

2004 Season

September 7, 2004: Glendale 0 at Mt. Union 3

GLENDALÉ SPIKERS FALL TO MOUNT UNION

MOUNT UNION — The Glendale girls' volleyball team opened its season Tuesday, dropping three sets to host Mount Union.

The Lady Vikings lost by set scores of 25-19, 25-9 and 25-19.

Ashlee McQuown led the Lady Vikings with six kills and four blocks.

Mount Union also won the jayvee contest in three sets, 20-25, 25-16 and 16-14.

Glendale (0-1) is back in action tonight, hosting Juniata Valley.

September 8, 2004: Juniata Valley 3 at Glendale 2

The Lady Vikings are now 0-2 on the season and 0-1 in Division 3 of the Mountain Athletic Conference.

Glendale travels to Williamsburg on Monday evening in a Mountain Athletic Conference Division 3 matchup.

September 13, 2004: Glendale 3 at Williamsburg 1

LADY VIKINGS WIN ON ROAD

WILLIAMSBURG — The Glendale Lady Vikings toppled homestanding Williamsburg in four sets.

Glendale (1-2) won with scores of 25-21, 25-9, 24-26, 25-16.

C. J. Krise had seven service points for Glendale, while Gretchen Horon had four service points. Ashlee McQuown had 15 service points, six assists and seven kills, while Nicole Heverly had five service points and five kills. Michelle Peoples scored five service points and added four assists, while Abbey Shomo had five service points. Jenna Miles had five service points for Glendale in the win.

In junior varsity action, Glendale topped Williamsburg with scores of 25-9 and 25-15.

Glendale hosts Bellwood-Antis Wednesday.

September 15, 2004: Bellwood 3 at Glendale 0

BELLWOOD-ANTIS TOPS GLENDALE SPIKERS

FLINTON — The Glendale volleyball team fell in straight sets to visiting Bellwood-Antis.

The Lady Vikings dropped to 1-3 overall with the 25-8, 25-15, 25-11 loss.

Jenna Miles had 10 digs for Glendale, while Michelle Peoples had five assists. Nicole Heverly and Ashlee McQuown each had two blocks.

Glendale also dropped the junior varsity contest, 25-12, 25-10 to fall to 1-3.

The Lady Vikings return to action Saturday, traveling to Moshannon Valley to compete in the MVL tournament.

September 20, 2004: MoValley 3 at Glendale 1

DAMSELS TOP RIVAL GLENDALE

FLINTON —Moshannon Valley earned a hard fought 3-1 road decision against rival Glendale on Monday.

The Damsels won with scores of 25-22, 25-20, 12-25 and 25-11 to improve to 2-1 on the season. Mo Valley travels to Williamsburg tonight.

Alyssa Carr led Mo Valley with 15 service points, four of which were aces, 15 assists and four kills. Vanessa Tomasko added 14 service points, with three aces, and nine kills. Tina Shedlock added 15 service points, including three aces, and six kills. Amy Tomasko had four kills and Sara Gallo had 17 service points and three aces.

Michelle Peoples paced Glendale with 12 service points and nine assists. Nicole Heverly added eight service points and six kills, with Abbey Shomo pitching in with six service points and 11 digs. Ashlee McQuown scored five service points and 12 digs for the Lady Vikings.

Glendale won the junior varsity match, 25-18, 25-14.

The Lady Vikings return to action Thursday, traveling to West Branch.

September 23, 2004: Glendale 0 at West Branch 3

Need Stats

September 27, 2004: Glendale 1 at Claysburg 3

GLENDAL FALLS ON ROAD

CLAYSBURG — The Glendale volleyball team took the first set, 25-20, from host Claysburg-Kimmel on Monday evening, but fell in the next three sets, 25-7, 25-12 and 25-19, to the Lady Bulldogs.

Ashlee McQuown paced the Lady Vikings with seven service points and five kills. Abbey Shomo added 20 digs, six kills and four service points, while Nicole Heverly had 21 digs and three service points.

Michelle Peoples notched six assists and three service points.

Glendale fell to 1-6 overall. The Lady Vikings host Cambria Heights on Monday.

In the junior varsity match, Glendale topped Claysburg-Kimmel, 25-21 and 25-13, to improve to 3-4 on the season.

October 4, 2004: Glendale 1 at Cambria Heights 3

GLENDAL FALLS TO CAMBRIA HEIGHTS

EBENSBURG — The Glendale volleyball team fell to 1-7 after dropping a three-sets-to-one match to host Cambria Heights on Monday.

The Lady Highlanders won with scores of 25-22, 19-25, 25-22 and 25-19.

Nicole Heverly paced the Lady Vikings on service points with 11. Michelle Peoples and Abbey Shomo each had 10, with Peoples adding six aces.

Peoples also notched 14 assists, while Ashlee McQuown had six service points, six kills and seven blocks.

The Glendale junior varsity fell in straight sets, 25-14, 25-19. The jayvee team is now 3-5 on the season.

Glendale travels to Juniata Valley tonight.

October 5, 2004: Glendale 3 at Juniata Valley 2

GLENDAL WINS ON ROAD

ALEXANDRIA — The Glendale volleyball team earned a tough 3-2 win over Juniata Valley Tuesday night.

The Lady Vikings won by scores of 25-18, 25-21, 24-26, 18-25 and 15-11. Glendale is now 2-7 on the season.

"As a team, we brought it together," said Glendale head coach Melissa Poole. "We got out of the ditch and we took a win."



Ashlee McQuown

Ashlee McQuown led Glendale with 17 service points, eight kills and four blocks, while Abbey Shomo contributed 14

service points, five assists and eight kills. Nicole Heverly registered 13 service points and 17 digs, and Michelle Peoples earned three service points and dished out 38 assists.

Jenna Miles and C.J. Krise each earned five service points, while Gretchen Horon earned four service points and Ashley Queen came up with two service points.

In junior varsity action, Glendale fell to 3-6 by dropping a 25-17 and 25-15 decision to Juniata Valley.

Glendale hosts Williamsburg Thursday.

October 7, 2004: Williamsburg 0 at Glendale 3

Poole's therapy pays dividends as Lady Vikings sweep Williamsburg

Glendale pulls out of murky depths to control Pirates in straight set win

■ Glendale 3, Williamsburg 0

By Jaclyn Yingling
Sports Writer

FLINTON — After her team dropped to what she called the lowest of the low, Glendale head volleyball coach Melissa Poole administered some therapy at practice during the last week.

The Lady Vikings showed their response to that approach on Thursday evening, topping visiting Williamsburg in straight sets, 25-16, 25-10 and 25-12.

"I was completely confident tonight," said Poole. "We had an excellent warmup. I saw determination all over the girls' faces, and I saw a good attitude. I knew we could pull through, as long as we didn't fall apart."

Glendale controlled all three sets of the match, placing serves and forcing plenty of Lady Blue Pirate errors at the net.

Ashley Queen had an eight-point service run in the first set, leading the Lady Vikings in a 25-16 set victory.

Queen had 10 service points

on the night, including six aces. Ashlee McQuown had four kills in the set.

Williamsburg did tie the match at 8-8, but Queen's service run put the match away.

"The girls were actually moving around the court tonight," Poole said. "Even our hitting was better. Both our middle fronts, Abbey (Shomo) and A-squared (McQuown) were moving it left, right and middle. They were pulling the girls, backing them up and then tipping it in. Everything came together tonight as a team."

A long service run by Michelle Peoples helped a quick victory in the second set, as Glendale took a two set to none lead with a 25-10 victory.

Down to the Lady Pirates, 3-2, Peoples served up 11 straight points to put the Lady Vikings up 13-3. Williamsburg would get as close as 13-7, but had trouble getting the passes to put the ball over the net.

McQuown added three service points in the set, all aces.

"We didn't get into that ditch tonight, which is a good thing to accomplish," said Poole. "The team concept we had at the beginning of the year — we lost that. We broke it down in practice. We had therapy. We had team confidence drills. We talked to the girls, and we talked to each other. We got a new lineup, completely. We went from a 5-2 to a 6-1. We did a 360 and it showed this week."

Glendale struggled for the first 10 points of the third set, but never fell behind the Lady Pirates.

Shomo helped the Lady Vikings pull out to a 15-10 lead, before Nicole Heverly added four more points to give Glendale the 20-11 advantage.

Williamsburg refreshed its entire starting lineup with a mass substitution after Heverly put the 20th point up on the board with an ace serve.

But the Lady Pirates' second string didn't have any better luck, and Glendale went on to take the set 25-12 and the match victory.

Peoples led all servers with 16 points, including six aces. McQuown added nine service

points, including five aces, while contributing at the net with 10 kills. Shomo had eight service points and four aces in the game.

"We just have to keep talking and keep communicating," Poole said. "Any problem, we have been stopping practice and talking about it. Being the women that we are, we tend to hold a grudge, so we stop and we talk about that and try get that grudge gone before we move on. We are just going to keep working as a team."

With the victory, the Lady Vikings improved to 3-7 overall. Glendale travels to Bellwood-Antis Tuesday evening.

The junior varsity match was won by Glendale, 2-0.

October 12, 2004: Glendale 0 at Bellwood 3

BELLWOOD TOPS GLENDALE

BELLWOOD —The Glendale Lady Viking volleyball team traveled to Bellwood on Tuesday night to take on the Lady Blue Devils. The Lady Vikings dropped the match in three straight sets 8-25, 7-25, and 18-25. The Lady Vikings' record is now 3-8 on the season.

On a high note, Ashley McQuown finished her night with four kills. Nicole Heverly and Jenna Miles added five service points each, while Michelle Peoples finished with three.

Bellwood-Antis won the junior varsity match, 25-12 and 25-9. Glendale fell to 4-8 with the loss.

Glendale travels to Moshannon Valley Thursday.

October 14, 2004: Glendale 1 at MoValley 3

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October 19, 2004: West Branch 3 at Glendale 0

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October 21, 2004: Claysburg 3 at Glendale 1

**CLAYSBURG
TOPS GLENDALE**

FLINTON — The Glendale volleyball team hosted the Claysburg-Kimmel Lady Bulldogs on Thursday night. The Lady Vikings were defeated in four sets, 25-23,

25-10, 19-25, and 25-18.

Ashlee McQuown recorded four service points, 10 kills and four blocks. Nicole Heverly finished with four service points, five assists and 16 digs. Ashley Queen recorded four service points for the Lady Vikings.

The junior varsity squad won in two sets, 25-21 and 25-16, improving their record to 5-10.

Glendale (5-10) hosts Cambria Heights Monday.

October 23, 2004: Cambria Heights 3 at Glendale 0

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