

## HIGH SCHOOL — VOLLEYBALL

### **Beresford**

#### **KEELY MERRIGAN**

##### **Setter**

##### **Senior**

Keely plays volleyball, basketball, softball and runs track. She is a 2x State Softball Player, 2x All Conference in Volleyball and 2x Honorable Mention. She also is on the All-State Academic team. Keely has a 21 inch vertical, squats 155 lbs, benches 80 lbs and runs the pro-agility in 5.14. She is looking to be a Psychology Major in college. ~Mark Roozen

### **Bismarck High School**

#### **JENSEN HINTZ**

##### **Sophomore**

Jensen has demonstrated exceptional strength and dedication in her sports (weight lifting & powerlifting), positioning herself as a strong candidate for All-American honors. As a sophomore, she has already achieved a remarkable 305-pound squat, ranking 2nd all-time in school history for females, showcasing her power and work ethic. Her 145-pound bench press and 170-pound power clean contribute to an impressive total of 620 pounds, solidifying her as one of the female lifter in the state. ~Koopers Kelly

### **Cape Henry Collegiate**

#### **AJ SWENNEY**

##### **Senior**

AJ Swenney has been a consistent participant in our program since his 8th grade year. AJ was a leader on our Boy's Volleyball team along with being a leader on our Boy's Basketball team. His physical development dramatically impacted his ability to impact winning. To date AJ has achieved a front squat of 290, bench press of 225, and a trap bar deadlift of 475. ~Philip Reichhoff

### **Dacula High School**

#### **ELENA PUCCIANO**

##### **Setter**

##### **Junior**

Elena has taken weight training every semester since her freshman year. She shows tremendous dedication to getting stronger and more explosive. She always brings energy and enthusiasm in with her every day. Her season was cut short a little this year due to a knee injury. She continued to train her upper-body everyday with the goal of getting her first bodyweight chin-up. She has been relentless and I am blessed to be part of her journey.

~James Romaniw

## HIGH SCHOOL — VOLLEYBALL

### Ezell-Harding Christian School

#### MAYA BEANE

##### Outside Hitter

##### Senior

Maya is an athlete who doesn't know the meaning of limits. Every time she steps into the weight room, she breaks records and sets new standards. Even with a fractured wrist during the summer, Maya didn't let anything hold her back—she showed up, put in the work, and proved her dedication. Her relentless work ethic and determination not only allowed her to excel in the weight room but also translated to her performance on the volleyball court. Maya became one of the best outside hitters in the district, earning the title of District MVP. She played a crucial role in leading her team to a 20+ win season—the program's first in 10 years. Not only was Maya a leader in the weight room, but she also led her peers on the court, inspiring and pushing them to reach their next level. Her drive and leadership set her apart as a truly exceptional athlete and teammate. ~Justin Loudon

### Ezell-Harding Christian School

#### MICHAELA CARR

##### Middle/Right Side

##### Senior

##### Middle/Right Side

Michaela is the kind of athlete who doesn't say much, but when she does, everyone listens. The growth she has shown since the first time I met her three years ago has been outstanding. She has fallen in love with the weight room, not just learning what to do but understanding the why behind it. Her dedication has transformed her into an exceptional leader, and it shows both in the weight room and on the volleyball court. Every day, she walks into the

weight room determined to outdo her previous efforts, recognizing the impact it has not only on herself but also on her teammates. This commitment has been a game-changer for her success, helping lead her team to a 20+ win season. The progress she has made sets her apart not just as a student-athlete but also as a mentor to younger athletes, demonstrating firsthand what drive, determination, and dedication can achieve.

~Justin Loudon

### Ezell-Harding Christian School

#### JASMINE GROSS

##### Outside Hitter

##### Senior

##### Outside Hitter

Jasmine is the kind of athlete every coach dreams of having. She shows up every day ready to work, pushes herself to new limits, dedicates herself fully to her craft, and, most importantly, has grown into a leader for her team and those around her. As a participant in the highest-level strength and conditioning program we offer, Jasmine has found incredible success in the weight room. Her unmatched work ethic has transformed her into one of the most dominant players in our area. She has earned All-District honors two years in a row and was named a Blue Ridge Classic All-Tournament player, an award voted on by coaches. This year, her leadership and dedication played a key role in helping her team achieve a 20+ win season for the first time in 10 years. Jasmine's relentless drive, both in the weight room and on the court, sets her apart as an athlete and a leader. ~Justin Loudon

## HIGH SCHOOL — VOLLEYBALL

### Gayville-Volin

#### PAISLEY DIMMER

##### Setter

##### Freshman

##### Setter

As a freshman, Paisley made the varsity team, had 290 kills, with a .178 eff. %. She also had 8 blocks and 98 digs, helping her team to a place in the South Dakota State Volleyball Tournament. With an 19 inch vertical, squatting 150 lbs and benching 90 lbs, she also is able to play basketball and help her team in track & field.

~Mark Roozen

### Holton-Arms Preparatory School

#### AUDREY COLBOURN

##### Setter/Right Side

##### Senior

##### Setter/Right Side

Audrey is an outstanding student-athlete that is passionate about strength training all year round. She has used the weightroom to overcome two ACLs injuries in her sophomore and senior years. On the volleyball court, Audrey is supportive and versatile. Even in her knee brace during senior night, she served an ace to help the team win. I'm honored to have gotten to know Audrey through our shared time in the weight room. Audrey's commitment to building strength, power and resilience is a testament to her understanding of what it takes to excel and serves as an inspiration to all of her peers. ~Madison Krah

### Mandan High School

#### MILLA EHLIS

##### Middle

##### Senior

##### Middle

Milla Ehlis is an exceptional athlete with a strong focus on volleyball, where she has made a significant impact on her team. She earned the Sports Clip MVP award and was recognized as the Most Improved Player, reflecting her dedication and growth in the sport. In addition to her volleyball success, Milla has been a key player in soccer, leading her team to state championships for three consecutive years. Her strength and athleticism extend beyond the field and court, with a 115-pound bench press, a 220-pound squat, and a 120-pound power clean, highlighting her well-rounded abilities as a top-tier athlete.

~Zachairy Morast

### Victoria High School

#### MYAH YOUNGER

##### Hitter/Defensive Specialist

##### Junior

##### Hitter/Defensive Specialist

Myah is a talented and versatile athlete. She is a powerhouse in the weight room as the strongest girl in the school in relative strength. Her commitment to training has allowed her to take those natural talents and transform into a confident leader. It is a common occurrence to see Myah flying around the court, diving all over the floor and crashing into anything close by. That intensity helped her lead the team in both kills and digs while earning a trip to the state volleyball tournament. It also drew recognition by coaches for all-league honors. She has the school record with a 26.5" vertical. In addition: Bench press 130, Squat 215, Deadlift 265 and Broad jump 89".

~Shawn Landers