

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Augustana University

Kathryn Nasby

Defensive Specialist/Libero

Senior

Kat's hard work and leadership has driven not only herself, but her entire team to greater heights in the weight room and the volleyball court. She was the catalyst of a cultural shift in Augustana volleyball. Kat was a tremendous leader who always brought great energy to training and practice. She holds team records in the squat, bench press, and deadlift. ~Andrew Stocks

Black Hills State University

Laurel Lech

Setter

Junior

Laurel has seen great improvements in her strength and vertical since freshman year. She is a two time All-Conference winner, along with being Academic All-Conference, and is the current vertical record holder for the team. Her dedication to the weight room has developed her into the player she is today and set her up to have another successful season.

~Aaron Siekmann

Colgate University

Katie Stansbury

Outside Hitter

Senior

It is with great pride I nominate Katie Stansbury for the NSCA All-American Award. Katie has been a tremendous leader both on the court and in the weight room during her career at Colgate. Katie has always set the tone in the weight room for her teammates, and with her great work ethic and positive attitude she earned the respect of her teammates as an underclassmen, and that continued during her entire career. Katie's weight room numbers increased tremendously during her four years, which had a direct correlation to her improved play on the court. ~Paul Helsel

Endicott College

Mackenzie Kennedy

Defensive specialist

Junior

Mackenzie Kennedy was named Libero of the Year and 1st-Team All-Conference by the Commonwealth Coast Conference this year. Followed by an Academic All-Conference and AVCA All-Region Honorable Mention nod, Kennedy has seen the dedication that she has put into strength & conditioning pay off. She recorded a conference best 468 digs in the Fall season and averaged 4.82 digs per set. She had 20+ digs in 8 matches this year. Kennedy demonstrates strong leadership and effort in the athletic performance center. She drives her teammates to be better and is well respected. Hang Clean: 155 lbs. Hex DL: 275 lbs. ~James Daley

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Lewis & Clark College

Kortney Meyer

MB/OH

Senior

Kortney Meyer epitomizes the importance and benefits of strength and conditioning from her freshman year to her senior year. Her commitment to our coaching staff and programs have led Kort to become an All-Northwest Conference First Team selection her senior year, the first for the Pios since 2015. Her leadership in the weight room and on the court never went unnoticed. Her great work ethic, discipline, and attitude, all of which epitomize what the Lewis & Clark Strength and Conditioning Program is all about, resulted in Kort statically improving year after year on the court. It has been a privilege to work with such an outstanding young woman. ~Angela Dendas-Pleasant

Northwestern College (IA)

Lauryn Hilger

Outside Hitter

Senior

Lauryn Hilger was a strong and fearless leader throughout her volleyball career at Northwestern. Whether it was on the court, in the athletic performance center, classroom, or community, Lauryn radiated palpable passion in becoming the ultimate best student-athlete she could become. She demonstrated this through her energetic, dedicated efforts and servant-hearted attitude. These altruistic pursuits gravitated her teammates and others around her, which not only led to team unity but also success. As a distinguished student and athlete she forged an outstanding career. Over the course of her tenure at

Northwestern she was a 3 time GPAC First Team All-Conference, 2 time NAIA All-American, 2 time AVCA All-Region, and most notably a 2 time NAIA Scholar Athlete. ~Kyle Ochsner

Peru State College

Nadja Janjevic

MH

Senior

Nadja continued to excel this year on the volleyball court, in the weightroom, and in the classroom. Her list of accomplishments include being twice named team captain, starting all four years at Peru State College, an American Volleyball Coaches Association Midwest honorable Mention, two-time NAIA Heart of America All-Conference Second Team, Heart of America All-Conference First Team as a Sophomore, Heart of America All-Conference Honorable Mention as a Freshman, four-time Omaha World-Herald All-Nebraska NAIA Honorable Mention, seven-time Academic Dean's List, and two-time Daktronics NAIA Scholar-Athlete. ~Kyle Ryan

Trinity College

Rachel Underwood

OH

Senior

Underwood is an incredible athlete, lifter, leader and more importantly a human. She is at the top of record boards in numerous categories and has transformed her game over the past 4 years by dedicating herself to weight room and to her sport. I could not ask for a better role model for our younger athletes. ~Bill DeLongis

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Trinity University **Jade Schoenberger**

RS
Senior

Jade has been an exemplary model for what we can and plan to continue to achieve as a strength & conditioning program. Her attitude, commitment, hard work, and discipline have all benefit her from a performance standpoint, and has positively influenced her team to continue the same process. ~Daniel Martinez

University of Missouri-St. Louis **Kylie Rudsinski**

Right Side Hitter
Junior

Kylie is the type of student athlete we all wish we had. She's one of the most driven people I've ever met. She's always looking for ways to better herself as a student athlete. The sky's the limit for her! ~Josh McMillian

Washburn University **Shayla Connor**

Setter
Senior

After having her junior year cut short to an injury, Shayla dedicated herself to making comeback for her senior year. She came back stronger than ever physically but also stepped to become a leader for the team and inspire them to take advantage of the off-season and become stronger both physically and mentally. At the end of the season her hard work had paid off as she was an integral part in leading Washburn to the Final Four in the NCAA tournament and her post-season accolades included being

named 1st Team All MIAA, All-Region, and as an AVCA All-American. Her dedication and discipline from the past season will no doubt lead to future success for her. ~Trent Smith

Wayne State College **Morgan Alexander** **Defensive specialist and setter**

Junior

Morgan always brings a positive attitude to whatever she does. Her ability to push herself to new limits is unlike anyone else's. She excels in endurance activities and that ability pushes her teammates in the process. ~Sergey Sokolov

Wayne State College **Tarrin Beller**

Middle Hitter
Junior

Tarrin is a leader in the program. Her natural abilities combined with the work she continues to put in during training has her set to have a big season next year. ~K Grant Darnell

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Webster University

Kristen Farrah

Defensive Specialist

Sophomore

Kristen's physicality on the court has made quite an impact on the Webster University Volleyball Program. Her technical skill is apparent earning both the SLIAC Conference Player of the Year and Defensive Player of the Year honors this past season and was also named the NCAA Division III National Statistical Champion for Digs per Set. Kristen's dedication to her physical preparation, sport specific training, teammates, and scholastic pursuits is unmatched. Kristen's authenticity and innate ability to motivate others through action allows her the opportunity to serve as a leader for student-athletes. -Matt Saitz

Wilkes University

Shayna Fehrle

Defensive Specialist

Senior

Shayna was a leader for the Wilkes volleyball team and was the team's only senior this past year. Her passion and drive for getting herself and her teammates better and stronger helped lead Wilkes to their first winning season since 2013. The hard work she had put in each year in the weight room had 100% paid off for her on the court. Because of her determination, she was able to see a major increase in matches played and sets played from her sophomore year to junior year. She also saw a massive increase in service aces in her senior year, having 3 more than her first three years combined. Shayna has set the bar high for Wilkes volleyball in the future. -Kevin Zingaretti

ATHLETE OF THE YEAR
AWARD