

HIGH SCHOOL — VOLLEYBALL

ATHLETIC PERFORMANCE TRAINING CENTER

ABBY AVILA

Setter

Senior

Abby is a hard worker - in the classroom, on the volleyball court, and at our Strength & Conditioning facility. She is a positive role model for our younger student-athletes, and is involved in our volleyball youth development camps and clinics. Abby is truly a champion, as a young lady and a student-athlete. ~Brian Lebo

BEAR RIVER HIGH SCHOOL

HEATH BROWN

Forward

Sophomore

Heath Brown is exactly the type of person every coach wants in their program. He showed up every day to do the work and did not leave until the workout was complete. Because of his determination and work ethic, he was able to add 6 inches to his vertical and 12 inches to his broad jump in the 6 months leading up to the season. His quickness, strength and speed all improved as well. As he continues to mature and grow, Heath will become a dominant force because of his work ethic and commitment to improving himself and his skills. ~Tommy Nelson ~Reggie Shaw

BEAR RIVER HIGH SCHOOL

BRINLEY NOBLE

Forward

Junior

In the three months prior to the start of the season, Brinley worked hard to improve her strength and power. She added 5+ inches to her vertical in that time and her quickness improved significantly. She was a great example to others in the weight room and was committed to improving herself. She was often the one to get her lifting group focused after getting distracted. She was a pleasure to coach in the weight room this year. ~Tommy Nelson ~Jana Brown

CAPE HENRY COLLEGIATE

TRISTAN WHITFIELD

Outside Hitter

Junior

Tristan Whitfield is a multi-sport standout who leads with relentless focus and a quiet confidence. A leader on the volleyball court, Tristan has a mature approach to his development and stays consistent. Even with a very demanding school and club sport schedule he finds a way to not miss workouts. Tristan has been named Conference Player of The Year two years in a row and has led our Varsity Boys Volleyball team to two consecutive conference championships. He is also a stand out on the Varsity Boys Basketball team. The combination of quiet leadership and consistent work ethic has earned Tristan the distinction of NSCA High School All American.

~Philip Reichhoff

CEDARBURG HIGH SCHOOL

BRAYDEN GALL

Middle

Junior

It has been a pleasure to watch Brayden make incredible strides over the last 3 years in the weight room and on the court. Brayden sets the standard for his teammates. Through his work ethic and attention to detail, Brayden has transformed himself into a dominant athlete on the court and in the weight room. His daily dedication to his training has earned him 1st Team All- Conference and he continues to set PR's in the weight room. ~Jon Verdegan

HIGH SCHOOL — VOLLEYBALL

CEDARBURG HIGH SCHOOL

EVELYN JONES

Setter

Junior

Evelyn is a fearless competitor in the weight room and on the volleyball court. She has done everything asked of her, without hesitation. Her attitude and work ethic in the weight room are contagious, as she brings all-out effort and a positive attitude to every workout. Evelyn is the ultimate team player and has been named Most Improved Player multiple times by her peers. ~Jon Verdegan

CHARLOTTE CHRISTIAN SCHOOL

CONNIE KOFOED

Outside Hitter

Junior

Connie is a leader on and off the court. She shows up all summer long and is at every lift opportunity that is offered. She expects the most out of her teammates in the classroom, on the court and at practice. Connie leads by being positive at all times and keeping her team excited to work. That hard work has paid off as she received all conference and all state awards. ~Cameron Lewis

COACH ROZY - AVERA SPORTS

RACHEL ZANTER

Junior

Rachel participated in every off-season, in-season, and summer strength & conditioning program throughout high school. She had an outstanding volleyball season. She is also an all-state track athlete and involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY PERFORMANCE

KATIE KNODEL

Senior

Katie is a 5'4" Senior at Irene/Wakonda and played Volleyball and Basketball during her career. Katie won the Champions on Track Award, an award given to a female athlete for outstanding character. This past year in volleyball, Katie was captain of the team and had 94 sets played with 74 kids, 374 digs and 22 aces for the year. One of the hardest workers in the weight room, Katie improved her vertical from 20 inches to 23 inches, dropped her agility time from a 5.18 to a 4.81, improved her squat 75 lbs, her bench 35 lbs and improved her 40 yd dash time from a 5.6 to a 5.15. Katie was also selected Homecoming Queen ~Mark Roozen

COACH ROZY PERFORMANCE

MOLLY LARSEN

Senior

Molly Larson is a 4 sport athlete at Gayville-Volin High School, South Dakota with volleyball, basketball, cross country and track & field, all while maintaining a 4.2 GPA and being on the academic honor roll every year since 7th grade. In Volleyball, Molly has a career total of 2600 digs, 520 this past year as a Senior. Digs per Match for her Career is 17.3. Her serve reception is 98.5% for her career with 69 aces. In Basketball, she has 1040 career points, averages 13.1 points per game with 330 career rebounds as a point guard and 195 career assists. Her work in the weight room and leadership separates her from her competition with a bench of 135 lbs, a squat of 205 lbs. She has been able to use strength and conditioning training to be a starter in Volleyball and Basketball since her freshman year and help her compete at the highest level in track and field.

~Mark Roozen

HIGH SCHOOL — VOLLEYBALL

COACH ROZY PERFORMANCE

MOLLY SAVEY

Senior

Molly is a senior at Yankton High School and is a 3 sport athlete, on the volleyball, basketball and track team. In volleyball, Molly was elected Best Sportsmanship Award for 2 years in a row, is a letter winner, played 62 sets with a 94% serve percentage with 19 aces. She had 89 digs and 32 season kills with a season average of 94% kill percentage. On the hardwood, Molly has had 18 assists, 14 steals, is averaging 10 pts per game. In Track Molly was on the 4x100 Relay and the 4x200 Relay that went to State. She was also on the Sprint Medley Relay team that placed 3rd at the Eastern South Dakota Conference Championships. In the weight room, Molly is a leader for her teams in each sport as well as off-season. ~Mark Roozen

HARKER HEIGHTS HIGH SCHOOL

SERENITY REED

Blocker

Senior

Through strength training Serenity was able to recover and rehabilitate from Achilles Tendon surgery and return to the court competing at a high level. Her leadership through actions set the standard of expectation both technically and work ethic wise for the entire volleyball program. Her example will be greatly missed. ~Reb Brock

LAKELAND HIGH SCHOOL

OLIVIA KRILL

RS, Middle Blocker/Hitter

Junior

I wish to recognize an outstanding athlete, Olivia Krill. Olivia is not only a stellar volleyball player, but also an amazing student and member of her community. She carries a GPA of 4.16 at the International Academy, which is an International Baccalaureate program. Her goal is to go into Pre-med.

Olivia spends a lot of her free time developing herself physically and mentally. More so in the off-season, but year round she does as much training as she can. She works a program set by her varsity coach that helps to build core strength and discipline of her body. Olivia also enjoys disciplining her body through yoga and pilates.

She never gives up. She is always asking questions to better herself and her team, always pushing her goals farther ahead. She is not one to complain or to let things affect her negatively. Her positivity is always appreciated by the rest of her teams.

In addition to training and playing volleyball on multiple teams, Olivia also volunteers at Forgotten Harvest, a youth baseball league, and a local assisted living community. She loves all sports, cooking, baking, and traveling.

~Scott Smolinski, Lakeland HS Varsity Assistant Coach, MiElite 15 NS South Head Coach, MiElite Academy Director

MORGANTOWN HIGH SCHOOL

ELLA VOORHEES

Libero

Senior

Ella is one of the most self-motivated, hardest workers I have ever seen in the weight room! A pure motor, Ella can always be counted on to outwork the opposition and build herself 1% better every single day, while encouraging others around her to do the same. I've been proud to be Ella's Strength & Conditioning Coach! ~Jerry Handley

HIGH SCHOOL — VOLLEYBALL

PHILIP BARBOUR HIGH SCHOOL

EMILY DENISON

Hitter

Junior

Emily is a great example of the high-performing student-athlete: a hard-charging leader on the volleyball court helping her team to a state championship, a 3x 1st Team All State selection, and a grinder in the weight room. She comes to every workout unless there's volleyball and gives 100% to becoming stronger and watching it improve her performance, never holding back! I'm proud to now be Emily's strength coach. ~Jerry Handley

ROCK CREEK HIGH SCHOOL

OLIVIA LUBBERS

Senior

Olivia exemplifies the true definition of this award. She represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program she has transformed herself in to a standout and dominate Volleyball athlete. Not only has she become a dominate athlete she is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

~Coach Oberkrom

SOUTHSIDE CHARTER HIGH SCHOOL

LEXIE DALE

Setter

Senior

Lexie Dale has helped grow our strength and conditioning program not only in our own district but to serve as a model for female strength and conditioning programs throughout the United States. Her passion for training and determination to better herself both physically and mentally is the most rewarding experience I have had as a coach. She will truly be missed in our program and I look forward to watching her excel in all areas of life. ~Deerick Smith

SOUTHSIDE CHARTER HIGH SCHOOL

HALLE SMART

Setter

Junior

Watching Halle develop athletically has been extremely rewarding. I have worked with many naturally gifted athletes throughout my career but to see the development that Halle has achieved has been awesome. I truly believe she has achieved and exceeded 100% of her natural ability where many top tier athletes only achieve a small portion of that. ~Deerick Smith

SPARTANBURG HIGH SCHOOL

MAKAYLA PEARSON

Senior

I have had the pleasure of coaching Makayla Pearson at Spartanburg High School where she played volleyball, track & field, and softball. Makayla is also involved in JROTC where she serves as JROTC leader. She is a model student athlete and an outstanding teammate. She is a servant leader and leads by example on and off the field. In the team setting, she shows true character in how she always supports her coaches and teammates. Makayla has consistently lifted throughout her career at Spartanburg High School and has made a positive impact on those she who trained with her. Makayla is also involved in many ministries outside of the school setting where she gives back to the community. Furthermore, Makayla has overcome many obstacles outside of the school setting. She has not used these obstacles as an excuse or a crutch. Instead, she has used them to drive her to be the best she can be. She is intrinsically motivated and enjoys the challenge of hard work and rigor which has led her to a 230 lb back squat, 125 power clean, and 135 lb bench press. ~Andrew Caldwell

~Andrew Caldwell



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — VOLLEYBALL

ST. IGNATIUS HIGH SCHOOL

SEAN ATKINSON

Outside Hitter

Sophomore

Sean works extremely hard in the weight room and it has paid off in a big way this year. He has seen steady increases across the board from being consistent, showing up ready to work. He is a staple in our program and serves as an excellent example for his peers. ~Aaron Short