

Meet the Coaches

Wendy MacAskill returns for her 24th season with the Palisade volleyball program, eighteenth as the head coach. Her coaching career spans 30 years and includes coaching at the college, high school, and club levels as well as being a camp coach for several universities in the country. Wendy is accredited at the CAP II level with USA Volleyball and has worked as a USA Volleyball High Performance tryout coach. She has been selected as a coach for the CHSCA All-State Games four times (2009, 2012, 2017, and 2021) and the CCGS All-State Games in 2018. She has also been selected as the 4A Western Slope League Coach of the Year seven times (2011, 2012, 2016, 2019, 2020, 2021 and 2023) as well as a CHSAA/IBM High School Hero in 2012. Wendy, a California native, played high school and club volleyball in California. She also lettered in basketball and swimming and since graduating, has been inducted into her high school's Wall of Fame. Wendy continued her volleyball career at Colorado State University, an NCAA Division I school, where she was a four year letter-winner and an academic all-conference player and academic all-American nominee. Wendy earned a Bachelor of Science degree in Biological Science with an Anatomy and Neurobiology minor. She then attended Western University of Health Sciences in Pomona, California and acquired a Masters degree in Physical Therapy. She maintains her status as a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association. She currently works part time as a physical therapist at St. Mary's Life Center. She is married and has three daughters.



Kate Hampson returns for her 6th year with the bulldogs. Kate has coached club volleyball for 17 years. During that time, she has had several of her teams qualify and compete at the USA Volleyball Junior National Championships. She has also coached as an assistant at the NCAA Division II college level. She continues to be a camp coach for Division I universities in the state. Kate played four years at Washburn University where she set the Career Assist record for the school, was selected as an NCAA Division II All-American setter two times, and was inducted into her college hall of fame. She has a Bachelor's degree in Communications and Marketing. She works full-time for a non-profit company, is married and has a son.

Caylee Chutka returns for her second season as a coach with Palisade volleyball. She played four years with the Bulldogs and was on the 2020 team which qualified for the state playoffs for the first time in 26 years. She was an All-Conference selection and a team captain. Caylee also has experience coaching club volleyball. She is currently working and majoring in English at CMU.

Mira Gall returns for her 2nd season with Palisade. She has been an assistant coach for Grand Junction High School and Redlands Middle School. She played volleyball for eight years and led the league in blocks her senior year. Mira works as a professional photographer and loves spending her free time in the gym.

Alexandra MacAskill, another Palisade volleyball alumnae, will be helping coach the program this summer. Since high school, she has competed at the NCAA Division II and NAIA levels in indoor and beach volleyball. She earned All-Conference honors and competed at the NAIA national championship tournament. She holds several Palisade volleyball records and was Player of the League and an All-State Selection during her high school career, in addition to being a three sport athlete. Alexandra has been a club coach and camp coach during her collegiate career. She completed coursework for her Doctorate degree and will be working on her dissertation this fall.



Palisade High School

Bulldog Volleyball

Summer and Preseason

March, 2024



Save
the
dates!

- **May 13 – May 15**
Holy Family
Youth Camp
*returning
players help
work camp
- **May 28 – May 30**
Mini Bulldog
Youth Camp
*returning
players help
work camp
- **June 5 – June 6**
Camp with coach,
Tom Hilbert
- **July 29**
Paperwork and
physicals due
- **July 26– 28**
CSU Team Camp
- **August 5 - 8**
Pre-Season Camp
- **August 12**
Tryouts begin

PHS Volleyball: Rich in Tradition

Training to win...Coaching beyond the gym

Since the inception of the Palisade Volleyball program, the Bulldogs have advanced to state playoffs six times, including a four-peat of Regional championships and state qualifiers in the 2020, 2021, 2022 and 2023 seasons. Palisade has finished top three in league 25 of the last 31 seasons, including several league championships (2023, 2021, 2020, 2018, 2012, and 2011). This is quite an accomplishment, as our league boasts two state champion teams, three runners up, and multiple state qualifiers in the past twenty four years. Palisade has qualified for post season 21 of the last 23 seasons. More importantly, Palisade volleyball was the recipient of the, now discontinued, Academic State Championship in 2004 and in 2015 and finished as the runner up in 2016 and continues to be an All-State Academic team each season. They were also selected as the CHSAA team of the month in October, 2019 for their Breast Cancer Awareness efforts.

The success of Palisade's volleyball program on the court is evident by several all-state and all-league players, as well alumnae advancing to compete at the NCAA Division I, II, III and NAIA collegiate levels. Below is a list of notable alums and where they continued their volleyball careers.

*Ella Steele ('22) - Ottawa University Arizona
Kendyl MacAskill ('21) - Azusa Pacific University
Alexandra MacAskill ('19) - Adams State/St. Thomas University
Reannon Baskin ('18) - Adams State University
Emily Tucker ('18) - Colorado Mesa University
Alyssa Chutka ('15) - Colorado Mesa University
Nicole Herod ('14) - CO Northwestern Community College
Audrey Steinkirchner ('12) - Colorado Mesa University
Bernadette Pitre ('08) - CSU Pueblo
Jessica Hellmann ('07) - Air Force Academy
Meagan Bosch ('07) - Mesa State College
Kirstie Bunting ('07) - Colorado School of Mines
Chelsey Jones ('07) - Colorado Northwestern
Kaity Edmiston ('06) - Colorado School of Mines
Kaela Hellmann ('05) - St. Mary's Notre Dame
Terra Wishon ('04) - Colorado College
Shae Arnett ('04) - Colorado Christian
Sara Rickard ('03) - Colorado School of Mines
Kim Schroeder ('03) - Mesa State College
Heather Yutzky ('02) - Otero Junior College
Amy Collard ('00) - Otero Junior College
Ann Ludlam ('98) - Otero Junior College/Fort Lewis*



If you need more information or have questions, please contact
Wendy MacAskill at palrocksvb@yahoo.com or 970-216-6197



MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
		<i>Mini Bulldog Camp (grades K-8) 12:30 - 5:00</i>				

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sa
2	3	4	5	6	7	8
		Returners Only <i>VB 3:00-5:30 pm</i>	<i>VB Camp with Tom Hilbert</i>			
9	10	11	12	13	14	15
		<i>VB 3:00-5:30 pm</i>		<i>VB 3:00-5:30 pm</i>		
16	17	18	19	20	21	22
		<i>VB 3:00-5:30 pm</i>		<i>VB 3:00-5:30 pm</i>		
23	24	25	26	27	28	29
		<i>VB 3:00-5:30 pm</i>		<i>VB 3:00-5:30 pm</i>		

JULY

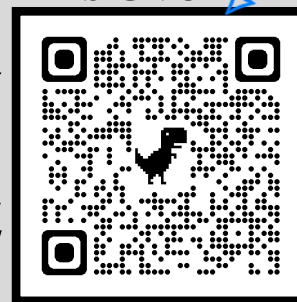
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13
		<i>VB 3:00-5:30 pm</i>		<i>VB 3:00-5:30 pm</i>		
14	15	16	17	18	19	20
		<i>VB 3:00-5:30 pm</i>		<i>VB 3:00-5:30 pm</i>		
21	22	23	24	25	26	27
		Returners Only <i>VB 3:00-5:30 pm</i>			<i>CSU Camp</i>	

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8	9	10
		<i>Pre-Season Mini Camp 3:30-6:30 PM</i>				
11	12	13	14	15	16	17
	<i>Tryouts and in season practices begin 3:30-6:30 PM</i>					

Dear Volleyball Parents and Players,
 Summer is just around the corner and marks the beginning of our 2024 season. Our coaches have been busy preparing for this summer and ask that our athletes continue their preparations as well. Mental preparation comes with continued focus in the classroom as the academic year draws to a close. Physical preparation will allow our athletes to compete at a high level at the beginning and throughout our season. We rely on parents for support and involvement and appreciate help balancing family commitments with those of your daughter's commitments to her team. It is through hard work by all that we will accomplish our goals TOGETHER!

SCAN TO SIGN UP



Youth Camp Fundraisers ([CLICK HERE](#) to sign up)

All returning players are expected to work Holy Family (5/13-5/15) and Mini Bulldog (5/28-5/30) Camps since they are the primary fundraisers for our program.

Open Gyms (Scan the QR code above or [CLICK HERE](#) to sign up)

Open gyms are formatted to work on agility, conditioning, plyometrics, and injury prevention, as well as skill instruction and play. It is strongly encouraged for girls interested in participating in the high school season to attend. Fitness preparation during the summer is crucial to a successful season, therefore, physical readiness will be a component which is scored and evaluated at tryouts.

Volleyball Camp with Tom Hilbert ([CLICK HERE](#) to sign up)

Tom Hilbert (recently retired after 26 years as the Colorado State University volleyball head coach) will be hosting a volleyball clinic on the Western Slope for any 7th-12th grade girl.

When: Wednesday-Thursday, June 5-6 Time: two sessions per day Cost: \$170

CSU Team Camp

Attendance at the Colorado State University in Fort Collins camp will be for returning Varsity and JV players first, then returning Freshmen team players by invitation only.

Pre-Season Camp (Scan the QR code above or [CLICK HERE](#) to sign up)

Any girl attending Palisade High School is welcome to attend Mini Camp. This camp will review the fundamentals of volleyball and also cover advanced volleyball techniques. You must complete the fall sport online registration and submit a physical online. You must also scan the QR code (or [CLICK HERE](#)) and turn in the camp fee (separate from athletic fee) to the office before being allowed to participate.

When: Monday-Thursday, August 5-8 Time: 3:30-6:30 p.m. Cost: \$50

Team Tryouts

Tryouts are scheduled August 12th –14th from 3:30-6:30 PM. Tryouts and/or practice will continue on August 15 and August 16 from 3:30-6:30 PM. **You must register and submit a physical online and turn in the athletic fee to the office in order to participate.**