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News & Opinion Section Editor

The sound of the whistle as the Javs took the lead against Liberty North on Sept 16. Her first serve in the fieldhouse gym drops, and they win the final match.

As a sophomore, Anderson won the title of First Team All-District and Second Team All-Conference for volleyball. She has played the sport since she was in fourth grade and began her career off with the Liberty Juniors and Explosions but now plays for Invasion.

"I started out in volleyball because my mom and sister used to play. They kind of inspired me and I wanted to be like my mom."

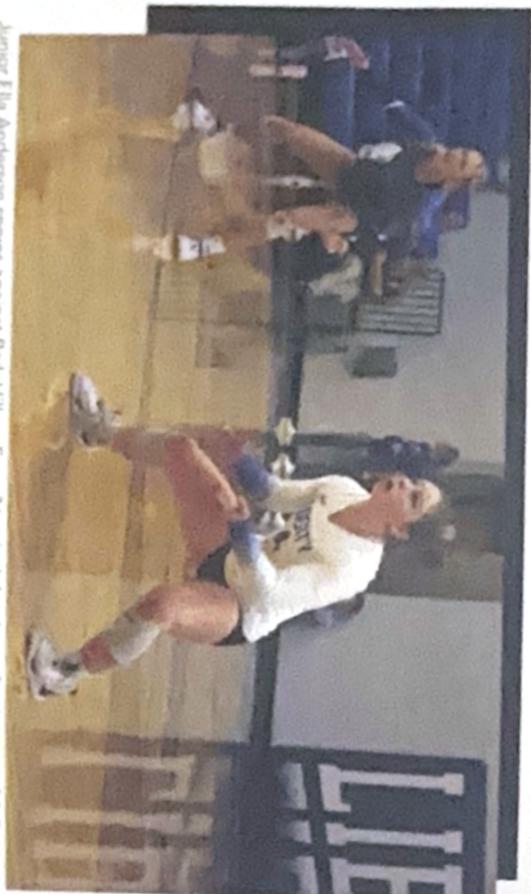
This year, Ella became a captain of the volleyball team by working hard and giving more than enough effort and time to her sport, according to her coach and teammates.



ELLA ANDERSON | SEP 2024

"The fact that my teammates wanted me for that position is a really cool honor," Anderson said. Hard work outside the court has led Anderson to accomplish a new strength percentage goal in her AST class. This means she lifted the most in her body weight. AST classes took three lifts, back squat, clean and body weight

"She is one of the hardest workers to ever come through our program. Here are some examples that can attest to her work ethic. This summer she would wake up extra early and run several miles before our volleyball workout started at 8am. She currently holds the record for percentage strength in our AST program because of how hard she gets after it in the weight room," volleyball coach and Athletic Strength Training teacher, April Fleming said. Not only does Anderson spend



Junior Ella Anderson serves against Park Hill on Sept 26, which led to a final score of 3-0. "I worked hard in class. I followed the amount of weight we were supposed to lift (in AST) and I just pushed myself when we maxed out," Anderson said. Photo by Madeline Phillips

extra hours before and after school training for volleyball. She also runs on the varsity track team and last season, she ran a 5:57 in the 1600 meter race which puts her above average for her weight group

and status according to Marathon Handbook. "Running Level calculates running times based on age and ability and says that a good mile time across all ages and sexes is 7:04. To break it down a bit more, a good mile time for a male is 6:37, and a good mile time for a female is 7:44."

Ella has played since her freshman year on the high school team and slowly worked her way up to a leadership position while putting in at least five hours a week into practicing.

"She is very hardworking and always gives one hundred percent. She also brings the team up with her energy" senior and teammate, Megan Bishon said. According to SSM Health, "it's estimated that the average student spends five hours per week participating in extracurriculars, but 3-6% of kids are spending 20 hours or more each week."

Outside of sports, Anderson participates in a variety of clubs. She is an officer in Key Club, a member of Blue Crew Crazies and plans on joining National Honor Society and Spanish Honor society in the near future.

"Whether it is on the court, in the classroom, or in the future. Ella is and will be successful because of her work ethic," Fleming said. Anderson has gone above and beyond on multiple accounts from people who have worked with her and known her for years. "Ella is a hard worker and always strives to be better. No matter what she will go for anything and never give up on a ball," junior Katelyn Spangler said.

According to Leland, "Playing sports in high school can be an excellent way to demonstrate leadership skills, teamwork, and other qualities that colleges seek. Participating in sports can also help students develop personal qualities such as perseverance, time management, and goal-setting."

Anderson has showed her efforts by putting extra time and hours while building her work ethic over the past six years. "Ella's drive, determination, and work ethic is what makes her stand out as an athlete. Every day Ella is going to give 110% in all that she does. She teammates hard, plays hard, communicates hard, and doesn't skip a rep," Fleming said.

Anderson hopes to play in college but has not decided on where just yet.



# PERSONAL RECORDS

2024

SPOTLIGHT



SOPHOMORE  
HARPER GROSSDIER  
10 YD fly/mph  
16.9 Seconds



SENIOR  
ISALAH HUNG  
Branch Press  
250 lbs



JUNIOR  
BIANCA NOAH  
Vertical  
22.3 in.