



# Catching Up With



MULCAHY



DUNBAR

## Catching Up With Golden Eagle Volleyball: Bailey Mulcahy and Shelby Dunbar

4/24/2020 10:02:00 AM

By: Bailey Mulcahy and Shelby Dunbar



As we currently all working, working out, and doing school from the comfort of our homes during this time of quarantine, we decided it was a good time to bring back our volleyball blog. In the fourth edition of "Catching Up with Golden Eagle Volleyball", we hear from [Shelby Dunbar](#) (Fertile, Minn.) and [Bailey Mulcahy](#) (Fertile, Minn.)

### Bailey Mulcahy

Hey everyone!

Hope everyone is safe and healthy at home! I've had a while and gotten into a good routine for my day. I wake up do some morning yoga followed by at home workouts to stay in shape for volleyball. The rest of my day is filled with homework, puzzles, cribbage, hitting golf balls in my backyard, trying to find any craft to do, and usually I end the day watching a movie or the series on Netflix I recently started "All-American".

Although it took a while for me to adjust to the new normal, it's allowed me to appreciate the time we have. I feel that a lot of us athletes may take the time we get to play for granted when it's every day, practice after practice, but we all are missing playing our sports now when we can't. It's allowed me to be creative with my communication with my teammates, and accountable for my workouts.

I hope everyone is adjusting well and getting all their school work done, only a few more weeks! Stay home and healthy!

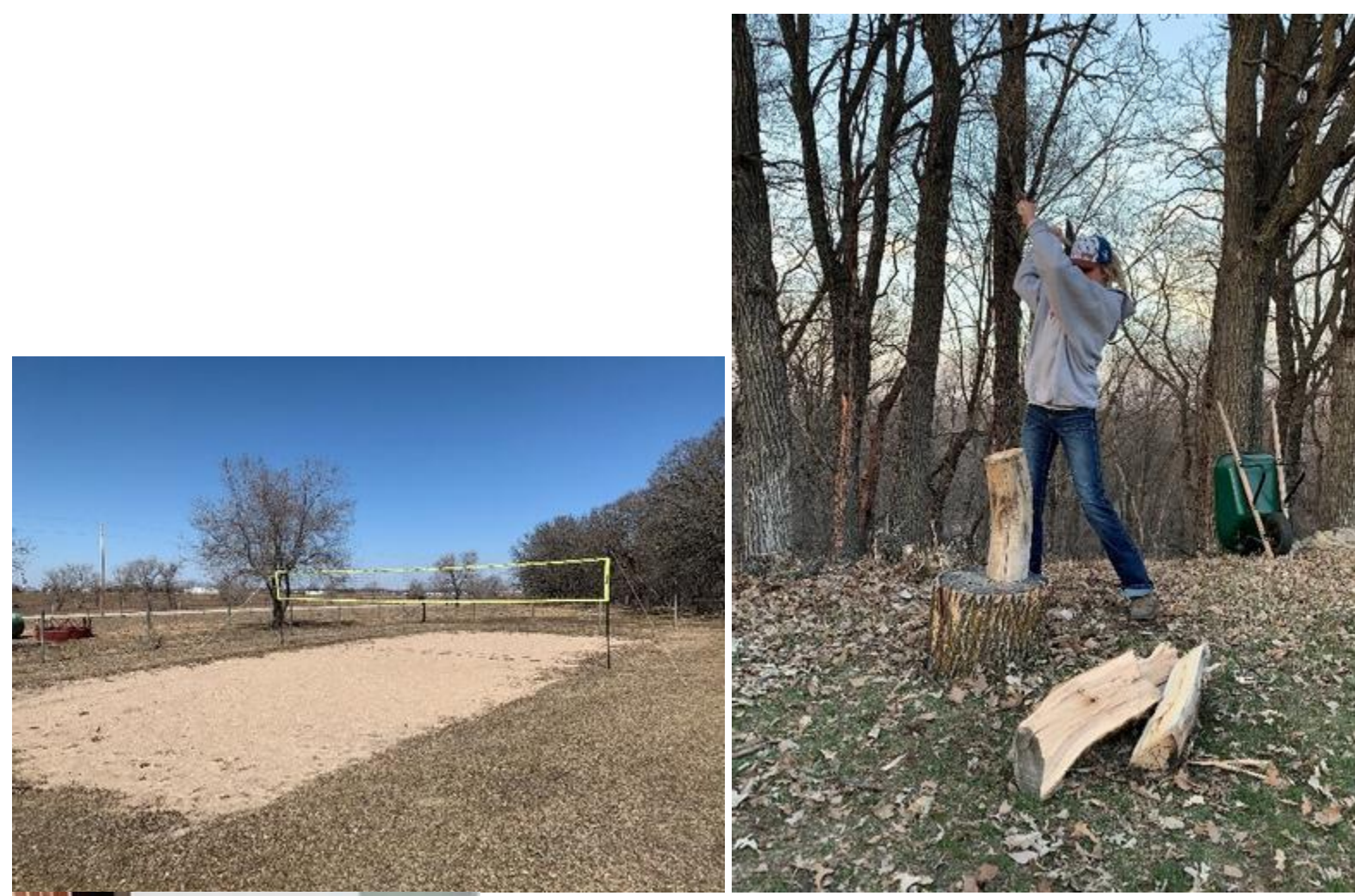


### Shelby Dunbar

Hey guys, I'm back to update you on what I have been doing!!

Not much has changed since I last wrote. My classes for the most part are all on zoom which helps. It's still hard to comprehend that we aren't going back this year. Lately I have been doing homework outside and it's a great change of scenery. I try to finish all my homework in the morning so I can spend the rest of the day being active. It has finally been warm enough to do activities outside! My sister and I go back and forth from playing sand volleyball, to basketball, then playing catch with a softball. We just recently got a new yellow lab named Daisy that also keeps us busy. Taking two dogs on a walk is way more challenging but definitely worth it. Another exciting thing that has happened lately is that we brought our horses back for the summer from my grandpa's house. Riding horse is another great way to get exercise. I've been finding new creative ways to workout lately like running up and down our fair grand stands and splitting wood. It makes staying active a breeze!

I hope everyone is having a safe quarantine and see you all soon!



### Related Stories

[Minnesota Crookston Volleyball Adds Fifth Signee to Class with Addition of Duluth East Standout Karys Johnson](#)

03.21.24

[Minnesota Crookston Volleyball Announces 2024 Spring Schedule](#)

03.19.24

[Weisensel Named Academic All-District for Volleyball](#)

12.12.23

[Minnesota Crookston Volleyball Rounds Out Signing Class with Pair of Setters](#)

11.27.23

