

## Day 11

By: Katie, Alexis, Mack

Today we woke up to Adam and Barbra pounding on our doors at 8:25 a.m. We sprang out of our beds like kangaroos. We rushed to breakfast, got our stuff and left for Venice. We sat of the bus for 5 hours and stopped at a gas station to get food before we arrived at our hotel. When we arrived we changed and took a bus downtown to shop! We shopped for three hours and ate. We all bought gelato then Adam and Barbra bough us more gelato! After we ate we walked around a little bit before heading back to our hotel. When we got off of the bus we sang Hannah Montana and walked to our hotel. -Katie, Alexis, Mack Sent from my iPhone

## Day 10

By: Erica and Emma

We woke up later than our usual days because we played at 1 o'clock. Some of us had ate pretty early so they could sleep others took their time. After breakfast we had more relaxing time and we got ready to play our last match. Lots of mixed emotions ran around our team. Bittersweet comes to mind. Bitter that it was the last time playing with such an amazing group of girls that I was proud to call my teammates , and sweet because we all get to go home and get ready for a different upbringing to start. We played the match at 1 and sadly a loss in 3. After a great talk with coach Adam and Chad we had our last team cheer and departed for lunch and swimming. After some time alone . We all headed to the U22 final match between China and the USA collegiate volleyball team. After lots of great volleyball USA won 3-1. After the match it was awards time . Our all tournament team selection was Dom and she deserved it. We were all so proud of her and loved having her apart of this group. After closing awards we went back for T-shirt exchange. That was crazy! So many t-shirts!! After t-shirt exchange almost everyone went down to the music and fun. Well almost everyone that was having fun was drinking . None of us wanted to experience that fun so we all went back upstairs to our hotel for the last hours in Pula. Even with all the mold and the blazing hot nights I wouldn't have wanted to trade our time in Pula with any other group of girls . We said our goodbyes to Mathilda because she left that night. Best of wishes to her . That concludes our last full day in Pula!

## Day 8

By: Alexis

Today we woke at 6:45 and went to breakfast at 7:15. After breakfast we walked to the gym to play. We won our first match against Italy 3-0. We watched the college U.S.A team play China and they won!!! They will play China tomorrow for the championship. We then played Austin Juniors, from Texas, and won 2-1. After we returned to the hotel

we ate lunch and got ready to go cliff jumping! We took a taxi to the cliffs at 3:00. Some of us swam to a cave nearby the cliffs! Others were jumping off of the cliffs and into the cave... scary!!! After a few hours of cliff jumping some of us bought refreshments at the restaurant they had there. We took a taxi back to the hotel and ate dinner. Barbara and Adam took the northern lights girls out for ice-cream after we showered! After a long day of playing and cliff jumping we went to bed.

Day 7

By: Hailey and Erica

We woke up at 6:40 to get ready for the day in head of us. We went to breakfast and ate a tropical breakfast of fruit, eggs, cereal , bread and different types of breakfast meat. Then we began our trek to the bigger gym to play the Slovenian national team. It was a rough match and we lost in 3. They were a really good serving team. We walked back to the hotel and everyone enjoyed some relaxation and nap time. We all headed to lunch were it was almost the same thing as the day before. Everyone except a few players went to a town called Rovinj. Once we got there we split up and went shopping. It was a cute little town with a harbor and lots of unique shops. We then met up and began to make our way back to the hotel. We all arrived back at the hotel and took some more relaxation time. We then headed down to dinner were we ate yet again. After dinner we all enjoyed the views from the hotel and being in a building. Then off to sleep. That concluded our day!

Day 6

By: Alexis

Today we woke up and ate breakfast as a team at 7:15 a.m. After we finished eating, we walked down to the gym. Our first match was against a Slovenian National Team! We lost 2-1 but we took one set from them! The gym has no air conditioning so we were all soaking after warm ups! After the match we went back to the hotel and ate lunch together as a team! Some of us went down to the beach and swam in the sea before our next match! We bought huge water bottles to bring to our games! Our other match was against Austria Hungry and we lost 2-1 again, we are starting to play together more as a team as time goes by. We walked back to the hotel and took showers, washed out clothes and ate dinner! Most of us took a taxi downtown to shop and eat ice cream! We went inside the coliseum and walked around, it was very pretty. Some of us got hennas, hopefully they won't sweat off in our games! We took a taxi back to the hotel and went to bed, preparing for our matches tomorrow! =

Day 5

By: Emma

Today we woke up at 6:00 to eat breakfast and get on a bus to head off to Pula, Croatia. The bus ride was pretty uneventful because most of us slept for a majority of the time. But when we arrived we got a big buffet-style lunch and went straight to the

beach from there. The beach was absolutely gorgeous. There were these mini rock cliffs where we jumped into the water. We had to wear water shoes because there were sea urchins everywhere along the sea floor. Unfortunately Katie was getting out of the water in shallow area and got a lot of sea urchin needles stuck in her foot and leg. At that point we all came back to the hotel to eat dinner. Except Katie had to eat her own snacks because she was taking care of her foot and leg in her hotel room. After dinner we got ready for the opening ceremony. It was pretty cool. We got to see all the different teams competing in the tournament. We also took pictures, shopped around, and Adam and Barbara bought us ice cream. Once it was over we got on a bus at 9:15 to head back to the hotel and go to bed.

Day 4

By: Emma & Alexis

Today we woke up at 5:00 am and finished packing our bags for Vienna. We walked down to the lobby to grab our packed lunches and got on the bus at 6:00 am. The lunches consisted of two chocolate croissants, two butter and ham sandwiches, and a nectarine. After 2 1/2 hours we stopped at a gas station to go to the bathroom and stretch. An hour and a half later we stopped in Vienna, Austria. While we were there we got lunch and shopped there for 3 hours. Then we took a 3 hour bus ride to Slovenia. When we arrived in Slovenia we changed into our scrimmaging clothes and went to the gym next door to our hotel and scrimmaged a Slovenian team. We met two Slovenian girls that are going to be playing with us for the rest of the tournament. After the scrimmage we ate dinner and went back to our hotel. Then we invited our new teammates over and talked about their culture and are some pizza.

Day 2

By: Katie McLean

We woke up at 8 this morning. Ate breakfast at 8:30, and left for our tour at 9. Our tour started out walking 2 miles up a very steep hill. It was a great calf workout!! Plus a very beautiful view of the city Prague. We continued our tour to a castle not too far away. Our tour guide gave us an hour to explore by ourselves. Alexis, Erica, Mack, Emma and I started the hour by trying to make the soldier smile. We failed miserably. We continued into the castle and found the main cathedral. We walked around and looked at the beautiful stain glass windows. Also avoiding pick pocketers. Once done in the cathedral, we continued all the way around the castle. We found a desk that we could buy tickets to climb to the top of the tower. As a group we decided to all do it together, little did we know it was 285 steps up in a spiral direction. With a few breaks and a little dizziness, we made it to the top in no problem. The view was amazing. We were embracing the city until some mid aged man walked behind us and farted. Hailey and I looked at each other and started laughing hysterically. Once it started to smell we decided it was time to go back down! As we went down, we cheered everyone coming up. We then realized after we got to the bottom that they most likely didn't understand us! Oops! We met up with the group and continued back to our hotel.

Once we got to the hotel, we were given more free time to find some lunch. Alexis, Mack, Emma and I went adventuring to try something new while the rest of the team got Subway. We ended up eating at a restaurant called Pizzeria. Even though none of us got pizza, it was very delicious. We started our way back to the hotel, only getting lost once or twice! Making it back safely, we chilled in our hotel rooms before our friendly match (scrimmage).

At 2 in the afternoon we headed to the gym. It took about 30 minutes to get there. When we arrived, the other team was already there. Looking across the court, Erica says "why does one look like my mom!?" We all laughed then started our warmup. With lots of confusion we quickly realized everything was different. We rose to the challenge. We played 4 sets to 25 and lost all 4. Each set improved in skill and points scored on our opponents. After we shook hands, Chad and Adam told us that most of those girls were 30 years old. Erica finally understood why one of them looked like Mrs. Slinde. After our friendly match, the tram dropped us off around the corner from our hotel. Outside the stopped was a fruit market with a variety of fruit. Everyone one picked out what they wanted and one of the premier moms bought it for us! It reminded us of home. We went to our own rooms and showered. We met the U22 team at 8 p.m in the lobby and left for dinner. For dinner we had beef noodle soup, fried chicken, and potatoes that looked like pineapples. Eurka (our tour guide) surprised us with banana splits for dessert. Sugar was so needed. After that, everyone went to their rooms and got ready for bed.

Day 1

By: Erica and Hailey

We arrived at Minneapolis airport at 11:30. We then got on the plane to New York where everyone slept on the plane. We arrived at the New York airport around 4:45 Minnesotan time, New York time 5:45 and met our head coach Chad and some U22 girls. Soon enough, 7:30 arrived and we started boarding for Prague. We were so excited! We even had TV's and meals on our flight!! Once the plane took off, all of the girls watched How to be Single with Fat Amy. It was really good and funny. After our meal and the movie, everyone except Erica fell asleep. The plane was freezing.

Finally, we arrived in Prague!!

At the airport we got our luggage and got on a bus and headed to the hotel. At the airport we met Paige, Kaley Ivan and our own French girl Mathdle. Pronounced Matilda. Once we arrived at the hotel. We were given 750 Kunas and were sent off to walk the town. Us u17's team stayed together and it was a blast! No one got pick pocketed and once we were all hungry we sat down to eat some pizza. We were all really surprised once we figured out how the money works here. It took us a while!! After we ate we headed back to the hotel to get ready for our first practice. At our first practice we had to work out some of us not touching a ball for a while and playing with the older kids. We all eventually got the hang of it and where off practicing at a good learning speed. After practice we went out to dinner at a really good Italian place that eurka recommended. We all started off with a salad that was different from usually but still really tasty then

after that we were served pasta with a red sauce and chicken which was really good!!  
After dinner we were all super tired and took showers and headed to bed as fast as possible! All of us passed out as soon as we hit the bed! That concludes our first day!!