

Middleton Varsity Girls Volleyball Spike Out Cancer Invitational 9/5/26

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Dragonfly Initiative Brings Whole-Athlete Resources to Middleton Spike Out Cancer Invite

Local nonprofit joins Middleton High School athletics to support student-athlete well-being and success on and off the court

MIDDLETON, Wis. — August 28, 2026 — Dragonfly Initiative will join the Middleton Spike Out Cancer Invite at Middleton High School on September 5, 2026, bringing resources and support directly to student-athletes, coaches and parents. The girls varsity volleyball tournament will welcome up to 24 teams from throughout Wisconsin while raising funds for the American Cancer Society.

Throughout the event, Dragonfly will share practical resources focused on the full student-athlete experience, including managing the demands of athletics and academics, navigating pressure and transitions, building resilience and developing skills that support overall well-being and life beyond sport.

“Student-athletes are managing a lot at once,” said Lan Lam, co-founder of Dragonfly Initiative. “They’re balancing training and competition with academics, relationships, decisions about their future and all of the normal challenges of growing up. We want to give athletes practical resources that help them manage those demands and take care of themselves along the way.”

That focus is supported by Middleton High School Head Volleyball Coach McKenzie Johns and the Middleton High School Athletic Department, which has previously partnered with Dragonfly and continues to support efforts focused on the development and well-being of student-athletes.

“Having coaches and athletic departments make space for the whole athlete is incredibly valuable,” Lam said. “Coach Johns understands that developing athletes includes supporting who they are beyond their performance on the court. Middleton Athletics has also been a supportive partner, and we’re grateful to work with people who see the value in helping student-athletes succeed in sport, academics and life.”

A Mission That Started Close to Home

Dragonfly Initiative was co-founded by Middleton mother and daughter Lan Lam and Eliana Ross following conversations during Ross’s college athletic recruitment experience. As they navigated the process together, they recognized the demands placed on young athletes pursuing high-level athletics while also managing academics, major life decisions and the pressures that come with both.

Those conversations helped shape Dragonfly’s mission to give student-athletes more tools, information and support to navigate life as both a student and an athlete.

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While Dragonfly is building resources and programming to serve student-athletes nationally, that mission starts close to home, with a strong commitment to Middleton, surrounding communities and student-athletes throughout Wisconsin.

That connection is also reflected in Dragonfly's student-athlete leadership team. MHS graduates Eliana Ross, Elyssa Ross, Jordan LaScala, Laina Gustafson, Logan Roy-Lewis and Jada Cerniglia have contributed to Dragonfly's work by developing resources and content, supporting outreach and bringing the student-athlete perspective directly into the organization.

Their involvement also reflects another part of Dragonfly's mission: creating meaningful leadership and professional development opportunities for current and former student-athletes.

"For us, this is what investing in your own community can look like," Lam said. "These young adults grew up here, competed here and graduated from Middleton High School. Now they're taking what they've learned through college, athletics and their early professional experiences and using it to support the athletes coming behind them."

The Spike Out Cancer Invite brings that commitment full circle, connecting current athletes with resources and support while highlighting what can happen when coaches, athletic departments, community organizations and former student-athletes work together to support the whole athlete.

About Dragonfly Initiative

Dragonfly Initiative is a Wisconsin-based nonprofit supporting the whole student-athlete through education, resources, advocacy and peer perspectives. Dragonfly serves high school and college-age athletes, parents and coaches while creating leadership and professional development opportunities for student-athletes.

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Tournament Details

18 Confirmed Teams

* up to 24 invited

Janesville Craig	Indian Trail
Milton	Madison Memorial
Brookfield Central	Baraboo
Brookfield East	Mt Horeb
Homestead	Middleton
Monona Grove	West Allis
Oshkosh West	Platteville
Aquinas	Oregon
Madison East	Madison West

Locations:

Middleton High & Kromrey Middle School
8:30 - 2:30 Pool Play
3:00 Brackets

Attendee Tally

Rostered Players

18 x 18 = 324 Varsity Players

MHS JV & Freshman Teams

15 x 4 = 60

Estimated Coaches Attending (2-3/team)

18 x 2.5 = 45

Estimated Attendees

2 per player = 648

Officials

2 x court = 12

Total Estimated Audience 1,089

Event Details

Main Dragonfly Table: One table per location. Each table will have 1-2 Dragonfly representatives on hand for conversations and creating awareness. Free items and resources for athletes, coaches and families/spectators will be displayed at the table and resource stand.

Sibling/Children's Table: Crayons and mental health coloring sheets will be provided for siblings and children attending at each location.

Raffle: Instagram raffle for Dragonfly Tshirts & Journals

Athlete Packets: Each competing player receives a player pack and a recovery pack.

Coach Packets: Each coach receives a coach pack and recovery pack.

MHS Athlete Volunteer Packets: Each MHS JV and Freshman player will receive a player pack.

Player Pack (420)

Welcome Card
Stronger Each Day Bag Tag
Wristband
Body Wipe
Stickers
Tic Tac
Student Athlete Resource Hand Outs

Coach Pack (45)

Welcome Card
Stronger Each Day Bag Tag
Wristband
Body Wipe
Stickers
Tic Tac
Coach Resource Hand Outs

Recovery Pack (364)

Recovery Card
Chamomile Tea Bag
2 oz scented candle
Honey Stick
Dove Chocolate
Lip Balm

Table Takeaways

Stickers
Fruit Snacks
Resources for athletes, parents, coaches
Coloring sheets