



## Angelo State University

**Meghan Parker**

**Position: Setter**

**Sophomore**

Meghan Parker is not only a leader in the weight room, but a huge asset on the volleyball court. As a starting setter for the Angelo State University Rambelles, Meghan does not only focus on her success, but the success of her fellow teammates and coaches. Her work ethic and effort in the weight room is what has helped her to become an All-American setter as well as develop a tremendous positive leadership trait. Meghan is not only a great athlete, but a great person and has a bright future ahead of her. ~Joe Powell

## Black Hills State University

**Sierra Stugelmeyer**

**Position: Middle Hitter**

**Junior**

Sierra has seen her level of play increase with her development in the weight room. She had her best season to date and is looking to perform even better next year. Sierra sets the tone for the team each lifting session. ~Aaron Siekmann

## Buffalo State College

**Bryanna Fisher**

**Position: Distance**

**Sophomore**

Bryanna has worked extremely hard in the weight room to help achieve her goals on the court. Her dedication to training shows on the court since she is easily one of the most resilient and athletic volleyball players we have. This has allowed her to become a key player on our Bengals Volleyball team. Bryanna has demonstrated the work ethic that is needed to be successful both on the court and in life.

~Nathan Young

## Cornell University

**Jenna Phelps**

**Position: Middle Blocker**

**Sophomore**

Cornell University middle blocker Jenna Phelps was named 2nd team All-Ivy League after an outstanding sophomore season, ranking #7 in the Ivy League in hitting % and #1 in the Ivy League (10th in the nation) in Aces-Per Set, in fact her 7 aces against Brown University tied for the 2nd most in a game among all D1 schools for 2017.

She also ranked #2 in the Ivy with 1.18 blocks per set, her 14 blocks against Brown were the 4th most in a game this season among all D1 schools.

The career-year also etched her name into the Cornell Volleyball record books;

- tying for the 2nd highest Aces Per Set ratio in school history
- 4th highest Attack % in school history
- 4th highest Blocks Per Set rate in school history
- 19th most Service Aces during 1 season in school history
- 25th most Blocks during 1 season in school history

~Joseph Potts

## East Central University

**Lily Porsa**

**Position: Libero**

**Senior**

"Lily has been an amazing leader by example day in and day out during her entire time at ECU. The proof is in the results of having tied for the highest female vertical I have ever coached." ~Scott O'Dell



## Eastern Kentucky University

### Ciera Koons

**Position: Middle Blocker**

**Senior**

SENIOR F'17

Started 21 matches (due to injury). Had 7 kills vs Seattle Univ., & 7 blocks vs Grand Canyon. Recorded 57 kills, 38 digs, & 78 blocks. Colonel Scholar Award winner.

JUNIOR F'16

Started all 30 matches. Led team in blocks (125). Had 165 kills & met 100+ mark in all of her 3 seasons. Recorded 10 kills 3X. Logged 9 service aces. Recorded 6+ blocks 9X. Colonel Scholar Award winner.

SOPHOMORE F'15

Started in 31 matches. Had 110 kills. Tallied 76 blocks. Recorded 9 kills vs Troy. Logged 9 blocks vs North Florida. Colonel Scholar Award winner.

FRESHMAN F'14

Played in all 35 matches. Led team in blocks (100). Posted 5 blocks 5X. Earned spot on Ohio Valley Conference Commissioner's Honor Roll. Colonel Scholar Award winner. ~Jim Larkin

## Endicott College

### Donovan Dey

**Position: Opposite Hitter**

**Sophomore**

As a talented young student-athlete last season, Donovan has seen his game elevate to a new level, becoming one of the focal points of the Endicott offense, due in large part to his dedication with our strength and conditioning program. While just a sophomore, Donovan has developed into a leader in the performance center, pushing every teammate to demand the best from themselves, further instilling a level of accountability that will push the team and our athletic department to new heights. A strong student off the court, Dey's charisma leads his teammates to gravitate towards his, further strengthening his leadership abilities.

~James Daley

## Endicott College

### Mackenzie Kennedy

**Position: Defensive Specialist**

**Sophomore**

Mackenzie truly understands the value of strength and conditioning as an integral part of her athletic experience and performance. She is the team's hardest worker in and out of season and has become a tremendous leader and encourager to the rest of the team. With goals and standards for all of our testing, Mackenzie isn't content to pass the test she is always striving for the gold standard for herself. Over the past year, her maturity and thought process towards her overall development has grown. She is very cognizant of rest, nutrition, and volume as part of the entire process rather than the "more is better" attitude. ~James Daley

## Eureka College

### McKenna Cleer

**Position: Setter**

**Junior**

She gives 100% effort every moment she trains. Over the 2017 off-season, she was the most improved Volleyball player on campus. Her Back Squat increased over 100 lbs from January to August, and Vertical Jump increased over 6 inches. Her hard work paid off on the court as she appeared in 25 out of 26 matches in 2017. ~Matthew Friend

## Glendale Community College

### Kylee Smith

**Position: Outside Hitter**

**Sophomore**

Kylee is first and foremost an outstanding person and an honor student at Glendale Community College. She has worked extremely hard in the weight room, year-round, for the past 2 seasons which has elevated her play on the court. She has set personal bests in all her lifts, including Power Clean, Hang Clean, Back squat, and Front squat. She earned ACCAC 1st Team All-Conference; NJCAA All-Region 1; NJCAA 2nd Team All-American. She is also nominated for NJCAA Academic All American which will be revealed in the Spring (she will get it). She currently has an offer from Lee University in Tennessee which she will accept. ~Derek Drumtra



## Haverford College

**Zoe Wong**

**Position: Setter**

**Senior**

Zoe is one of the most well-rounded student-athletes I've had the pleasure of working with at Haverford. As a high level Biology student, Zoe was a first-team all-conference performer the last two years and was voted to the Philadelphia area all-academic team following her senior season. Zoe's success in multiple areas is a testament to her dedication and enthusiasm for the task at hand. Regardless of how many directions she's being pulled in, Zoe has shown an insatiable zeal for training with a purpose that has overhauled her team's training culture. She is a fitness fanatic that increased her vertical jump 7 inches during her career and for a long time was in the school's all-time top 3 for pro-agility. Her performance however extends well beyond herself, as the multi-year captain is leaving behind a legacy of energy and dedication that will extend well past her graduation. ~Cory Walts

## Humboldt State University

**Jessica Lammers**

**Position: Setter / Outside Hitter**

**Senior**

Jessica Lammer's highly successful collegiate volleyball career was built through her dedication to strength and conditioning. Jessi never missed a workout, and when the demands of the Volleyball off-season routine were not challenging enough, she trained and competed in Olympic Weightlifting! Her best marks in the weightroom included a 175 pound clean, and a 210 pound squat. In a career that included four full seasons of competition, Jessi finished with 1,342 assists, 570 digs, and started 48 matches. ~Andrew Petersen

## Huntingdon College

**Bria Rochelle**

**Position: MH**

**Senior**

Bria is extremely deserving of this recognition. Her work capacity, mindset, and training habits set the bar high for everyone she is around. Bria has played an integral role in the advancement of our court team, and in the development of our sand team. ~Charles Goodyear

## Lamar University

**Amy Hollowell**

**Position: OH**

**Senior**

Amy Hollowell thoroughly enjoys training and competes with herself and others daily in training. Hollowell's desire to challenge her body's limits are evident in the intensity she brings to her lifts. In between sets she is constantly heard motivating teammates to maximize each repetition. She set the school record for clean at 173 lbs in her senior season. In team competitions she refused to lose and was able to win the off-season competition through her fighter mindset. Her toughness was most evident when she didn't miss a single game in her senior season even though she was battling nagging injuries throughout. Amy's leadership skills will serve her well as she moves into her career post-athletics. ~Daniel Darcy

## Pace University

**Meilyne Atienza**

**Position: Libero**

**Junior**

Meilyn Atienza has been a tireless worker since her first day on campus. Constantly working around a busy nursing major schedule, she has always found time to dedicate herself to strength and conditioning. She has attained max numbers of 270 lbs in the Box Squat and 120 lbs in the Bench Press and a 23" mark in the vertical jump. Her constant work ethic has radiated to her teammates, and influenced a growing program. ~Troy Thompson



### St. Johns University

**Julia Cast**

**Position: MB/OH**

**Senior**

Julia's Weight Room S&C PRs:

Back Squat: 275x1

Front Squat: 225x1

Clean: 160x1

Overhead Press: 105x3

Vertical: 26"

Approach Vertical: 30"

Julia's VB Stats Include:

ECAC Offensive POY & 1st team (2017)

All-Big East Second Team (2015)

Ranks 9th All Time @ SJU in Kills

3rd Most Kill Attempts in a Season

8th highest kills in a year

3rd highest hitting percentage all time

2017 National Rankings

42nd in kills per set

36th in total kills

26th in total attacks

41st in attacks per set

Julia is a special talent that comes around once every so often. Her desire to get better cannot be matched. Her work ethic, determination and passion for the game of volleyball makes her an amazing young lady to work with. Relentless in the weightroom, Julia will run through a wall to do what it takes to get better. She is a well rounded student-athlete who will succeed at the professional level for volleyball and in the workplace when her athletic career is finished. It's been an absolute honor to work with her. ~Phillip Giackette

### Peru State College

**Kira Shapiro**

**Position: Right Side**

**Junior**

A two-year starter at Peru State College where she majors in Kinesiology with a psychology minor, Kira was a 2016 & 2017 Omaha World-Herald All-NAIA Honorable Mention as well as a 2017 Daktronics-NAIA Scholar Athlete. For the 2017 competitive season, Kira was sixth in the Heart of America conference with 383 total kills, eighth with a .243 hitting percentage, and finished 12th averaging 2.7 kills per set. Additionally, Kira tied for 13th with 101 total blocks and was 19th overall averaging 0.7 blocks per set. Academically, Kira currently maintains a 3.925 grade point average and has been named to the Dean's list for three consecutive years. ~Kyle Ryan

### Sacred Heart University

**Lila Palmer**

**Position: OH**

**Senior**

Clean – 185      Squat – 285

Bench – 135      Vert – 27.5

5'9                150lbs

~Chris Fee



## Texas Christian University

**Lamprini Konstantinidou**

**Position: Setter**

**Senior**

Prini has gone above and beyond to increase the capacity of her volleyball game by working tirelessly in the weight room. ~Michael Wood

## Troy University

**Reina Terry**

**Position: Setter**

**Senior**

Reina was placed in a position as being a team leader both on and off the court and in the weight room. She embodies the moniker student athlete. Her relentless pursuit of academic excellence over the past 4 years has been a shining example to her volleyball teammates and other Troy Athletes. Reina is receiving a double major, getting degrees in both political science and Psychology, with an overall GPA of 3.88. Reina has completed multiple semesters with a perfect 4.0 GPA, and even studied abroad in Cuba.

In addition to her academic accomplishments, Reina has been a 4 year starter despite a potential career ending Achilles injury. Reina's commitment and dedication in the weight room during her rehab established her as one of the hardest working and dedicated Trojan Volleyball players ever here at Troy.

In addition Reina will be attending Emory Law School after graduation here at Troy.

~Richard Shaughnessy

## University of Nebraska Omaha

**Gessica Gdowski**

**Position: Outside Hitter**

**Junior**

Gessica is a great leader, a great teammate, and a tremendous person. She has demonstrated her commitment to the weight room and to her preparation over the past three years. She has remained consistent in her pursuit of excellence as she has dealt with multiple injuries. She has committed herself to always improving not only herself, but everyone around her. She is a natural, selfless leader that makes everyone around her better. She has remained a tremendous role model to her teammates and has been instrumental in positively changing the culture of the volleyball program. All of her achievements are a credit to her tireless work ethic and commitment to serve those around her. She volunteers in the community and is committed to making a positive impact on all those around her. She was named to the Summit League All Freshman Team, the Summit League's Academic Honor Roll and Distinguished Scholars List, and the Commissioner's List of Academic Excellence.

~Mike Shukis



## University of San Diego

**Kristen Gengenbacher**

**Position: Setter**

**Senior**

Height: 5'7"

Power Clean: 191

Back Squat: 276

Bench Press: 149

Block Jump: 9'3 ½"

Approach Jump: 9'7 ½"

Named the WCC Player of the Year, Kristen has brought the same dedication and work ethic to the weight room. She is self-motivated, energetic and disciplined, and the ideal student-athlete to work with as a teammate. Kristen has been honored for her excellence on the court and in the classroom. Honors include being named an AVCA second team All-American, All-Pacific South Region, WCC All-Academic and CoSIDA All-Academic District VIII. -Mark Lamoreaux

## University of Sioux Falls

**Janelle Lam**

**Position: Defensive Specialist**

**Senior**

Janelle was a great leader and a great worker for her entire career here at USF. She was one of our strongest players in the weight room, and that translated into her quickness and explosiveness on the court. She did an outstanding job with leadership with the team along with never being outworked. -Zach Mathers

## Wayne State College

**Maria Wortmann**

**Position: Middle Hitter**

**Junior**

Maria has been a weight room beast since she arrived at WSC. Although she injured her knee this year she has been working extra hard to recover from it. She has back squatted 250lbs and hand cleaned 175lbs. Her combination of natural strength and her ambition to get better everyday has helped her so much but mentally and physically.

-K Grant Darnell

## Webster University

**Rachel Mencil**

**Position: Middle Hitter**

**Senior**

Rachel has served as an active leader in our strength and conditioning program over the past 4 years. She is one of the hardest working and most team-oriented competitors in our athletics department. Her power and strength expressed both in the weight room and on the court is unmatched and her disciplined nature to improve sets her apart from the rest. Rachel exemplifies the true definition of a Webster University Student-Athlete. -Matt Saitz

## West Texas A&M University

**Crystal Thomas**

**Position: Middle Blocker**

**Senior**

Crystal attacks the weight room like she attacks life, with energy and enthusiasm! She arrived from junior college with a little bit of a S&C background but jumped in and made tremendous strides. She started her final season with great testing in August. 160lb Hang Clean, 130lb Incline, 165lb Bench Press, 230lb Front Squat, 255lb Deadlift and a 27" Vertical Jump. Crystal had a great senior season leading the Lady Buffs to the regional championship!

-Sarah Ramey

## Wilkes University

**Madison Scarfaro**

**Position: Outside Hitter**

**Senior**

Madison was a great leader for our Women's Volleyball team on and off the court. In the weight room she led by example and pushed her teammates to always do their best. She tied our female athlete hang clean record with 145 lbs. She is great example of a division III student-athlete with a double major in political science and criminology while maintaining a 3.52 gpa. -Keith Klahold