

COLLEGE — VOLLEYBALL

AUGUSTANA UNIVERSITY

PAYTON ROSENDAHL

Right Side Hitter

Senior

Payton's love for lifting has served her well during her time at Augustana. Her dedication to the weight room has transformed her performance on the court, earning All-NSIC Second Team Honors in 2021. Payton has shown her younger teammates that training hard can be fun and exciting and has been a cornerstone of the volleyball team's culture in the weight room. Payton has great things ahead and her love for strength and conditioning has built her a tremendous foundation for her future pursuits. ~Andrew Stocks

CAL POLY HUMBOLDT

HANNAH CANTRELL

Middle Blocker

Senior

Hannah had a great senior season after coming back from injury. She was a leader on and off the court finishing the season at the top of her team in most statistical categories. In addition to her play on the court, she was one of the true leaders in the weight room. We counted on her to set the standard in the weight room not only for her own team, but for all of our female athletes. Hannah impressed us so much with her lifting that she was hired onto our student strength and conditioning staff where she is able to continue setting great examples for all of our athletes. ~Anthony Ratto

CAL POLY HUMBOLDT

CARLA CRESPO

Libero/Defensive Specialist

Carla was a leader on the court and in the weight room. Even though she dealt with a shoulder injury all season, she still led by example during every team lift. She had the second most sets played on the team and was by far the best player at her position on the team. ~Anthony Ratto

CAMPBELL UNIVERSITY

LAILAH GREEN

Outside Hitter

Junior

Lailah's energy bleeds into everything she does. Her high level of effort is present everyday in and out of the weight room. Competing and pushing herself, at all times, resonates with her teammates and drives them to do the same. Her love and support for her teammates is second to none. ~Matt Rodriguez

COLLEGE — VOLLEYBALL

CENTURA HEALTH SPORTS PERFORMANCE

NICOLE DREWNICK

Setter

Junior

Her dedication to become the best she can be started at a young age. In Middle school by winning several awards and gaining recognition. A true, talented and hard working young lady. In Middle School she was also awarded the Athletic All Star, Volleyball MVP, Three-Sport Letterman Award, Volleyball MVP, and All sports player of the year. Nicole understood at a young age that to be able to keep playing in a high level, she needed to be physically ready. She trained 4 -5 times a week in strength and conditioning programs (weight lifting technique training and a Pilates class). She began gaining the guidance of a professional sports dietician to further enhance her performance.

At the Club level, Nicole played club volleyball since she was 11 years old and successfully helped her team rank number 3 in North Texas Volleyball Region for 6 years playing USA Volleyball. Keep in mind that you have to medal in qualifiers to be able to play in Nationals and she made it to Nationals every year. She won two national volleyball medals.

During high school, Nicole made varsity as freshman and started. She helped her high school, Hebron, win state 3 years in a row. As a young lady and the only freshman on varsity team among Juniors and seniors, she ended up getting a back fracture because of the heavy training. Nicole met Coach Kelli, and all the Physical Therapy professionals at Michael Johnson Performance center. Coach Kelli teamed up with the physical therapy department to collaborate on the best sports performance and therapeutic approach to help Nicole with the right amount of training, technicality, and treatment. She returned to play in the playoffs for Hebron winning her first State Championship. She ranked number #1 in the state of TX as a Right side Hitter,

ranked number #2 in the state of TX in hitting percentage, First Team all-District 2016 and 2017 andnd 6A District 5 State Champs 2016 and 2017. As a junior in HS she was invited to play for the Brazilian youth National team, and won the South American championship. In order to train and participate in the South American championship, Nicole had to spend 3 months in Brazil, so she missed her junior year in high school volleyball. Nicole committed to play college volleyball for Nebraska her sophomore year, and she continued her dedication to the strength and conditioning training with Coach Kelli who helped her get successful, especially with her back issue. Her modified training with Coach Kelli, kept her moving forward in the right direction with no more injuries. Nicole reclassified from the class of 2020 to the class of 2019 and went to college one year earlier. She was ranked a top 40 junior player in the nation. Due to her reclassification Nicole had to finish her high school (second half of junior and the entire senior year) in 5 months and went to college at 17. Nebraska made to the top 8 in the NCAA tournament that year. Without her dedication to strength and conditioning, and the mentoring of great coaches, who worked hard to get Nicole in the best shape she could possibly be, Nicole would never be in the position she is right now - doing what she loves most. ~Kelli Selman

COLORADO COLLEGE

ISABELLA VASQUEZ

Outside Hitter

Senior

Bella fought back from an injury to be a prominent leader on her team. She brings a spark and joy to the weight room. Leading by example, she's inspired her teammates to put in extra work in the off-season to fill the shoes she leaves behind. Bella is taking her extra year to play at the Division I level and we could not be more proud of the hard work she did to get there. ~Emily Andersen

COLLEGE — VOLLEYBALL

ENDICOTT COLLEGE

COLLEEN MCAVOY

MB/RS

Senior

Colleen has been one of our hardest workers since joining the program. She came in as a talented student-athlete but has added the power piece by consistently working hard with strength and conditioning. She is a vocal presence whether at a lift or on the court and works as hard at being a great teammate and leader as she does on her own performance and skills. The team admires the way she prepares for success and we are excited to continue to see her grow. ~James Daley

FAIRMONT STATE UNIVERSITY

KEARA LEWIS

Outside Hitter

Junior

Keara Lewis, a junior from Williamsport, Maryland is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Keara has embraced strength training and is extremely coachable. Her hard work and dedication is paying off. Following the 2021 season, Keara was named to the All-MEC Honorable Mention team. As a three year starter, Keara has developed into a leader in the weight room, on the court and in the classroom. She currently has a 3.3 GPA, while majoring in exercise science, and has been recognized on multiple MEC all-academic teams and honor rolls. Our volleyball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Keara Lewis. ~Adam Kolberg

FORT VALLEY STATE UNIVERSITY

JAEQUON HENDERSON

LIBERO

Freshman

Jaequon is a hard worker that developed into one of the team leaders. His progress in the weight room has

reflected in improved performances every match. His work ethic shows in a squat of 2.75 bodyweight and explosiveness. ~Korrey Hammond

FORT VALLEY STATE UNIVERSITY

SAMARIAH SMITH

Outside Hitter

Sophomore

Samariah loves improving her game through strength and conditioning. Her work ethic shows in her squat of 2.5 her bodyweight and explosion. She continues to push herself and teammates to strive for excellence. ~Korrey Hammond

GLENDALE COMMUNITY COLLEGE

GRACIE NEWBERN

Middle

Sophomore

It has been a pleasure working with Gracie the last two years. She is an extremely dedicated athlete, she is a leader who always leads by example in the weight room, and she ALWAYS has a great attitude. Gracie's work ethic is second to none and she is a perfect example of an athlete maximizing their athletic ability by working hard in a strength and conditioning program. Gracie has received our 'Iron Gaucho' Award by reaching All-American lifting numbers for her weight class, she also holds our standing vertical jump record at 30.5", both of which helped her receive All-Conference and All-Region volleyball honors this past season. ~Derek Drumtra

HARTWICK COLLEGE

KAILEIGH BRANDOW

Outside Hitter

Sophomore

Kaileigh exemplifies toughness, both mental and physical. She has natural ability, but has found a love for the process of becoming the best she can be. She has a bright future at Hartwick. ~Andrew Parker

COLLEGE — VOLLEYBALL

HOLLINS UNIVERSITY

SELENA WOLFE

Outside hitter

Sophomore

Selena is sophomore outside hitter on the volleyball team and pursuing her major in biology with a minor in environmental science. She also played on the basketball team as her secondary sport this year. Selena transferred from Bridgewater college in December 2021 and has been a pleasure to coach since day one. She has set high standards for herself and her teammates through her dedicated to strength and conditioning training and hard work. She has a quiet and kind demeanor with a powerful work ethic, strong drive to get better every day, and never complains. Some highlights over the past year include, being named to the ODAC All-Academic Team, member of the pre-med club, pre-vet club, and the HRDC club. ~Leslie Williams

IDAHO STATE UNIVERSITY

ANDRI DEWEY

Setter

Senior

To the team, she goes by “Granny.” Far from a senior citizen, this senior has BOUNCE. With a standing vertical of 31.75” and an approach jump of 33.5”, “Granny” is by far our most explosive female athlete at ISU. Andri’s athleticism and blue-collar work ethic has helped her excel not only in the weight room, but on the court and classroom as well. She is looked to as the leader of the team and for good reason. Andri has all the intangibles and the skills to back it up. I’m excited to watch her evolve her leadership skills as she enters her final season. ~Brandon Stephens

IOWA STATE UNIVERSITY

ALEXIS ENGELBRECHT

Middle Blocker

Junior

Alexis has been one of the most challenging but enjoyable student athletes I have had the pleasure of working with on the Iowa State Volleyball team. Alexis is one of those student athletes that finds joy in dedicating herself to the weight room and challenging me to push to to the next level. She has also come to me on many occasions to ask questions and talk about her program and how her program fits into the big picture of training. I am happy to say that choosing Alexis for NSCA All American was an easy choice. ~Tim Dombrowski

KING'S COLLEGE

CLEO SHULTZ

Middle Hitter

Senior

Cleo's ability to be comfortable in uncomfortable situations was unmatched. Her passion to be successful in the weight room and the court was felt by her team daily. ~Bryonne Herring

LINDENWOOD UNIVERSITY

MAIDER SOTO

Outside Hitter

Junior

Mai is an outstanding athlete who pushes herself even when no one is watching. She works hard all the time and strives to be stronger and faster. She has a bright future. ~Brie Johnson

MISSOURI VALLEY COLLEGE

ALEXIS LARK

Sophomore

Alexis, is an extremely hard worker. She shows a lot of dedication to the weight room and never has a bad day. ~John Anderson

COLLEGE — VOLLEYBALL

NORWICH UNIVERSITY

KATHRYN FARNUM

Outside Hitter

Senior

Kathryn is a very hard worker as well as a leader both in & out of the weight room. Kathryn is committed to her sport & wants to help her team succeed in any way. ~Scott Caulfield

PERU STATE COLLEGE

SIDNEY PECK

Outside Hitter

Sophomore

Sidney Peck is dedicated to striving for excellence both on the court and in the weight room. She accepts nothing less than her best and is willing to learn new skills in order to increase her performance in both areas. As an outside hitter, standing at 5'6", she has already increased her vertical from the fall season to the start of the spring season by three inches (21.5"). Both her squat and deadlift have been recorded at 88.45kg. Her incline bench and power clean have also been recorded at 43.09kg. Peck is a Kinesiology major and holds a 3.82 grade point average. Her relentless tenacity fuels her to lead by example. No matter how tough the challenge is on the court, in the weight room, or in the classroom, Peck shows true grit and gets after it. ~Kyle Ryan

POINT LOMA NAZARENE UNIVERSITY

TORINA HOMMES

Outside Hitter

Sophomore

Torina is a leader both on and off the court for the women's volleyball team. Her passion and drive for competing in the sport of volleyball is ever apparent as she constantly pushes herself and her teammates in training. She is one of the premier outside hitters in the pac west conference with opposing teams having to game plan against her abilities. This volleyball prowess is supported by her high flying ability. Torina's dedication

to her training and plyometrics has aided her in jumping over ten feet on a consistent basis. Torina's consideration for this award is a well deserved acknowledgement of her hard work and effort in the weight room. ~Erik Pedersen

SALISBURY UNIVERSITY

AMANDA CHEW

Senior

Amanda has been an excellent leader on the court and in the weight room. She's shown consistency and dedication throughout both the season and off season. Not only that but she's done a great job of motivating the rest of her team to do the same. She has made significant progress, which comes as no surprise to anyone who knows her. ~Matt Nein

SVSU ATHLETICS WEIGHT ROOM

PEYTON GERSTACKER

Setter

Senior

Peyton has served as a leader and member of the volleyball for the past four years. Peyton has achieved personal bests in all training performance indicators during her senior season which is an indicator of her work ethic and commitment to improving her athleticism. She has been the model of leadership and served as an example for many of our younger female student-athletes at SVSU. Competitively Peyton has run the offense for SVSU volleyball for just over a year transitioning from the Libero position to the setter position earning All-Conference Honorable mention honors in her first season. Academically Peyton maintains a GPA above a 3.3 average and truly is the complete student-athlete. ~Christopher Winter

COLLEGE — VOLLEYBALL

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

SARAH CRUZ

Outside Hitter

Junior

Broke program record for kills per set (4.37) while ranking sixth in total kills (437) and tied for fifth in attacks per set (11.19) ... Led UTRGV in kills 22 times, digs twice and blocks three times ... Recorded 23 matches of 10+ kills, including nine of 20+, and 10 matches of 10+ digs, including one of 20+ en route to 10 double-doubles ... Recorded match-high tying 12 kills in NIVC at Arizona (12/3) ... Posted 10th double-double with 17 kills and 10 digs vs. Grand Canyon (11/18) ... Earned All-WAC First Team honors (11/17) ... Recorded ninth double-double with match-high 14 kills and 12 digs vs. Abilene Christian (11/13) ... Posted match-high 23 kills, nine digs, four blocks and three aces vs. Tarleton (11/11) ... Recorded match-high 14 kills vs. Lamar (11/6) ... Posted eighth double-double with 23 kills and 16 digs at Sam Houston (10/28) ... Recorded seventh double-double with 22 kills, 11 digs, career-high five aces and three blocks at Texas A&M-Corpus Christi (10/25) ... Posted 14 kills and nine digs vs. Chicago State (10/23) ... Recorded match-high 20 kills vs. Sam Houston (10/16) ... Posted match-high 19 kills at Tarleton (10/9) ... Recorded career-high tying seven blocks with match-high 23 kills and 15 digs for sixth double-double at Abilene Christian (10/7) ... Posted match-high 12 kills on .524 hitting at Lamar (10/2) ... Recorded career-high 28 kills on .400 hitting with career-high 21 digs and career-high tying four aces in four sets for fifth double-double vs. Stephen F. Austin (9/25) ... Posted match-high 16 kills with eight digs, two aces and three blocks vs. UTEP (9/23) ... Earned WAC Offensive Player of the Week honors (9/20) ... Recorded match-high 22 kills on .357 hitting with season-high tying 12 digs for fourth double-double at East Carolina (9/17) ... Posted 15 kills on .367 hitting with two aces and six digs vs. Appalachian State (9/17) ... Earned All-UTRGV Tournament Team honors by averaging 4.92 kills on .291 hitting, 2.33 digs and 0.58 blocks while recording two

double-doubles in 12 sets across three matches (9/12) ... Recorded 19 kills on .390 hitting vs. Texas A&M-Corpus Christi (9/12) ... Posted third-straight double-double with 14 kills and 10 digs vs. Incarnate Word (9/10) ... Recorded career-high 26 kills with 11 digs for second double-double vs. Louisiana (9/9) ... Posted first double-double of the season with career-high tying 22 kills, 12 digs and three blocks vs. Nicholls (9/3) ... Recorded 11 kills with three blocks vs. UMBC (9/2) ... Posted 11 kills with six digs and five blocks at New Orleans (8/27) ... Recorded match-high 15 kills on .519 hitting with six digs and two blocks vs. Alcorn State (8/27). ~Eric Sparks

TRINITY UNIVERSITY

AVERY TUGGLE

Outside Hitter

Senior

Avery has been a dominant force in her time at Trinity and this past year was no exception. She has been a main contributor to a powerful change that has occurred in our team's culture and performance. Her tenacity in strength & conditioning is a source of inspiration for others, and her impact here has been tremendous. ~Daniel Martinez

COLLEGE — VOLLEYBALL

TRINITY WESTERN UNIVERSITY

KIRSTEN KAMPMAN

Outside

Sophomore

Kirsten is an absolute workhorse! She is always pushing herself to be the best she can be. This obviously includes the weight room, but also includes the court and the classroom where she has very high standards for herself. She has a fun personality and is a huge positive influence in our weight room with her teammates. She sets the pace for lifts and is usually the one heading up the "heavier weights" rack. She always does what she is told with a smile on her face and enjoys putting in the effort knowing that it will pay off for her on-court performance and overall health. She has a strong understanding of our team culture and helps instill that every session. She has started to see more on-court time which has been great to see her hard work pay off and result in increased on-court performance. Excellent worker, excellent person. ~Cole Hergott

UNIVERSITY OF DELAWARE

SAVANNAH SEEMANS

Outside Hitter

Sophomore

Savannah has worked hard to accomplish her goals in the classroom, community, weight room, and on the court. She has used her time in the weight room to expand her abilities on the court. Savannah, as a Freshman was selected to the All-CAA Rookie team and has also been a member of the CAA Commissioner's Academic Honor Roll. She led the team in 2021 with 45 service aces and ranks second on the team with 273 kills. She is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level. ~Mesiah Polycarpe

UNIVERSITY OF KENTUCKY

CAMERON SCHEITZACH

Setter

Senior

During Cameron's senior year, she increased her back squat by 15lbs, power clean by 30lbs, and bench press by 15lbs. She was a fantastic leader and teammate on the court and in the weight room. ~John Spurlock

UNIVERSITY OF PROVIDENCE- GREAT FALLS

SADIE LOTT

Middle Blocker

Sophomore

Sadie is one of the most athletic individuals I have seen in the weight room and on the court. Her movement is fluid and effortless. I have always been impressed with her body language and attitude. Sadie is going to compete and give her all in everything that she does. ~Will SeEVERS

UNIVERSITY OF SOUTHERN MAINE

KAILEY FOLEY

Right Side

Sophomore

Kay has recovered from significant shoulder issues and dedicated herself to strength training. She has shown huge improvements from being unable to complete most exercises to where she is now. Her better testing results include 100# clean, deadlift 195# and an improved vertical to 22". ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

KIM GRANT

Right Side/Middle Hitter

Senior

The strongest athlete on volleyball team, Kim continues to improve her strength and power numbers. Her better lifts include 135 clean, 280 deadlift that goes along with her team leading 37' over throw. ~James Giroux

COLLEGE — VOLLEYBALL

UNIVERSITY OF TENNESSEE AT MARTIN

KAREN SCANLON

Senior

Karen's drive to improve and competitive approach to each day has been a positive force for her teammates. This fall saw successes both individually and collectively. Karen was named All-OVC, while the team experienced its' highest finish in league play since 2011. She also garnered second team All-OVC in Beach for the 2021 spring, while assisting the team's runner up finish. Karen's commitment to her athletic development helped her progress from a freshman, who rehabbing an injury prior to her arrival, to being top 10 in the OVC both offensively and defensively for the Skyhawks. Academically, Karen has been on the Athletic Director's Honor Roll and OVC Commissioner's Honor Roll each year. ~Chris Gillies

VASSAR COLLEGE

ADAM GULICK

Opposite

Junior

Adam is gritty and passionate. He arrives at 7:00am everyday ready to work. Adam is constantly critiquing technique and grinding through hard sets to develop himself. His buy-in to the process in order to further both himself and his team are what make him stand out. ~Alice Read

VITERBO UNIVERSITY

MAYA ROBERTS

Right Side Hitter

Senior

Maya was a NAIA Second-Team All American. She was also nominated for the North Central Region First-Team, and was a NSAA First-Team All-Conference player. She was a leader in the weight room, on the court, in the classroom, and outside of school. ~Kyle Cluppert

WRIGHT STATE UNIVERSITY

LAINY STEPHENSON

Setter

Senior

2021 Horizon League Setter of the Year. Lainey is a vocal leader on the court and in the weight room. Her infectious energy drives others to be better and has helped establish Wright State Volleyball into the program it is. ~Cole Pittsford