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It was a long time between PIAA title match appearances for the Spring Grove girls volleyball program.

The Rockets made their title match debut in 1983 and were the eighth consecutive victim of Norwin High School during its record-setting dominance from 1976 to 1983 in Class 3A.

Spring Grove made its second appearance in the PIAA Class 3A finals on Nov. 20 at Cumberland Valley High School against Hampton and the Rockets brought home the program's first championship trophy with a 3-1 victory over the Talbots.

"We're all super excited. Their dream has been realized," Spring Grove coach Liz Ziegler said. "That was their goal at the beginning of the season. To actually get here and win is an awesome honor."

It's the school's first team state championship since a boys cross country championship in 1966.

"It's been a long time since any team at this school won a state title," Ziegler said. "We've had a few teams place second, including our volleyball program in 1983, but none of them won a state title. Our cross country team from 1966 is the only other PIAA team championship. We're very proud to be the second state champ from Spring Grove."

Spring Grove was led by three seniors: twin sisters Hailey and Nevaeh Wolfe, both outside hitters; and setter Maddie Ruhland. Hailey Wolf recorded 25 kills and 17 digs, while sister Nevaeh had 22 kills and six digs. The two did a great job of placing their shots mixing powerful slams with soft dinks.

"The Wolfe twins carried us today. Zeigler said. "We work on different shots in practice and the kids played well as a team. I am so happy for the kids and how hard they worked this year."

Ruhland was also impressed with the Wolfe twins.

"I can go both left and right," said Ruhland, who recorded 44 assists, seven digs, and two aces. "I have them on both sides. They were off-the-wall tonight. Every time I set Hailey it was a kill and Nevaeh was likewise."

Hampton coach Annie Bozzo agreed that the Wolfe twins were the difference.

"We knew they were good," Bozzo said. "Sometimes we were able to handle the matchup, other times we didn't. They played amazing tonight."

The first set was sloppy as both teams committed five serving errors. Hampton held an early 9-5 lead, but Spring Grove rebounded to tie the score at 14-14. The two teams traded points until the set was tied 19-19. At that point, Spring Grove scored six of the last eight points to post a 25-21 victory.

The Rockets led the entire second set, despite five more serving errors, posting a 25-20 victory, which gave them a commanding 2-0 advantage.

Hampton jumped out to a 6-2 lead in the third set, but Spring Grove rebounded to take an 11-9 lead. Serving errors continued to plague the Rockets as they handed the Talbots six points on bad serves. Hampton took advantage of the gift and rallied to post a 25-lead and keep its title hopes alive.

"I wasn't really nervous since I knew the pressure was still on them," said Nevaeh Wolfe.

Spring Grove led most of the fourth set, but Hampton came back to tie the match at 13-13 and 14-14. The Rockets scored the next five points and never looked back, recording a 25-19 win to clinch the title.

"I still felt comfortable," Ruhland said. "I never think we're going to lose. We're just a solid team and we'll always have that solid mentality. We knew in eighth grade eventually we would go far, and here we are."

Nevaeh Wolfe and her teammates were every emotional after she recorded the final two kills to clinch the title.

"I'm so happy," said Nevaeh while standing next to her twin sister. "I was crying for a solid 10 minutes. It's sad that it's our last year, so it's bittersweet. I started crying and then everyone else did."

Hampton was led by sophomore outside hitter Emmy Schrom (21 kills, 14 digs), senior middle hitter Kai Herchenroether (11 kills), and Claudia Braun (42 assists, 29 digs).

"I hate losing," Bozzo said. "It's a tough loss, but a wonderful, wonderful season. My girls worked really hard to get here. We may have lost, but it's something for them to be proud of. Only a few teams can say they got this far. I'm very proud of what my girls were able to accomplish."

Spring Grove (28-1) qualified for the state tournament by winning the District 3 title. The Rockets are making their first title match appearance since losing to Norwin in the 1983 final. They advanced to the finals with wins over District 12 third-place finisher Archbishop Wood, 3-0 in the first round; District 1 champion Pope John Paul II, 3-2 in the quarterfinals, and District 11 champion Bethlehem Catholic, 3-2 in the semifinals.

Spring Grove may find it tough to repeat, as seven players graduate, including the Wolfe twins and Ruhland.

"They're a special group," Zeigler said. "It's going to be very hard to replace them."

Hampton (18-4) earned its first PIAA berth by placing second in the WPIAL (District 7). The Talbots advanced to the title match with wins against District 9 champion DuBois, 3-0 in the first round; WPIAL third-place finisher Armstrong, 3-1 in the quarterfinals; and WPIAL champion Freeport, 3-1 in Tuesday's semifinals.

The Talbots lose four players to graduation, including three starters.