

COLLEGE — VOLLEYBALL

AVERETT UNIVERSITY

DAYTON MOORE

Setter

Sophomore

Dayton's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Dayton's impact on the court transcends mere statistics, leaving an unmistakable mark on the sporting world

~Samuel Roome

CAL POLY HUMBOLDT

AWELINA FAKALATA

Outside Hitter

Junior

Lina is one of the strongest volleyball players we have had in recent history with a 185lb front squat and a 165lb clean. She out lifts most of our male athletes on and it translates onto the court with her explosive play leading her team with 377 kills last season. ~Anthony Ratto

COLORADO COLLEGE

LIBBY OCHS

Sophomore

Libby displays qualities of leadership, work ethic, and determination to the highest level. Libby is what you would call a glue person or a program changer. The girls look to Libby for inspiration and she drives the team to get better every time they are in the weight room. If everyone on the team had the attitude and drive as Libby, we would be national champs every year.

~Derek Savage

FAIRMONT STATE UNIVERSITY

JOSIE SKINN

Libero/DS

Sophomore

Josie Skinn, a sophomore from Norwalk, Ohio, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Josie 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 sophomore season, as a Libero, Josie led the conference with 632 digs and was fifth in the conference with 47 aces. These efforts led to honors on the All-MEC First Team and AVCA Atlantic Region First Team and AVCA All-American honorable mention. Josie is also a leader in the classroom, currently holding a 3.85 GPA while majoring in biology. Josie 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 Josie Skinn.

~Adam Kolberg

FORDHAM UNIVERSITY

WHITLEY MOODY

Senior

Whitley Moody exemplifies the "Fordham Way". Her hard work, dedication, and Kaizen mentality have led her to set numerous records both on the Volleyball court and in the weight room. Her name is painted on our weight room record board, including an impressive Clean record of 192 pounds. Whitley has been through a lot of adversity during her time at Fordham including numerous injuries, but has continued to train hard and be a positive role model for others. Simply put, Whitley Moody is the standard. ~Joe Gilfedder

COLLEGE — VOLLEYBALL

GLENDALE COMMUNITY COLLEGE

SPIRIT PHIPPS

Setter

Sophomore

Spirit has been an absolutely amazing athlete to work with and it has been my pleasure to get to work with her. As Team Captain, Spirit has been a motivated leader on the court and in our weight room for the past two years. She has led by example and always gives 100% in each and every workout. She is a very committed student/athlete which has led her to excel in the classroom, break weight room records, improve her jumping ability, and improve her overall game. Spirit has received ACCAC Player of the week honors and finished 3rd overall in ACCAC in assists per set. Her dedication has given her the opportunity to play at a University next season, where I know she will continue to be successful.

~Derek Drumtra

IOWA STATE UNIVERSITY

MAYA DUCKWORTH

Outside Hitter

Junior

Maya has been a reliable and dependable member of our volleyball program since the day she arrived on campus. She comes into each training session, practice, and rehabilitation session with a drive and a positive attitude to get better. Maya is one of those student athletes that continues to grow and push the volleyball program and strength and conditioning program to new heights each year. I am honored to nominate Maya Duckworth as NSCA All American. ~Timothy Dombrowski

LIMESTONE UNIVERSITY

JOSIE CURRAN

Opposite Hitter/Blocker

Junior

Josie's commitment to the weight room is unmatched amongst my teams. When I first came to Limestone, she was the first athlete on the team that dove into the sessions and was passionate about getting better off the court. She has a positive attitude and impact on everyone even when sessions get hard. She is always the first one to get her teammates motivated and hype them up before and during the sessions. Through her positive leadership and commitment, she has turned into an invaluable asset to the team and Limestone University. It has been a pleasure to see her grow into a leader in and out of the weight room. ~Kaitlin Holman

NORWICH UNIVERSITY

SAMANTHA LEBRUSKA

Senior

Her unyielding commitment to early morning practices, a tireless work ethic that sees her pushing through fatigue, and unwavering self-discipline in maintaining a balanced lifestyle exemplify what a standout athlete should embody. She has displayed a singular determination to better themselves physically, mentally, and emotionally, fostering a supportive environment that elevates their performance and that of their teammates. Every day, she shows up ready to push the boundaries of their abilities, constantly striving for excellence and setting a benchmark for skill, sportsmanship, and camaraderie. ~Scott Caulfield

COLLEGE — VOLLEYBALL

NOVA SOUTHEASTERN UNIVERSITY

ELIZABETH PRICE

Outside Hitter

Senior

Elizabeth Price understands the value of hard work, being a good teammate, and a willingness to grind in the weight room. After suffering an injury, she dedicated herself to rebuilding her body and committing to filling in any gaps that her team needed while she worked her way back to health; even changing her position. Now, fully recovered, she is in the best shape of her career. Her example of hard work and sacrifice will pay dividends to her team for years to come. Elizabeth will graduate this semester with a bachelor's degree in Exercise and Sport Science. ~Steven Orris

PIEDMONT UNIVERSITY

JENNA ASH

Outside Hitter / Right Side

Senior

Jenna has been someone who from day one has been fully invested in all things related to being a college athlete. She has never missed a day of training regardless of the time of year. As a volleyball player, she started in 79 matches and eclipsed the 606-kill mark in three years. In the weight room, she was top of her team in all three strength categories with a 105# Bench press, 185# Clean, and 315# trapbar deadlift! ~John Delf

PROFORCE | OHIO WESLEYAN UNIVERSITY

NATALIE DIEBALL

Outside Hitter

Freshman

Natalie is a prime example of hard work and dedication to bettering one's craft. From training multiple times a week during her club season to almost everyday over the summer, she set herself up for an incredible freshman fall season at OWU. She finished her first season leading her team in kills and her entire conference in points, winning Conference Newcomer of the Year and Region

7's Freshman of the Year. On top of that, she stayed driven, picking up right where she left off once the offseason began and is already building towards an even better sophomore season. ~Connor Hanson

SALEM STATE UNIVERSITY

CELIA CARBONE

Setter

Sophomore

Celia has been a true leader in all aspects of student-athlete success. She is a key figure in the S&C program for the women's volleyball team leading by example. Celia has a 4.0 GPA, which has earned her MASCAC All Academic Team honors, as well as being a member of the Alpha Lamda Delta Honor Society. In the weightroom she has been a total sponge and a mentor to the other athletes. She has increased her strength by 83% (lower body) and 32% (upper body) respectively. Her hard work has rapidly translated on the court physically and in earning the respect of her upperclassmen. Celia is a very hard worker who will undoubtedly continue her upward trajectory. ~Francisco Aguilar

SPRINGFIELD COLLEGE

DYLAN MULVANEY

Setter

Sophomore

He is a leader inside and outside the weight room, displaying a unique work ethic and discipline in all aspects of his life as a student and an athlete. ~Lorenzo Pelloni

COLLEGE — VOLLEYBALL

TEXAS WOMAN'S UNIVERSITY

MALIA VIERNES

OH/RS

Junior

Malia is an all-around beast. She is the kind of athlete who doesn't think, she just does. No matter what is programmed she just does it and does it with ease. She is one of our strongest athletes across all sports and has one of the best attitudes. Malia wants to do everything in her power to improve herself and she has gone above and beyond to do that in the weight room. Her teammates and student-athletes from every other sport take notice of her capabilities in the weight room and she serves as an excellent role model. Her positivity is also unmatched as she brings a contagious energy. I am excited to see how she continues to push herself and improves throughout the rest of her collegiate career.

~Delaney Baxendale

TRINITY UNIVERSITY

BRETTE THORNTON

MB/RS

Senior

Brette has had an incredible competitive spirit and drive from the very beginning of her time at Trinity. She has always been hard working, disciplined, and has grown into a very capable athlete who is determined to be successful in everything she does. ~Daniel Martinez

UNIVERSITY OF MISSOURI S&T

SHELBY PLY

Middle

Senior

Shelby has worked extremely hard for me ever since I stepped on campus. She is one of the most accomplished volleyball players in the team's history, and a person could easily tell that by the work that she put into the weight room and her craft. Even though she battled through injuries the past year and a half, she

always found a way to get stronger, and stay on the court. ~David Edwards

UNIVERSITY OF PROVIDENCE

CABRY TAYLOR

Sophomore

Every lift she pushes herself past her limit and gives it all she's got. I'm very proud of the development she has gone through and excited to see her grow during her time at UP. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

SIERRA CASTONGUAY

Libero

Senior

Always in top 2 or 3 Volleyball athletes tested. Has bests of 130 Clean, 160 Front Squat, 125 Bench, 23" VJ and 34' Over MB throw. Yearly in the Conference top 6 in digs.

~James Giroux

UNIVERSITY OF TENNESSE AT MARTIN

HAELEIGH PAULINO

Senior

Haeleigh has been an instrumental leader and a centerpiece in the championship successes of both our indoor and beach volleyball programs over the last five years. Her dedication to maximizing her athletic potential has contributed to her being selected twice for the All-OVC first team and once for the All-OVC second team. Additionally, Haeleigh's work ethic has consistently been recognized academically by being selected to the Athletic Director's Honor Roll and the OVC Commissioner's Honor Roll. ~Chris Gillies

COLLEGE — VOLLEYBALL

UNIVERSITY OF WISCONSIN-WHITWATER

JENNA WEINFURT

Outside Hitter

Senior

Jenna has had a wonderful career at UWW and her dedication to strength and conditioning has helped lead to individual and team success. Jenna is a terrific leader and the team models itself after her. Jenna helped lead the team to back to back Regional Championship berths and she will look to build on that again this fall.

~Lee Munger

WILLIAM PEACE UNIVERSITY

HANNAH WARD

DS/L

Senior

This athlete has made major improvements in the weight room this past year. Her work ethic and discipline has been unmatched. She is always pushing herself to improve. She has been consistent with her training throughout the year. This individual is coachable and present in the weight room. She sets the standards for her teammates when it comes to her effort when she trains. This past year she has had lifetime PR's 135 hang clean, 160 front squat, and 135 bench press

~Rebecca Fraser

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~Rebecca Fraser

WILLIAM WOODS UNIVERSITY

LAUREN HIESTAND

DS

Senior

Lauren has consistently demonstrated an exceptional work ethic and dedication during her time at William Woods University. From the outset, she impressed us with her determination and commitment to excellence. Lauren is one of the hardest workers we've ever had and this helped her become a starter during her senior year. Her passion and dedication to the field of Exercise Science lead her to graduate early and become a graduate assistant at Greenville College ~Bob Jones

WRIGHT STATE UNIVERSITY

TAYLOR BRANSFIELD

Middle Blocker

Senior

Taylor has consistently been one of the hardest workers on the Volleyball team and this year was no different. Although an injury caused her to sit out this entire season, she put in a tremendous amount of effort to try to get back on the court. She went above and beyond during rehab and getting extra workouts to attempt to finish the season. ~Cole Pittsford