



### Asheville Christian Academy

**Emma Newton**

**Position: Outside Hitter**

**Senior**

Emma carries a 4.6 GPA and has been a member of the National Honors Society since her sophomore year. Emma has been a member of the Strength & Conditioning program for 3 years and is a leader in the classroom as well as athletics. She is a 3 sport athlete with volleyball, basketball, and soccer. Emma has received All-Conference awards in volleyball junior & senior years. All-Conference basketball sophomore, junior, and senior years. State runner up volleyball and soccer junior year. Volleyball State Champion senior year. ~Nick Ficker

### Daniel Boone High School

**Whitney Sams**

**Position: Libero**

**Senior**

GPA - 4.0

Squat - 270 lb (2 times body weight)

Bench Press - 140 lb

Deadlift - 250 lb

Vertical - 20.2"

2017 Stats:

Aces: 10

Kills: 8

Defensive Digs: 325

HS Career Stats:

Earned 1000 career digs

Awards, Honors, and Leadership Activities:

- Defensive Player of the Year
  - 1st Team all conference
  - Beta Club
  - HOSA Member 4 years
  - FCA Member 4 years
  - HOSA Officer 2018
  - HOSA Regional Competition 5th Place
  - 4 Year Varsity Volleyball Player
  - Academic All Conference 2015, 2016, 2017, 2018
  - Volleyball Captain Freshman and Senior Year
- ~Charles Conner

### Dassel-Cokato High School

**Rachel Haataja**

**Position: Defensive Specialist**

**Senior**

Rachel is an all around hard worker, great student, diligent athlete and a phenomenal person. In Volleyball she was a 2-time Defensive Player of the Year, Team Captain, All-Section Team and Academic All-State Team.

In the weight room Rachel has lead by strong example to her teammates and those around her both in and out of season. She is an excellent candidate for the All-America Athlete Award.

~Amanda Berg

### Lincoln High School

**Hannah Burianek**

**Position: Setter**

**Senior**

Hannah has been in a Weight Training Class all 4 years in high school, to include Summer S&C. Hannah said "Weight training has helped me a lot because it has encouraged me to work harder and become stronger and if there was one class that I could take for the rest of my life then it would be Weight Training!" She went on to say "I strive everyday to prove to Coach Venable that I'm a hard worker in the weightroom and it has made me a better Volleyball Player on the court."

~Stewart Venable

### Payson High School

**Savanna White**

**Position: Outside Hitter**

**Junior**

Savanna, like many female athletes, has had to battle back from a torn ACL. After missing most of the year in volleyball she was able to return for the final 3 regular season games and played in the state tournament. Her hard work and resiliency during her rehab process not only made her return to the court possible, but made her able to play up to her ability when she returned. In only 10 months out of her surgery she has already improved in her Squat and tied her PR in Power Clean. Savanna was named 1st team all state as a sophomore and was also a state placer in the high jump as well. Savanna has done all of this while maintaining a 3.64 GPA.

~Bryan Burke