

2020 — COLLEGE — VOLLEYBALL

APPALACHIAN STATE UNIVERSITY

Emma Longley

Outside Hitter

Senior

Emma is one of the most talented athletes I have every had the pleasure of working with. Great on the court, in the weight room and in the class room. A true leader with a winning attitude and great work ethic. 135 Power Clean, 125 Bench Press, 185 Squat and 31.5" approach vertical jump. ~Anthony Glass

ARCADIA UNIVERSITY

Angelo Giuffrida

OPPOSITE HITTER/OUTSIDE HITTER

Senior

Angelo is a member of the Men's Volleyball Team and a Business Administration Major with a 3.2 cumulative GPA. He is a part of the first MAC Commonwealth Championship team. Angelo has reached Iron Knight 3 times, and has twice received the Male Strength & Conditioning Athlete of the Year award. Angelo has been an integral part our strength and conditioning program. Some of his accomplishments in the weight room this year include, 34 inch Vertical Jump, Bench Press 225x6, and Deadlift 515 x3. Through his hard work, dedication, leadership, and effort, he has continued to help raise the bar for all of the athletes in our program. ~Todd Barnes

ATHLETIC PERFORMANCE TRAINING CENTER

Abby Leigh

Hitter

Freshman

Abby continues to work hard to be the best college student-athlete she can be. ~Brian Lebo

AUGUSTANA UNIVERSITY

Mearah Miedema

Middle Blocker

Junior

Mearah's intense love for lifting and competition has made her a pleasure to work with. She holds team records in the vertical jump and approach jump. Mearah was named to the NSIC All-Academic Team in 2018 and 2019. Mearah's affinity for lifting will undoubtedly fuel her future endeavors. ~Andy Stocks

BLACK HILLS STATE UNIVERSITY

Peyton Bodemann

Middle Hitter

Sophomore

Peyton is one of the strongest female athletes' across the board. She always comes in with a great attitude and is ready to work. Peyton has learned how to push herself past her comfort zone to become a better player. ~Aaron Siekmann

BUFFALO STATE COLLEGE

Eimile O'brien

Outside Hitter

Senior

Emilie has easily been one of the hardest working athletes over her four years. She has single-handedly changed the training culture of her team while battling through injuries. She has also excelled in the classroom and been involved in our campus community in various roles. ~Nathan Young

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ENDICOTT COLLEGE

Mackenzie Kennedy

Libero

Senior

Mackenzie Kennedy was named Libero of the Year and 1st-Team All-Conference by the Commonwealth Coast Conference again this year. Followed by an AVCA All-American Honorable Mention nod, Kennedy has seen the dedication that she has put into strength & conditioning pay off. She recorded a conference-best 356 digs in the Fall season and averaged 5.53 digs per set. She had 20+ digs in 16 matches this year, topping out with 31 in a five-set match. Kennedy continues to demonstrate strong leadership and effort in the athletic performance center. She drives her teammates to be better and is well respected. Hang Clean: 175 lbs. Back Squat: 295 lbs. Bench Press: 140 lbs. ~James Daley

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HUMBOLDT STATE UNIVERSITY

Kayla Costello

Defensive Specialist

Senior

Kayla was one of the most dedicated and consistent athletes in the weight room during her career at Humboldt State. She set the example for the rest of her time every time she was in the weight room. Kayla's number in the weight room were a product of her hard work and dedication with a projected a high bar back of 245 pounds and power clean one rep of 185 pounds. Her numbers on the court were equally as impressive with over 175 digs and 2.12 digs/set. ~Anthony Ratto

HUMBOLDT STATE UNIVERSITY

Odelia Ryan

Outside Hitter / Defensive Specialist

Senior

Odelia was a tremendous leader in the weightroom and on the court. Her dedication and work ethic has set the tone for the volleyball program for the past several years; her presence is already missed. Odelia's numbers in the weight room were quite impressive with a projected 300 pound high bar back squat, and a 185 pound one rep clean. Her numbers on the court were equally impressive with 400 overall digs, and 4.37 digs / set! ~Drew Petersen

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HUNTINGDON COLLEGE

April Reese

OH

Senior

April has shown a high level of dedication to not only her training, but she has played an integral role in the development of the culture within our volleyball program. Her hard work, mindset, and leadership have provided our athletes an excellent example of how to maximize yourself in the training environment.

~Charlie Goodyear

IOWA STATE UNIVERSITY

Candelaria Herrera

Middle Blocker

Senior

I am honored to nominate Candelaria as an NSCA All American for the 2019 - 2020 school year. Candelaria is one of the most dedicated student-athletes I have had the pleasure of working with during my tenure as a strength and conditioning coach. She is always challenging herself in the classroom, on the court, and in the weight room and it has shown in her achievement on and off the court. Candelaria is not only a leader for the Iowa State University volleyball team by earning herself Big 12 honors, a member of the AVCA All-Midwest Region team, but she is also a member of the Argentinian National Volleyball team set to represent her country in the 2020 Olympic Games in Tokyo. We (Iowa State University Strength and Conditioning Staff) could not be more proud of Candelaria and the achievements she has accomplished. ~Tim Dombrowski

JACKSONVILLE UNIVERSITY

Mallory Mattingly

Outside Hitter

Senior

Mal is the definition of a leader by example. Her hard work and dedication on the court and in the weight room have elevated the entire team. She consistently comes in for extra work and makes sure she performs every task the right way. This year she has added over 5" to her vertical jump. ~Kaitlan Aries

JUNIATA COLLEGE

Morgan Edwards

Outside Hitter

Senior

Morgan's four years at Juniata College resulted in All American, Regional and conference awards, but her greatest contribution was her example of work and team commitment. These attributes were major factors in our Volleyball Programs success. ~Douglas Smith

JUNIATA COLLEGE

Joe Fick

Outside Hitter

Senior

Joe Fick has an outstanding work ethic in his training and is a great team leader. He is a team captain of the men's volleyball team at Juniata College and has achieved All-Conference - ECAC honors. ~Kristopher Bookamer

KING'S COLLEGE

Toni Galasso

Libero

Sophomore

Toni is a vocal leader with her team. She seeks to improve every time we train. She takes on the challenges I present to her and sees them through. Every week I push her to new limits and she never fails to exceed those limits. ~Bryonne Herring

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LAMAR UNIVERSITY

Erin Pequeno

Defensive Specialist

Senior

Erin Pequeno overcame adversity on an annual basis over her 5 year career. To see her triumph and fail repeatedly, yet continue to get back up and fight even harder again was a true inspiration to both her teammates and myself. Her efforts paid off as she had her best season in year 5 both from a performance standpoint and a health standpoint. Her personality is contagious and deep down inside is a fighter who will overcome any adversity that she will face now and in the future. ~Daniel Darcy

MENLO COLLEGE

JaNay Wooten

Setter

Junior

JaNay shows great leadership and discipline in sport and sport performance, which is what Menlo College look for in athletes. She is always on time and works hard in the weight room and is dialed in on her nutrition. JaNay is a standout athlete. ~Joshua New

PERU STATE COLLEGE

Claire Cudney

Outside Hitter

Senior

At 5'9", Claire finished the 2019 season at Peru State College being recognized as a NAIA-Daktronics Scholar Athlete, a Heart of America Athletic Conference (Heart) All-Conference Honorable Mention, and as an Omaha World-Herald All-Nebraska NAIA/NCAA D3 Volleyball Honorable mention. Claire finished the 2019 season as the team leader in kills with 310 and in digs with 458. For her career, she played in 345 games amassing 619 kills, 51 assists, 47 service aces, 1,110 digs, ten solo blocks, and 57 block assists. Claire's success on the court mirrors her commitment to the weightroom with a recorded

squat of 185, a clean of 135, and a 28 inch vertical. An elementary education major, Claire currently maintains a grade point average of 3.91 as a two-sport athlete (volleyball and women's basketball). ~Kyle Ryan

POINT LOMA NAZARENE UNIVERSITY

Jaime Cymbaluk

OH

Junior

Jaime has shown tremendous growth as a student-athlete throughout her first 3 years at Point Loma Nazarene University. In the weight room, her leadership shines brightest, as she consistently models the way for her teammates. Her approach to the weight room has shaped her into an outstanding role model for the younger athletes and has also landed her at the top of the leaderboard for numerous lifts. Additionally, she was entrusted with leading the team through warm ups prior to strength and conditioning sessions, practices, and games. Her dedication in this area is setting her up to have a tremendous senior season. ~John Abbatoy

PORTLAND STATE UNIVERSITY

Parker Webb

Outside Hitter

Junior

Parker missed an entire year due to injury. She stepped up in the weight room and transformed herself into a more durable productive athlete. Through her hard work in the weight room she was able to play all but one set her Jr. year. ~Frederick Scott Fabian

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RADFORD UNIVERSITY

Stephanie Neast

Right Side Hitter

Senior

Stephanie is certainly one of the strongest players I have ever coached. Her mild mannered personality was overshadowed by the strong numbers she posted on a daily basis in all our workouts. She had lots of physical issues she had to overcome, but never missed a single workout and continued to put herself on a different level than the rest of the team with her feats of strength, which when finished, she would simply turn with a dimpled, sheepish grin, shrug her shoulders and move on to the next task. Some of her more impressive feats are a 275lb front squat and a 185lbs hang clean after 12 sets.
~Scott Bennett

SAN FRANCISCO STATE UNIVERSITY

Jessica Haynie

Outside Hitter

Junior

Haynie has made a lasting impact on the San Francisco State Volleyball program. Haynie earned back-to-back All-CCAA nods after taking home Second Team honors a season ago. The junior was fourth in the CCAA with 0.43 aces per set, and her 41 total aces were third most in the conference. She is the first SF State student-athlete to receive All-CCAA awards in back to back seasons since 2015. In the weight room, she attends every practice with a positive attitude and determined work ethic. With these crucial attributes she has set multiple personal records in the weight room and performs as a top lifter on her team. Haynie is a Fall 2019 CCAA All-Academic Honoree and has maintained a place on the Dean's list at SF State, holding a cumulative GPA of 3.54. She in her final year of her Mechanical Engineering major.

~Ryan Durk

ST. MARY'S UNIVERSITY

Lindsey Kaufman

Setter

Junior

Lindsey's dedication to improving herself as an athlete has been phenomenal this year. Working on her own over the summer she came back in the best shape I've seen her in since I've been here. This is a testament to her work ethic, self-discipline and accountability. She followed that up by continuing to push herself through in-season and off-season training, and seemingly sets new PR's in our tests every week. She also puts in additional voluntary work on her days off to improve other areas she feels need work. Lindsey, a junior, maintains a 3.68 GPA. ~C.J. Richardson

UNC-CHARLOTTE

Hannah Sofie Perrens

Defensive Specialist/Setter

Senior

Hannah Sofie Perrens strives for greatness in all she does. Her dedication within the Weightroom, on the Court and in the Classroom allows her to stand out among her peers and earn their respect as a Leader. Her effort on a daily basis is unparalleled. The attributes mentioned as well as others, will assist her in what she has learned in the athletic realm and apply it to everyday life. ~John Patrick

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UNION UNIVERSITY

Laura Rose Gray

Middle Blocker

Junior

With her grit and competitive attitude, Laura Rose Gray epitomizes the all-American athlete. Laura Rose refuses to settle for "good enough," but instead looks for ways to improve herself, on and off the court. Her work ethic is evident to her coaches and teammates. Throughout a season riddled with difficulty, she found ways to succeed and to lead, in spite of any and all setbacks. Her devotion to the weight room, developing her strength and honing her skill, combined with an impressive season, displays Laura Rose's drive and commitment to excellence. With 113 kills, 60 total blocks, and 152 total points scored over the season, Laura Rose sets the bar high for her team and her conference. Moving beyond even her current accomplishments, she continues to improve, displaying that she truly is a force to be reckoned with.

~Jonathan Wilson

UNIVERSITY AT BUFFALO

Rachel Sanks

OH

Senior

Rachel demonstrated a strong interest and passion for strength and conditioning all year long. Her commitment and development in the weight room raised the standard for her teammates, and showed others what is possible. Having Rachel in a lift group was like having another coach on the floor during volleyball lifts. Even more impressive than her own development was her selflessness in brining others along with her.

~Sean Conaty

UNIVERSITY OF DELAWARE

Andie Hanus

Defensive Specialist/Libero

Senior

Andie has worked hard to accomplish her goals in the classroom, community, weight room, and on the court. She has used her time in the weight room to overcome injury and expand her abilities on the court. Hanus was a transfer to the University of Delaware and exhibits a contagious work ethic. She was the 2019 CAA Defensive Specialist of the Year and tallied over 1,000 digs in her collegiate career. She is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level. ~Chris Toland

UNIVERSITY OF LYNCHBURG

Lauren Stanford

Libero/Defensive Specialist

Senior

Lauren was a four-year staple in our Volleyball program. From her off-season efforts in the weight room to her leadership on and off the court, Lauren dominated all aspects during his time here Lynchburg. ~Ed Smith

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UNIVERSITY OF MICHIGAN

Paige Jones

Outside Hitter

Sophomore

Paige Jones, has continually demonstrated her leadership and commitment to the strength and conditioning program along with the volleyball program as a whole. Her dedication, positive attitude, attention to detail and relentless effort to her physical preparation have been instrumental to her earning a starting role during both her freshman and sophomore seasons, along with leading the team in several playing categories. In addition, this past season she earned several honors to include Big Ten conference player of the week, AVCA All-North region first team, All-American third team, and All-Big Ten first team. Paige progressed in all areas of strength and conditioning, to include setting several personal records. Paige's leadership by example has been paramount in inspiring her teammates to achieve personal bests within the strength and conditioning program leading to new levels of physical preparedness. Paige has repeatedly earned the respect of the coaching staff and her fellow teammates due to her willingness to rise to any challenge and fulfill any role in order to make Michigan Volleyball successful. Paige's pursuit of excellence is also evidenced by her earning 2019 All-Academic Big Ten conference recognition.

~Michael Favre

UNIVERSITY OF MISSOURI-ST. LOUIS

Kylie Rudsinski

Opposite Side Hitter (Right Side)

Senior

Kylie is one of the hardest working athletes I've ever met. She gives her all day in and day out. She graduates ranking third in kills (1,243) and ninth in total blocks (295), including sixth in block assists (271). Her leadership in the weight room will be greatly missed.

~Josh McMillian

UNIVERSITY OF SOUTHERN MAINE

Lauren Delissio

Libero

Junior

Lauren's dedication to strength & conditioning has led to yearly improvements in her VJ and power indicators. Her consistent training example has helped other teammates embrace performance training. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

Jamie Jannarone

Outside Hitter

Junior

Since arriving on campus Jamie has helped lead the team on the court and off. Her improvements in strength & conditioning have helped her VJ and on court performance. She has become one of the stronger, most powerful athletes on campus. ~James Giroux

VASSAR COLLEGE

Kevin Ros

Outside Hitter

Senior

Kevin Ros is consistent and focused. It is not uncommon to see Kevin in the weight room four or five days a week year-round. Whether he is lifting or mobilizing Kevin brings a focus and dedication to every aspect of his training. This dedication sets him apart and has helped him develop into one of our most powerful student athletes. ~Alice Read

WAYNE STATE COLLEGE

Alyssa Ballenger

Junior

Alyssa excels in the weightroom, she recently did 20 consecutive pullups and cleaned 145lbs

~Kenneth Grant Darnell

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WAYNE STATE COLLEGE

Jaci Brahmer

Junior

Jaci has been a genetic elite since her first day at WSC, on top of that her drive and work ethic are unmatched and pushes all her teammates. She is a great example of what being s Wildcat means! ~Taylor Feenstra

WAYNE STATE COLLEGE

Maddie Duffy

Junior

Maddie is our strongest volleyball player. She recently has hit numbers of a 300lb deadlift and 150lb clean. ~Dakota Coon

WAYNE STATE COLLEGE

Haley Kauth

Senior

Haley's attitude and outlook are unmatched. Watching her develop athletically over her 4 years at WSC has been enjoyable, she will be greatly missed! ~Taylor Feenstra

WEST TEXAS A&M UNIVERSITY

Selena Batiste

Outside

Senior

Selena has played both setter and outside hitter during her career at WT. Her strength and power have allowed her to be extremely versatile on the court. Her lower body strength is impressive with a 275 pound front squat, 330 pound dead lift, 150 pound hang clean while still jumping 22.5 inches. And to show the balance of her upper body she comes in with a 180 pound bench press and 160 pound incline. Selena is a fierce competitor both on the court and in the weight room. She was a leader all four years either from the setter position, swinging from the outside or getting her teammates ready to conquer the next set. ~Sarah Ramey