

## Meet the Coaches

**Wendy MacAskill** returns for her 25th season with the Palisade volleyball program, nineteenth as the head coach. Her coaching career spans 31 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 five times and the CCGS All-State Games two times. She has also been selected as the League Coach of the Year eight times and was honored 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 who have all played collegiate volleyball.

**Kate Hampson** returns for her 7th year with the bulldogs. Kate has coached club volleyball for 18 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 two sons.

**Caylee Chutka** returns for her 3rd season as a coach with Palisade volleyball. She played four years of club volleyball and high school with the Bulldogs volleyball program. She was a key player and co-captain on the 2020 team which qualified for the state playoffs for the first time in 26 years. She was honored as an All-Conference selection her junior and senior seasons. Caylee also has several years of experience coaching club volleyball at the middle school and high school level and has experience directing and coaching volleyball camps for a variety of ages.

**Sarah Laird** begins her first year with Palisade volleyball this fall. She is an Arizona native and began playing volleyball at the age of 12. She developed her skills and love for the game during four years of varsity play and club volleyball in high school. Sarah played at Lamar CC for two years before deciding to bring her playing career to an end and focus on school and working. Her coaching career began with coaching small fundamental clinics, one on one training, as well as at the middle and high school level. She has coached locally with Mesa Juniors for the last 3 seasons and brings her experience as a player into her techniques as a coach. Sarah's goal as a coach is to instill passion, discipline and dedication into her players and to encourage growth and improvement for each and every player.



Palisade High School

# Bulldog Volleyball

Summer and Preseason

April, 2025

## Save the dates!

- **May 5-6 & May 8-9**  
Holy Family  
Youth Camp  
**\*returning  
players help  
work camp**
- **May 27 – May 29**  
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 25– 27**  
CSU Team Camp
- **August 4 - 7**  
Pre-Season Camp
- **August 11**  
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 seven times, including a five-peat of Regional championships and state qualifiers in the 2020-2024 seasons. Palisade has finished top three in league 26 of the last 32 seasons, including several league championships (2024, 2023, 2021, 2020, 2018, 2012, and 2011). This is quite an accomplishment, as our leagues have boasted two state champion teams, three runners up, and multiple state qualifiers in the past twenty five years. Palisade has qualified for post season 22 of the last 24 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 as 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.

Braeleigh MacAskill ('25) - Corban University  
Addie Ritterbush ('25) - Colorado Mesa University  
Sabrina Landman ('25) - Regis University  
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 Yutzy ('02) - Otero Junior College  
Amy Collard ('00) - Otero Junior College  
Ann Ludlam ('98) - Otero Junior College/Fort Lewis  
Sarah Lewis ('97) - Mesa State College



If you need more information or have questions, please contact our coaches at [palisadevolleyball@gmail.com](mailto:palisadevolleyball@gmail.com)



## MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	31
		<b>Mini Bulldog Camp (grades K-8) 12:00 - 4:00</b>				

## JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sa
1	2	3 <b>Returners Only</b> <i>VB 3:00-5:30 pm</i>	4	5 <i>VB Camp with Tom Hilbert</i>	6	7
8	9	10 <i>VB 3:00-5:30 pm</i>	11	12 <i>VB 3:00-5:30 pm</i>	13	14
15	16	17 <i>VB 3:00-5:30 pm</i>	18	19 <i>VB 3:00-5:30 pm</i>	20	21
22	23	24 <i>VB 3:00-5:30 pm</i>	25	26 <i>VB 3:00-5:30 pm</i>	27	28

# JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
6	7	8 VB 3:00-5:30 pm	9	10 VB 3:00-5:30 pm	11	12
13	14	15 VB 3:00-5:30 pm	16	17 VB 3:00-5:30 pm	18	19
20	21	22 <b>Returners Only</b> VB 3:00-5:30 pm	23	24	25 <b>CSU</b>	26 <b>Camp</b>

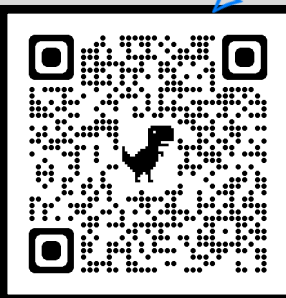
# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 →	28	29	30	31	1	2
3	4	5 <i>Pre-Season Mini</i>	6 <i>Camp 3:30-6:30 PM</i>	7	8	9
10	11	12	13	14	15	16
		<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 2025 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 (5/5, 5/6, 5/8, 5/9) and Mini Bulldog (5/27-5/29) 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: Thursday-Friday, 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 players, then other returning players or incoming freshmen by invitation only.

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

Any girl attending Palsade 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 4-7    Time: 3:30-6:30 p.m.    Cost: \$50**

## Team Tryouts

Tryouts are scheduled August 11th –13th from 3:30-6:30 PM. Tryouts and/or practice will continue on August 14 and August 15 from 3:30-6:30 PM and August 16 8:00-12:00 AM. **You must register and submit a physical online and turn in the athletic fee to the office in order to participate.**