



Women's Volleyball | 8/9/2019 9:55:00 AM | Shawn D. Smith, Director of Athletic Communications

Hola Costa Rica: Minnesota Crookston Volleyball in Costa Rica, Day 1



(Blog by [Kaitlin Sikkink](#) and [Sydney Krusselbrink](#))

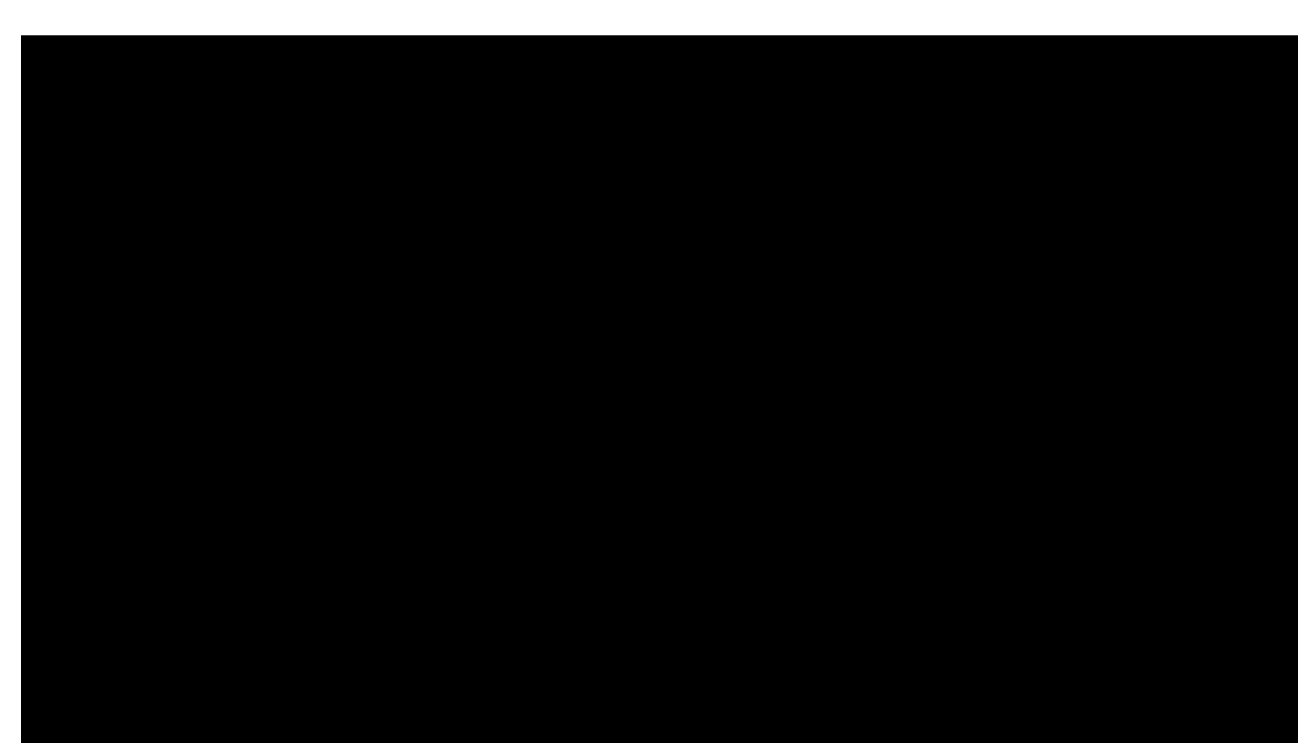
Hola amigas!
Day 1 of Costa Rica has commenced and boy have we had one heck of a time.

Morning

Our day started off with breakfast at the hotel. Our options were rice, chicken, eggs, ham, cheese, bread, and assorted fruit jelly (pineapple, guava, and strawberry). After fueling our bodies with freshest fruit, slightly debating moving down here strictly for the fruit, we traveled to practice.



We must take a moment to give SO MUCH GRATITUDE to our bus driver. The traffic here is peak rush hour in downtown Minneapolis on steroids. He has kept us safe as we navigate the city of San José, like James Bond through lasers. Although the traffic has been a hold up, the views on the drive were just a glimpse of the beauty this city withholds. You can view the clip below and pretend you're here!



The video was our commute to our morning practice! This was held at the Colegio de Abogados y Abogadas (Lawyers Sports Club). Your eyes are not deceiving you, the court is open to the outdoors!



Afternoon

After practice we traveled to the oldest restaurant in San José, Soda Tapia. We had paninis and a choice of three juices: blackberry, tamarindo, and cas.



After lunch we arrived at the gimnasio nacional (national gym), to help two special olympics classes learn volleyball! The kids were amazing, and we had such a great time working with them! This is us with our second class!

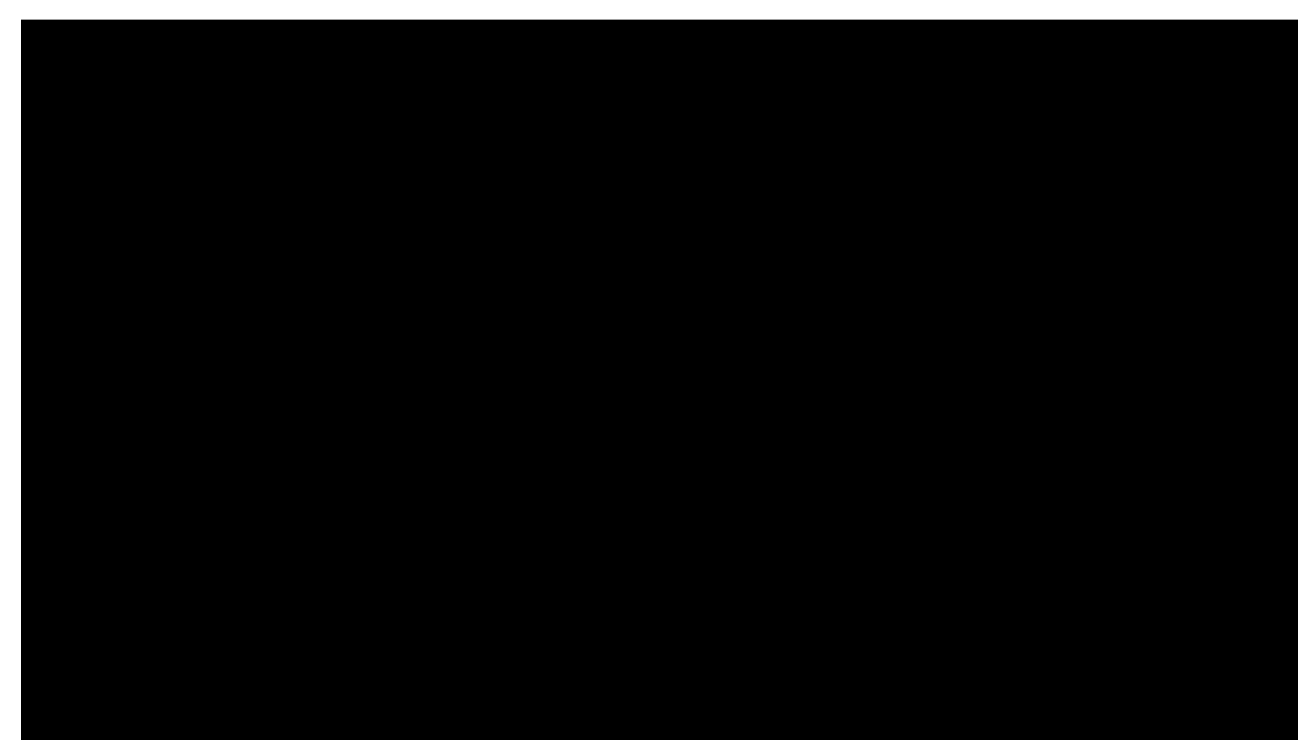


Night

Finally we traveled to play volleyball against Goicochea, a team located in San José. It was amazing to see the love of volleyball across a different culture.



We ended our day with great food and a little dancing (see below) at La Parrillita de Pepe! We are so excited for our trip! Stay tuned for tomorrows adventures!



Adios!
Xo, Minnesota Crookston Volleyball

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PLAYERS MENTIONED ▾

#20 Sydney Krusselbrink 5' 5" 9" / Sophomore	#8 Kaitlin Sikkink MH / 5' 10" / Redshirt Junior
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