

## COLLEGE — BEACH VOLLEYBALL

### Florida Atlantic University

#### AVA KOEHL

##### Freshman

Ava Koehl is highly deserving of recognition due to her exceptional drive to improve and the standard she sets as a freshman on the beach volleyball team. From the start of her collegiate career, Ava has shown a strong commitment to her development, consistently giving 100% effort and showing up ready to work every single day. She approaches training with focus and intensity, embracing challenges and feedback as opportunities to grow, and demonstrating a maturity and discipline that stand out for a first-year student-athlete.

Beyond her work ethic, Ava's positivity and consistency make her a powerful example for her teammates. She brings energy to every session and maintains a team-first attitude, helping create an environment built on effort, accountability, and enthusiasm. Ava's willingness to compete, learn, and lead through action reflects the core values of the NSCA, and her approach to daily preparation makes her an outstanding representative of what an All-American athlete should embody. ~Lily Griffith

### Mount San Jacinto College

#### BRIDGET ROBERTS

##### Sophomore

Bridget works extremely despite being a redshirt, she exemplifies hard work and controlling what she can. She always has a great attitude, understands what's going on, and pushes others to be better. ~Pui Choi

### McKendree University

#### BROOKE JUNKER

##### Senior

Brooke is the definition of a true leader. Her dedication to her craft is evident in her daily commitment to the performance center, 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. Her resilience has not only led to her personal success but has also been a key factor in the team's achievements and growth, proving that leadership goes beyond just performance.

~Tyler Aulbur

### UCLA

#### ENSLEY ALDEN

##### Defender

##### Senior

I've watched this athlete grow and challenge herself every day for 3 years. Now, as a senior, she is a leader in the weight room and on the courts. She's fearless and recognizes that failure is only a step to the success she wants in the future. Her athleticism is one of a kind from her strength, power, and speed. Her attention to detail shows her daily commitment to being the best she can be. Ensley represents why strength and conditioning is important for athletes. Not only from the physical side, but from the consistent practice of daily performance habits and how that incremental growth leads you to achieving the highest level of success. Ensley has been a starter and national title contender for the last two years and will have the opportunity to be an all-American this year and win a national championship. ~Daniel Rivas

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### Barry University

#### ISABELLA RANGEL

##### Junior

This beach volleyball athlete truly sets the standard for commitment and accountability in the weight room. Her dedication goes far beyond what is required — even over break, she chose to come in and train, showing how serious she is about her development and her team. That kind of discipline speaks volumes about her character and long-term goals.

In the weight room, she attacks every session with intensity and purpose. From lower-body power and vertical jump work to shoulder stability and core strength, she understands how each lift translates directly to performance in the sand. She maintains excellent technique, pushes through challenging sets, and never cuts corners. Her consistency has led to noticeable gains in strength, explosiveness, and durability.

What separates her even more is her leadership. She brings energy to every session, holds herself to a high standard, and motivates those around her to do the same. Off the court, she balances her academic responsibilities while continuing to represent the program with integrity and professionalism. Her work ethic, especially her decision to train over break, reflects a level of maturity and dedication that embodies what it means to be a committed student-athlete.

~Giuliana Gomez

### Huntingdon College

#### MOLLY WILSON

##### Senior

Molly has operated with tremendous focus and grit throughout her journey. She has shown true commitment to her sports (Indoor & Beach Volleyball), her training, her academics and to her teams. ~Charles Goodyear