

COLLEGE — VOLLEYBALL

APPALACHIAN STATE UNIVERSITY

Emma Reilly

Libero/Defensive Specialist

Senior

Emma is a leader on and off the court. She has a great work ethic and is a true example of an All-American Student Athlete. In the weight room and on the court, she excels because of her drive and determination. It has always been a pleasure working with her. I am proud of her accomplishments on the court and in the weight room. Emma played in all 30 matches last season. She earned First Team All-Sun Belt honors after finishing second in the conference in total digs (550) and digs per set (4.74 d/s). Her 550 total digs rank sixth in single season program history. She ranked third in the Sun Belt with 54 service aces, posted double digit digs in 28 of 30 matches and had 1,456 digs in her career, which ranks fifth in program history. ~Anthony Glass

AUGUSTANA UNIVERSITY

Izzy Sommers

Middle Blocker

Senior

Izzy has been the model student-athlete during her time at Augustana. Her performance in the class room, on the court, and in the weight room have been tremendous. Izzy earned a spot on the NSIC All-Academic Team of Excellence in 2019 and was an All-Academic NSIC selection in 2018. She holds team and school records in the clean, deadlift, and vertical jump. Izzy's leadership and internal drive will serve her well in the future. ~Andrew Stocks

CHADRON STATE COLLEGE

Karli Noble

Defensive Specialist/Libero

Senior

As a 3 year starter during her junior campaign, Karli Noble finished third on the team in total digs, with 276. Noble averaged 2.73 digs per set and had a season high 23 digs against Westminster. On the season, Noble had 10 or more digs 17 different times. For the second straight year, the DS/Libero led the Eagles in service aces, with 25. Within the weight room, Karli has set the standard for all of our teams in terms of Olympic variations with her movement quality. Karli has a 155 lb. hang clean, a 185 lb. front squat, and a 250 lb. deadlift. ~EJ Kreis

CLEMSON UNIVERSITY

Katelyn DeGuzman

Defensive Specialist/Libero

Senior

Katelyn (a.k.a Guz) set the standard in the weight room on a daily basis. Her hard work and enthusiasm were infectious and elevated those around her. A consistent hard worker, Guz's work ethic paid off in substantial strength/power gains, while also driving those around her to work harder. Guz was a student-athlete who understood the importance of strength training, as well as the importance of putting the team first. ~Billy Cedar

COLLEGE — VOLLEYBALL

COLORADO COLLEGE

Isabelle Aragon-Menzel

Setter

Senior

Belle is a wonderful leader by example, leading with resilience, grit, and love. She works hard, trusts the process, and always has a positive attitude. Belle brings out the best in her teammates and inspires them to go all out every day. She excels in the weight room, on the volleyball court, and in the classroom. Her integrity, effort, and attention to detail as a student-athlete will undoubtedly shine through in anything she pursues in life. ~Emily Andersen

DUQUESNE UNIVERSITY

Claire Boe

Defensive Specialist

Senior

Since she stepped foot on campus, Claire Boe has been the model student athlete here at Duquesne. Claire's attention to detail, discipline, and high performance execution is what sets her apart. She is the definition of coachable. There has never been a student athlete I trust more than Claire. I know exactly what I will be getting from her every time she steps in the weight room. Her consistency and effort, makes everyone around her want to work harder. She is the standard for what our program wants our student athletes to be. Claire's commitment to competitive excellence on and off the court is exceptional. Claire's personal records include: 145 Power Clean, 215 Back Squat, 110 Bench Press. ~Anthony Longo

FITCHBURG STATE UNIVERSITY

Perry Joubert

Defensive Specialist/ Setter

Senior

Perry is a committed athlete who brings energy and enthusiasm to every work out. She carries it all in lunch pail, she arrives at the weight room ready to work! ~Jeffrey Godin

FITCHBURG STATE UNIVERSITY

Lauren Riccardi

OH

Senior

Lauren always brought great energy and effort to every training session! ~Jim McGuire

GARDNER-WEBB UNIVERSITY

Caitie Mayo

Defensive Specialist

Junior

Caitie is an incredibly deserving NSCA All-American. She has a passion for strength and conditioning, and her enthusiasm and positive attitude lifts up everyone around her. Caitie's entire team has bought into the importance of training and has reaped the benefits in no small part because of her leadership and the example that she sets. I look forward to seeing her continued success on the court and know that she will be an outstanding coach when her career is over! ~Kyle Lodermeier

IOWA STATE UNIVERSITY

Izzy Enna

Defensive Specialist/ Libero

Senior

Izzy has been one of the most consistent and diligent student-athlete I have the privilege of working with on the volleyball team here at Iowa State. Her constant effort, positive attitude, and dedication to the weight room have been shown by her accomplishments on the court. I am very honored to have worked with Izzy over her outstanding career. ~Tim Dombrowski

COLLEGE — VOLLEYBALL

JUNIATA COLLEGE

Victoria Taylor

Outside Hitter

Senior

Landmark All-Conference first team...AVCA All-Region...AVCA All-America honorable mention...NCAA Regional All-Tournament Team...Landmark Championship MVP.

Vic's attention to detail, dedication and willing to motivate and teach others has not only enhanced her own athletic abilities, but has also contributed positively to those around her.

Her work ethic and dedication to becoming a better athlete and leader of the Volleyball team is exceptional. Her work demeanor and her charismatic personality is a major factor in the success of volleyball program.

~Douglas Smith

JUNIATA COLLEGE

Theodore Weinberger

Middle Blocker

Senior

Theo's is a team leader both on the court and in the weight room. His work ethic and leadership skills, along with his focus to detail in the strength and conditioning program will go far in assuring his future success on the playing court and in future life endeavors. ~Douglas Smith

LINDENWOOD UNIVERISTY

Kat Finnerty

Middle Blocker

Senior

Kat has been an example of coming into the weight room and pushing oneself physically and mentally in order to enhance one's Athletic Performance. Not only does she lead by example, but she also encourages her teammates to challenge their physical/mental abilities. Kat has been a great mediator between the players and also myself as the Strength Coach. ~Matthew Matau

LIPSCOMB UNIVERSITY

Megan Kuper

Right Side

Senior

Megan has battled through injuries and has overcome obstacles, in and out of the weight room, to become a leader in all areas. ~Sean Johnson

MARYVILLE UNIVERSITY

Faith Ahlhardt

Junior

Faith is one of the most dedicated and hardest working athletes I've had the privilege of working with. She has always been one to use the weight room to get better but over this last year it hit a whole new level. Faith has been able to overcome and return to the court in less than a year from an ACL tear. The progress from her dedication and determination speaks volumes for who she is as an athlete, person, and competitor. She continues to make strides each and every day to get stronger, move better, and keep her knees healthy to be a force on the volleyball court. It is an honor to be part of her return and see the progress she has made. ~Jake Fitts

COLLEGE — VOLLEYBALL

MENLO COLLEGE

Chase Direito

Middle Blocker

Junior

Chase has shined in recent years as he continues to show amazing improvement, on the court and off. On the court, Chase finished a shortened season with 117 kills and 47 blocks. His success earned him the privilege to be named to the USA Volleyball Men's Collegiate National Team. His success on the court, continues to drive and motivate his desire to be great, off the court as well. Chase came back to the team after the off-season in great shape, adding muscle and strength to his frame by remaining diligent and dedicated to his programming. His commitment will set him up to have an even greater upcoming season. ~Jess Sayo

MORNINGSIDE COLLEGE

Krista Zenk

Outside Hitter

Senior

Krista has been a tremendous asset for the women's volleyball program. Possessing a tremendous attitude and dedicated work ethic, she has been a proven leader on and off the court. An everyday type of student-athlete as well as an All-GPAC Conference performer. Krista has consistently improved in the weight room and court the last four years at Morningside. Krista embodies everything not only in our volleyball program, but what Morningside College student-athletes represent. ~Aaron Jung

NOVA SOUTHEASTERN UNIVERSITY

Rachel Nelson

OH/DS

Senior

Rachel Nelson has set the standard for leadership on her team. Whether on the court or in the weight room, she consistently raises the intensity and effort of everyone around her. She defines what a teammate should be. She will graduate this year with a degree in Information Technology. ~Steven Orris

PENN STATE UNIVERSITY

Jonni Parker

RS

Junior

It has been a pleasure to work with Jonni these past couple of years. She's a great teammate, has tremendous work ethic, and is very consistent doing the right things the right way in volleyball, and in her academics. In the weight room she is a great leader and communicator, and constantly pushes herself and others to get better. Whether we win or lose, have a good day or bad, she always has a positive attitude towards training and that really makes it very enjoyable to work with her. I really appreciate what she brings to the team and I'm honored to nominate her for this award. ~Cam Davidson

PERU STATE COLLEGE

Tyra Mollhoff

MH

Senior

Serving as the lone senior on the Peru State Volleyball team, Tyra was not only a leader on the volleyball court but in the weight room as well. Despite being in quarantine several times, Tyra was able to add 2 inches to her vertical jump, maintained a deadlift of 200 pounds, and was able to squat 245 pounds. Tyra will graduate with a degree in Disease and Human Health and plans to enter the nursing field. ~Kyle Ryan

COLLEGE — VOLLEYBALL

SPRINGFIELD COLLEGE

Sara Labadorf

Setter

Junior

Sara is a tireless worker. She sets the pace in the weight room with her constant drive to improve herself and her teammates. Sara not only leads by example, but consistently pushes those around her to give their all as well. Embodying the mindset of hard work, respect, and accountability, Sara is a standout athlete who works to help the team reach their goals every day. ~Aaron Matthias

SPRINGFIELD COLLEGE

Nate Reynolds

Middle Blocker

Senior

In the midst of a crazy year, Nate has transferred into the Men's Volleyball program and has become an exemplary athlete in the Springfield College Weight room. He is an athlete that challenges himself with every single session in the weight room, has followed all protocols set in place throughout the year, consistently communicates with his strength coaches, and he takes his recovery to the next level. He is an athlete that asks for his form to be checked, asks for more, and prioritizes his ability to move well so that he can perform on the court. ~Aysia Shellmire

STEPHEN F. AUSTIN STATE UNIVERSITY

Madelynn Miller

Libero

Senior

She is a very quick and resilient player on the court, she has stated she has used S&C to be more physically able to endure long games and sometimes long practices. She like being in the weight room because she feels good overall and good on the court. She feels like maintaining muscle has been important for her overall performance. Team player, and named team captain her last season. She has been named player of the week multiple times and will hopefully be named conference player of the year this season. ~Sarai Flores

TRANSYLVANIA UNIVERSITY

Karrington Jackson

Middle Blocker

Sophomore

Karrington has a quiet demeanor, but works hard and pushes herself outside of her comfort zone. ~Zach Turner

TRINITY UNIVERSITY

Avery Tuggle

Outside Hitter

Senior

Avery has been a dominant force on our volleyball team and in her strength & conditioning. Her determination and hard work set a very high standard for our strength & conditioning program and for the volleyball team. ~Daniel Martinez

COLLEGE — VOLLEYBALL

TROY UNIVERSITY

Natalie Hummel

S

Senior

Natalie is one of the hardest working, most dedicated and focused players on the volleyball team. She embodies our standard of Best Teammate-Best Effort. She is a model of consistency in the weight room (Bench-115lbs, Squat-185lbs., Clean-125lbs., Vertical 21inch), in the gym, and in the classroom. Natalie is a Biological and Medical Sciences major and currently holds a cumulative GPA of 3.93 and will pursue Physicians Assistant school post-graduation. Her Dedication and improvement on the court and her consistent work ethic and drive in our strength and conditioning program has been second to none. Natalie is a true leader and a shining example of Troy Volleyball ~Richard Shaughnessy

UNIVERSITY AT BUFFALO

Lexi Nordmann

MB

Senior

Lexi is a model student-athlete who balances a very demanding mechanical engineering course load, while still excelling on the volleyball court, and being a senior leader to the team in the weight-room. ~Sean Conaty

UNIVERSITY OF WISCONSIN-WHITewater

Morgan Wardall

Middle Hitter

Junior

Morgan has been the definition of dedication throughout her career at UW-Whitewater. She has battled a foot injury for multiple seasons but has been unbelievably dedicated to the weight room and improving her craft as she is able. Morgan is a tremendous student and a wonderful teammate. Her attitude and approach to training through her injury has been outstanding. She is a great leader and is looking forward to her Senior season. ~Lee Munger

WAYNE STATE COLLEGE

Maggie Brahmer

Middle Hitter

Freshman

A fiery competitor that has the combination of amazing genetics along with an incredible thirst for success. Maggie comes to work everyday trying to be the best in all that she does. With 4 years of eligibility remaining, I feel sorry for the rest of the league. ~Grant Darnell

WEST TEXAS A&M UNIVERSITY

Torrey Miller

Outside Hitter

Sophomore

A naturally strong young woman, Torrey continues to put in the work to improve each day. She has a presence on the court and brings that same work ethic to train. Impressive numbers with a 305lb Deadlift, 205lb Front Squat, 150lb Bench, 170lb Hang Clean and 24.5" vertical jump. Torrey has high expectations for herself and for the amount of work her teammates are going to put in. She is a great leader and will continue to grow as a person and an athlete! ~Benjamin Kozak

WRIGHT STATE UNIVERSITY

Teddie Sauer

Middle Blocker/Right Side

Senior

Teddie is a huge reason for our volleyball program's recent success. Her tireless work ethic and exacting leadership continues to elevate those around her. ~Cole Pittsford