

NL 18-1, 18-2, 18-Black, & 18-Red travel to Italy

The Northern Lights 18-1, 18-2, 18-Black, and 18 Red teams will be traveling and competing in Italy from April 13- April 22. They will be spending the first few days sightseeing in Rome, Milan, and Venice. After that they will be competing in tournaments in Pordenone Italy (18-1), Falconara (18-2), Milan (18-Black), and Verona (18-Red) with Junior teams from Italy and around the world.

Tournament Link for Pordenone = <http://www.memorialcornacchia.com>

Tournament Link for Pordenone = www.eastervolley.com

No links available for Milan or Verona tournaments

Summaries submitted by 18-Red

Greetings from Verona! We are having a great time here. The town is so beautiful and the people have been so welcoming; the girls have enjoyed getting to know a lot of players from the area. Below are short summaries of each day that were written by the players. I will try to follow up with some pictures soon.

Ciao!

Day 1 - Megan & Abby

After a long day of travel, we arrived in Rome and went to the hotel. We met up with our tour guides and then went to the main train station for lunch. For lunch, we had sandwiches with chicken or cheese and tomatoes. Then, we rode the subway to the [Colosseum](#). It was such a beautiful day, and it was amazing to just take it all in. Following our visit to the Colosseum, we went to the Forum, which was the city center during ancient Roman times. We walked along a path and saw ancient ruins and a lot of interesting and different architecture. Then we went to a restaurant near our hotel for dinner. Dinner was about 1.5 hours and 7 courses. We had everything from bread, salad, and pasta to lamb and chicken. At this point, we were all pretty tired, so we went back to the hotel to get settled for our rest of our time in Rome.

Day 2 - Ashley & Holly

We started the day by waking up nice and early to get ready for the day. We ate breakfast at the hotel and it was delicious! We then headed to the train station to head off the Vatican. We started at the Vatican Museum but we didn't have much time so we only looked around for a little bit before heading towards the Sistine Chapel! On the way to the Chapel, we walked through halls full of HUGE tapestries

that were amazing! The Sistine Chapel was breathtaking even though the people kept shushing everyone! After that, we went over the St. Peters Basilica! It was beautiful and it was sweet because it was all set up for Easter Service! For lunch we had pizza and gelato! It was soo good!! After lunch it was time to play so we headed back to the hotel, got ready and headed to the facility to play. We played 2 matches but lost them both. After we played, we all went straight to dinner. It was at the same place but this time we had bread pizza, pasta, lasagna, and turkey meatloaf with peas! It was super good but we were tired so we headed back, showered, and went to bed.

Day 3 - Hannah & Libby

This day we took the subway to see the Spanish Steps and the Trevi Fountain. It was during rush hour for the subway, so we were literally body to body with everyone on the subway, we had to shove each other on which made for a memorable experience. The Spanish Steps were beautiful, with people lounging around on them either talking on the phone, eating, or just smelling the roses. We took some really cool pictures and climbed almost all the way to the top. We were just continually amazed by the architecture of the ruins and that of the apartments. We walked the deceptively long but very scenic trek to the fountain and felt like we were officially in the Lizzie McGuire Movie. Luckily, it wasn't too flooded with tourists yet, so we were able to make our wishes with elbow room and take super cute pictures. Today was the first day we broke off from the other teams, we had over an hour to explore the area between the fountain and the Pantheon Church. We had magnificent pizza that was cut with scissors which was neat, and then we snagged some miraculous gelato. Each building we passed was unique from the others which was beautiful and captivating. We found some pretty cool souvenir shops and each bought Italia Track Jackets for only ten euros. After we got back to the fountain, some of us tried to feed one of the horses that had been pulling carriages all day because he looked parched and got scolded by the Italian chap. We walked back to the subway and power napped before headed back to the dome to play a match, and it didn't go as well as anticipated but we bounced back fully since. After playing, we had pizza and canolis with the other teams and all lights teams then interacted with the Italians and taught them how to twerk. One of many firsts.

Day 4 - Jacque & Dani

We got on the train at 6:30am to head to Verona. Most of us tried to sleep while Pratt and Holly were dancing behind us f° The scenery was absolutely beautiful. We saw rolling hills with lots of vineyards and also a few old buildings that resembled castles. We arrived in the Verona train station at around 9:30am. We met up with Luca and Yannes, our tour guides, and went to our hotel. Our rooms weren't ready yet, so we hung out in the lobby until it was time for us to leave for the tournament. In the tournament, we went 0-3 but we played very well. We had lunch at a restaurant with the other teams. Then, we had a dance party in the parking lot. The Italian culture is very laidback, so they did not try to rush us back to [the](#)

[gym](#) for our next match. When we finished playing, we walked around the city to our next destination, a pizzeria. In Italy, it is common for the host team to hold both lunch and dinner for all of the participating teams. When the dinner was over, we went back to the hotel and got a good night's rest for the following day.

Day 5 - Sami & Mikayla

Today we ate breakfast at the hotel and went to play at 1130. We won in two against a team we had lost to the day before. Then we went to lunch and we played an [Italian card game with uno cards](#) equivalent to BS in the US. After that we headed back to the gym and won our second game. We became good friends with that team and they are staying at the same hotel as us so we went to dinner with them and then we had a dance party in the parking lot. We danced to the cupid shuffle, wobble and timber. It was so much fun! Then we came back to the hotel and went to bed to rest for our morning match!

Summaries submitted by 18-Black

Day 1 - by Hannah Veldman and Megan Hulscher

The first day we arrived in Rome. We were awake for at least 20 hours straight so we were exhausted! We checked into the hotel and then walked to the [Colosseum](#). The Colosseum was very big and beautiful and we took tons of pictures there. Then we visited the Forum, which was a bunch of ruins of old buildings, which was the Old City of Rome. We took the Metro subway back to the hotel and got ready for dinner. The meal literally had 7 courses. We have never seen so much food for one meal. And coach made us try a little of everything. We were stuffed and so tired that Payton and Hannah fell asleep at the table. Of course we ended the day with Gelato. Then off to finally get some sleep.

Day 2 by Kaylee Lemke and Payton Schultz

To start off the day we woke up early for breakfast and our trip to the [Vatican](#). While squished like sardines in the Metro, Kaylee got sick and had to get off to throw up. Once she got back on she was just fine. There was a few issues with our tickets so it took a while to get into the Vatican. Once inside we were amazed at how big it was. We split into two groups so we could see the many rooms filled with marble statues, paintings, and tapestries. One group got lost and ended up walking around the whole Vatican to find the meeting place of the teams. The other group went into St. Peter's Basilica. It was beautiful inside and the statues were huge! We made our way back to the hotel to get ready for our evening matches in Rome. We were battling sore feet and legs, sleep deprivation and jet lag. Our first match was interesting as we tried hard to figure out the Italian volleyball game. The rules were

a bit different and the ball was harder and lighter.

We lost all 3 sets in the first match, regrouped and did better the second match and won one set of three.

We ended the day with another great meal and a good night sleep.

Day 3 by Maddie Johnston and Rachel Freund

Hi to everyone back home, it's Maddie and Rachel! Day 3 was a packed day for all of us, and a lot of our's favorite day so far. The weather was beautiful also so we were all very happy! We first headed to the train station during rush hour. We were packed like sardines and had to shove each other into the train so we would all get in.... Interesting to say the least. From the train station we walked to the Spanish Steps and got a lot of really good pictures there! Everyone thought it was really cool to see something that had been in so many movies! We then walked to the Trevi Fountain which was absolutely amazing. Thankfully there wasn't a lot of tourists there yet so we had lots of room to make our wishes and take lots of cute pictures! Nicole finally got her picture with a police officer which resulted in him calling her his princess... Oh Coco.. After we all got our pictures of us making our wishes most of us got some gelato! Yum! We then walked to the Pantheon where we were cut loose and began exploring Rome! During our free time, Maddie, Kayla, Lauren, Rachel, Michelle, and Payton all met two Italian boys and got a picture and their names to add them on Facebook.. Safe to say they were pretty excited haha! A lot of us did most our shopping this day also. Kaylee and Hannah got some cool hats, Nicole got decked out in some Italia gear, and Megan got souvenirs! After walking home we relaxed a little bit before we left to play! We had a 20-30 minute bus ride to the dome and we played the team that had killed us the day before. We played SO much better, but ended up losing 13-15 in the 5th set. After our games we traded jerseys and such. Maddie got a cool sweatshirt from one of the girls that says Italia on it! After the trading there was a small awards ceremony and we received a participation plaque and tshirts. Following the awards, we ate pizza with [all the teams from the scrimmage](#). We made friends with the team we had played and had SO much fun talking to them. They taught us a dance that is popular there, and we taught them how to twerk!!!! They thought it was absolutely hilarious but slightly crazy! We were having so much fun that Adam had to almost drag us out of there! We now follow them on Instagram and snapchat them! We then went back to the hotel, showered, and got ready to head to Venice!

We also want to take this time to thank our parents and curt for making this amazing experience possible for us. We are having the time of our lives! Thank you again!

Sending lots of love home!

Maddie and Rachel

Day 4 by Michelle Polland and Nicole Miller

Today we road a high speed train for 4 hours to [Venice](#). It was beautiful! We were given 5 hours to shop! We had a great time spending all of our money. The weather was the best, very sunny and warm. Some of the team went on a Gondola ride. Our guide was Fabio and he sang to us. Payton forgot her camera in a store but the store keeper had it and she got it back. We got back on another train that took us through some amazing sites if the Italian countryside.

Day 5 - by Kayla Crane and Lauren Randell

We started off the day eating another Italian breakfast consisting of cereal, yogurt, and pastries. We went back to our rooms and got all dolled up to walk the streets of Milan. We walked to the [Duomo Cathedral](#). It was unbelievably large, intricate, and beautiful. We took some nice pictures of in front of a statue while dodging pigeons left and right. We went to the Castillo Sforzesco. It was huge. We ate some gigantic pizza with fries and a nice, cool refreshing drink. Then, we figured we wouldn't be able to afford the expensive stores, so we just took a glance and strolled on to the cheaper stores. We got some cool clothes you can only get in Milan. Then, we went back to the hotel and took a nice long nap before dinner. We had some big ole pieces of pizza and some pasta. After that, we walked to get some gelato, and met our future husband. Michelle learned some new words. "Tu se corrino" (you are cute). We walked back to the hotel and called it a successful day.

Summaries submitted by 18-2

Here is a report filed by Afton Sobasky on the 18-2 Team...Thanks Afton!

- Day 1- We arrived in Rome and saw the colosseum, ate a peaceful dinner outside, and got settled into our hotel
- Day 2- We got up and visited the Vatican where the team got split up while touring, but we got reunited for some pizza at lunch! Ro unfortunately couldn't come because of food poisoning but is doing much better now! Then we played our first two matches against very talented Italian teams which ended in a loss. Completed the day with a late dinner!
- Day 3- We visited the Spanish steps & Trevi fountain! The metro ride to these places was CRAZY and we got pushed around quite a bit...people here aren't as patient! The fountain was beautiful and we all made our wishes! We also saw the pantheon that day, ate our first serving of gelato, and got decked out in Italy gear!
- Day 4- We got to sleep in later than the other teams and ate our last breakfast in Rome...then got on a very stressful train to go to Falconara. The scenery

was beautiful however for the 3 hour ride! Then ate a delicious lunch in our bungalows and headed to play two sets in our tourney which we won! Then came back for a really good and filling dinner then off to a cold shower and bed!

- Day 5- We woke up to breakfast and a two set win at 10:00! Then we came back and had lunch then did some team bonding activities including a scavenger hunt around the bungalows and "two truths and a lie". We then headed to our quarterfinal match and won in two sets. Ended the day with dinner, shower, and off to bed even though we wanted to join the big dance party going on in the cafeteria!
- Day 6- After a good breakfast, we headed over to the place we'd be playing and got warmed up. We then played a tight, three-set match and ended up losing so we played for third place at 12:00 and won that match in 2! We came back, freshened up and ate lunch then went back for the championship match in an amazing environment! The opening ceremonies followed and we received our third place trophy along with Kelly Madison, our libero, receiving a best player award for the tournament!