

COLLEGE — VOLLEYBALL

Minnesota State University, Mankato

EMILY KERN

Middle Blocker

Senior

Emily's approach to the weight room was admirable to see as her strength coach. She completely bought into the process to become the strongest and most powerful athlete she could be. This determination helped propel her to great success on the Volleyball. She was a key component to have around in the weight room for the rest of her teammates. It was such a pleasure to have been able to coach an athlete like Emily during her time here at MSU. ~Andrew Stocks

Nova Southeastern University

TAYLOR STOCKMAN

RS

Senior

Taylor Stockman has been a leader on her team since the 1st day of training in her Freshman year. Whether it is practice, weight training, or nutrition, she is in love with the process of preparing herself and her team to compete at the highest level. Her dedication to training has paid dividends as she was recognized as the conference Freshman of the Year, and an all-conference player all 4 years of her career, the first player to accomplish this in program history. Most importantly, Taylor's work ethic and commitment to preparation will serve as a model for her teammates in years to come. Taylor has a 3.8 GPA and will graduate with a degree in Exercise Science. ~Steven Orris

Huntingdon College

LINDSEY HOLLAND

Outside Hitter

Senior

Lindsey has been an extremely consistent presence in our volleyball program. She has shown true commitment to her training, her team, and to her academics. ~Charles Goodyear

Washington & Lee University

TURI TRAINOR

Setter

Junior

Turi Trainor is a strong and explosive athlete who has become a defining leader within an already elite volleyball strength culture. She is the consummate consistent competitor, attacking every training session with enthusiasm and purpose while modeling preparation and intensity for her teammates. In a program where the standard is already high, her athleticism, reliability, and impact continue to elevate those around her. ~David Forman

COLLEGE — VOLLEYBALL

Glendale Community College

KYLIE MALONE

Sophomore

Kylie embodies all the qualities of an NSCA All-American. She is a great leader, motivating to her teammates and has an amazing work ethic. Kylie has a great attitude—positive, resilient, and enthusiastic even during the toughest workouts. Her mindset not only fuels her own progress but creates an uplifting environment for the entire team. Kylie's dedication has clearly transferred to the court, where her improved strength, explosiveness, and speed have elevated her performance to new levels. Kylie embraces the grind without complaint and represents the ideal athlete whose off-court preparation directly fuels on-court success, making her a truly deserving recipient of this prestigious award. ~Derek Drumtra

Menlo College

KANANI PACKER

Libero

Senior

Kanani Packer arrived at Menlo College as a freshman with an immediate understanding of what it would take to earn her place on the court. From her very first days in the weight room, she embraced the importance of building strength, power, and speed — recognizing that her development as an athlete depended on the work she put in away from the volleyball court. That maturity and intentionality, rare in a first-year student-athlete, set the tone for an exceptional four-year journey.

Over her time with the Menlo College Sports Performance program, Kanani demonstrated steady, consistent improvement across every major

performance KPI tracked. Her relative strength — one of the most telling indicators of an athlete's true physical development — skyrocketed year over year, reflecting not just her physical growth but her intellectual investment in the process. She didn't just show up; she understood why the work mattered and applied that understanding with remarkable discipline.

What made Kanani truly stand out was her impact beyond her own performance. She was an exceptional teammate and a daily source of motivation in the weight room, pushing those around her to match her intensity and standards. Her presence elevated the culture of the entire program. Over four years, she embodied everything the NSCA All-American Award is designed to honor — relentless work ethic, measurable performance growth, and a commitment to making everyone around her better.

Kanani Packer is the definition of a complete student-athlete, and it is with great pride that we nominate her for this distinction. ~Victor Brankovich

Maryville University

CAROLINE GLASTETTER

Junior

Caroline leads and guides her team to better training and better results through her example setting in her aggressive training, positive attitude, and diligent communication. ~Mitchel Schwartzman

COLLEGE — VOLLEYBALL

Missouri S&T

NATE MEYER

Senior

Nate found a new drive in training this year. His numbers showed on paper, and his performance thus far on the court shows it as well. From the start of the first semester, he worked as hard as he could each and every day to improve and be the best athlete he can be. ~David Edwards

Vassar College

REBECCA GUTIERREZ

Senior

Rebecca Gutierrez is driven and disciplined. Her year-round commitment to training has elevated her strength and power to the next level. She moves seamlessly from explosive hang cleans to demanding chin-up sets, demonstrating both versatility and consistency. Rebecca leads by example for her teammates and fellow Brewers, and it is this combination of strength, power, and reliability that sets her apart. ~Alice Read

University of Wisconsin - La Crosse

GRACE NOMMENSEN

OH/OPP

Junior

Grace has proven herself as a leader in the weight room and on the volleyball court. She brings high intensity to all her lifts and is continually pushing herself and teammates to improve. Grace played in all 33 matches during the 2025 season. She led the team in points per set and was second on the team in kills and kills per set. She helped lead the team to the semi-finals of the WIAC tournament. Grace was nominated to the All-Academic regional team and has a GPA of 3.730. She has been named a team

captain for the 2026 season and will bring strong leadership to the volleyball team on and off the court. ~Philip Whitesitt

Trinity University

REAGAN WHATLEY

Outside Hitter

Senior

Reagan has been an exemplary student-athlete throughout her career at Trinity, and I am so grateful for her hard work and dedication. ~Daniel Martinez

Wright State University

REILLY ZEGUNIS

Junior

Reilly has been very committed to the weight room this year. She made training a priority this year and her teammate are pushed by the example she sets. ~Cole Pittsford

William Woods University

ERIN TREIS

Setter

Senior

Erin had several coaches throughout her career her. She stuck with it and stayed positive. ~Robert Jones

USM

CASEY MURILLO

Right and Outside Hitter

Junior

Has become a much better strength athlete. Now making transition into a better jumper. Should see more playing time this fall. ~James Giroux

COLLEGE — VOLLEYBALL

USM

CHLOE WHITAKER

Defensive Specialist

Senior

Very steady progress with her strength and power numbers. A good technician on all lifts. Has become leader on the team. ~James Giroux

USM

LEIS HERNANDEZ

Middle and Outside Hitter

Junior

One of the strongest Huskies in school on any team. Excellent strength and power numbers. Is leading by example. ~James Giroux

Avila University

SYDNEY OWENS

DS/Pin

Senior

Sydney is a special type of athlete. Her positivity is radiant and infectious. She was able to balance her athletic career while also pursuing the challenging degree and academic internship responsibilities of radiological sciences. She didn't mind stepping into any role the team needed her to play over her four year career at Avila and was always dedicated to self-improvement through her training sessions while being one of the most consistent female athletes in her offseason training every year. She also has one of the cleanest Split Jerk techniques you will ever see outside of Olympic lifting sports.

~Brian Ciolek

Georgia Institute of Technology (Georgia Tech)

ANNA BOZI

middle blocker

Senior

Anna has been a two time winner of our Iron Jacket award for Volleyball (strength & conditioning award we give out). She is a great lifter but an even better person. Anna is someone who comes ready to work everyday both in the weightroom/practice and in the classroom. She is a Biomedical Engineer and will graduate with highest honors. She came in as a walk-on and earned a scholarship this past year. Her and her team won with their medical device design at 2025 Fall Capstone Design Competition. She has already been offered a job at Johnson & Johnson. She is a leader both on and off the court. There are times I let her run the workout session, that's how much I trust her with leading and to demo lifts. Thank you for your consideration.

~William McDonald

COLLEGE — VOLLEYBALL

Regis University

BRAIZIAH DIXON

Middle Blocker

Senior

Braiziah Dixon represents a complete success story of long-term athletic development within the Regis University Strength & Conditioning and volleyball programs. Arriving as a true freshman, Braiziah was identified as a high-potential developmental athlete who required significant physical development to reach the demands of the middle blocker position. Early priorities included increasing total-body strength, improving lower-body coordination, and developing the stability necessary to compete at a high level in the middle.

Through consistent commitment to the strength and conditioning process, Braiziah made measurable progress each year of her career. By her sophomore season, her physical development translated directly to on-court impact, as she logged critical minutes while helping lead the team to an RMAC Conference Championship.

Entering her junior year as an established leader, Braiziah had a standout offseason marked by exceptional work ethic, focus, and self-driven improvement. Her performance gains in the weight room directly elevated her competitive play, resulting in a breakout season that included First-Team All-RMAC honors, D2CCA Second Team All-Region recognition, and RMAC Defensive Player of the Week. During the 2024 season, Braiziah tied two of the highest single-match blocking totals in Regis volleyball history with 13 and 12 blocks, led the team with 119 block assists and 139 total blocks,

and contributed across all phases of the game with 25 aces and 211 kills.

As a senior on a young roster, Braiziah continued to lead the program through example, setting the standard in offseason training through her consistency, intensity, and accountability. Her leadership within the weight room played a critical role in maintaining team culture and competitive standards.

Beyond her athletic contributions, Braiziah served as a Strength & Conditioning work-study student, assisting staff with daily facility upkeep and operations. Her investment in the program extended well beyond personal performance, leaving a lasting impact on both the volleyball team and the Strength & Conditioning department. Braiziah Dixon's development, competitive excellence, leadership, and service make her highly deserving of recognition as an NSCA Strength & Conditioning All-American. ~Spencer Bowersmith

COLLEGE — VOLLEYBALL

Hobart College

AIDEN KEMORA

Outside Hitter, Right Side

Junior

Aiden Kemora is probably one of the hardest workers and best humans we will ever have the pleasure to coach. When Aiden first arrived on campus, we learned quickly that he has a love of lifting and the weight room. Not only was he asking for extra lifts, he was intent on increasing his vertical and being more explosive in his strength. As a junior, he has managed to increase his vertical from 27 inches to a current best of 35.6 inches. He has a 1 RM hang clean of 225 lbs. and a front rack barbell split squat of 281 lbs. While these numbers show his dedication to his physical development, what sets Aiden apart is his presence as a leader.

Elected as a captain by his teammates his sophomore year, he embodies everything it means to be a leader. He is consistent with his approach to taking care of himself and takes pride in all the little details. He demands a high level of work from himself, that it sparks others to push themselves further. Aiden is a student of the game and with his growth mindset he is always looking to learn how he can improve as both an athlete and a human being. He is a role model for his teammates and culturally a difference maker for Hobart Volleyball. He provides immense value to our culture and embodies everything it means to compete as a Statesman. ~Brittany Krivicich

Fairmont State University

AUBREY HASKINS

DS

Sophomore

Aubrey Haskins, a sophomore from Evans, West Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Aubrey is an extremely hard worker and helps to motivate her teammates during training and practice. Aubrey currently has PRs of 315 lbs. on deadlift and 265 lbs. on squat, and a 22.5 inch vertical jump. Aubrey's hard work also carries over into the classroom, as she currently holds a 3.94 GPA while majoring in elementary and special education. She has been recognized on multiple MEC all-academic teams. Our volleyball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Aubrey Haskins. ~Adam Kolberg

COLLEGE — VOLLEYBALL

Fresno Pacific University

CAMBRIA WAITES

Setter/Opposite

Senior

Cambria Waites' career at Fresno Pacific culminated in being named the NSCA All-American Strength & Conditioning Athlete of the Year, a reflection of her relentless work ethic and performance consistency over four standout seasons. As a senior captain in 2025, she earned AVCA All-America Honorable Mention, was a two-time First Team All-PacWest selection, AVCA All-West Region First Team, and was named Most Outstanding Player at the PacWest Championships, leading the Sunbirds with 299 kills, 361 total points, and 35 service aces while capturing her 200th career ace. Her evolution from a dynamic freshman right side (Flight Night Female Freshman of the Year) to a First Team All-PacWest setter as a junior (1,000 assists) and ultimately to one of the top all-around players in the region reflects her commitment to development in the weight room and on the court. Cambria embodies what the NSCA award represents—competitive excellence, leadership, and dedication to year-round physical preparation. ~Whitney Leyva

McKendree University

TYLER TRIPP

Outside Hitter

Senior

Tyler Tripp is the embodiment of perseverance, resilience, and leadership. Throughout his career at McKendree University, Tyler has demonstrated unwavering consistency in his training and preparation. Despite facing significant injury setbacks, he never allowed adversity to define him. Instead, he attacked rehabilitation and strength

training with determination, turning obstacles into opportunities for growth.

Tyler's commitment to the weight room and performance development directly contributed to his rise as one of the top players on the men's volleyball team. He leads by example, showing his teammates what accountability, discipline, and perseverance truly look like. His journey—from injury setbacks to elite performance—reflects the core values of the NSCA. Tyler's growth as both an athlete and leader makes him highly deserving of All-American recognition for the 2025–2026 year.
~Mawusi Amos

McKendree University

AMBER WILLIAMS

Senior

Amber's dedication to improving her overall athletic performance while pushing her teammates makes her an easy choice for this accolade. A two sport athlete who dedicated herself to doing both workouts on some occasions. Her leadership style as a captain both vocally and leading by example brought up those around her both on and off the court. She has set a standard and left a mark for those to come through the program after her.
~Tyler Aulbur

COLLEGE — VOLLEYBALL

Trinity Western University

BEN PIKE

Setter

Senior

Ben is an absolute workhorse in the weightroom. He takes his training very seriously, pushes himself to be better every day and doesn't accept second rate effort (or results). He has been a huge leader on his team in their physical preparation area and has led vocally by holding teammates accountable as well as leading by example. He is dedicated, extremely hard working, and extremely coachable. ~Cole Hergott

Trinity Western University

KAYLEE PLOUFFE

Middle/Outside

Senior

Kaylee is a beast. Not only does she hold many of our female records, but she humbly drives herself forward each day. She asks great questions, encourages her teammates to be better, and holds herself to a very high standard. She is never afraid to get after it and can often be seen smashing some crazy weight and making it look easy. One of the most dominant females Sparta has ever seen.

~Cole Hergott

University of Wisconsin-Platteville

KENNEDY WENGER

OH/OPP

Junior

Kennedy has been a driving force in the development and culture of training within our volleyball program. Whether it's early morning lifts or afternoon sessions, "Kenny" consistently searches for ways to create a competitive edge in her preparation. She brings maximum effort to

every training session and sets the standard for what commitment looks like. Kennedy is someone her teammates and coaches can rely on for leadership both on the court and in the weight room. She has a unique ability to find the right words at the right time, pushing those around her to train harder and raise their own standards. Her presence elevates not only her own performance, but the performance and mindset of the entire team. Her dedication, attention to detail in every rep, and commitment to maximizing each day have directly translated into her playing a critical role in the team's recent success. Kennedy shows the work ethic, leadership, and competitive drive of what being a student-athlete means. ~Kellen Bornbach

Duke University

MAILINH GODSCHALL

DS/L

Junior

Mailinh has grown so much since she started her college career. She has embraced challenges head on both on court and in the weight room and made huge improvements. She does a great job of leading by example and being a positive voice for her teammates. Mailinh is a steady force that deserves to be highlighted!!! ~Nicole Shattuck

COLLEGE — VOLLEYBALL

Ashland University

ABBEY QUEEN

L

Junior

Abbey has fully committed to our Strength & Conditioning program since our staff started in January 2025. A very talented athlete, as is apparent by multiple All-Conference honors, and setting a program record for single-season digs, her dedication to the weight room is commendable. She always brings a process-oriented mindset and is coachable during team sessions and individual sessions. The team looks to her for leadership, poise, and guidance, and she leads by example in every sense. ~Corey Mason

Colorado College

JULIA REUSCH

Junior

Julia Reusch sets the tone in the weight room every single lift and always makes sure her team is on the same page. She sets the standard high and pushes her teammates to do the same. Julia is great at communicating her leadership, but she also leads by example. ~Derek Savage

Duquesne University

ARIEL HELM

Middle Blocker

Senior

Ariel Helm has completed a successful volleyball career at Duquesne University. She understood the importance of strength training and displayed it through her commitment to the weight room. She was consistently one of the top performers in strength tests every year. Her performance in the weight room successfully transferred to the court as

she leaves Duquesne as the program's all-time leader with 441 blocks. In her senior year, she led the Dukes in rejections 15 times and compiled a team-high 121 total blocks. Helm also delivered a career-best 246 kills during her final season, finishing her standout career with 668 kills overall. Her 121 rejections ranked fifth in the Atlantic 10 Conference, while her 1.01 blocks per set placed her among the league's top 10. ~Elizabeth Lee

Point University

KRISTINA FAISON

OH/RS

Senior

Kristina Faison is a senior leader who sets the tone through her work ethic and example. As an outside/right-side hitter, she approaches every session with intensity and focus. Kristina's consistency and commitment to improvement have elevated both her performance and her teammates. She leads through action and embodies the standard of our program, including holding multiple records. ~Bradley Bonner

COLLEGE — VOLLEYBALL

Jackson State Community College

EMILY PAPPLE

Libero

Freshman

I am proud to nominate Emily Papple for the NSCA All-American Award. Emily exemplifies the complete student-athlete through her athletic achievement, leadership, resilience, and commitment to excellence in strength and conditioning.

On the field, Emily earned All TCCAA Second Team honors, distinguishing herself as one of the top competitors in the conference. Her performance is a direct reflection of her work ethic, preparation, and competitive toughness. She competes with grit and consistency, embracing challenges and elevating her performance in critical moments. Emily's toughness is not just physical but also mental. She approaches competition with confidence, composure, and a relentless drive to improve.

In the weight room, Emily sets the standard. She trains with purpose, intent, and attention to detail. Her commitment to the training process has translated directly to her on court success. She is coachable, intelligent in her approach, and fully invested in long-term athletic development. Beyond her own improvement, she positively influences those around her. Teammates look to her for consistency and leadership, and she leads by example every day through effort, attitude, and accountability.

Academically and personally, Emily is smart, disciplined, and positive. She balances the demands of collegiate athletics with maturity and

responsibility. She brings energy to training sessions, supports her teammates, and represents her program with class and integrity.

The NSCA All-American Award recognizes student-athletes who demonstrate excellence in athletics, dedication to strength and conditioning, and outstanding character. Emily Papple embodies all of these qualities. She is tough, intelligent, positive, and a true leader within her team and program. She is highly deserving of this honor. ~Jonmarc Rasberry

University of Providence

ISABELLE CAHALL

Junior

Izzy, as everyone calls her, embodies dedication and persistence. She consistently brings a strong work ethic, positive attitude, and unwavering commitment to the team in everything she does. Her hard work and patience paid off her junior year when she earned opportunities to see action on the court. Izzy's resilience and team-first mindset reflect her character, as she remains humble, supportive, and driven to improve every single day.

~Lucky Lovan

COLLEGE — VOLLEYBALL

South Dakota Mines

HANNAH BENES

Libero

Senior

Hannah Benes has maintained a distinguished career at South Dakota Mines, demonstrating unparalleled excellence across the court, the classroom, and the weight room. A leader by example, Hannah's relentless commitment to her athletic development serves as a blueprint within her program. She is one of the few true year-round athletes that doesn't miss a beat. Her consistency allowed others to see that strength is not only expressed by the load lifted, but also by applying the qualities she developed. She has been an inspiration to our department and is an outstanding example of this award. ~Garrett Snook

Converse Univerdity

BREE LYONS

Junior

Bree is a leader on the court and in the weightroom and among the most driven athletes at Converse University who possess great speed, great vertical, and great strength. ~Kevin Darlington

Minnesota State University - Mankato

ELLIE KLINE

Libero

Senior

Ellie came in every day with an energy and attitude that was contagious for anyone in the weight room! She consistently pushed herself to a new level that propelled her to historic success on the Volleyball court. She was a key component in building a hardworking and "Hungry" attitude within our program. She showed great leadership for her

teammates and made sure the standard stayed high. Ellie truly brought the "Juice" and it was a delight for me to be able to coach her! ~Samuel Lee

William & Mary

DEVEREAUX HOXSIE

Outside Hitter

Junior

Devereaux is a truly deserving recipient of this award in recognition of her outstanding dedication to her physical development and her genuine curiosity about training. She consistently seeks to better understand how to improve her performance and approaches every session with purpose and intent.

Her commitment to self-improvement has been especially evident in the weight room, where she trains with determination and focus both during the season and, notably, throughout the off-season. Devereaux does not simply complete workouts, she attacks them with a clear desire to grow stronger! In addition to her individual efforts, she has demonstrated exceptional leadership by motivating and encouraging her teammates. She actively reinforces the importance of training hard in the weight room, emphasizing its impact on on-court performance and long-term health. Her work ethic, mindset, and leadership make her highly deserving of this recognition. ~Conor Cantwell

COLLEGE — VOLLEYBALL

East Tennessee State University

ALEX KREUTZMANN

Setter

Junior

Alex is one of those athletes who exemplify what it means to “buy in.” Year after year, she has continued to grow, navigating all the highs and lows that come with being a student-athlete. Her dedication to accepting challenges goes beyond the weight room, onto the court, and into the classroom. As she has developed into one of the top athletes on the team, she has grown into a leadership role on the court, highlighting the simultaneous rise in her athletic performance and on-court production. Alex continues to be a model student-athlete for her teammates, demonstrating that when you trust the process, work hard, and dedicate the time necessary to develop, the outcome is success. It has been a pleasure to work with her day in and day out, and I look forward to watching her continued performance in the weight room and on the court. ~Jarrett Mitton

Menlo College

GARRETT HOCKMAN

Middle Blocker

Junior

Garrett shows a level of dedication that is unwavering and commendable. He consistently makes the right choices- even when unpopular. He is always in communication with the performance staff to make sure he is in alignment with what the program standard. Garrett shows a level of self-awareness and reflection that allows him to get the most out of his training. It is clear that Garrett's motivation combined with his discipline set him up

to train, recover, and play at the highest level.
~Tatum Abram

Nichols College

AUSTIN GAVIN

Sophomore

The sky is the limit for Austin with his work ethic. Whether he is sore or tired he always pushes through with the end goal of getting a little bit better each day. His hard work has led to tremendous improvements in his athletic performance. His attitude in the weight room is consistently beyond positive creating a contagious effect on his teammates. Not only is Austin and extremely hard worker with a great attitude, but he is also an even better person with a bright future.
~Kevin Mooney

Springfield College

AJ SEVELAND

Senior

AJ doesn't need to be the loudest voice in the room — his work speaks for him. His teammates respect him because he's consistent and has a great level of self-discipline. He does everything asked of him — no complaints and no excuses. His leadership on the court and in the weight room is dependable. These attributes make AJ the perfect candidate for the All-American Strength and Conditioning Athlete of the Year ~Samantha Stallard

COLLEGE — VOLLEYBALL

Smith College

ANNA FEUER

Middle Blocker

Junior

Anna is an exemplary student athlete and gives her 100% to the weight room, the court, and her studies. Her dedication, to not only training, but to recovery sets a standard that lifts the rest of the team up. Anna was on the CSC 2025 Academic All-District team as an engineering major while leading the team in solo blocks (26) for the 2025-26 season. At 6'4" as a middleblocker, Anna has some of the best technique I have seen and puts up consistently impressive numbers. Aside from being an outstanding performer on the court and in the classroom, Anna is a good teammate. She shows up every day ready to work hard for her team, she is curious, kind, and driven. Anna wants to know the why behind our training and pursues improvement across all aspects of her sport. ~Taylor Volmrich

Salisbury University

ALYSSA DEWAAL

Outside/Right Side Hitter

Senior

This award is a testament to the unwavering dedication to the training process and commitment

to continual growth by these ten athletes. Their recognition of this award reflects the daily effort they invested in refining their craft and pushing beyond perceived limits. Through consistent leadership in the weight room, these athletes set the standard for excellence and embodied what it means to pursue development with purpose and discipline. ~Matt Nein

Bradley University

GRACIE FURLONG

Outside Hitter

Freshman

Gracie Furlong came into her freshman season at Bradley with high expectations, and cemented her freshman of the year award behind the scenes in the weight room starting in the summertime. She was disciplined, hard working, detail oriented, and came in on her own time throughout the season even as a starter to get extra work in (even though she was battling injuries throughout the season). She is someone who leads by example and comes in with conviction and a high level of effort every time she steps in the room. You can feel the intensity from Gracie, and she helps make teammates around her better. We as Bradley staff are very excited to see how she continues to build her body in the weight room this spring and summer in preparation for next season! ~Wayne Noel