

College — Volleyball

CARD Sports Performance | Ohio University

DARBI RICKETTS

OH/DS

Freshman

Darbi is the perfect example of the result of hard work paying off. Darbi has been busy perfecting her craft during her entire high school career, with countless hours spent in the weight room. That hard work culminated in committing to Ohio University where she found herself making an impact day one and inserting herself into her team's rotation. Her hours in the weight room never went unnoticed and helped lay the foundation for where she is now today. ~Connor Hanson

Colorado College

JULIA REUSCH

Sophomore

Julia exemplifies several of the characteristics that we look for in someone who deserves this award. She consistently has a phenomenal work ethic, always comes in with a positive attitude and positive body language, and is a big contributor to pushing the girls around her. Due to her hard work and determination, she is seeing improvements on the court and helping the team gain more success. ~Derek Savage

Fairmont State University

BAYLIE OSTVIG

Outside Hitter

Junior

Baylie Ostvig, a junior from Fredricksburg, Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Baylie is an extremely hard worker and helps to motivate her teammates, while leading by example on the court and in the weight room. During her junior season, as an outside hitter, Baylie was third in the conference in both kills (413) and average points per set (3.96). Baylie is also a leader in the classroom and currently carries a 3.85 GPA, while majoring in architecture. Throughout her career, Baylie has been recognized on multiple MEC all-academic teams and the 2024 CSC academic all-district team. Our volleyball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Baylie Ostvig. ~Adam Kolberg

Maryville University

CADEN KLINGBEIL

Opposite Hitter

Senior

Caden consistently pushes himself and his teammates in the weight room. His ability to raise the barbell with heavy weights on it helps 'raise the bar' for his whole team. Athletes like Caden help make our entire Maryville University campus better. ~Mitchel Schwartzman

College — Volleyball

McKendree University

COLLEEN PREUSSER

RS

Senior

Colleen is the definition of a true leader. Her dedication to her craft is evident in her daily commitment to the weight room, where she consistently sets the tone for her teammates. Her strong work ethic and high standards inspire those around her, creating a culture of excellence within the team. Despite facing significant injuries, Colleen's determination never wavered; instead, each setback fueled her drive to come back stronger. Her resilience has not only led to her personal success but has also been a key factor in the team's achievements, proving that leadership goes beyond just performance. -SG ~Tyler Aulbur

Menlo College

WOJTEK NOWAK

Outside Hitter

Sophomore

Wojtek sets the standard for his team in the weightroom. He values the guidance he receives from coaches and is eager to put his energy towards personal improvement. Wojtek is in constant communication with the coaching staff to ensure that he gets the most out of his training both in-season and out. As an international player, training over break can be a challenge, but his ability to hold himself accountable is second to none.

~Tatum Abram

Minnesota State University-Mankato

EMMA LOVEALL

Outside Hitter

Senior

Emma bought in fully to the training system here on campus and used it to her advantage. She always came in with a positive mindset and put her best foot forward when it came to training every day. She pushed herself to be the strongest and most powerful version of herself that would then help translate to her performance on the Volleyball Court. She was a joy to have around in the weight room during her time on campus! ~Samuel Lee

Missouri S&T

ANNIE ARAND

Setter

Junior

Annie has dealt with hip problems ever since she arrived to campus. She has hip surgery, but has always found a way to push as hard as she is capable of. She is finally healthy, and her weight room abilities are coming through. She is the team leader, and will help push the rest of the girls to their potentials. ~David Edwards

College — Volleyball

Morningside University

SYDNEY MARLOW

Outside Hitter

Senior

Sydney is a very talented and hard-working athlete. She has always brought a great attitude to the weight room, along with being very coachable and holding herself and her teammates accountable. Her hard work has led to great success on the court, as she was voted first team all-conference (GPAC) the last two seasons, as well as being named honorable mention all-region from the AVCA. Her hard work was shown in the classroom, as well, as she was named to the 2024 CSC Academic All-District list. ~Zachary Schroeder

Pace University

GEORGETTE COSENTINO

Various

Senior

Georgette is a leader in the weight room, constantly challenging herself while encouraging and setting an example for her teammates. She also excels in the classroom with a cumulative gpa of 3.98.

~Kristen Idalski

Point University

AVA CLAY

RS/DS

Senior

Ava Clay exemplifies what it means to be a servant leader, consistently putting in the work to elevate both herself and those around her. She fully embraces the strength and conditioning program, focusing on technical aspects and continual improvement in every lift. ~Bradley Bonner

Saint Joseph's College of Maine

ALLISON MCMULLEN

Defensive Specialist

Senior

Allison has been a consistent part of the Volleyball strength and conditioning program since arriving on campus. She is one of the strongest ladies on her team and is always trying to push herself to new heights. Allison is more than deserving for this award. ~Jameson Collins

South Dakota School of Mines

HANNAH BENES

Libero

Junior

Hannah Benes embodies dedication in performance training. Her consistent commitment sets a powerful example for her team. She actively shapes their development, leading with both her actions and her voice, pushing them to achieve year-round growth and fueling the program's success. Hannah's drive will propel her forward, not just in strength and conditioning, but in every aspect of her leadership. ~Benjamin Servais

Springfield College

RICHARD EBER

OH

Junior

This athlete pushes themselves more than any other athlete. He shows a genuine love for the weight room and displays impressive levels of strength with a 705lbs trap bar deadlift and a greater than 300lbs hang clean. ~Griffin Weidler

College — Volleyball

Texas Woman's University

KIANA REED

Setter

Junior

Kiana has been a consistent worker since I've known her. She is always pushing herself in the weight room, asking for additional work and coming in during volunteer periods in order to improve and be the best athlete she can be. She has grown in the years that I have worked with her and has become one of the strongest athletes on her team and solidified herself as one to beat in the weight room. She has also played a key role in the success of the team on the court, playing in 113 sets in the 2024 season where the volleyball team made the Regional Tournament for the first time since 2015. Kiana has been an absolute joy to work with and provided an outstanding example for her team and the athletic department. ~Delaney Baxendale

Trinity College

JULIA TORRE

DS

Senior

She has been dialed in for 4 years and has always gave her best. ~William DeLongis

Trinity Western University

DEVIN HOFKINK

Middle

Senior

Devin is exactly what we look for in a Spartan Athlete. He is someone who is a fierce competitor, an incredible supportive teammates, someone who is consistent in the weight room, and not afraid of hard work. Over his time in Sparta, Devin has shown tremendous character in doing his best to work hard, hold the highest standard around, and just keep being himself through it all. Hard not to love coaching a guy like that. Loved by all, respected by all- a true Spartan. ~Cole Hergott

University of Providence

SADIE GILES

Junior

Sadie is a model of consistency and leadership. She embraces the grind and is never afraid to lead. She helps her team be better by the way she carries herself every day and hard work ethic. In the weight room, she is extremely focused and driven. During conditioning, she's always in the front of the pack leading all her teammates. The mentality of the team has instantly shifted ever since she's returned. That speaks on how important her presence is. She's the foundation of the team and is one of the people to look for when times get tough. I'm very proud of her commitment and sacrifice to the volleyball program. Thank you for being a standout athlete and most importantly one of the sweetest people. ~Lucky Lovan

College — Volleyball

University of Wisconsin - La Crosse

REESE YOCUM

Outside Hitter

Junior

Reese has put a lot of effort into improving her strength and power every day she comes in to lift. She has improved all her strength numbers and continues to see her vertical jump get better. This season, Reese played in 26 matches and recorded 172 kills resulting in a 1.93 average per set. Reese is majoring in Psychology and minoring in Nutrition. She has a cumulative grade point average of 3.050. Reese continues to bring her best during off-season training. She is a strong leader on the volleyball team and will be a major factor in helping her team get better this upcoming season. ~Philip Whitesitt

University of Wisconsin-Platteville

KIERNEY MCDONALD

Middle Blocker

Junior

Kierney embodies all the characteristics that make her a leader in the weight room with UW-Platteville Volleyball. Her dedication, attention to detail, ability to absorb and process coaching has led her to transforming herself in the weight room. Her vertical jump has gone up greatly, her strength increased drastically, and time to change direction has shrunk. Her growth over the last 3 years has shown as she translated in helping the Pioneers reach a program record tying sweet 16 in the 2024 NCAA Tournament and being selected as an NCAA All-Region Tournament Team, AVCA Honorable Mention All-American and season long team captain. ~Kellen Bornbach

Vassar College

REBECCA GUTIERREZ

Middle Blocker

Junior

Rebecca Gutierrez is driven and disciplined. Rebecca's commitment to the weight room throughout the year has built her strength and power to the next level. She is explosively hang cleaning one set then crushing chin-ups the next. Her versatile ability and constituency allow her to lead by example for her teammates and fellow Brewers. It is this combination of strength, power, and consistency that sets her apart. ~Alice Read

Washington and Lee University

MADDIE WELLER

OH

Senior

Maddie is a two-time team captain, honored with the role by her teammates for her outstanding leadership and commitment. She is trusted and respected, consistently leading by example both on and off the court. Maddie has embraced the process of performance, and her leadership role, bringing out the best in herself and those around her.

~David Forman

William Woods University

RHAKALA BLACKMOM

Middle Hitter

Senior

Rhakala Blackmon's journey with the volleyball program showcases remarkable growth. Initially hesitant, she transformed into a passionate advocate for the weight room and staff during her senior year. Witnessing her development was truly a pleasure. ~Robert Jones



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

College — Volleyball

Wright State University

MYA AYRO

Outside Hitter

Junior

Mya is an absolute powerhouse. She challenges others to be their best in the weight room and her drive helps push our entire program forward.

~Cole Pittsford