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When there are not enough players, Hoeke will step in to set or hit for the team and help show them the moves they need to do.

"She plays with us," said Keegan. "[Because] she's so young, she doesn't let her youth get in the way with coaching."

"She's a volleyball player, so she knows what she's talking about," said Christiansen.

Hoeke is excited to teach her players the life lessons she learned as a player from Woods like discipline, responsibility, teamwork and 100 percent effort in life, not just at the gym.

Christiansen said, "She always pushes us. She wants us to do our best."

Keegan looked up to Hoeke last year when she was an assistant coach. "She's really upbeat and positive and she's a great volleyball player. She's definitely a role model for me. She's really inspiring. She's a great coach," said Keegan.

Hoeke said, "It's 100 percent in volleyball, it's 100 percent in school, right now, for these girls and 100 percent in

life later."

She didn't realize it during her time playing for Woods but the traits Woods passed on to her were impactful later on in her life.

Hoeke is also practicing her juggling skills of being a volleyball coach and a mom of a 6-year-old son and a 2-year-old daughter.

"It's juggling sometimes and sometimes my kids kind of have to be gym rats and that's what I knew I signed up for when I took the head coaching job," said Hoeke. "I knew it was going to be like that."

When she's at volleyball, Hoeke focuses her mind on volleyball and when at home, she has her focus on home. She has other things going on too like her husband's job, family, get-togethers, birthdays and other things like that. She said her kids are learning how to be flexible and be excited about doing things.

"It's a challenge for me and it's a fun challenge and I accepted that challenge when I took the job and it's exciting," said Hoeke. "It's a good chapter in life."



Sarah Hoeke, far left, laughs with fellow team members in 2001.

Don't forget to catch the CCC volleyball team at their next home match Oct. 28 vs. Chemeketa. They are also competing in the Dorian Harris Halloween Classic Oct. 30 and 31 at Mt. Hood Community College.

Results and pictures from Oct. 17 cross country meet are available online at thelackamasprint.com

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