woke up at 9:30 to a delicious breakfast of pancakes and fruit. Then some of the girls went out to the pool to take a quick dip before tropical storm Debby gave us a little shower. After some lounge time we ate yummy chicken wraps for lunch..then it was off to the convention center for our 3:30 match. We were out to prove ourselves as the team we really are after a rough day the previous day. Our first match was against the rival club M1, we did a pretty good job at showing them who's boss. We then went on to beat Union and ended the day with a great match against SouthShore. Day 3: 3-0 putting our overall record at 6-3. Now its time for ice baths, dinner, and off to bed early for our 8 am match tomorrow morning..and our last day playing together.

### **2012 AAU Trip - Final Day of Competition 16's, 17's, 18's**

Pictures taken this entire year are now posted on our new photo website  
by [CrossCourt Images](#)

**Mizuno Northern Lights 17-White win the AAU National Championships 17 Classic**

**Mizuno Northern Lights 16-2 win the AAU National Championships 16 Club**

**Mizuno Northern Lights 17-Red place 2nd at the AAU National Championships 17 Classic**

## **Mizuno Northern Lights 18-2 place 2nd at the AAU National Championships 18 Club**

## **Mizuno Northern Lights 17-1 place 3rd at the AAU National Championships 17 Open**

Today was our final day of play for the remaining teams. By the end of the day we had medaled 5 more teams, and won 3 more National Championships. Overall the club finished the 2012 AAU National Championships with 4 Championships, 2 second place finishes, 1 third place finish, and 21 All Tournament selections. Congratulations to ALL the players in the club who have made this possible.

**16-1: By ??? not submitted yet**

**16-2: By Entire Team:**

WE ARE THE NATIONAL CHAMPIONS!!!!!! Was it the scones, or maybe the competitive bingo? Could it have been the good luck Gecko that refused to leave our house, or maybe the fact we had three rock star coaches? Maybe it was all of the above, but truthfully we believe it was because every single one of us brought our game to the floor and acted like one big amazing team with a common goal, rather than ten individuals looking out for themselves. Whether it was Rachel with her knock 'em down hits, Kaycie and Afton with their amazing leadership on and off the court, Mary with spot on serving and holding us accountable, Kelly with energy to burn, Alyssa with her quiet resolve, Heather with her hits when we needed them, Syd with her competitive edge, Molly with her beautiful blocks and incredible #1 middle hit, and Sammi who somehow brings it on every game, we are a team who has grown together and achieved our goal.

The first game against Dunes from Indiana was pretty tame. We took them in two sets 25-18, 25-23. The next match was the biggest challenge of the day. Capital Blue beat us soundly in the championship match at the Thaw, so this was payback time. We won the first set 25-12' but then they roared back. After they had 10 points on us, our coaches tweaked a bit here and there, we dug our heels in and lost...but the momentum was going our way. We beat them in the third set 15-7 and never looked back. In the semi finals we beat Club South 25-17, 25-20 and then our final match felt like a walk in the park: we dominated Milwaukee Sting 25-19, 25-10.

Afton and Sydney were awarded All-American honors, as was Sammi who was the tournament MVP.

Curt then took all the medal winners to dinner, including the 17-red, 17-white, 18-2's and us. We ate salad, pasta, dessert and breadsticks. THANK YOU, CURT! Even though we were tired, we came back to the house for more pictures and swimming. (Thank you Mrs. Mullen). We were too tired to eat the brownies, so maybe for breakfast with the scones.

In closing, this was the best experience ever...we laughed together, cried, together and learned the true meaning of what it takes to be on a championship team.

### **16-Black: Entire Team:**

We woke up this morning at eight in the morning and we ate cereal and bagels for breakfast! We left for the convention center at nine and since we got there an hour before we had to play, we watched the 16-2's play the Dunes! Then we played our first game and won and then we played our next game and won again!! Then we played again and lost out of the tournament third in our division. After that we went home, showered, and ate a snack! We then all hopped in our vans and drove to the wide world of sports center! We watched the 17-4's play the 17-5's and the 16-2's play the milwaukee sting!! Congrats to all of the Northern Lights teams for bringing it all the way to Florida!! Even though we wanted to win we still had a wonderful time watching our fellow teams and friends win the gold! Now we are all chillin' back at the house as a team for the very last night of the season! It has been a great year and we, as a team, want to thank everyone for a wonderful season and wish the other teams good luck in the rest of their season! GO NORTHERN LIGHTS!!!!!! :)

Thanks you,  
All our love from,  
16 BLACK

### **16-Red: Lauren Miller:**

Today started off with refing at 8am. Then, we played a Sports Performance team (Red) which we beat pretty easily in 2. Since we won that one we played Upstate who we had played before. We also won & played well. After that we had to play right away against Tampa Bay One which went to 3. We won the first game and did really well, but then lost the second game which was really close. The last game was also close but we lost. Overall, we played really well the entire tournament & a great end of the season. This season, we only had 11 losses which is definitely something to be proud of.

After we were done playing, we went to support the other Northern Lights teams

straight from our tournament. The 18-2s game was fun to watch & we had an intense cheer off with the Sports Performance fans. Then the next game wasn't until later so we ate then watched the 17 4's & 5's play. It was confusing in deciding who to cheer for so it wasn't as fun but they played really well. The last game was a long wait so we went home and showered because we were exhausted. After it, we went to Downtown Disney and we danced, ate ice cream, & went in shops. It was a really fun way to end the day & we're excited to go to Cocoa Beach.

Thanks for such a great year & we hope to see you next season!!

**16-White: entire team:**

Today we had to get up very early to ref at 8:00, and then we played right after. With Weierke out from her accident we had to switch up our line up. We lost but it was a well-fought match. After we had to ref again and we got to purchase some goodies in the stores. We got into a dance party in the store, it was crazy! Then we had a team meeting about the ups and downs in our seasons and all the great memories we had together. We went home after our talk and took a dip in the pool and got ready to go watch all of our lights teams in the championships. After watching all of our teams we took a quick stop at CiCi's pizza. Now we are settling down and watching some movies as a team.

**17-1: By ??? not submitted yet**

**17-2: By Calleigh & Sara:**

Today we finally got to sleep in! Even though it was till 7 30, that was still two hours later than we have been waking up the past week. We ate breakfast and packed our lunches, then headed out to the ESPN center to play. We ended up going to three games against Houston Juniors and lost 17-15 :( We finished 8th in the Club Division. Next we went back to the house and freshen up and head out to support the NL teams playing for a championship. We watched many Lights teams become champions, it was really fun to watch :) We finished up the late by packing our backs and getting ready to go to Cocoa Beach the next day.

Orlando was awesome!!! Love our team <3

**17-Black: By ??? not submitted yet**

**17-Red: By ??? not submitted yet**

**17-White: Maggie Larson:**

Today we won the national championship and we finished our last tournament 12-0. Preparing ourselves for the tournament, we thought of eleven steps that we would have to follow in order to win a national championship. The steps were: believing, motivation/ dedication, communication, positive energy, intensity, mental toughness, skill, preparation, focus, and execution/ discipline. We had 11 steps, 11 teammates, but one goal; win the AAU national championship. And together we accomplished our goal and we couldn't have done it without a single player. It was the most amazing way to end our season.

**18-2: By ??? not submitted yet**

**18-Black: Alex Berger:**

Today we woke up at the crack of dawn to some delicious cereal and parfaits. We went to the convention center and played our first match, who we beat easily. Our second match was a rematch with juggernaut. It was super intense and we won. We were excited! Then we played volleyball fx where their hitters with three times the size of me(height) and were really good. We unfortunately lost but played really well! We went and watched the championships(congrats to all teams) and then ate in downtown Disney and hung out for the night watching the hills. I couldn't ask for a better team to end my career at lights with!! Love the 18-black. Thanks to coaches and all staff for everything!! It was an amazing year(s)