

Sunday July 5 - Monday July 6

Day 1 – USA to Amsterdam

By: Brie Orr and Anna Eaton

Northern Lights 16-1

Today we had a 7 hour flight that consisted of napping and watching movies. The food was typical airplane food. There was a man on the plane close to us that was having gull bladder problems and he was moaning the whole time. They called a doctor back to him and he was fine by the time we landed.

After we landed we went straight to the windmill village that smelled terrible and we could only breathe through our mouths. Besides the smell it was a beautiful village with lots of cool houses and windmills. We took a lot of pictures with the clogs and tried to be artsy.

After that we went back to the hotel and took naps. Some of us overslept because of the snooze button. We took a train to downtown Amsterdam and walked around and shopped.

For dinner we went to a pancake bakery where most of us got different pancakes but some got omelets. After dinner we went to the Anne Frank house and it was very sad but interesting to read and see the terrible conditions she lived through. Then we went back to the hotel, connected to wifi, showered and went to bed until 9:00am the next morning.

Tuesday July 7

Day 2 –Amsterdam to Groningen

By: Alyssa Doucette

Northern Lights 16-1

Hello everyone!

This morning, day 2, we woke up around 9:00 and ate breakfast at the hotel. After that we repacked and got on a two hour bus ride to Groningen. After getting to Groningen we met up with the team we would later play in the afternoon. They had a picnic spread out for us when we arrived. The girls were 18-22 year olds in college.

We all talked and ate for a while then walked around Groningen. Later we got back on the bus, and headed to the gym to play our 6:00 match. We lost all 4 sets to 25 and the 5<sup>th</sup> to 15. The matches were close, around 25-22 each game.

We played well and had fun, they were a good team! After the game we showered in the locker rooms and ate dinner at a restaurant that was connected to the gym. Before we knew it we were back on the bus again, this time headed to our next hotel in Arnhem. The hotel is connected to the National Training Center at Papendal.

Wednesday July 8

Day 3 –Papendal National Sport Center, Netherlands

By: Erin Fallert & Jasmyn Martin

Northern Lights 16-1

Hello!

Today we woke up and ate a very delicious breakfast at 9:30. When we were finished, Curt gave us the choice to have a rest day or go into Arnhem. Three out of the ten of us decided to go: Jaz, Erin, and Brynn. We had fun exploring the town and shopping in different boutiques. Unfortunately it was very rainy outside and we did not have umbrellas. We were there for about an hour and 15 minutes.

After that we went back to the hotel and had lunch with the rest of the team. We all loved the bread, noodles, salad, chicken, and soup. Then we went back to our rooms and rested and got ready for our match against the Dutch Youth National Team. We played a five set match and won the last set! We get to play them again tomorrow!

After the match we went back to the hotel and showered before we ate dinner, apparently we smelled way better according to the coaches! We stuffed our bellies with fish, salad, potatoes, cooked carrots and peas, and very spicy soup.

Later in the evening we went to the dorms where the Dutch Youth National team lived. We got to talk and hangout with them for about two hours. Only a few spoke English, so they had to translate for the others. They were all very nice, outgoing, and funny. We even got the chance to follow each other on Instagram and Snapchat. They walked us back to the hotel at about 10.

As we learned from the Dutch,

Cao!

Thursday July 9

Day 4 – Papendal National Sport Center, Netherlands

By: Bre Maloney and Makenzie Hesse

Northern Lights 16-1

Hi☺

Today we ate breakfast at the hotel at 9 and then took a bus into the small town of Arnhem where we went shopping. In the middle of shopping it began to pour, some of us got very wet. We all had fun shopping at the European clothing stores.

When we got back to the hotel, we ate sandwiches and soup for lunch and then had some down time before our match this evening. A couple of us went golfing while the others took naps. At 4:00 we headed over to the Papendal Olympic Training Center to play our match against the Dutch youth national team. We went 1-3 against them.

We ate dinner after we got back to the hotel and Curt talked to us about the agenda for tomorrow. Tonight is our last night in the Netherlands so we will pack up and get ready for the 6 hour bus ride to Paris!

Love and miss you all!  
Kenz and Bmo

Friday July 10 & Saturday July 11  
Day 5 & 6 – Paris  
By: Halle Johnston & Kenzie Hesse  
Northern Lights 16-1

Hi everyone! ☺

Our trip in Paris was exciting to say the least. We started out with a 6 hour bus ride in the morning where we got to catch up on some much needed sleep and got stopped in dead traffic. After checking into our hotel we found out that they had booked us for the wrong days. So, we only stayed there for one night and went to a different hotel the second.

On our first day in Paris we walked around the city itself and explored the Eiffel Tower, Louvre, and Notre Dame. That night we ate at a pizza restaurant and took an amazing boat trip around the islands of Paris learning interesting facts about the history of the bridges.

Our second day in France we went to Versailles. In Versailles we got to enjoy the gardens and the palace where everyone took pictures and enjoyed the beautiful landscape. That night we climbed up to a church on a hill where we had dinner with a questionable waiter and saw many different artists. After dinner we had an option to

go and explore the small village on top of the hill. Many of the girls bought crapes and some bought paintings.

Overall it was a good experience in France. We miss you guys very much and we will see you soon!

Love, Kenzie and Hal

Sunday July 12, Monday July 13, Tuesday July 14

Day 7, 8 & 9 – Paris to Pula and the Global Challenge

By: Erin Fallert, Brynn Carlson, & Claire Sheehan

Northern Lights 16-1

Day 7: Today we woke up at 9 am and took a shuttle to the airport at 11 am. We got to the airport slightly early for checking in and also waited in a long line to get our boarding passes. After we went through security, we had about 25 minutes to buy some food before boarding the plane. We boarded around 1:30 but our plane did not take off till about 2:30 because of a delay. At about 3:30 we landed in Venice, Italy.

We had the opportunity to get a quick snack before our 3 hour bus ride to Pula, Croatia. On the bus, most of us took a nap, listened to music, and ate snacks. There was also extremely beautiful scenery in Slovenia and parts of Croatia. We arrived at our hotel at about 8 pm and went immediately to the cafeteria where we ate dinner. Then we had about 20 minutes to change into our practice shirts for the opening ceremonies of the European Global Challenge.

The ceremonies were fun. They introduced all the teams and took a team picture of all of them. It was a cool experience. We rode a bus back to the hotel and got back at about 10:30. After a long day it is definitely time to get some sleep to prepare for our match at 10:00 am tomorrow!

We love you guys and miss you a lot!

-Erin

Day 8: This morning we woke up at 8am and had breakfast before walking over to the gym to play the Croatian Youth National Team. We lost the first 2 sets (they were both fairly close) and then won the third. They were a good team but we definitely could have beaten them.

After the match we headed back to the hotel to have lunch and then decided to walk over to the beach, which is right across the street from our hotel. We swam in the ocean, jumped off the rocks and explored the marine life there for around 2 hours.

Even though we were wearing our water shoe when we were there, Kenzie and I stepped on a sea urchin and got a few spines in our feet. Kenzie got hers out on her own but I had to have what seemed like a minor surgery on my feet courtesy of the Slovenian athletic trainer.

Post-op, we got ready for our 5:30 match against a local club team from Pula. We beat them easily in 3 sets, and then walked back to the hotel for dinner. After dinner we showered up and then took a taxi to downtown Pula to explore and shop. Curt got us gelato when we arrived and we stayed for about an hour.

Back at the hotel, we washed our red jerseys in the bath tub and hung them to dry on the balcony. Tomorrow we have a busy day, with 2 matches and a cliff jumping trip planned. We miss and love everyone back home!

-Brynn

Day 9: This morning we woke up and played at 8 against Hungary Youth National team B and took the W! After that we came back and sat by the pool and got a little burnt. Shortly after that we went in and ate lunch. At 3:15 we walked over to the gym to get ready to play Slovenia. We lost the first 2 sets but got em pretty good the third set, which made us get second in our pool.

When the match was done we all changed into our swimsuits to go cliff jumping. We arrived around 6 and headed to some cliffs. We all jumped off the little one first then we got to jump off the really big one. Curt even did it!!!! It was a little scary the first time, but then everyone got used to it. It was a very fun day ☺

-Claire