

INSIDE THE HIVE



From the Athletic Director

Welcome to Quarter 4, this season becomes less about outcomes and more about reflection, growth, and finishing with purpose.

Our High School Co-Ed Volleyball season wrapped up with tremendous growth. What began as a new season with fresh energy became an opportunity for athletes to build communication, confidence, resilience, and teamwork. Watching our student-athletes grow in both skill and leadership throughout the season has been something to celebrate.

Quarter 4 is also a time to look ahead. Athletics is about preparing not just for competition, but for the habits, discipline, and accountability that help students succeed beyond sport. As we finish the year, I encourage all of our athletes to continue showing up with effort, pride, and heart.

Coach Finch

Built Through Adversity

Finishing the Year Strong

As temperatures rise, student-athletes should continue prioritizing:

- Hydration
- Proper footwear and athletic attire
- Rest and recovery
- Positive sportsmanship
- Academic accountability

Athletics teaches us that preparation matters both on and off the court.

Post Season Highlights

High School Co-Ed Volleyball: Our team closed out the season strong, showing significant growth in communication, game awareness, teamwork, and confidence. Many athletes stepped into new roles, challenged themselves, and represented Umoja with pride. We are incredibly proud of the commitment they showed throughout the season.



"Athletics challenges students to grow in skill, confidence, responsibility, and respect for others."

Preparing for Next Year: 2026-2027

If your child is interested in participating in athletics next school year, now is a great time to begin planning ahead.

Sports Physical Reminder

All student-athletes must have a current sports physical on file before participating in practices or tryouts.

Important Note:

Sports physicals are valid from July 1 through the end of that academic school year.

That means:

*Physicals completed before June 1 will not count for the upcoming school year.

*Scheduling summer appointments early can help families avoid last-minute delays.

Encouraging families to plan ahead helps ensure athletes are ready to participate when seasons begin.

