

2012 Recruits

Alaska Anchorage

Four Front Row Players Sign With Seawolves (5/1/12)

Four front-row players - Western Nebraska Community College transfer Jodi Huddleston, former South Anchorage High School star Sarah Johnson and fellow prep standouts Maggie Avila and Breanne Sytnyk - have signed national letters of intent with Alaska Anchorage.

Johnson, a 6-1 outside hitter, was a starter for last year's South Anchorage squad that won the ASAA Class 4A title, earning All-State Tournament Team honors. She averaged 2.6 kills and 1.13 blocks per set, teaming with future Seawolf teammate Katelynn Zanders to help the Wolverines go 25-0 against Alaska competition.

Meanwhile, Huddleston comes to Anchorage from WNCC, where she helped Green's former program to a junior-college national title in 2010 and a third-place NJCAA finish last year. As a sophomore, the 6-foot middle blocker hit .360 and produced 1.77 kills per set as the Cougars went 41-2.

Huddleston, who played at Scottsbluff High School, will be the third former WNCC standout to play for the Seawolves under Green, joining Ariel Austin and current graduate assistant coach Stacie Meisner.

Avila, a 6-1 middle blocker/right-side hitter from Park City, Utah, was her squad's Team MVP last season, after helping the Park City High School come just one match shy of its conference title in her junior season of 2010.

Sytnyk, also a 6-1 middle/right-side, led her hometown Shoal Lake Sharks to a runner-up finish at the 2011 Manitoba Class A Provincial Championships as a senior last season, earning all-tournament honors. She also played on the Team Manitoba squad that earned silver at the 2011 Western Canada Summer Games.

"All four of these young women have the potential to make big impacts here, and we're thrilled they chose to join the Seawolf family," said Green, who is 74-40 in his four seasons at UAA.

"We have seen close-up that Sarah has the skills and size to be an all-around player, and she obviously comes from a winning background. Jodi also has enjoyed an amazing amount of success, going 84-6 in her two seasons at WNCC, and she'll add a big presence along our front row. Maggie and Breanne

both jump very well and have good, raw skills at their positions."

Seawolves Sign Two In Early Period (11/21/11)

On the heels of his program's third straight NCAA Tournament appearance, Alaska Anchorage has already added his first two recruits for the 2012 campaign with the signing of Alaska prep stars Julia Mackey and Katelynn Zanders to National Letters of Intent.

Mackey, from Fairbanks, will become a Seawolf after leading West Valley High School to consecutive fifth-place finishes at the ASAA Class 4A State Tournament the past two seasons.

The 5-10 outside hitter averaged 3.5 kills per set as a senior, boosted by a 21-kill performance against Lathrop in September and back-to-back 20-kill outings against Lathrop and Kodiak in November. She also helped the Wolfpack earn the last two Mid-Alaska Conference titles.

Zanders, from South Anchorage High School, recently helped her team capture the 4A state title and an unbeaten 14-0 record in Cook Inlet Conference play.

Standing 5-8, she ranked third on the Wolverines with 98 kills and second with 75 blocks. Although she played middle blocker during her prep career at South and Service high schools, Zanders projects as an outside hitter for the Seawolves, according to head coach Chris Green.

"We couldn't be happier to add a pair of incoming freshman with great potential," said Green, who is 74-39 in four years at the Seawolf helm. "Julia and Katelynn both have great athletic ability and could help us right away on the outside. I'm thrilled we could continue the tradition of bringing Alaska's best high school players to UAA."

Coming off its second consecutive 18-9 campaign, the Seawolves lose two seniors - outside hitter Jackie Matthisen and OH/defensive specialist McKenzie Moss (both Anchorage natives) - to graduation. Matthisen was the 2011 Great Northwest Athletic Conference Player of the Year.

Alaska Fairbanks

Nanooks Ink Pair of Outside Hitters (11/14/11)

Outside hitters Sam Harthun (6-0, Oregon City, Ore./Oregon City) and Ixchlle Oleson (5-11, Mead, Wash./Mt. Spokane) have signed national letters of intent with the University of Alaska Fairbanks.

Harthun was a first team All-Three Rivers League selection the last two seasons and was an all-state

honorable mention choice in 2010. She was also all-league in 2009.

She brings five years of club experience, having played for the Canby Volleyball Club (2007-09) as a middle blocker and is currently playing for the Oregon Junior Volleyball Academy (2010-12) as a six-rotation outside hitter.

"Sam is a young lady we've watched for two years," UAF coach Phil Shoemaker said. "One of the first notes we had was that we were pretty certain she was going to go Division and we probably wouldn't be in the hunt with her.

"We stayed in contact and as time went on, things went our way and we're really excited about that. She's a six-rotation player, has good size and is a very efficient player. She brings a great attitude to the court and to the team and we're very excited and looking forward to having Samantha with us."

Oleson, a 5-11 outside hitter, is a four-year letter winner for the Mt. Spokane High School Wildcats. She was a two-time first team All-Greater Spokane League selection in 2009 and 2010 and is likely to repeat again in 2011.

"Ixlhle adds another nice strong, athletic body to our team dynamic," Shoemaker said. "We had a chance to watch her play at the Washington State Championships and it was pretty exciting to watch her and her team perform. We've been watching her for quite some time and it was exciting to go through the entire recruiting process with her. We think Ixlhle, over the course of her career, is really going to make her mark."

Central Washington

Wildcats Add To Recruiting Class (6/15/12)

Three recent high school graduates from the state of Washington have accepted offers of admission and will join the Central Washington University volleyball team for the 2012 season.

Joining the Wildcats and rounding out a recruiting class that totals eight newcomers are Erin Little, Ashtyn Mann, and Lindsey Milner. Little and Mann are both slated to be middle blockers for the Wildcats, while Milner is an outside hitter.

Little played at Colville High School in northeastern Washington, where she was at the top of her 2012 graduating class academically. Athletically, the 5-foot-11 middle blocker starred in three sports -- volleyball, basketball, and tennis -- for the Indians.

She earned first-team Class 1A all-state honors as a senior on the volleyball court, helping Colville to the

state championship. In addition, she set school records for most blocks in a single match, season, and career.

"Erin will be special once she puts on her volleyball hat full-time," CWU head coach Mario Andaya said. "At 5-11, she touches 10 feet effortlessly, but more importantly she has balance and skill while up that high. Opposing defenders will open up when she hits because she doesn't hold much back. Erin has an unassuming spirit, but just by witnessing her athleticism you can only assume she will be great player."

Mann is a native of Kirkland, Wash., and played at Woodinville High School. A three-year letter winner in volleyball for the Falcons, the 6-foot-2 middle blocker totaled 103 kills and 24 solo blocks as a senior in 2011, earning first-team all-KingCo 4A honors in the process. She helped Woodinville to a pair of state tournament finishes, including a fourth-place standing as a junior, and individually, she also competed in the all-state game as a senior.

"Ashtyn has been on talented teams in high school and club, and has played a solid role at both levels," Andaya explained. "With the help of her coaches these past two years, she has begun the process of becoming a really good player. I know we are going to reap the benefits of her full potential at this level, and I look forward to being a part of her growth as a volleyball player. She is a volleyball and fitness nut, so she will fit in with the core of our team immediately."

Milner, a 5-foot-10 outside hitter, hails from Edmonds, Wash., and attended Meadowdale High School. She set the Mavericks' school record for kills in a season (252) and was twice named to the all-Wesco South (3A) first team. A four-year letter winner in volleyball at Meadowdale, she was also a second-team all-league honoree as a sophomore.

"Lindsey is the total package," Andaya said. "She has great ball-handling skills and manages the game well. She has size and possesses all of the skills that make her an effective six-rotation player, which is such a premium these days. We are thrilled to have her."

The trio joins a class of five other high school seniors who signed with CWU volleyball in November.

Wildcats Sign Five Prep Standouts (11/15/11)

Five high school seniors, including four from the state of Washington, have signed letters of intent to attend Central Washington University and play volleyball for the Wildcats.

Signing to join the Wildcats next year are Linden Firethorne (Clinton, Wash./South Whidbey HS), Sarah Joffs (Yakima, Wash./West Valley HS), Kiah Jones (Port Angeles, Wash.), Kelsi Kemper (Prineville,

Ore./Crook County HS), and Erika Waldner (Olympia, Wash./Tumwater HS).

"We addressed our needs to be a more physical, competitive, and intelligent team with this year's recruiting class," CWU coach Mario Andaya said. "All five of these players have the character to represent CWU at the highest level, and their talents on the court will make our volleyball program better right away."

Firethorne, from Clinton and South Whidbey High School, stands six feet tall. She was selected to the all-Cascade Conference team three times, including first-team selections each of her final two seasons with the Falcons. An outstanding hitter at the high school level, Andaya expects her to be a versatile player once she joins the Wildcats.

"After watching Linden play a couple of times, I knew we had to sign her," Andaya described. "She is very quick off the floor, has a tremendous reach, and has a good arm. Linden plays at full throttle all the time, but she has good vision and shows great control. All of these elements will enable her to acclimate to the speed of play at this level and process things very quickly. She is a personable and likeable person, but has a strong competitive spirit, and she has all the dynamics to be a great team player."

Joffs, a 6-foot middle blocker from nearby Yakima and West Valley High School, helped lead the Rams to the WIAA Class 3A state championship last weekend. She was a two-time all-Columbia Basin Big Nine League selection for head coach Katie (Orgill) Hinckley, a former standout outside hitter at CWU.

"We saw Sarah singlehandedly dominate the net at the state tournament her junior year and felt she could be a special player for us," Andaya said. "She has size, a tremendous reach, and very good balance and vision on the block. Offensively, Sarah hits at a high contact point and snaps the ball down at a high velocity. She will be a force in the GNAC, and as she gets stronger, her presence will be recognized beyond that."

Jones, a 5-foot-11 outside hitter from Port Angeles, was a four-time all-Olympic League selection, including a first-team honoree each of her final three seasons with the Roughriders. Also a 4.0 student in the classroom, she earned Olympic League Most Valuable Player honors this fall and was also a two-year team captain for Port Angeles.

"Kiah is just beginning to understand what she is capable of on the court and I am looking forward to being a part of her growth," Andaya said. "She has all of the physical tools -- good length, a tremendous vertical, and a strong arm. Her approach to training at this level will determine how fast she will become a difference-maker for us, and from what I know of her now, that will be sooner than later. Kiah is an

intelligent kid with a competitive spirit, and I am very anxious to get her in our gym."

Kemper, a 5-foot-7 setter from Prineville, Ore., and Crook County High School, was a four-time Oregon School Activities Association (OSAA) Class 4A state champion for the Cowgirls. She averaged 10.6 assists per set and earned her second consecutive all-Intermountain Conference first-team selection after being a second-team all-IMC pick as a sophomore. She was a second-team all-state honoree in 2010 and she earned all-tournament team honors each of her final two years at the OSAA state tournament.

"Kelsi flat out competes, and wins," Andaya explained. "Kelsi makes good decisions, and her physical strengths are very good, but the intangibles she brings make the people around her winners. She has a very good IQ and knows how to put her team in a position to win. I look forward to training her, but I really look forward to the instinctive part of her game she will bring that can't be coached."

Waldner, a 6-foot middle blocker from Olympia and Tumwater High School, helped the Thunderbirds to a runner-up finish at the WIAA Class 2A State Championships last weekend. Waldner played on a pair of conference championship teams -- at Tumwater High in 2011 and at Olympia High School in 2010. She was a first-team all-Evergreen Conference selection as a senior at Tumwater.

"Erika will be a force wherever we put her," Andaya said. "When she hits, defenders open up and want no part in digging her. She has good size, good control, and crushes the ball, but her overall energy on the court makes her such a positive presence for her teammates, and an intimidating one for her opponents. Erika is versatile and wants to get better. We will look to move her around the front line, to score in various ways for us."

Montana State Billings

Yellowjackets Sign JC Player from Oregon (6/14/12)

Linn-Benton Community College transfer Julianna Evola (5-10, Jr., Portland, OR - Westview) recently signed to play volleyball for Montana State Billings.

Last season, Evola helped lead Linn-Benton to a 15-1 mark during the regular season before finishing their season 4-2 in the Northwest Athletic Association of Community Colleges (NWAACC) Volleyball Championships.

As a sophomore, Evola saw action in 20 matches recording 451 assists (6.54 per set). She also had 147 digs, 128 kills and 23 service aces. She finished the regular-season fourth in the Southern League for assists and was also eighth for service winners.

She ended her two seasons as a two-time All-Southern Region selection including first team honors as a sophomore. She was a second team member as a freshman. She also was named to the All-NWAACC second team as well as earning all-academic honors this past season.

In high school, Evola was a four-year letter winner in volleyball and participated in one season of track & field where she set the school record in the 3,000 meter race. She was a four-time all-conference selection in volleyball including earning third team honors as a freshman in 2006, second team honors as a sophomore and was named to the first team as a junior and a senior.

New MSUB Coach Lands First Recruit (4/13/12)

Helena High School setter Kyndal Williams has signed a national letter-of-intent with Montana State University Billings.

A three-sport athlete during her high school career, Williams lettered four times in both volleyball and track & field while also earning three letters as a guard in basketball. However, the 5-9 setter plans on focusing on her volleyball career and academics when she arrives in Billings.

Williams, the 2011 Montana Gatorade Volleyball Player-of-the-Year, helped guide the Bengals to their first State AA title in the sport in 2010 and then added another state crown as a senior in 2011. For her contributions, she was named the Independent Record's 2011 Female Athlete-of-the-Year last December and was also named to the AA West Region all-star team.

She finished her high school career as Helena's first four-time all-state volleyball player, earning first-team accolades as a sophomore, junior and senior and second-team honors as a freshman.

Williams laid claim to seven different school records during her time as a Bengal which include match assists (56), season assists (1,059), career assists (3,057), match aces (nine), season aces (85), career aces (235) and match digs (30).

Just as competitive on the basketball court, Williams helped guide the Bengals' girls' basketball team to a third-place finish at the state tournament last month where she recorded 25 points against Billings Senior High School and was named to the all-tournament first team. The Bengals ended their 2011-12 season with a record of 18-7 and took home their first state trophy in more than 10 years.

She was a first team all-conference and all-state selection in basketball this past season and holds the school record for most three-pointers in a season and a career. She was also an all-state selection in 2011 in

track & field when she was the State AA champion in the javelin throw.

When she arrives in Billings, Williams will be reunited with former Helena teammate Monica Grimsrud who had one of the most prolific seasons for a freshman last season as she helped lead the Yellowjackets to an 11-16 record in 2011.

Northwest Nazarene

Crusaders Add Players from Billings, Yakima (5/10/12)

Linnea Phillips and Elayna Rice have signed National Letters of Intent to attend Northwest Nazarene and play volleyball.

Phillips (5-6, Fr., OH, Yakima, WA/West Valley) will join the Crusaders from West Valley High School in Yakima, Wash.

"All Linnea does is win," NNU coach Jared Sliger SAID. "She keyed an offense at West Valley that went undefeated and Linnea will help fill the void left by the graduation of Kailey Trautmann."

Phillips played her club volleyball for the Central Washington Ellite VBC. "Linnea will fit right in with our team both on the court and academically as she carried a 3.90 GPA in high school," Sliger added.

Rice (6-3, Fr., OH, Billings, MT) comes to NNU from Billings Senior High School. "I was excited when Jeff (Carroll) told me about Elayna and it went to a whole different level when we got her on campus. Everywhere she went on her visit people were impressed."

One of the best players in the state of Montana last season, Elayna was second in the state in hitting percentages, finishing with a percentage of .403. "Elayna is the real deal. She does everything well. She is a 6-3 kid who has the ability to make plays in the back row just as often as she does in the front row."

"We don't know what position she will play in the Fall because she does everything so well. I guess I can rule out setter, but she can do just about everything else," Sliger said.

Crusaders Sign Three Players to National Letters (5/3/12)

Jenna Caywood, Taylor Gould and Taylor VanValey have each signed National Letters-of-Intent to attend Northwest Nazarene and play volleyball for the Crusaders next fall.

Caywood (6-2, Fr., MB, Meridian, ID/Cole Valley Christian) will join the Crusaders from Cole Valley Christian School where she helped her team to the

consolation championship in the Idaho 2A division in 2011.

"Jenna is one of the most well-rounded and talented high school players I have ever coached," Cole Valley coach Kelle Bond said. "She excels both offensively and defensively, which makes her a constant threat."

Gould (5-5, Fr., L, Coeur d'Alene, ID) will come to NNU from Coeur d'Alene High School where she anchored the defense for the traditional power from Northern Idaho. "We met Taylor this summer and loved her ability to make plays," NNU coach Jared Sliger added. "She has the ability to change games with her defense and serving."

VanValey (6-2, Fr., RS, Brush Prairie, WA) will graduate from Hockinson High School in Brush Prairie, Wash., this spring before becoming a Crusader. "I finally have a left-handed player. Taylor is my first lefty!" coach Sliger added. "She will make a home for herself at the right antenna and will do some damage out there for years to come."

Seattle Pacific

Falcons Ink Middle Blocker, Libero (4/23/12)

Jackie Arnold, a middle blocker whose leaping ability allows her to touch the basketball rim, and Breanne Wiekamp, a libero who not only digs the ball well, but has a penchant for accurate passing, have signed national letters of intent to join the Seattle Pacific volleyball program in the fall.

Arnold and Wiekamp are the third and fourth additions to head coach Chris Johnson's program for the upcoming season. Last fall, Johnson announced the signing of outside hitter Ellie Britt of Orange, Calif., and middle blocker Brielle Van Zonneveld from Lynden, Wash.

Arnold, who stands 5-foot-11, is from Anaheim, Calif., where she attends Canyon High School. This past season, she helped the Comanches go 19-12 overall, including 8-4 in Century League play. Arnold is a two-time All-Century League player, and is a four-time scholar-athlete award winner.

In addition to high school, Arnold plays on the same T-Street Volleyball Club team as Britt.

"She'll be competing for playing time right away," Johnson said. "Her offense is really solid. Her club team uses the same system that we do, so she's already working on blocking footwork and moves. She's similar to (Falcons veteran blocker) Nikki Lowell in a lot of ways for height and jump and power."

Wiekamp hails from Laguna Niguel, Calif., and will graduate from Dana Hills High School this spring. She led the South Coast League in digs last fall, and was a

first-team all-league selection after helping the Dolphins 15-11 overall, 5-3 in league play. Wiekamp was a MaxPreps.com Player of the Week in late October.

"Breanne's digs go to target, and that's what we want," Johnson said. "She really controls the ball regardless of where it's coming from and puts it on the setter's head so we can be in system."

Falcons Sign Players from California, Washington (11/23/11)

With four seniors graduating, Seattle Pacific has some spots to fill on its roster come next fall. Coach Chris Johnson believes he has found the right players to fill at least two of them.

Ellie Britt from Irvine, Calif., and Brielle Van Zonneveld from Lynden, Wash., have signed national letters with the Falcons.

Britt is a 6-foot outside hitter who has starred at Orange Lutheran School in Irvine, and with the T-Street Volleyball Club.

"She's just a solid outside hitter whom we're really excited about," Johnson said. "She has a good arm, she's getting better in the back row as a passer, has good height and a good jump."

"I think she's going to be a great personality fit for our team, and a good mission fit for our school. It was a really easy decision that I wanted her to play here."

Van Zonneveld is 6-3 and played primarily middle hitter with Lynden Christian. But Johnson said it's a strong possibility that she could play outside hitter with the Falcons.

"She's very coachable and was able to change her arm swing within about half an hour when we were working with her at our camp," Johnson said.

"She's agile and athletic for her height, and has a good jump. When she has the ball in the right spot, she can really hammer it. She gets on top of the ball really well and puts up a strong, big block. With some training here, she's going to be really good."

Van Zonneveld helped the Lyncs place fourth in the Class 1A Washington state high school tournament earlier this month, and take sixth place in last year's state tourney.

Simon Fraser

Five Sign With Simon Fraser (5/18/12)

Five athletes from British Columbia have committed to join the Simon Fraser University volleyball program this fall.

"I'm very excited to add five quality individuals to our program," said head coach Lisa Sulatycki. "They are all solid students and dedicated, hardworking athletes who will add depth to our program."

Keirsten Mend (Naramata, BC) has roots at SFU as both of her parents attended Simon Fraser University and her mom was a member of the basketball program in the late 1980s.

"Keirsten is passionate about the game of volleyball, playing both indoor and beach volleyball. Her focus, determination and perseverance inspires her teammate," commented Sulatycki.

"I hope to be a positive force on the team and bring a competitive spirit along with my strength as a power hitter," said Mend.

Brooklyn Seemann (Prince George, BC) joins the Clan from Prince George Secondary School. "Brooklyn is a calm and collective player who has a good understanding of the game of volleyball. She has the ability to be an offensive threat at the net," said Sulatycki.

Amelia Sponza (North Vancouver, BC) is also among the newcomers. "Amelia is passionate about competing at the university level. She is the leader on her high school and club volleyball team playing in the middle and on the outsides," said Sulatycki.

Sponza hopes to develop her skills to the point where she will be able to compete internationally for Team Canada in the future.

"I'm thrilled that I will be able to pursue my degree and volleyball aspirations so close to home," said Sponza. "I want to continue to develop my skills in hopes of one day playing internationally on Team Canada. During my time playing with SFU I hope to add depth in different positions and bring the leadership from my club team to an already strong program."

Rachel Vanstone (Nanaimo, BC), who is known for her superior blocking abilities, joins the Clan from her high school team, the Dover Bay Dolphins.

"Rachel is a solid team player. She truly enjoys the game of volleyball. Her positive nature, natural abilities and strong work ethic empowers her teammates around her," commented Sulatycki.

Rounding out the volleyball recruiting class is Helen Yan (Port Moody, BC). "Helen has impressed the entire coaching staff with her athletic ability, ball control level and presence on the court. She is a shorter power hitter who is not afraid to attack the ball," concluded Sulatycki.

Western Oregon

Wolves Get Transfer From Gonzaga (6/7/12)

Hannah Deede will join the Western Oregon volleyball team in the fall as part coach Brad Saindon's 2012 recruiting. The 6-2 sophomore outside hitter is a transfer from Gonzaga University.

Deede played her high school ball at Silverton High School where she was the co-MVP of the league and second team all-state. Deede then redshirted on season at Gonzaga before playing in 16 matches (51 sets) and averaged 1.61 points per set last year. She had .51 blocks per set and 66 total kills.

"Hannah is a big, strong athlete that will help us in a position where we are weak," said Western Oregon head coach Brad Saindon. "It will be great to have her size blocking on the right side.

"I saw Hannah in high school and in club volleyball and we were very interested in her but it was apparent she was going to play Division I," Saindon explained. "She was out of my vision the past few years but when I heard about her transferring we were ecstatic about opportunity for her to join our team."

"Hannah is a great kid who has been trained and competed at a high level," Saindon continued. "It is great for us to get her for three years. She will be an important cog in our team."

Wolves Add Two Players to Recruiting Class (5/10/12)

Kelsie Christensen and Shannon Deyden have signed National Letters of Intent with Western Oregon and will join recruit Christie Colasurdo as freshmen on the Wolves' 2012 squad.

Deyden, a 6-2 opposite side hitter, will come to WOU out of Bishop Montgomery High School in Torrance, Calif. She also is a member of the prestigious Sunshine volleyball club which will send seven student-athletes onto intercollegiate competition out of their 2012 class.

"We have been unsettled at the opposite hitter position since Sylvia Herrold went down a couple of years ago, so I am happy to bring in a player of Shannon's caliber that has skills and experience in that position," WOU coach Brad Saindon said.

"Having a big blocker on that side of the court too is a big advantage for our defense too. Shannon is an exceptional blocker and her ability to shut down the right side will be her most important responsibility for our team."

Christensen will join the Wolves out of Clackamas High School. The 5-10 outside hitter is a two-time all-

state selection at the 6A level. Christensen helped lead the Cavaliers to consecutive state tournaments, where she was named to the all-tournament team as a senior.

"Kelsie is a left hander but for us she will be an outside hitter, which is very unique," said Saindon. "In many ways she is very much like Dani Reese. She is good with ball control, a great passer and a very good defender. Hopefully she will be able to step in and do all the things in the future that Dani does for us. You have to have players that are skilled all the way around the court and Kelsie is certainly like that.

Wolves Sign All-Star From Olympia (12/5/11)

Christie Colasurdo from Olympia High School has signed a National Letter of Intent to played volleyball at Western Oregon University.

Colasurdo, a 5-11 outside hitter, was the MVP of Washington's 4A state tournament and helped lead Olympia to the state title.

She was selected as the Olympian All-Area Volleyball Player of the Year and named to the All-Narrows league first team. Colasurdo also set the Olympia High School record for kills in a match (26) and kills in a career (445) in earning Team MVP honors.

"We are ecstatic with the signing of Christie," said Western Oregon head coach Brad Saindon. "She continues to gain accolades as a volleyball player and as a person. She will come in at a position we saw as a priority in this recruiting class."

Western Washington

Two Players Accept Offers With Vikings (4/16/12)

Two high school seniors, middle blocker Kelsey Fausko from Auburn Mountainview High School and outside hitter Raney Lepper from Mount Baker High School, have accepted formal offers of admission to attend Western Washington University and will play volleyball for the Vikings.

Both Fausko and Lepper were selected to the Washington Senior All-State team. "I can't think of a better way to round out our 2012 incoming class," said WWU coach Diane Flick, who has 249 wins (78.1 winning percentage) in 12 years directing the WWU program.

The 6-foot-1 Fausko was a first-team Tacoma News Tribune all-Area pick and named Most Valuable Player of the Sound Puget Sound 3A League, both for the second straight year.

She helped the Lions to a second straight SPSL title and ninth-place at the Class 3A state tournament for the third consecutive season.

"We have a strong middle corps coming in and Kelsey makes it even better," Flick said. "She is not only a great player, but she can really make me laugh. I think we will have some great bantering battles!"

Lepper, 5-foot-11, was picked to The Bellingham Herald All-Whatcom County squad and earned first-team all-Northwest Conference honors. She set a school record in leading the Mountaineers in season kills and had a match-high 26 kills, two short of the MBHS standard.

"Raney is a good local player and great competitor," said Flick. "I'm excited to see how she progresses as she dedicates herself to the sport."

Lepper also wrestled at MBHS, being a state champion as a junior at 152 pounds and named Whatcom County Wrestler of the Year as she posted a 35-1 record with 33 pins.

"In wrestling, you can't tap out so she is used to relying on her own abilities to make things happen," Flick said.

Vikings Sign Three Prep Standouts (11/18/11)

Three high school seniors, who were all-stars on teams that reached state tournaments, inked national letters of intent during the early signing period to play volleyball at Western Washington University/

Committing to play for the Vikings were middle blocker/outside hitter Natalie Brundage, middle blocker Sarah Caylor and defensive specialist/libero Bryce Larson.

"I'm really excited about this year's signees," said WWU coach Diane Flick, who just completed her 12th season at WWU.

"We were looking to get stronger in the middle and continue our emphasis on the defensive end. Natalie, Sarah and Bryce fit those needs to a T."

Brundage was a second-team South Puget Sound League North Division choice as a senior at Curtis High School in Tacoma. She helped the Vikings place third at the Class 4A state tournament, finishing the season with 166 kills on .275 hitting, 26 blocks and 36 service aces. Brundage also played two seasons at Peninsula High School in Gig Harbor.

"Natalie is a great athlete, Flick said. "She is physical, fast and jumps well. She has a fire in her belly when she plays and brings an intensity that drives her to get better every day. Her upside is huge. She has only scratched the surface of her volleyball potential."

Caylor was a first-team Tacoma News Tribune all-Area and all-Narrows League choice as a senior at Stadium High School in Tacoma, being the Tigers'

team captain and MVP. As a junior, she helped the Tigers to the school's first state tournament appearance.

“Sarah is going to add to the long line of physical middles we've had in this program,” said Flick. “She has a live arm hitting and a nose for the ball when she blocks.”

Larson was a first-team all-Western Conference South Division choice as a senior at Kamiak High School , helping the Knights to a trip to state. A two-time team captain, she was a second-team Everett Herald all-Area pick and first-team all-league as a junior.

“We put a premium on defensive players and Bryce fits our mold,” Flick said. “Beyond her great ball control and deadly serve, she is fearless, she is scrappy and brings an infectious personality that can spark the team.”

2011 Recruits

Alaska Anchorage

Seawolves Sign Three Recruits (5/25/11)

Alaska Anchorage added three more recruits to its 2011 roster Tuesday as Miranda Doing, Kimya Jafroudi and Lauren Slaymaker signed National Letters of Intent.

Doing, a 5-11 middle blocker, played the last two seasons at Pasadena (Calif.) City College where she helped her team to a 45-7 combined record, the 2009 South Coast Conference title, and back-to-back regional finals appearances.

As a sophomore last season, she earned All-South Coast Conference Second Team honors after posting a team-best 0.79 blocks per set, plus 1.86 kills per set and a .261 attack percentage. As a prep, she was an All-CIF Division III selection at La Mirada High School, playing on two Suburban League championship squads.

“Miranda is a good leaper who we think has potential to get even better,” said UAA coach Chris Green, who has a 56-31 record in three seasons at UAA. “She will bring a big block to our team, and we are looking forward to further development offensively. Her California roots are evident with how she plays the game.”

Jafroudi, a 5-7 setter, comes to UAA after two seasons at junior-college powerhouse Orange Coast College in Costa Mesa, Calif., where she earned First Team All-Orange Empire Conference honors as a sophomore last year, averaging 10.0 assists and 2.2 digs per set. As a freshman, she led OCC to the California JC state title, earning the MVP award at the CCCAA tournament.

“Kimya is a very good athlete who has great volleyball skills,” Green said. “We think she is also a great defensive player who will challenge in the setter position and/or the DS positions.”

Slaymaker, a 6-0 outside hitter/middle blocker, will return to her hometown after two years at Skagit Valley (Wash.) College in Mount Vernon, Wash. As a sophomore in 2010, she was named an NWAACC North Division First Team performer after ranking No. 2 in the 35-team league with 4.06 kills per set.

She also led SVC as a freshman in 2008 with 2.62 kps and a .264 attack percentage. Slaymaker played her prep career at Grace Christian High School where she helped the Grizzlies to third place at the 2007 ASAA State Championships.

“Lauren has the potential to help us as an outside hitter or as a middle blocker,” Green said. “She is another player who jumps well and has good ball control. We are excited to see another local player in our program.”

Seawolves Sign Three Recruits For 2011 Season (5/4/11)

Alaska Anchorage volleyball Chris Green unveiled his team's first three recruits for the 2011 season announcing that Ariel Austin, Franziska Pirkl and Maureen Sabado have signed National Letters of Intent to play for the Seawolves.

Austin, a 5-11 right-side hitter, comes to UAA from junior-college national powerhouse Western Nebraska Community College, where the Cougars went 85-8 in her two seasons.

The Woodland Park, Colo., native averaged 2.79 kills and 0.53 blocks per set while posting a .310 attack percentage as WNCC won the NJCAA national title in 2010. As a freshman in 2009, she hit .292 for a club that finished third nationally.

“Ariel a dynamic, left-handed leaper who comes from a great winning tradition,” said Green, who earned 453 victories at WNCC from 1999-2007 before taking over the Seawolf program. “She is obviously a player who has proven herself at a high level. We're excited to have her for two seasons.”

Pirkl is a 5-9 setter from Munich, Germany, where she plays for the SV Lohhof club team. In 2010, she guided her team to a runner-up finish at the German Under-18 Championships, and her 2009 squad won the Bavarian Under-18 title. Pirkl will be a freshman at UAA in the fall.

“Franziska will add to our already-high skill level at a very important position,” Green said. “She has not even turned 18 yet, so we look forward to helping aid her progress over the next four years.”

Sabado, a 5-11 middle blocker, had a solid freshman season at San Diego City College, where she was an All-Pacific Coast Athletic Conference First Team selection last year. The Kodiak native ranked among the PCAC leaders with 3.64 kills and 1.43 blocks per set in league matches, and she was the conference's Women's Athlete of the Week for Oct. 25-31, 2010.

“We think Maureen has the potential to be a very good middle blocker for us,” Green said. “With the graduation of Cortney Lundberg, we believe Maureen has the potential to step right in and fill a major spot. She should be a terrific addition to our roster for the next three years.”

Central Washington

Wildcats Add Two More to 2011 Recruiting Class (4/14/11)

Cheltzie Williams and Lauren Herseth have signed letters-of-intent to attend Central Washington University and play volleyball for the Wildcats.

Williams and Herseth are currently seniors at Twin Falls High School (Idaho) and Olympia High School, respectively.

Williams started for four seasons as a middle blocker at Twin Falls. She was named the Great Basin Conference Player of the Year each of her final two seasons with the Bruins, while also earning first-team all-GBC honors as a sophomore.

Williams, who totaled more than 1,100 kills over her four-year volleyball career at Twin Falls, has also been a track and field standout, totaling five top-four event finishes at the IHSAA state track and field championships during her prep career.

"Whenever you get a player who can be a difference-maker just by their athleticism, your team improves immediately," CWU coach Mario Andaya said. "Cheltzie just made our team better. She is an amazing athlete who can play multiple offensive positions, and is a big block. She can jump and has a rocket arm."

Herseth was a three-year letter winner as an outside hitter at Olympia. Among her many accolades as a senior, she was a Class 4A all-state selection, was named to the Tacoma News Tribune All-Area first team, and was the Narrows League Most Valuable Player.

Herseth helped the Bears to Narrows League titles and Class 4A state tournament trophies in each of her three seasons.

"Lauren can pass, hit, and flat-out defend," Andaya said. "She is a proven winner and can elevate a team's play in a number of ways."

The duo of Williams and Herseth join a 2011 incoming class that also four other high school seniors during the early signing period.

Central Washington Signs Four From Prep Ranks (11/17/10)

Four high school seniors, including an accomplished setter and three who earned league Most Valuable Player honors this fall, have signed National Letters of Intent to continue their volleyball careers at Central Washington University.

Signing with the Wildcats during the early signing period are setter Catie Fry from Mount Si High School

in Snoqualmie, plus three from the east side of the state in Kaitlin Quirk from Ellensburg, Rachel Hanses from West Valley High School in Yakima, and Kaely Kight from Mead High School in Spokane.

"We are excited about this class of student-athletes," CWU coach Mario Andaya said, "all of whom we feel will make a big impact in our program and for Central."

Fry, a 6-foot setter, played for head coach Bonnie Foote at Mount Si this season after starring at Life Christian Academy the previous three seasons.

She was a first-team all-KingCo 3A/2A selection this fall, helping the Wildcats to a sixth-place finish at the WIAA Class 3A state tournament last weekend. While at Life Christian, Fry earned honorable mention all-state (Class 1A) honors as a junior.

"I am excited to coach Catie," Andaya said. "She's got great energy, a passion for the game, and enthusiasm to be great. Catie is physically gifted with nice hands, good balance, and can touch almost 10 feet. She will come in and learn a great deal from (returning setters) Carlee (Marble) and Devin (Larson), but at the same time, challenge them every day in practice. Catie is already a good setter, and as she learns what our expectations are training and outcome-wise the sky is the limit."

Quirk is a 6-foot-1 middle blocker who starred at Ellensburg for head coach Josey Williams. She was a two-time first-team all-Central Washington Athletic Conference selection in volleyball and has starred in three sports for the Bulldogs over the course of her prep career. Kaitlin Quirk is the younger sister of former CWU All-American football player Tony Quirk.

"We are happy that Kaitlin has chosen to stay home to play college ball," Andaya said. "Kaitlin's got a powerful arm, and good size and has showed she can play six rotations. Kaitlin has good work ethic, and applies her training well in competition. Kaitlin will strengthen our blocking depth, and draw a lot of attention offensively."

Hanses, a 5-foot-11 outside hitter, starred for former CWU outside hitter Katie (Orgill) Hinckley at West Valley in Yakima. She was a two-time all-Columbia Basin Big Nine League selection who earned second-team all-state (Class 3A) honors during her junior season. In 2010, she helped the Rams place third at the WIAA state tournament in their first state tournament appearance in five years, while earning CBBN 3A Most Valuable Player honors.

"We've watched Rachel develop the past few years, and are thrilled that she is coming to Central," Andaya said. "She can hammer the ball, but can get kills in a variety of ways. She is strong at the net, but has

become a tremendous passer and defensive player. She shows great enthusiasm and purpose on the court, both of which are very contagious. (Coach) Katie (Hinckley) has done a tremendous job developing her at West Valley and preparing her for the next level."

Kight, a 5-foot-10 middle blocker, continues a pipeline of successful volleyball players from Mead High School to continue their careers at CWU. While playing for her mother, Judy, at Mead, Kaely Kight was an honorable mention all-state selection as a junior and earned Greater Spokane League MVP honors. She helped the Panthers win the 2009 WIAA Class 4A state championship and place third at the state tournament this fall.

"Kaely is the type of versatile player that can frustrate opponents," Andaya explained. "Kaely has played middle most of her career, but she is an intelligent and instinctive player that can line up anywhere and beat teams a variety of ways. She is a skilled point scorer and blocker, but what's even more impressive is that she is a tremendous passer and defender. Kaely has been around successful volleyball most of her life, so high expectations are very normal for her."

Quirk, Hanses, and Kight were all named the Most Valuable Player of their respective conferences this fall.

Montana State Billings

Yellowjackets Add Outside Hitters from Colorado, California (6/3/11)

Outside hitters Krista Norris (5-9, Avon, Colo. - Battle Mountain) and Sydney Oberstein (5-9, La Jolla, Calif. - Francis Parker) have been added to Montana State Billings' 2011 volleyball roster.

Norris was an all-conference and honorable mention all-state recipient last fall at Battle Mountain. She lettered four years in volleyball and one year in track and field.

She helped Battle Mountain to back-to-back district titles in 2007 and 2008. She also helped take Battle Mountain to a fifth place finish at the Colorado 4A state tournament.

In the classroom, Norris earned academic first team honors in 2008 and 2009. She was also a member of the National Honors Society for the past three years.

Oberstein was a three-year letterwinner at Francis Parker High School where she helped lead her team to three appearances in the California Interscholastic Federation (CIF) tournament. The team made an appearance in the finals in 2008 and was semi-finalists in 2009 and 2010.

In her senior year, Oberstein had 112 kills, with 127 digs and served 31 aces. She won the Coaches Award in 2010 and won the Parker Power Award during 2009.

Yellowjackets Add JC Players For 2011 Season (5/20/11)

Junior college transfers Bryanna Chavez and Amanda Berry will play volleyball this fall for Montana State University Billings.

Chavez, a 5-10, outside hitter spent the last two years at Feather River College in Quincy, Calif., where she was an all-conference selection. Chavez helped lead the Golden Eagles to an 18-10 record this past season.

"I am looking forward to having Bryanna join our program for a couple of reasons," MSUB coach Steve Smith said.

"First, I think she will be a positive presence on the court with her talk and through the force of her personality. Second, she has the ability to hammer the ball offensively and also is a very smart and savvy offensive player who knows how to place the ball and pick apart the opponent's defense.

Chavez averaged just under 2.5 kills per game while hitting .299 at Feather River Community College and was a key in her team going undefeated in the conference.

A native of Las Vegas, Nevada, Chavez prepped at Del Sol High School where she lettered in volleyball for three years, basketball for one and swimming for four. She earned honorable mention all-conference honors for two years and second team all-conference honors as a senior in 2009.

Berry, a native of Grants Pass, Ore., spent the last three years at Linn-Benton Community College in Albany, Ore., where she was a libero. Berry earned second team all-conference honors as a freshman and first team all-conference honors as a sophomore.

"I first saw Amanda play at the NWAACC championship tournament in November," Smith said. "Her personality and hard play kept drawing me back to her court during the tournament. When she came for a visit in January, she really connected with the team and had an outstanding workout, which confirmed every assessment of her as a player."

Berry prepped at Hidden Valley High School in Murphy, Ore., where she lettered three years in volleyball and two in basketball and track. Berry earned league Defensive Player of the Year honors as a senior and second team all-conference honors as a junior.

In the classroom, Berry was an honor student all four years, Junior Vice President and a member of the Link Crew.

"Amanda is a fun player to watch as it's obvious to anyone how much she enjoys playing the game," Smith added. "She's an energizer, a great player and will bring a lot of positives to our program on and off the court."

Yellowjackets Add Native From Billings For 2011 Volleyball (5/18/11)

Billings native Chelsey Walter, a 6-2 middle/right side hitter has signed to play volleyball for Montana State Billings.

"I am extremely excited about the addition of Chelsey to our volleyball program," MSUB third-year coach Steve Smith said. "I have had the pleasure of coaching her at the club level for the past two years. She has had outstanding coaching and leadership throughout her high school career at Billings Senior High, and she will make an immediate impact on our team."

Walter, a 6-2 middle/right side, prepped at Billings Senior High School where she helped lead her team to an undefeated season and a state championship in 2008. BSHS also went to state in 2009 and 2010.

She lettered in volleyball three years and two years in basketball. Walter earned the Leadership Award in 2010 as a middle blocker and was named Top Newcomer in 2008. She earned the Most Blocks Award in 2009.

Not only did Walter excel on the court, but also in the classroom, too, as she was a member of National Honor Society, Trading Cards, Senior Advocates and was named Student of the Month by the Billings Exchange Club.

Walter had impressive career numbers as she tallied 139 aces in 1053 serving attempts in her career. She was a dominate blocker, tallying 101 solo blocks and 296 block assists. She had 544 kills in 1448 attempts and had an 89.19 serve/receive percentage.

"She can comfortably play in any of the front row positions, and has the ability to be one of our better defenders in the back row, too," Smith said. "Chelsey is always positive and is a great leader on and off the court. I think the best way to express the positives Chelsey will bring to our program is to steal a quote from her high school coach Jeff Carroll, 'Chelsey is a better person than she is a volleyball player and she's a great player.'"

Northwest Nazarene

Kaitlyn Tuholski Signs with Crusaders (4/29/11)

Kaitlyn Tuholski has signed a National Letter-of-Intent to attend Northwest Nazarene and play volleyball for the Crusaders this fall.

"The coaching staff and I fell in love with Kaitlyn's ability to take over a match from the setting position," NNU coach Jared Sliger said. "She is a game changing blocker and can distribute the ball with accuracy and tempo. All of those things are great, but the best part about Kaitlyn is how she relates to her teammates on and off the court."

Tuholski, from Vancouver, Wash., will come to NNU from Heritage High School and the Clark County Juniors Volleyball Club.

"Kaitlyn has been the backbone of our program," added Chelinda Dettoree, head coach at Heritage High. "She has the highest expectations for herself and her teammates...making everyone better because of it. She has the nickname "Mom" because she makes sure her teammates are her first commitment."

"Kaitlyn is a coach's dream. Her determination, work ethic and her commitment to bettering her team is unmatched," said Clark County coach Moe Perez. "She has all the makings of what it takes to be a great setter and she is just tapping into her potential. I am very excited for her, her family and her new family at NNU."

Terpstra Signs With Crusaders (2/1/11)

Michelle Terpstra, the daughter of former Northwest Nazarene basketball coach Mike Terpstra, has signed a National Letter-of-Intent to attend NNU and play volleyball for the Crusaders.

Terpstra, a 5-9 setter from Ripon, Calif., will graduate from Ripon Christian High School this spring where she led her team to a 31-8-1 record last fall and a CIF Sac-Joaquin Division V Championship. It was Ripon Christian's fourth-straight and 14 thoverall Division V championship.

A two-time MaxPreps California All-State Volleyball Division V First-Team selection as a junior and senior, Terpstra was also named to the Modesto Bee All-District first-team in December for the second-straight year.

Averaging 4.7 assists per game as a senior, she had 152 aces in leading her Knights to a 17-0 Southern League record and will play this spring for the Delta Valley Volleyball Club.

"I definitely see Michelle contributing right away. She has a lot of tools and her skills are at a very high

level," NNU coach Jared Sliger said. "There are going to be challenges for some of the players to hang on to their positions because of Michelle's leadership and aggressiveness...she is going to push everyone else to get better."

"I really was able to picture myself at NNU when I went to camp this past summer and I like the way Coach Sliger was coaching," Terpstra added. "I thought I would be a good fit at NNU and I'm looking forward to learning how Coach Sliger runs his program and then seeing how I can make an impact on the team."

Michelle will also add to a family tradition as both of her parents, Mike and Holly, are NNU alumni and played basketball for the Crusaders. Mike served 1 1/2 seasons as the head basketball coach at NNU taking over in January, 2004 and then leading them to a 17-10 record in the 2004-05 season.

Roberts, Garlie Sign National Letters (1/7/11)

Libero Taylor Roberts and outside hitter Lauren Garlie have signed National Letters-of-Intent to play volleyball for Northwest Nazarene University.

Roberts joins the NNU program from nearby Vallivue High School in Caldwell, Idaho.

"I have known Taylor since she was in middle school," NNU head coach Jared Sliger said. "She has grown into one of the top liberos in the state. She is a tremendous ball-handler that will impact this program immediately."

Garlie will come to Nampa from Idaho's Challis High School where she is a two-time Idaho State 1A Volleyball Champion, having played in the state championship match in all four years of her high school career.

"Any time you can add a two-time state champion to your roster it is a great day," Sliger added. "Lauren is a 6-1 outside hitter that can play all six rotations. Her ability to pass and play defense separate her from other players her height."

Crusaders Sign Players from Oregon (12/16/11)

Rebecca TenHaken and Kathryn Burgeson have signed National Letters-of-Intent to attend Northwest Nazarene and play volleyball for the Crusaders next fall.

TenHaken, a 6-3 middle blocker from Clackamas, Ore., was a 6A Three Rivers League honorable-mention all-star as a senior this year at Clackamas High School and led her squad to their best finish in 14 years at 25-8 overall.

The Cavaliers advanced to the second-round of the 2010 Oregon 6A State Volleyball Tournament. Also a standout in the classroom, Rebecca was named an Oregon Academic All-State selection, carrying a 3.9 GPA.

"Anytime I am looking up to my recruits, it is a good thing," Sliger said. "Rebecca plays at a very high level and has an excellent work ethic, which will come in handy as she makes the jump to collegiate volleyball. I had a chance to work with Rebecca this summer at our Setter/Attacker Camp, and really could see the potential in the 6-3 middle blocker."

Burgeson, a 5-4 defensive specialist from Sam Barlow High School in Gresham, Ore., will join the Crusaders after helping her Bruin high school program to a 19-6 overall record and into the second-round of the 2010 Oregon 6A High School State Tournament.

"Coach Lindsay (Yundt) and I are excited about Kathryn's ability to serve and pass," Sliger added. "She also has the ability to impact the people around her with her enthusiasm for the game. Kat is going to be a crowd favorite at NNU for years to come."

Both TenHaken and Burgeson are products of the North Clackamas Volleyball Club and played as members of the NCVBC's 18's Black squad, coached by Nels Norquist.

Seattle Pacific

Falcons Sign Four To Letters (4/18/11)

Outside hitter Cailin Fellows, middle blocker Madi Cavell, setter Kendall Langdon and libero Brianna Leenders have been added to Seattle Pacific 2011 volleyball roster.

Fellows is from nearby Edmonds-Woodway High School and is a transfer from Boise State. She played 46 matches in two seasons with the Broncos, starting 11 of them, including eight last fall for the 21-12 Broncos.

Cavell is a 6-0 middle blocker from McNary High School in Keizer, Ore (near Salem). She was the Central Valley Conference Player of the Year and the Regional Player of the Year in 2010.

Langdon is a 5-foot-10 left-handed setter, and was instrumental in helping Northwood High School in Irvine, Calif., finish second in Division 1A Pacific Coast League last fall with a 7-3 record (16-8 overall).

Leenders is a 5-7 libero from Sam Barlow High in Portland, Ore. She and the Bruins, based in Gresham, went 19-6 last season and advanced to the Class 6A state tournament, splitting their two matches.

Fife Prep Standout Signs With Falcons (12/6/10)

Jessica Miller will bring size, solid stats and plenty of promise when she joins Seattle Pacific next fall. The senior at Fife High School has signed a letter of intent to join the Falcons in 2011.

"She'll be a great fit for our program," SPU head coach Chris Johnson said of the 6-foot-3 outside hitter. "She really does everything an outside hitter needs to do. She can pass well, play defense in the back row, and she can hit the ball over pretty much any block that she sees. She can hit a really sharp angle because of her high contact point and can hammer the line."

Miller helped Fife qualify for three Washington state tournaments. The Trojans finished seventh in the Class 2A state event last month.

She has earned back-to-back league MVP awards – 2009 in the Nisqually League and 2010 in the South Puget Sound League 2A division. She and fellow Fife senior Taylor Dillard were named All-Area co-Players of the year by the Tacoma News Tribune newspaper in November.

Miller's play helped Fife extend a winning streak against league competition to 43 matches – a five-year run that started even before she got there. This season, Miller slammed 500 kills, served 88 aces and had 48 blocks.

Western Oregon

Wolves Sign Three Prep Standouts In Early Period (11/18/10)

Outside hitter Reagan Beatty, libero Jordin Ramos and middle blocker Chandler Gabrio have all signed national letters-of-intent with Western Oregon University in the early signing period.

Beatty, a 6-0 outside hitter from West Linn, Ore. (West Linn High School), was the first member of head coach Brad Saindon's 2011 recruiting class to sign.

While at West Linn High School, Beatty earned Three Rivers League Player of Year honors as a senior and helped lead the Lions to a 6A state championship. She was a two-time first team all-league selection and was a four-year starter at West Linn High School.

"Reagan is very athletic and is a great jumper with a live arm," WOU coach Brad Saindon said. "She is a highly skilled athlete that will help us immediately."

Gabrio, a 6-2 middle blocker from Creswell, Ore., was the second member of the recruiting class to sign an NLI. While at Creswell High School, Gabrio was a three-time first team all-conference selection and a third team all-state selection as a junior. She was also

twice selected to the all-tournament team at the state tournament.

"Chandler is a physical and powerful athlete," Saindon explained. "She'll be a middle blocker for us which is one of the positions we need to fill with just Krissi Kemper and Becky Bless coming back. Chandler raises the physicality of our team in a big way. She is a great blocker and she brings big time heat. She is going to have a wonderful career here."

Ramos, a 5-5 libero from Makakilo, Hawaii (Hawaii Baptist High School), completes the 2011 early signing class. Ramos helped lead the Eagles a state championship in 2009. She put up a double-double with 18 digs and 23 assists in a win against Molokai.

"It seems like volleyball is in the Hawaiian genetic code," Saindon continued. "Jordin is lightening fast, has great ball control skills and is as instinctive of a volleyball player as I have seen in a long time."

"It is wonderful to have an athlete from Hawaii with different perspectives and a personality on the team. Libero is such an important position and we are just excited about the prospect of having Jordin on the court."

"I think we hit a home run with all three signees," Saindon said. "All three young women are can't miss signees. They are going to raise the level of play in our gym the day they step on campus. I anticipate that every position on our team will be very competitive, which is the best thing for any program."

Western Washington

Vikings Sign Three Prep Players-of-the-Year (11/29/10)

Three high school seniors, all of whom earned league Player of the Year honors, have signed a National Letter of Intent to play volleyball at Western Washington University.

Joining the Vikings are setter Taylor Dillard from Fife High School, right-side hitter Jennica McPherson from Kennedy High School in Seattle and outside hitter Rachel Roeder from Issaquah High School.

"This incoming class for 2011 is a great addition to the tradition of Viking volleyball," said WWU coach Diane Flick. "They are good students, fierce competitors and have a good background in volleyball to immediately add to the goals of the program. All of them are league MVPs and for good reason."

Dillard earned first-team all-state honors for the second straight year, being the Tacoma News Tribune Co-Player of the Year and the South Puget Sound League co-MVP, each for the second consecutive season.

A two-time first-team Class 4A state tournament selection, Dillard had 816 assists and 147 kills in helping Fife win league and district title and place seventh at state.

" Taylor is an athletic setter who is quick to the ball and has a good delivery," Flick said. "She works hard and is a good leader...all the facets we look for in a setter."

McPherson was the Seamount League Player of the Year at Kennedy High, leading the Lancers to a league title and seventh place at the Class 3A state tournament. As a junior, a tumor was discovered that required surgery resulting in 20 percent of one lung being removed.

"Great story but even greater person," said Flick. "She is a ball control lefty who can add a different dimension to our offense that we haven't had before. Jennica is a proven beach player with a good volleyball IQ and a very bright future."

Roeder earned Seattle Times all-area recognition and KingCo League Most Valuable Player accolades. A first-team Class 4A all-tournament pick, she helped the Eagles finish 27-3, win league and district titles, and place second at state.

Roeder set school records for kills in match (34), season (470, 5.7) and career (1,127). A four-time all-league choice, she finished second among career leaders in service aces (263) and third in digs (1,068).

"Rachel has a good blend of ball control and heat which will add to the depth of our outside position," Flick said. "Not only is she a good player, but she will have an impact on program chemistry and that is something we put a high premium on."

2010 Recruits

Alaska Anchorage

Seawolves Add Transfer, Two Freshmen To Recruit List (4/26/10)

Head coach Chris Green added another infusion of talent Monday with the announcement of three more newcomers to the Alaska Anchorage volleyball team.

Along with junior transfer Maddie Ogden, the Seawolves will welcome National-Letter-of-Intent signees Jordan Bush and Quincy Haught - both incoming freshmen - for the 2010 campaign.

Ogden, a 6-1 setter, will come to UAA from Division II Northern Michigan, where she played for two seasons. The Sheboygan, Wis. (North HS) native averaged 8.47 assists per set as a sophomore in 2009 despite splitting time with another setter.

As a freshman, she led the Great Lakes Intercollegiate Athletic Conference with 10.39 assists per set, along with solid averages of 1.77 digs and 0.56 blocks.

"Maddie has a great touch with her sets and obviously brings the added advantage of size to the position," said UAA head coach Chris Green. "We like the fact that Maddie has significant college experience under her belt. She has done some nice things at Northern Michigan, and with her work ethic, we know she will come to UAA in August ready to play."

Haught, a 5-7 libero from Gilbert, Ariz., was named all-state honorable mention by the Arizona Republic and 2nd -team All-Central Region by the East Valley Tribune as a senior last year. As a junior, she led the Fiesta League with 5.4 digs per set, helping Gilbert High School to a 33-12 overall record and an unbeaten mark in conference play.

Meanwhile, Bush, a 5-6 defensive specialist from Graham, Wash., comes to UAA after leading Graham Kapowsin High School to a 20-3 record as a senior, culminating with a 6th -place finish at the Class 4A State Tournament. The Eagles were also SPSL South Division champions with a 9-0 league record.

"Quincy and Jordan bring good skills and athleticism to our team," Green said. "They both play on competitive club squads as well as their great high school teams. They will add significant depth to our defense next year."

Seawolves Sign Alaska Prep Stars to NLIs (4/20/10)

Alaska Anchorage has added a pair of Alaska prep stars to its 2010 roster. Signing national letter of

intents with the Seawolves were Siobhan Johansen and Shana Powell.

Johansen, a 5-7 setter from Palmer, was named Outstanding Setter at the 2009 Class 4A State Tournament after leading Colony High School to a runner-up finish. She also captured Northern Lights Conference North Division MVP honors as a senior and led her team to the NLC regular-season crown as a junior.

"Siobhan is someone who is physically built in the same mold as (former setter) Calli Scott," said UAA coach Chirs Green. "She jumps well, is quick to the ball, and has been trained well. She will need to adjust to the quickness of the college game, but I think she is athletic enough to help us immediately."

Powell, a 5-7 outside hitter/defensive specialist from Sterling, tallied 148 kills and 130 digs for Soldotna High in 2009, leading the Stars to a 23-2 record. She also led the Stars to the Northern Lights Conference tournament crown, captured the NLC South Division MVP, and joined Johansen and fellow incoming Seawolf freshman Robyn Burton (Chugiak HS) on the all-tournament Team at the state tourney.

"Shana is an athletic, dynamic player who we think will develop into a defensive standout. At only 5-7, she was able to use her explosiveness to be successful in high school in the front row. At UAA, she will likely be used as a defensive player.

"We are excited about these two local athletes joining Robyn, who will use her big vertical jump to help us at the middle blocker position right away," Green said.

Seawolves Sign Middle Blocker From Chugiak (12/10/09)

Chugiak High's Robyn Burton has signed a National Letter of Intent to play volleyball for the University of Alaska Anchorage.

A 5-11 middle blocker, Burton is coming off a 2009 season in which she helped the Mustangs to the Cook Inlet Conference title and a 17-3 overall record. She was an all-tournament pick at all of her team's events - State, Regions, Dimond-Service Invite - and received the 'Best Hitter' award at the ASAA Class 4A State Tournament.

"Robyn was certainly a force in high school with her tremendous athleticism and good timing on offense," said UAA coach Chris Green, who led UAA to this year's Great Northwest Athletic Conference title. "She improved a lot from her junior to her senior year, so we're excited to help her continue that progress.

"She has the potential to be a real force in our conference over the next four years. We're thrilled that she chose to stay home and be a Seawolf."

As a junior in 2008, Burton was also an all-tourney pick at the 4A State tournament, leading the Mustangs to a runner-up finish.

Alaska Fairbanks

Nanooks Sign Hitter from Las Vegas (4/19/10)

Karlee Skalla, a right-side hitter from Las Vegas, Nev., has signed a letter of intent to play volleyball at Alaska Fairbanks.

Skalla, a 5-foot-11 transfer from Orange Coast College's 2009 state champion women's volleyball team, was a key component to the Pirates' run through the state playoffs last fall when they posted a record of 26-2. In 2009, she finished fourth on the team in kills (211) and second in total blocks (58), earning Orange Empire Conference second team honors..

"Karlee fills one of our major recruiting needs (Opposite) for the upcoming season," said UAF coach Phil Shoemaker. "Filling the void left when a four-year starter graduates (Jessica Hill) is a really big deal, and we think Karlee is a near perfect fit for us at this moment in time."

Her best work came in the postseason at OCC. In the loser's bracket finals against Sierra, she led the Pirates with 15 kills (on just 24 attempts) and four blocks.

In the state title match, Skalla again led the way with 14 kills and four blocks to lead OCC past Cypress and claim their sixth state championship in team history and third in the past four seasons. Skalla's strong play down the stretch (61 kills in the tourney) earned her a spot on the 2009 State all-tournament team.

"It's always nice to add athletes that have championship experience and have been "battle" tested in intense competition." Shoemaker said. "Karlee played critical roles in competition and team chemistry during Orange Coast's championship run this past season, and we are excited to have her bring those valuable experiences to our gym."

For her two-year career at OCC, Skalla finished with 379 kills and 107 blocks in 57 matches, missing just seven out of a possible 206 games played. With Skalla on the team, OCC went 48-9 over the past two seasons.

"Karlee brings a lot of good college experience with her, and has a nice set of physical and technical talents," Shoemaker added. "She's enthusiastic, a good student and she tells me that she's really excited and motivated to work even harder as she takes this next step in her career. I think we are equally excited."

Skalla prepped at Green Valley (Nev.) High School where she played opposite and was a four-year

letterwinner. As a senior she captained the Gators squad, was named Most Valuable Player and garnered first team All-Sunrise conference honors.

Nanooks Add Libero To 2010 Roster (11/23/09)

Jessica Eicher has signed a National Letter of Intent to play volleyball for the University of Alaska Fairbanks. Eicher, a 5-3 libero from Chugiak, Alaska, will join the Nanooks after leading the Mustangs to the 2009 Cook Inley Conference Championship and a 13-1 season.

The Mustangs also were Alaska State tournament runnerups in 2008 as well as having three successful seasons for the Alaska Volleyball Association.

"Jessica is a good, dynamic player who's progress we have been tracking for about a year now." said UAF coach Phil Shoemaker, "When she attended camp this summer we were impressed with her abilities, and how well she fit our team needs."

Jessica also comes to the Nanooks as a polished student, and will be an Alaskan scholar when she begins classes in 2010.

Central Washington

Wildcats Add Players from Selah, La Conner (12/1/09)

Two high school seniors from the state of Washington have signed National Letters of Intent to continue their volleyball careers with the Central Washington University program effective next fall.

Joining the Wildcats for the 2010 season will be outside hitter/middle blocker Erin Smith of Selah, Wash., and middle blocker Julie Hulbert of La Conner, Wash. Both players stand 5-foot-10 and will be true freshmen for CWU next fall.

Smith was the Central Washington Athletic Conference Player of the Year this past fall, helping Selah High School to a fourth-place finish in the Class 2A state championships.

A three-time all-CWAC selection, including a first-team honoree each of her final two seasons, Smith was a part of Class 2A state championship teams in 2006 and 2007. As a sophomore at Selah, she was coached by former CWU standout Darcy Scheidt (McDaniel).

"Erin has great elevation and is a physical presence at the net," CWU coach Mario Andaya said. "Her ability to sustain her vertical while making plays is an element that makes her special. We're excited to train her in various positions knowing full well she can greatly improve our blocking and offensive efficiency."

Hulbert starred at La Conner High School, the same school that produced current CWU setter Carlee Marble. Hulbert was the co-Player of the Year in the Northwest 2B League this past fall, helping the Braves place fourth in the Class 2B state tournament in Yakima. Like Smith, she was part of two WIAA state championship teams at La Conner (Class 2B in 2006 and 2007).

"Julie has the size and quickness to make us better at the net," Andaya said. "Julie has had good training and her skill level is strong. As she matures physically and adapts to the level of play, she will improve our team in a number of ways."

Both Smith and Hulbert earned all-state tournament teams in their respective state tournaments as seniors. They have been three-sport standouts, excelling in basketball and track and field as well, and off the court, both are exceptional students. Smith carries a 3.85 grade-point average and Hulbert boasts a 3.92 GPA.

Seattle Pacific

Falcons Add Four for 2010 Season

Middle blocker Nikki Lowell, setter Holly Mueller, opposite Emily Oslie and outside hitter Nicole Schwend all have signed national letters of intent to play volleyball for Seattle Pacific.

Lowell, at 5-foot-10, is transferring to SPU from Gonzaga after redshirting there last fall. She is from Claremont (Calif.) High School, and is a relative newcomer to the game. Lowell was a second-team All-Baseline League player as a junior and senior.

"She is so athletic," SPU coach Chris Johnson said, adding that Lowell can jump high enough to touch the basketball rim. "It's going to be fun to see how she progresses. She just started playing her sophomore year (at Claremont), so she's still learning the mechanics. She's very capable already, but still has the potential to improve in some areas."

Mueller (pronounced Miller) is a 5-8 setter from Archbishop Mitty High School in Saratoga, Calif. The Monarchs went 39-0 last fall and finished the season ranked No. 1 nationally, winning 32 of their 39 matches in three straight games. Mueller finished second on the team in assists with 257, an average of 5.6 per game.

"She's very quick and agile, has good hands and makes good decisions," said Johnson, who saw Mueller play at a club tournament in Las Vegas. "She was the reason I thought her club team did as well as it did. They were undersized compared to some of the teams they were playing against, and she got the ball to the right person at the right time."

Oslie (pronounced OH-slee) stands 6-foot-3 and is an opposite from Sprague High School in Salem, Ore. Although she didn't take up volleyball until eighth grade, she quickly developed into an outstanding player.

She made the Sprague varsity as a freshman, was a Class 6A All-Central Valley League pick as a sophomore, and was first-team all-league last fall as a senior after missing her junior because of shoulder surgery. Sprague won the league title last fall at 9-1.

"She does a lot of things well," Johnson said. "She's a solid blocker and a solid hitter and is someone who is going to have a chance to come in and develop her skills."

Schwend is 6 feet tall and played outside hitter at Canby (Ore.) High School. Last fall, she was named the Pacific Conference Player of the Year and was a first-team all-state selection. She also was a first-team all-leaguer as a junior. Schwend, a Canby teammate of current SPU volleyball freshman Hannah Bell, helped the Cougars place fourth at state in 2008 and fifth in 2009.

"She's a good hitter, and she will push our returning outside hitters to get better," Johnson said of Schwend. "She's very agile and really good in transition. She has a great personality, great energy, and she's always happy on the court."

Western Oregon

Three Prep Standouts Sign With Wolves (5/25/10)

Three high school seniors - Nikki Conley, Corynn Kopra and Megan Triggs - have been added to Western Oregon's 2010 volleyball recruiting class.

"We are really excited about this recruiting class," said WOU coach Brad Saindon. "We were able to address all our needs by position, and we think we have signed terrific volleyball players as well as terrific individuals."

"The coaching staff can't wait to get them in the gym," he continued. "We think they will be a significant part of what will be a good year in Western Oregon volleyball."

Conley joins the Wolves out of Woodinville High School (Wash.). The 5-11 setter earned all-state honors as a senior and was also named the most valuable player of the KingCo Athletic Conference (4A). She also garnered two all-conference first team selections in her tenure.

She will leave Woodinville High as the school's single-season leader in aces with 73. "Conley has terrific hands and sets the ball whenever she wants to put it," Saindon said. "She is an impact player with a

very high volleyball IQ. She understands how to run a volleyball offense and I think she will be very good."

Triggs is a 5-6 defensive specialist from Olympia.. She joins the Wolves after a successful career at Olympia High School, where she was an all-state first team and all-tournament team selection in 2009 (4A). She also grabbed second team all-state honors as a junior and was a three-time all-league selection.

Triggs set the Olympia school record for digs in a match (37) and in a career (1525). "Triggs is playing for one of the top volleyball clubs in American and is familiar with the system we run at Western Oregon ," said Saindon.

"She plays libero which we needed to address with Danielle English leaving and Cally Young entering her senior season. Triggs is a very good libero and is comfortable in that position. She is a talented passer, defender and is a steady player; which are all things you want in a libero."

Kopra will be the third member of Saindon's 2010 recruiting class. Kopra is a 5-9 outside hitter from Gresham's Sam Barlow High School. At Barlow, she earned all-state honorable mention honors and was a all-state tournament second team selection.

She was also selected to the all-league first team in her junior and senior seasons, while playing every position on the floor. Her career-best performance came against St. Mary's when she recorded 26 kills in a match.

"Kopra plays for the Alpine Volleyball Club out of Portland ," noted Saindon. "She is a very skilled volleyball player with a high IQ already. She has heat, range and knows where to hit the ball. Kopra is also a good passer and defender. She plays hard and competes for every point."

Western Washington

Newport of Bellevue Product Signs With Vikings (4/21/10)

Outside hitter Kelsey Moore, a senior at Newport High School in Bellevue, has signed a National Letter of Intent to play volleyball at Western Washington University.

Moore was the team captain as a senior at Newport, being hampered the entire season by a severe ankle sprain. As a junior for the Knights, she was a second-team all-KingCo 4A League selection and team MVP.

"Kelsey is a great addition to our volleyball team both on the court and in the classroom," said WWU coach Diane Flick. "She will provide some great depth to our outside hitter position as she has good ball control, a quick first step and at 6-foot-1, adds height at the net. A redshirt year for Kelsey will be great for her development as she gains strength and knowledge of our systems."

2009 Recruits

Alaska Anchorage

Seawolves Acquire JC All-Star from Florida Powerhouse (8/16/09)

Alaska Anchorage has finalized its 2009 volleyball roster with the addition of outside hitter Lee Golden and middle blocker Celestia Bowlus.

Golden, a 5-8 junior from Pembroke Pines, Fla., comes north after helping Hillsborough Community College to consecutive NJCAA Division I tournament berths. In 2008, Golden was a Suncoast Conference honorable mention selection as HCC went 34-9 and finished eighth nationally.

Bowlus, a 6-1 freshman from Chugiak, helped Chugiak High School to ASAA State 4A Tournament berths as a sophomore and senior, and was an All-Cook Inlet Conference pick as a junior and senior.

“Both Celestia and Lee will have positive impacts on our program,” said UAA coach Chris Green. “Lee is a tremendous athlete who could make a big contribution on the outside. Her JC experience should pay off with the youth of our incoming class. Celestia is a talented middle who may develop into a very good college player. She's got good size and the right attitude to succeed at this level.”

Golden and Bowlus joins five incoming freshmen among the Seawolf newcomers, while redshirt sophomore Jackie Matthisen and five letterwinners return from 2008.

Seawolves Sign Three Front Row Players (6/2/09)

Three freshmen front-row players – Marie Borowikow, Shelby Hollister and Jamie Russell – have signed National Letters of Intent to play volleyball for the University of Alaska Anchorage.

“We are very happy with these additions to the Seawolf volleyball family,” said UAA coach Chris Green, who begins his second season at UAA in August. “Along with our other incoming freshmen, these are the types of players who can help lay the foundation for our program – quality students who should excel in the classroom and on the court.”

Borowikow, a 6-2 outside hitter, hails from Eberswalde, Germany, where she currently plays for the Angermuende e.V. club team. Green said he was impressed by Borowikow's jumping ability, saying she should provide a big block in the front row and be a powerful hitter.

Hollister, a 5-10 outside hitter, was an All-Intermountain Conference selection as a senior at

Mountain View High School in Bend, Ore., last season, helping the Cougars to a 20-4 record and second place at the 5A state tournament. An honors student and team captain, she also broke her school's record for kills in a match with 19.

Russell, a 6-1 middle blocker, was an All-Sierra Foothill League pick last year, leading Del Oro High School to a 23-11 record and its second straight Sac Joaquin Section playoff appearance. The Loomis, Calif., native ranked second in the SFL in kills per set as a senior, averaging 1.8.

Texan Signs With Seawolves (04/21/09)

Leah McWilliams, of Pecos, Texas, has signed a National Letter of Intent to play volleyball at Alaska Anchorage.

A 5-10 middle blocker/setter, McWilliams was a four-year letterwinner in high school, playing her senior season at Pecos and her first three years at Marfa. She was named MVP in District 2-1A for two years and also earned that same honor in District 4-3A her senior year.

McWilliams was named to the Texas Girls' Coaches Association All-State Team for three years in a row, and she will compete for the West squad at the 2009 TGCA All-Star Game in July.

“Leah brings a ton of athleticism and versatility to our lineup as a true freshman,” said UAA coach Chris Green, who helped the Seawolves triple their win total in his first season last year. “She hits with a lot of power, yet she also has good hands. She could step in immediately as a front-row attacker and also fill an important role as a backup setter for us next year. We're thrilled Leah chose to become a Seawolf.”

McWilliams is the sister of former UAA outside hitter O'Lita McWilliams, who earned All-Great Northwest Athletic Conference honors as a senior in 2003.

Seawolves Sign Eagle River Standout (2/11/09)

Local product Nikkie Viotto has signed a National Letter of Intent to play for the Seawolves. A 5-8 outside hitter/libero, Viotto was a four-year letterwinner at Eagle River High School, where she earned All-Cook Inlet Conference honors every season.

As a junior in 2007, she was named to the All-State tournament team after leading the Wolves to a third-place finish in their first-ever State appearance.

As a senior in 2008, Viotto earned MVP honors at the Shayna Pritchard Memorial tourney and was an all-tourney pick at every other event she played in.

"Nikkie is a terrific all-around player who can help us immediately on defense," said UAA coach Chris Green, who begins his second season at UAA this fall. "Additionally, she is an outstanding student who is in the top 10 percent of her class, plus a four-time team captain on her high school team. We couldn't be happier than to add a player of her character and ability as our first signee this year."

Viotto also played four straight seasons (2005-08) on the Midnight Sun Volleyball Club's select travel team that participated in the prestigious Reno Festival, and was a member of Team Alaska's gold-winning squad at the 2008 Arctic Winter Games in Yellowknife, Canada.

Central Washington

Wildcats Sign Kamiakin Outside Hitter (4/28/09)

Marcy Hjellum, a senior at Kamiakin High School in Kennewick, Wash., has signed a National Letter of Intent to play volleyball at Central Washington University.

Hjellum, a 5-foot-11 outside hitter, earned first team all-state (Class 4A) honors this past year and helped the Braves advance to the state title match. She added Columbia Basin Big Nine Conference Player of the Year and Tri-City Herald all-area MVP honors after totaling 455 kills (4.8 per set) and 314 digs (3.2 per set). She was also an efficient server for the Braves, totaling 70 aces and serving with 92 percent accuracy.

"Marcy had an incredible high school career and we expect her to have the same type of impact at Central," CWU coach Mario Andaya said. "Marcy is a complete player who can score points with the best. She has the work ethic and competitiveness that will enable her to be a real special player at Central, and we are excited she is a Wildcat."

Hjellum was a three-time first-team all-conference player during her prep career, and she helped Kamiakin to consecutive undefeated conference records in 2007 and 2008.

Wildcats Add Three Prep Standouts for 2009 (11/20/08)

Three high school student-athletes, including two from east of the Cascade Mountains, have signed National Letters of Intent to continue their volleyball careers at Central Washington University.

Signing their NLI's earlier this week was a duo from the Wenatchee area -- right-side hitter Molly Mayer of East Wenatchee's Eastmont High and outside hitter Jordan Offutt from Cascade High of Leavenworth. Also inking with the Wildcats was middle blocker Averyl Shindruk from Lynden High School. All three

of the incoming Wildcats are 5-foot-11 or taller, including Mayer, who stands 6-2.

Mayer has split time as a hitter and setter at Eastmont, earning second-team all-Columbia Basin Big Nine honors as a hitter. She hit .311 as a senior, totaling 141 kills, 204 assists, and 232 digs for the Wildcats. Mayer's top prep performance was a 20-kill, 22-assist, 20-dig effort against Eisenhower High School earlier this season.

"Molly can be effective in multiple roles for us," CWU coach Mario Andaya said. "She is a blocking presence, has nice attack and setting control. Intellectually, she processes the game at a high level, which may enable her to contribute right away."

Offutt starred at Class 1A Cascade High School, earning first-team all-Caribou Trail League accolades and amassing 301 kills as a senior for the Kodiaks. A two-year letter winner, she averaged 15.5 kills per match while helping Cascade to a sixth-place finish at the 2008 state tournament.

"Jordan can be a special player in many ways for us," Andaya proclaimed. "Her size and agility are obvious, but her work ethic and passion for the sport excites us to start working with her immediately. She sees the game well, and can score points consistently. Once she is exposed to our training and expectations at Central we are confident she will adapt quickly and push hard to become an impact player for our program."

Shindruk prepped at Lynden High School in northwest Washington, earning first-team all-Northwest Conference honors this season. She has helped lead the Lions to the Class 2A state tournament, where they will open up against Othello on Friday at the Toyota Center in Kennewick. Shindruk, a three-year letter winner, enters the state tournament just eight blocks shy of the Lynden career school record.

"Averyl can be really good," Andaya said. "'Raw' is mentioned when her name is brought up, but I am confident that 'wow' will be what people say in the near future. Averyl wants to get better, and has the IQ and the athleticism to train at a high level everyday. I'm confident she will make us better."

In addition to their prowess on the volleyball court, all three incoming freshmen have cumulative grade point averages of 3.85 or higher, including Shindruk, who has a perfect 4.00 GPA.

"All three student-athletes are exceptional academically," Andaya explained. "Central Washington is fortunate to have such these quality students representing our institution on the volleyball court."

The Wildcats have had major success on and off the volleyball court in recent years, posting records at or

above .500 in seven of the last eight seasons with three NCAA Division II postseason appearances. Off the court, CWU had seven academic all-conference selections this fall -- its second-highest total since joining the Great Northwest Athletic Conference in 2001.

Montana State Billings

Two-Sport Standout Signs With Yellowjackets (7/6/09)

Kayla Neumiller, a native of Colstrip, Mont., has signed a national letter of intent with Montana State Billings and will compete in both volleyball and track & field for the Yellowjackets.

Neumiller, 5-8, outside hitter, lettered all four years in high school in volleyball and was an all-state selection as a junior and senior. She was a first team all-conference selection for three years and earned state all-tournament honors as a senior. She was tabbed Most Valuable Player in both volleyball and track her senior year.

Neumiller recorded 330 kills, 48 blocks, 83 aces and 406 digs during her senior year and amassed 1,026 kills, 211 aces and 161 blocks in her high school career. She helped lead her team to the division championships in 2007 and a third place finish at state and a runner-up finish at divisionals and a fourth-place finish at state her senior year.

In track, she finished second at state her senior year in the 800 meters and finished third in the high jump. She tallied personal bests in the 800 (2:14.96), 400 (60.55) and high jump (5-1).

Yellowjackets Add Four To 2009 Roster (5/15/09)

Four high school standouts - Alyson Cookes (Aurora, Colo.), Hannah Johnson (San Diego, Calif.), Morgan Moss (Fowler, Colo.) and Tarrah Sweet (Roswell, N.M.) have all signed a national letter of intent to play volleyball at Montana State University Billings.

Cookes, a 6-1 middle blocker, earned three letters at Eaglecrest High School. She helped the Raptors go undefeated and win the Class 5A State Championship in 2006. Cookes led her team to the state championship game as a junior and earned All-Centennial League honors as a senior.

"Alyson is a great recruit," said MSUB head coach Dana Cordova. "She will be able to put a big block on opposing hitters. Alyson also brings a lot of power and quickness to the team."

Johnson, a 6-2 middle blocker, earned two letters at La Costa Canyon High School. As a senior, she helped the Mavericks go 35-1 and win the CIF Division I State Championship. Johnson was a two-time all-state

selection and led her team to two league championships.

"Hannah will be a force for us," said Cordova. "She will be able to be used in many different areas in the front row. Hannah knows what it takes to be a winner."

Moss, a 5-5 setter, earned four letters at Fowler High School. As a senior, she was named the Class 2A State Player of the Year leading the Grizzlies to the state championship. Moss was a three-time all-state selection, is ranked second in the state with 2282 career assists and set the state record for career service aces with 355.

"Morgan is a great competitor," said Cordova. "Her versatility will allow us to use her in different locations. Morgan wants to win every time she steps on the court."

Sweet, a 5-10 setter, earned four letters during her career. She earned all-league honors twice at Clovis High School and helped Rio Rancho High School win a state championship as a junior. Sweet earned all-state honors three times during her career.

"Tarrah will be an great asset to the team," said Cordova. "She has the ability to run a quick offense and deliver the ball to all the hitters. Tara has great leadership qualities, which is important for a setter."

Northwest Nazarene

Three Sign With Crusader Volleyball Team (5/11/09)

Three prep standouts - Carly Dranginis, Becky Flores and Kylee Bellamy - have all National Letters of Intent to attend Northwest Nazarene University and play volleyball for the Crusaders this fall.

The Crusaders have gone small to get big, as two of this season's recruits are from small schools in Washington. Last season coach Sliger found two players from small schools in Washington and he has returned with two more diamonds in the rough in Flores and Bellamy.

Dranginis is from Nampa and is no stranger to Sliger's coaching style. They partnered together to win a Valley Championship when Carly was in eighth grade at South Middle School in Nampa, the year before Sliger took over the reigns of the NNU program.

"I am so happy to coach Carly again," Sliger commented on the 5-11 outside hitter. "We won a championship together when she was in eighth grade, and we will be looking to repeat that feat in the GNAC. Carly is a very smooth athlete that will make the transition to college volleyball very quickly."

"Carly has been successful at every level she has played, leading Skyview to the Idaho State Tournament all of her four years and I expect her to continue that trend at NNU."

Flores is a 5-10 middle blocker from Riverview High School in Kennewick. "Becky is an explosive athlete who plays much bigger than her 5-10 frame. Her speed and athleticism will impact the court immediately."

"I have been a fan of Becky's since I first saw her in the spring of her sophomore year. She was a dominant middle back then, so the sky is the limit with Becky," Sliger said. "Becky is going to electrify fans with her lightning fast armswing."

Bellamy joins the Crusaders from Goldendale High School. "She is the ultimate coaches kid; her mom was her high school coach and Kylee has spent her life in the gym. One of my favorite things about Kylee is that she is a coach on the floor. As a coach, when you have a player that is an extension of you out on the floor, it makes your job so much easier."

Western Oregon

Four Sign National Letters With Wolves (12/10/08)

Four high school seniors - Sarah Bain, Samantha Ward, Kris Kemper and Irene Walters - have signed National Letters of Intent to play volleyball for Western Oregon University.

"We signed an outstanding class," WOU coach Brad Saindon, who will begin his second season in Monmouth next fall, said. "I was very happy that we were able to meet the needs of our team and get our recruiting done in the early period. I can't wait to get them on campus and begin working with them."

Sarah Bain joins the Wolves as a setter out of Aloha High School in Aloha, Ore. She was named to the All-Metro League first team as a senior after earning second team honors as a junior and third team honors as a sophomore.

Bain was won the 2008 sportsmanship award at the state tournament. She has also excelled in the classroom where she is a two-time top 10 all-state academic selection. "We brought Bain in to move into the setter position in the near future," said Saindon.

Kemper helped lead Crook County High School to the 5A state title as a senior. During the 2008 campaign, she was a first team All-Inter-Mountain Conference selection and all-tournament performer at the state tournament as well as MVP of the championship match and the Oregon 5A Player of the Year. The 5-11 Kemper plays the middle blocker and outside hitter positions and was a member of the Rimrock Volleyball Club.

"Kemper is a terrific volleyball player that can play any number of positions and helped lead her high school team to a 5A state championship," noted Saindon.

Walters helped lead Blanchet Catholic High School in Salem, Ore., to a perfect 2008 season with a 16-0 record and a 2A state championship. At 5-11 she played left side hitter and middle blocker for the Cavaliers. During her senior year, she garnered first team all-league and Tri-River Conference Player of the Year honors. She was also named to the all-tournament first team and was the MVP of the 2A state championship match.

"Walters is a terrific athlete," said Saindon. "She is a big, strong kid that should play outside hitter for us."

Ward played her high school volleyball at West Salem High School. She was a 6-2 middle blocker for the Titans, who finished third in the Central Valley Conference this season. She earned all-conference honors as a senior after garnering second team honors as a junior. She was also a three-year member of the all-academic team.

"Ward is a terrific blocker with a good arm," added Saindon. "She will come in and provide us with depth at the middle blocker position which we desperately need with our graduating athletes."

Western Washington

Two Sign Letters With Western Washington (4/20/09)

Outside hitter Kinsey Davis, a senior at Burlington-Edison High School, and middle blocker Emily Boerger, a senior at Marysville-Pilchuck High School, have each signed national letter of intents to compete in volleyball for Western Washington next fall.

They join outside hitter Marlayna Geary from Tacoma's Bellarmine Prep and middle blocker Bailey Jones from Mukilteo's Kamiak High School, who were early signees.

"We are extremely excited to have Emily and Kinsey join Bailey and Marlayna in our 2009 recruiting class," said WWU coach Diane Flick. "This group brings a lot of experience to our team and a great foundation for years to come. They are a great combination of size and athleticism."

The 6-foot-2 Boerger will play in the 2009 Washington State Coaches Association Senior All-State series in June. A first-team Everett Herald all-Area and Western Conference North Division all-star as a senior at Marysville-Pilchuck, she helped the Tomahawks to the quarterfinals of the Class 4A state tournament last fall.

Boerger also was a first-team all-league pick as a junior and played on a squad that reached state as a sophomore.

"I think Emily may be a big surprise to people except those who know her," Flick said. "She is physical, she is smart and she plays with a passion that is infectious. I don't think she knows how good she could be, but I do and her future is going to be very bright at WWU."

The 5-9 Davis was a first-team Associated Press Class 2A all-State, Skagit Valley Herald all-Area and Northwest Conference all-star as a senior at Burlington-Edison, leading the Tigers to third straight league and district titles and seventh place at the state tournament.

Davis set school career records for kills (1,254) and blocks (462), leading the team in both categories for the third straight season with school-record totals of 616 and 134, respectively. She was named a second-team AP all-state and first-team SVH all-area and all-league as a junior on a team that placed seventh at state, and was a second-team SVH all-Area and all-league pick as a sophomore on squad that finished fifth at state.

Davis also is a standout sprinter in track, going to state in each of the last three seasons. As a junior, she placed sixth at state in the 400 and eighth in the 200, and as a sophomore finished fourth in the 200. She also has played for the Skagit and Burlington club volleyball teams.

"Kinsey is the epitome of the word 'athlete,'" said Flick. "She is quick, strong and has the mindset any coach would want because she wants the ball when it is tight. Beyond that, I was most impressed with how she plays the game...it is 100% high octane all the time. Her potential is great and it will be exciting to see how far she can go."

Vikings Sign Two Prep Standouts (11/24/08)

Two high school seniors have signed national letters of intent to play for Western Washington. They are outside hitter Marlayna Geary from Bellarmine Prep in Tacoma and middle blocker Bailey Jones from Kamiak High School in Mukilteo.

The 6-foot-1 Geary was a first-team Tacoma News Tribune all-Area and C-MVP of the Narrows League. She helped the Lions place second in the league and reach the Class 4A state tournament for the fifth straight year. It was the second consecutive season that Geary had been named the co-MVP of the Narrows League.

The 6-foot Jones was a first-team all-Western Conference South Division at Kamiak. She played on Knight's teams that placed fourth at state as a junior and ninth as a sophomore.

2008 Recruits

Alaska Anchorage

Seawolves Add Middle Blocker From Montana (6/20/08)

Middle blocker Cortney Lundberg has signed a National Letter of Intent to play volleyball for the University of Alaska Anchorage.

Lundberg (6-0) will transfer to UAA from Miles Community College in Miles City, Mont., where she earned All-MonDak Conference honors as a freshman last year. The Hardin, Mont., native will have three years of eligibility with the Seawolves.

“Cortney is extremely athletic and should give us a great boost along the front row,” said first-year coach Chris Green. “We’re excited to have her join the Seawolf program and hopefully become an important part of the future.”

Lundberg led Miles last season and ranked 17th in NJCAA Region IX in attack percentage, hitting an impressive .309. She had a season-high of 21 kills in MCC’s narrow loss to Williston State. Before attending Miles, she was a prep standout at Hardin High, earning Class A all-state honors as a senior in 2006.

Seawolf Spikers Add Accomplished Trio for 2008 (5/19/08)

Three junior college transfers - middle blocker Ashley Bates, defensive specialist Stacie Meisner and setter Calli Scott – have been added to Alaska Anchorage’s 2008 volleyball roster.

Bates and Scott were teammates the last two seasons at Glendale Community College (Ariz.), where they helped the Gauchos to a Top 10 national ranking and the NJCAA Region I/Division II title match as sophomores.

Meisner, meanwhile, comes to UAA after playing two seasons under new UAA coach Chris Green at Western Nebraska CC, helping the Cougars to the national title match as a freshman and the NJCAA national crown as a sophomore.

Meisner and Scott both recently signed National Letters of Intent with UAA, while Bates will compete this fall for the first time after attending UAA last semester and training with the team this spring.

Bates, 6-0, of Peoria, Ariz., was an All-ACCAC Second Team honoree in 2007 and an honorable mention all-league pick in 2006. As a sophomore she averaged 1.83 kills per game on .209 hitting, plus an

impressive 1.59 blocks per game. As a prep at Mountain Ridge High School, Bates earned honorable mention all-state honors and led her team to third place at the Class 5A State tournament.

Scott (5-8, Phoenix, AZ) ranked fourth in the ACCAC with 10.38 assists per game as a freshman in 2006. As a sophomore, she primarily played libero for the Gauchos but still managed over three assists per game as GCC went 21-11 and came one win shy of the national tournament. Scott played her prep volleyball at Phoenix’s Pinnacle High School.

“Ashley has good size and is obviously a talented player as shown by her JC accomplishments. The time she spent training here this spring should make her even more prepared to step into the lineup and make significant contributions quickly,” said Green. “Calli is an extremely good setter who has also proven her all-around skills. Last year she showed the willingness to make personal sacrifice for the good of her team, so we know she brings the character it takes to win.”

Meisner (5-9) will follow Green north after playing for Western Nebraska squads that posted a combined 110-4 record in her two seasons. The Gering, Neb., native averaged 1.88 digs per game and posted a .234 attack percentage for the Cougars in 2007, seeing action in every game of every match for the JC national champs.

An outstanding student as well, she was recently honored with several awards at her school’s postseason honors banquet, including that for the overall GPA among all WNCC female student-athletes. Before WNCC, Meisner was an accomplished prep player at Gering High School, where she mainly played outside hitter.

“I consider it a privilege to be able to coach Stacie for two more years,” Green said. “She is a versatile, intelligent player who will do everything in her power to win a match. In addition to what she will bring on the court, I see her easily fitting into a role as a team leader.”

Alaska Fairbanks

Oregon Product to Play For Nanooks (5/1/08)

Marybeth Wikander, a senior outside/middle hitter at Valley Catholic High School in Beaverton, Ore., has signed a national letter of intent to play for the Nanooks.

“Marybeth is a highly talented student-athlete,” said UAF coach Phil Shoemaker. “Besides her physical athletic talents, I am most impressed with her versatility, determination and work ethic. She is a solid performer, who possesses ‘Big Play’ potential.”

The 5-foot-9 Wikander was a four-year letterman and two-time captain for the Valiants volleyball team, which finished the 2007 season with a 16-14 Class 3A record and 10-4 mark in the West Valley Conference.

As a senior at VCHS, Wikander garnered West Valley League first team honors and received first team all-state. A two-time MVP for the Valiants, she was also a conference first team selection as a junior.

Her prep career highlights include starting at outside hitter on the Valiants' 2005 team that captured the Tri-Valley League title. Wikander was also a two-year letterman on the VCHS Track and Field team, competing in hurdles, javelin, high jump and triple jump.

Wikander brings five years of club experience to the court. In that time, she has played for three teams, spending the last year and a half with Portland Volleyball Club. This year she was named the Global Challenge's Best Spiker.

Shoemaker plans for Wikander to play right side. "I see her training primarily on the right side, but no position is beyond her ability."

An intended biology major at the University of Alaska Fairbanks, Wikander aspires to eventually pursue a doctorate in the medical field and a career in physical therapy. She joins Simone Chavous (Aurora, Colorado) in the 2008 recruiting class.

Nanooks Sign Player From Colorado (4/11/08)

Simone Chavous (SIM-moan CHE-vis), a senior outside hitter at Bishop Machebeuf Catholic High School in Aurora, Colo., has signed a national letter of intent to play for Alaska Fairbanks.

"Simone is an explosive athlete with a solid skill base and a very competitive and positive court demeanor," said UAF coach Phil Shoemaker. "She topped our 'wish list' for outside hitters, and whenever we sign our No. 1 prospect at any position, we are especially pleased."

The 5-foot-9 Chavous was a two-time captain and three-time Most Valuable Player for the Buffaloes volleyball team, which finished the 2007 season with a 14-10 Class 3A record and 6-5 mark in the Metropolitan Conference.

As a senior at BMCHS, Chavous garnered Metro League first team honors and received honorable mention for the Colorado all-state team. She was a Metro League second team selection as a junior.

A member of Juggernaut Volleyball Club, Chavous plays for the Under-18 team that took 13th place at the AAU Girls' Junior National Volleyball Championship (18 Open Division) last summer. Chavous will pursue

a degree in biological science at UAF and hopes to become a physical therapist.

Central Washington

Wildcats Sign Two To National Letters (12/8/07)

Outside hitter Meg Ryan of Spokane's Mead High School and outside hitter/middle blocker Mandy Saintz of Bothell High School have signed National Letters-of-Intent with Central Washington.

The 5-11 Ryan played for three WIAA Class 4A state championship teams in as many seasons at Mead. Her signing marks the fourth consecutive year that a former Mead Panther joins the Central Washington program, following in the footsteps of Rachael Schurman (Class of 2005), Erin Norris (Class of 2006) and Kady Try (Class of 2007). Ryan was a teammate of both Norris and Try under head coach Judy Knight.

"Meg is a well-rounded player who has a live arm, but also has terrific ball-handling," CWU coach Andaya, who has guided CWU to national playoff appearances in three of the last four years, said. "Meg's size gives her great range as a passer, and also as a defender. We're excited to add another player from an outstanding program where players are well-coached and are prepared to play at the next level."

In the classroom, Ryan carries a 3.8 grade-point average and is a member of the National Honor Society.

Saintz will tentatively be the Wildcats' tallest player on the 2008 roster at 6-foot-2. The Bothell High standout was a two-time first team all-KingCo League selection who helped the Cougars advance to the second round of the 2007 WIAA Class 4A state tournament.

A three-year letter winner for head coach Marlie Davis, Saintz hit .430 as a junior and totaled 29 kills, 19 digs, and six service aces in the district championship match against Woodinville earlier this fall.

"At 6-2, Mandy's size and physicality bolsters our front line," Andaya explained. "Playing middle blocker at the club level and outside hitter in high school, Mandy's versatility makes her a dangerous presence at any position. You always hear about potential in a lot of players, and Mandy has that, but she can flat-out play now. It's crazy to think about what she might be able to accomplish in the near future."

Saintz's blocking ability will add to a Central Washington squad that led the Great Northwest Athletic Conference with 2.56 blocks per game this past season. That average was also the program's highest since joining the NCAA Division II ranks in 1998.

Montana State Billings

Yellowjackets Sign Three to National Letters (11/29/07)

Montana State-Billings has signed three high school seniors to national letter of intents including Ashley Welborn (Billings, MT), Hannah Rasmussen (Omaha, Neb.) and Jody Lutz (Dugald, Manitoba).

Welborn is a 6-foot-0 middle blocker from Billings Senior High School. Welborn has been part of a strong volleyball tradition at her high school winning the state championship as a sophomore, junior, and senior. She was named to the all-conference and all-state teams as a middle blocker and outside hitter for the Broncos.

"Ashley is a very solid all-around player whose versatility is her best asset," said MSUB coach Sara Schaub. "She hits at a very high plane and can attack every play set. She is a great back row player with a very effective serve."

Rasmussen is a 5-foot-10 libero from Millard North High School. She was twice named the captain of her team and was part of the team that won the district championship and made it to the state semi finals match as a senior posting a record of 33-3.

"Hannah was mainly recruited for her back row abilities as a libero or defensive specialist," said Schaub. "I think she has the ability to be one of the best defensive players in the GNAC conference. She has a very solid platform, reads well of defense, and can pass half the court. She may also find her way into the front row as she has a nice arm swing."

Lutz is a 6-foot-1 outside hitter who is a multi-sport athlete lettering twice in track, three times in basketball, and four times in volleyball. Lutz was named the Athlete of the Year as a freshman and senior while also being named Athlete of Distinction as a senior.

"Jody will add some height for us in the front row," said Schaub. "She is 6-foot-1 and can jump well. She has great mobility and will be a big blocker for us on the right side. At her height, she also is a solid back row player as well."

Northwest Nazarene

NNU Signs Five Prep Standouts (5/14/08)

Kailey Trautman, Kelly Van Elderen, Kelsey Smith, Alaina Barber and Meagan Swenson have signed National Letters-of-Intent to attend Northwest Nazarene and play volleyball for the Crusaders this fall.

Trautmann, a senior at King's High School in Seattle, is a 5-10 Outside Hitter and plays club volleyball for the Washington Volleyball Academy.

"Kailey is going to be a great addition to the program," NNU coach Jared Sliger said. "Her knowledge of the game and ability to perform under pressure are going to be key ingredients for us."

Van Elderen will come to Nampa from Ripon Christian High School in California/ Van Elderen is a 6-2 middle blocker and also plays for the Delta Valley Volleyball Club.

"Kelly will be a force at the net," Sliger said. "The first thing that drew us to Kelly was her incredible blocking and the second thing was her arm swing. She was blocking everything and the balls she didn't block...she hit back at them."

Kelsey Smith, a 5-9 setter, will graduate from Temecula Valley High School in Temecula, Calif., and plays club volleyball for the 951 Volleyball Club.

Alaina Barber, a senior from Rogers High School in Puyallup, Wash., is a 5-9 middle blocker who plays club volleyball for the Puyallup Volleyball Club.

"Alaina is an explosive jumper with a great arm that is cut from the same cloth as Chelsea Lewis," Sliger adds. "Alaina will add depth to our already very talented middle blocking corp."

Rounding out the signing class is Meagan Swenson, a 5-11 middle blocker from Salem Academy in Salem, Ore.

Crusaders Add High School League MVP (12/13/07)

Haley Abbott, the emerald City League MVP this past fall at Cedar Park Christian in Bothell, Wash., has signed a National Letter of Intent to attend Northwest Nazarene University and play volleyball for the Crusaders.

Abbott (5-11, OH, Kenmore, Wash.), was a two-time League MVP and also earned Washington 1A All-State second team selection as a junior.

Abbott will bring some much needed physicality and ball-handling to the outside hitter spot due to the graduation of Loni Evenson, NNU coach Jared Sliger said.

Currently a member of the Island Thunder club team, Haley was awarded the Best Attacker award for the Northwest Juniors Volleyball Club in 2006 and also served two years as the Cedar Park Christian team captain.

Off the court, Haley carries a 3.90 grade point average and intends on pursuing a pre-med major at NNU.

Western Oregon

Three Sign NLIs With Wolves (6/11/08)

New Western Oregon University volleyball coach Brad Saindon has signed three players to National Letters of Intent.

Freshmen Danielle Reese, Sylvia Herrold and Brittany Barstad have signed NLIs. One other player - Kirsten Hoffman - will join the team this fall as a walk-on.

"I was worried about our late start in the recruiting process," said Saindon, who became the new Wolves leader on March 3. "But I inherited a great list of names and I am ecstatic about the kids that we signed. We pulled off a great recruiting class in a short amount of time."

Barstad is a 5-6 libero from Estacada. She is a two-time second team all-state (4A) selection and three times was named to the All-Capital Conference squad while playing for the Rangers.

Herrold, from Naselle High School in Ilwaco, Wash. , is a 5-11 opposite side hitter. She was a first team all-state pick at the 2B level for the Comets last fall and is a two-time winner of the MVP award in the Pacific League.

Reese is a 5-11 outside hitter from Gig Harbor, Wash. She was the Tri-MVP of the Narrows League in 2007, and will play in the Washington all-state series in Fife in July.

Hoffman is a 5-10 setter that played at Hudson's Bay High School in Vancouver , earning first team All-Greater Saint Helen's League honors last fall.

Western Washington

Vikings Sign Lewis & Clark Setter (12/13/07)

Laurie Yearout, a senior setter at Lewis & Clark High School in Spokane, has signed a national letter of intent to play for Western Washington University.

The 5-foot-9 Yearout helped the Tigers to three straight top-five finishes at the Class 4A state tournament, posting four-year per match career averages of 22.0 assists, 3.2 blocks, 9.4 digs and 2.1 service aces. Her career match highs were 34 assists and 20 digs.

Yearout was a first-team Greater Spokane League all-star as a junior and senior on L&C squads that placed second at state each year and had an overall record of 40-9. As a sophomore, she started on a team that finished fifth at state.

Yearout, who was a second-team state all-tournament pick as a junior, lettered four years in volleyball and has earned three letters in track and field as a pole vaulter.

Yearout's mother, Julie, who played volleyball at Whitworth College, is the girls volleyball coach at L&C; and her father, Tom, who played football at Washington State, is the head football coach at L&C.

2007 Recruits

Alaska Anchorage

Seawolves Sign Six Players To National Letters (5/23/07)

Six players, including four junior college transfers, have signed National Letters of Intent to play volleyball for the University of Alaska Anchorage.

Joanna Johnson, Rachel Kidwell, Milica Micovic and Rhea Wortman will be joined by freshmen Kaunnalli Self and Alison Warick as newcomers this August.

"We're really excited about adding the 2007 class to our returning group," said UAA coach Michelle Earl, who enters will be entering her third season at UAA.

"We're bringing in several junior college players to give us some veteran leadership, and we think they'll bring a great deal of maturity to the court.

"These players have such vastly different experiences, coming from all over the country and all over the world, and that brings also brings uniqueness to our team. This group seems to be extremely focused academically as well."

Here is a breakdown of the 2007 signees, with comments from Earl:

Joanna Johnson (Outside Hitter, Junior, 5-11 – Tustin, Calif., THS/Orange Coast College): Helped OCC to back-to-back California state championships and 51-2 overall record in 2005 and 2006 ... hit .245 as a freshman as Pirates went 26-0.

Rachel Kidwell (Outside Hitter, Junior, 5-10 – Bullhead City, Ariz., River Valley HS/Arizona Western College): Started two seasons at AWC, helping Matadors to consecutive NJCAA Region I Tournament titles ... sophomore stats included 269 kills and 137 digs ... also played two seasons of basketball at AWC.

Rhea Wortman (Outside Hitter, Junior, 5-9 – Prineville, Ore., Crook County HS/E. New Mexico/Clackamas CC): Honorable mention All-America and First Team All-NWAACC Southern Region as sophomore at CCC in 2006 ... powered Cougars to 41-9 record and NWAACC Tourney title match, leading event with 6.16 kpg ... posted team-best regular-season stats of 5.49 kpg, .309 attack pct., and 4.72 dpg ... played freshman season at NCAA Div. II Eastern New Mexico, averaging 2.25 kpg and team-highs of 3.00 dpg and 40 aces ... two-time Intermountain Conference Player of the Year and two-time first team all-state selection at Crook County High.

Coach Earl Says: "Joanna, Rhea and Rachel are all similar, all-around players. They will do very well on the outside, but are versatile enough to play on the right side if we needed them to, which likely one of them will. They are solid defensively, and have great passing and serve-serve skills. They're the type of kids that just don't make mistakes. They all add power on the outside, along with consistency, which will be a big deal for us."

Milica Micovic (Setter, Sophomore, 6-0 – Belgrade, Serbia, Colby [Kan.] CC): Starting setter for Colby CC as a freshman in 2006 ... helped Lady Trojans to 26-19 record and Jayhawk Conference West Division runner-up finish.

Coach Earl Says: "Milica's style seems very laid back, but she has a court sense and awareness that's hard to teach. She's able to see the other side of the court and she can talk and communicate during the play to our hitters. She can change the play while the action is going on, so that's great to have in a setter. Plus, she's got good size for a setter."

Kaunnalli Self (Middle Blocker, Freshman, 6-1 – Tuolumne, Calif., Sonora HS): Helped Senora High to back-to-back San Joaquin Section semifinal appearances, earning second-team All-Valley Oak League honors as a senior ... led SHS with 81 blocks and tallied 163 kills as team finished 27-14 ... National Honor Roll student all 4 years ... played for Delta Valley club team.

Coach Earl Says: "Kaunnalli is going to be big in the middle. Coming in as a freshman, she moves very well. She's got some power, and as she builds strength and gets some experience, she's really going to be a force."

Alison Warick (Outside Hitter/Defensive Specialist, 5-9 – Edmonton, Alberta, Strathcona Composite HS): Two-time team MVP at Strathcona Composite ... also earned one Most Improved Player award ... played 4 years for Griffins Volleyball Club.

Coach Earl Says: "Alison's focus will very likely be defense for the first couple of years. She's a talented outside hitter as well, but with the other three juniors coming in at that position, we see her concentrating on defense. She's always moving, she talks well, and is she's a consistent passer."

Alaska Fairbanks

Californian Signs With Nanooks (4/24/07)

Erica Gage of Palo Alto, California, has signed a NCAA National Letter of Intent to play volleyball for Alaska Fairbanks.

"I'm really excited to come and play," said Gage. "I've always wanted to play volleyball in college and this is everything I've wanted and worked for since I started playing volleyball."

Gage, a 6-foot-1 middle hitter, will graduate from Palo Alto Senior High School in June, where she played four seasons with the Vikings. Gage was a standout in her high school career, making the Santa Clara Valley Athletic League's First Team as a senior and honorable mention as a sophomore and a junior. She earned the Coach's Award in her second season and this year she was named a team captain for Palo Alto.

"It was absolutely critical that we signed somebody who we really think is a high quality middle hitter," said UAF coach Phil Shoemaker. "We really like Erica; she is somebody who can help us advance as a team."

No stranger to success, Gage was a member of two division championships during her sophomore and senior seasons. In 2004 she was the starting middle blocker for the Vikings squad that went 12-0 and captured the El Camino Division Championship. As a senior she captained Palo Alto to a 9-3 season mark and the De Anza Division Championship.

"She's a strong athlete," Shoemaker said. "She moves well and is well trained and intelligent in the game and she's got a great attitude. We like everything she brings to the court."

A current member and captain of the Hang Ten Volleyball Club, Gage has five years of club experience with various organizations. In the summer of 2005, Gage earned a bronze medal at the 2005 Junior Olympics in the 16s (years of age) National Division with City Beach Club of Santa Clara. She also participated in the Junior Olympics in Atlanta in 2006 with Vision Volleyball Club, which was where Shoemaker first took note of her.

"I originally saw her in Atlanta last summer and (assistant coach) Amy (Phelps) and I both watched her in February in Las Vegas," Shoemaker said. "She showed improvement when we saw her in Vegas and that is when we really began recruiting her hard."

Gage plans to pursue a degree in psychology at the University of Alaska Fairbanks. She is the first recruit to sign for the 2007 season.

"I feel like at this point, in terms of all positions on the court, we've got our bases covered now and she's a big part of that," said Shoemaker.

Central Washington

Wildcats Sign Another Player From Mead High School (4/12/07)

For the third time in as many years, a member of the defending Class 4A state champion Mead High School volleyball team will continue her volleyball career at Central Washington University as Kady Try has signed a National Letter of Intent with the Wildcats.

Try, a 6-foot outside hitter and the 2006 Class 4A State Player of the Year, joins current Wildcats Rachael Schurman and Erin Norris to make the jump from Mead to CWU. All three won state championships during their senior season playing for coach Judy Kight and the Panthers, as the Spokane school has now won four consecutive Washington Interscholastic Activities Association (WIAA) Class 4A titles.

"Kady is the complete package that can immediately enhance our team in many areas," said CWU head coach Mario Andaya. "Kady's natural feel for the sport and tremendous passion to compete makes her a very good player right now. She has a rocket arm and is explosive off both one and two feet. We are excited to implement her versatility and accurate passing into our offense.

"Kady prepares very well to defend. Her reaction time and defensive skills are impressive and can only get better."

Try, who added Greater Spokane League Most Valuable Player honors to her resume during her senior season at Mead, began her prep career at Liberty High School in Brentwood, Calif. She was a starter for the Lions, who went 33-10 during Try's junior season and advanced to the California Interscholastic Federation (CIF) Division I championship match, where they lost to Los Alamitos.

Try, who also plays for the Spokane Storm club team, coached by former CWU setter Kari St. Martin, is the second high school student-athlete to sign a National Letter of Intent with the Wildcat volleyball program. Setter Carlee Marble, who was the Class 2B Player of the Year at state champion La Conner, signed during the early signing period last November.

"We've met our recruiting needs with the signings of Kady and Carlee," Andaya said. "Both players add key elements that will help our program achieve short-term objectives, but more importantly, both are quality student-athletes that will have the opportunity to take us multiple steps closer to our ultimate goal."

LaConner Setter Signs With Wildcats (11/30/06)

Carlee Marble, a standout setter for the past four seasons at La Conner (Wash.) High School, has signed a National Letter of Intent to continue her volleyball career at Central Washington University

Marble, the 2006 Player of the Year in the Northwest A/2B League, was a three-time all-league and all-state selection at La Conner. She helped lead the Braves to a perfect season in 2006, which culminated with the WIAA Class 2B state championship.

In addition to her success on the volleyball court, she will have also lettered four times each in basketball and track and field for the Braves. In the classroom, Marble has been on the honor roll for all four years, and she currently carries a 3.89 grade-point average.

"Carlee is a dynamic player that can already execute at a high level," Andaya said. "Her passion for competing, as well as her enthusiasm for the game, made her stand out above all the setters we were considering."

Andaya expects that Marble, who stands 5-foot-8, will compete for the starting setter's role immediately upon arrival on the CWU campus for the 2007 season. That position had been held by Lindsey Dollente, who completed her eligibility with the Wildcats this past season after two years as a starter.

"Carlee's set location is extremely consistent at a variety of tempos, so we know she can come in and compete at this level," Andaya explained. "Her enthusiasm for defense also makes her a nice fit into our program."

Montana State - Billings

Yellowjackets Add Player From Division I Northern Colorado (5/10/07)

Devon Croutteau, who played one season at NCAA Division I will join Montana State - Billings for the 2007 season. The Casper, Wyo., is a 6-foot-0 outside hitter who lettered four years at Kelly Walsh High School in Casper.

She was a two-time Wyoming 4A Player of the Year and the Wyoming Gatorade Player of the Year in 2004 and 2005. Croutteau was only the third player to be named Gatorade Player of the Year twice in Wyoming.

During Croutteau's four years at Kelly Walsh, she led the Trojans to four state championship matches and two state titles. In each of her last three seasons, she led the Trojans in kills, digs, and aces. Croutteau was a three-sport star at Kelly Walsh, lettering four times in soccer and three times in basketball, helping the Trojans win state titles in soccer. Croutteau was

recruited by Division I schools in volleyball, basketball, and soccer.

"Devon will definitely add offense to our program," said first-year coach Sara Schaub. "She has experience playing at the highest levels of competition coming from Kelly Walsh High School and has already played a season at the college level. She also has the skills to make an impact in the backcourt with her great ball control and court sense."

At UNC, Croutteau averaged 2.97 kills and 1.14 digs per game. She was second on the team for kills per game average and was one of two Bears to amass 300 kills for the season. Croutteau had 14 matches in which she posted double digit kills, including a season-high 24 in a 3-1 win at Montana State on October 28.

In her final seven matches of the season, Croutteau averaged 3.69 kills per game. She led the Bears in kills in both of their matches at the Big Sky Conference tournament, including 14 kills in a 3-2 win against Montana.

Wyoming Player First Signee For New Coach (4/27/07)

New Montana State-Billings volleyball coach Sara Schaub announced her first national letter of intent signing on Friday. Jennifer Boe from Casper, WY, will join the Yellowjackets this fall.

"Jen comes to us from a very successful and respected high school program," said Schaub. "She was one of the best athletes on the volleyball court out of the state of Wyoming. Jen is a fluid athlete who should help make an immediate impact on the outside hitting position. I look forward to working with Jen and watching her develop into a high caliber volleyball player."

Boe will graduate from Kelly Walsh High School in Casper in June. A four-year letter winner, Boe helped lead the Trojans to three state championship matches, winning the state title in 2005. Kelly Walsh also captured three regional championships and two conference championships in the last three years.

A 5-foot-8 outside hitter, Boe totaled 504 kills over the last two seasons. As a senior, she knocked down 260 kills with a .248 attack percentage and was named the 4A North player of the year. As both a junior and senior, Boe was to the all-conference and all-state team.

Northwest Nazarene

Stivers, Walker and Hevern commit to NNU Volleyball (5/17/07)

Ainsley Stivers, Rylee Walker and Haley Hevern have signed National Letter-of-Intent to attend Northwest Nazarene and play volleyball for the Crusaders this fall.

Stivers (5-7, Setter, Eureka, Calif.) played prep volleyball at Eureka High School and club volleyball for the Humboldt County Volleyball Club. At Eureka she was an All-Big 5 conference honorable mention selection as a senior.

"Ainsley is a natural leader and a very creative setter that will be exciting to watch," NNU coach Jared Sliger commented.

Walker (6-1, MB, Willard, Wash.) played at Stevenson High School where she earned first-team all-league honors in the TriCo League as a senior and her Stevenson High team represented the Southwest District in the Washington 1A state volleyball tournament.

"Rylee will add to our physicality at the net," Sliger comments. "She is a high-jumping, hard hitting physical athlete."

Hevern (5-6, L, Central Point, Ore.) will play two sports at NNU, having already signed on to play for the Crusader softball program in December. On the volleyball court she was an Oregon 5A All-State Volleyball Team honorable mention selection in addition to earning Southern Sky conference honors.

"I love playing volleyball and I couldn't imagine going to college and not being involved with volleyball," Hevern commented. "I am looking forward to the challenge of playing two sports in college."

"I can see why the softball program is excited about Haley, as she has exceptional hands and feet and will bolster the libero position for us," Sliger said.

Evans to Play Volleyball for Crusaders (11/27/06)

Jocelyn Evans has signed a National Letter of Intent to attend Northwest Nazarene and play volleyball for the Crusaders in 2007-08.

"Jocelyn plays at a very high level," NNU coach Jared Sliger said. "And by high, I mean high above the net. I have been very excited about Jocelyn since her sophomore year in high school when she played Fast-Fours in our gym. It was evident then that she could block and terminate at our level."

Evans led Caldwell High School in both blocks and kills as a senior this year and will be playing for the Boise River Volleyball Club this spring.

Nampa Christian Standout To Play for NNU (11/16/06)

Erika Schaub, a 5-11 middle blocker from Nampa Christian High School in Nampa, has signed a national letter-of-intent to play volleyball at Northwest Nazarene.

Schaub earned first-team all-Western Idaho Conference honors as both a junior and senior and was invited to play in the Idaho Senior 2A-3A All-Star Game this fall.

"Erika will bring with her a winning attitude as she has won three state championships at Nampa Christian," NNU coach Jared Sliger commented.

Erika's Nampa Christian team won the Idaho 2A state championship this fall, their third in the last four years. Erika combines great character with outstanding volleyball talent and will be a great fit for our program," Sliger said. "She is a versatile player and could see action at all three positions in the front row."

Western Oregon

Wolves Sign Four to National Letters (4/17/07)

Stephanie Beeler (Tillamook), Kalista Harrison (Roseburg) and Mandy Keifer (North Salem) have inked National Letters of Intent to attend Western Oregon University.

In addition, Kayla Mainer (Spokane, WA - West Valley) is transferring from North Idaho Junior College to WOU.

"Our program has made strides in the past two seasons," said third-year WOU coach Joe Houck. "This class of recruits will leave a lasting impression on the university and the volleyball program. Our general athleticism is getting a huge upgrade with this class."

Stephanie Beeler was a first team all-state (4A) selection this season while at Tillamook High School, helping to lead the Cheesemakers to a share of the Cowapa League title.

The 5-10 outside hitter was the Cowapa League Player of the Year. She was a third team all-state pick (3A) as a junior, and has been playing club volleyball for Bridgetown in Vancouver. Beeler was also a second team all-state pick in basketball this past winter, and was the Cowapa League Player of the Year in that sport.

“Stephanie is a tremendous athlete with size, strength and speed,” Houck said. “She has a ton of versatility on the court. She is a potential full rotation player outside or right side, and should contend for a starting position immediately. We are very excited to see Stephanie in the mix with our returning players this fall.”

Kalista Harrison was named to the first team All-Southwest Conference team last fall as a standout at Roseburg High School .

Harrison, an honorable mention all-state (6A) pick, helped lead the Indians to a sixth place finish at the state tournament. The 5-10 outside hitter currently plays for the Webfoot Volleyball Club, one of the top teams in the Northwest.

“Kalista is an explosive athlete with a whip quick arm swing,” Houck said. “She has been dominant at the club level at times offensively and defensively as a blocker. Having Kalista will upgrade our athleticism and help build our team speed and power at the net. Kalista is a multi-sport athlete that is just realizing how good she can be.”

Mandy Keifer is a 5-10 middle blocker from North Salem High School who will be a multi-sport athlete at Western Oregon. Keifer is a standout on the court and on the track for the Vikings. A second team All-Central Valley Conference pick in volleyball last fall, she is also a state contender in the jumps this spring.

“Mandy is one of the most amazing athletes that I have seen at the high school level in quite some time,” Houck assessed. “She is a bit off the volleyball radar in terms of attention, but she absolutely wowed us at our tryout in January. Her speed and vertical jump are rivaled only by the speed of her arm swing when she is tagging a quick set to the floor. She is a non-stop energy producer, and the sky is the limit for her.

Kayla Mainer was originally recruited by Houck when he was the associate head coach at Eastern Washington University. Mainer, a former first team All-Greater Spokane League standout at West Valley High School in Spokane, spent a redshirt season at EWU in 2005, and then played last season at North Idaho College. At 5-10, Mainer can play both outside hitter or libero.

“Kayla is a jumping machine and will provide leadership for our young group of returnees,” Houck commented. “Her athleticism is off the charts and she will be one of the strongest and most experienced players on our roster next fall. She should anchor our serve receive, and be a point producer from the service line with a big time jump serve.”

The foursome join Jorden Burrows of Lebanon, who signed a letter-of-intent in November.

“This is a great class for us,” Houck stated. “Not only are they fantastic athletes, but they are terrific students as well. These are truly exceptional young ladies and we are excited to add them to our roster.”

Lebanon's Burrows Signs With Wolves (11/27/06)

Lebanon High School's Jorden Burrows has signed a national letter-of-intent to play volleyball at Western Oregon University.

Burrows, a 6-0 setter, was a second team all-state (4A) selection in 2005 (the 2006 teams have not yet been selected). She helped lead the Warriors this fall to a fifth place finish at the 5A state championships, and a 21-3 overall record.

Burrows and the Warriors were the title winners this year in the Mid-Willamette League, where she was a first team all-conference pick.

“We are excited to be bringing in a player with Jorden's talent and experience,” said WOU coach Joe Houck. “She is a big time, big game player, and has gained a ton of experience from her coaches—Adam Ellis at Lebanon , and Mike Heckard and Kathy Nelson at Webfoot Juniors.

“We think Jorden has the ability to play immediately, and she is a player who raises her level of play under pressure,” Houck continued. “She was a dominant force in Lebanon's victory over defending state champion Ashland in the OSAA 5A state tourney this fall. Her signing begins what should be a tremendous class for us this year, and gives us recruiting momentum heading into the spring signing period.”

Western Washington

Vikings Sign Libero to National Letter (11/22/06)

Libero Allison Gotz from Bothell and Archbishop Murphy High School has signed a national letter of intent with Western Washington University during the early signing period.

Gotz was the Everett Herald Player of the Year as a senior, helping the Wildcats to a 14-4 record and the school's first Class 2A state tournament appearance.

“She's the true definition of a student-athlete,” said Western coach Diane Flick . “We're adding to our defensive corps and looking to keep that line of All-America liberos going ... Bill Neville (Flick's coach at the University of Washington), who has coached at the Olympic level, calls her ‘the real deal,’ and that's high praise indeed.”

A first-team all-Area and all-Cascade Conference selection for the second straight year, Gotz established school records for digs in a match (29), season (228) and career.

Gotz received Associated Press all-State honorable mention as a junior. Western has had back-to-back All-American liberos in senior-to-be Courtney Schneider and Nicola Parker.

**Stanwood Outside Hitter Signs With Vikings
(11/17/06)**

Outside hitter Megan Amundson from Stanwood High School has signed a national letter of intent during the early signing period to play volleyball for Western Washington University.

Amundson, who was listed nationally as a "Senior Ace" on prepvolleyball.com, was a first-team pick on both the Everett Herald all-Area and Western Conference North Division squads for the third straight year after being a second-team choice to both as a freshman. She finished her career with 725 kills and 359 digs and a serving percentage of .870.

The 5-foot-11 Amundson was a second-team all-state choice, Seattle Times all-Area and Skagit Valley Herald Female Athlete-of-the-Year as a junior, helping the Spartans to the Class 4A state tournament.

Stanwood's team captain the last three years, Amundson was a member of the Washington Volleyball Academy International team that traveled to Brazil last August.

Amundson's older sister, Lauren, was a record-setting setter at Christian Brothers University (Tenn.) and her mother, Jeanie, played on two state championship volleyball teams at Seattle's Ingraham High School.

2006 Recruits

Alaska Anchorage

Seawolves Add Another Hawaii Volleyball Recruit (6/16/06)

Meghan Koizumi, of Waimanalo, Hawaii, has signed a National Letter of Intent to play volleyball for the Seawolves.

A 5-7 setter, Koizumi was named honorable mention all-state last season by the Honolulu Advertiser. She also earned first-team all-conference honors in the Oahu Interscholastic Association's Eastern Division.

"We are elated to add Meghan to our team," UAA coach Michelle Earl said. "She is a strong all-around player who will not only train as a setter, but plays amazing defense. Her experience and talent as a hitter will also give us some much needed versatility."

Koizumi is the sixth player to join UAA this off-season, along with two other players from Hawaii.

Seawolves Add Service Standout Aukusitino (4/24/06)

Service High School standout Pasadeanna Aukusitino has signed a National Letter of Intent to play for the University of Alaska Anchorage.

The 5-5 defensive specialist/hitter is coming off an outstanding senior season with the Cougars in which she earned All-Cook Inlet Conference honors.

"We feel that we are getting one of the top volleyball players in Alaska in Pasadeanna," said UAA coach Michelle Earl. "Because Deanna has such an unbelievable grasp of the game, she is able to read opponents, see the court and make adjustments during the game that allow her to make some amazing plays."

"Some players have a built-in instinct for the game that cannot be taught, and Deanna is one of those players. She will be able to step on the court next year and fill a void in our passing and defensive game."

Aukusitino, who also helped lead Team Alaska to the gold ulu at the 2006 Arctic Winter Games, joins seven other Anchorage natives on the Seawolves' current roster, including five from Service.

UAA Bolsters Front Line with JC star Poasa (4/24/06)

Middle blocker Paepaetele Poasa (pie-pie- TELL-ae poh-AH-sa) has signed a National Letter of Intent to play volleyball for the University of Alaska Anchorage.

The 5-10 Honolulu, Hawaii (Farrington HS) native will have two years of eligibility at UAA after transferring from junior college power Taft (Calif.) College, where she helped the Cougars to consecutive Central Valley Conference titles and a 54-7 overall record.

As sophomore in 2005, she earned first-team All-CVC honors with averages of 3.17 kills, 2.86 digs, and 1.00 blocks per game, and a .390 attack percentage. In Taft's 3-1 loss in the state tournament's Sweet 16 round, Poasa had 17 digs, nine kills and eight blocks.

The Cougars went 31-3 and advanced to the state quarterfinals in Poasa's freshman season, as she averaged 2.53 kills, 3.13 digs, 0.92 blocks and .437 hitting, and earned second-team all-league honors.

"We are thrilled to have Pae join our squad," said UAA coach Michelle Earl, who begins her second season on the Seawolf bench this fall.

"She is a strong all-around player whom we expect to be a force at the net. She also has a quality jump serve and plays great defense in the back row. Being a JC transfer from an incredibly successful program, she will bring some much needed experience to the court."

UAA Gets Transfer From Georgia Southwestern (1/27/06)

Outside hitter/defensive specialist Jessica Velazquez has enrolled in school and will play volleyball for Alaska Anchorage during the 2006 season.

Velazquez will have two years of eligibility at UAA after transferring from NAIA Georgia Southwestern State University where she played for Earl in 2004.

As a redshirt freshman at GSW, the 5-foot-9 Velazquez ranked No. 2 on her team in kills per game (2.33) and digs per game (3.9) as the Hurricanes won the Southern States Athletic Conference title. As prep standout at Walton High School in Marietta, Ga., she helped her teams to the 2002 and 2003 state championships.

"Not only is Jessica a talented all-around player, but I can say from coaching her previously that she has an incredible passion for the sport of volleyball," said Earl, who became the Seawolves head coach in 2005. "She will be an important addition to the growth of our program."

Alaska Fairbanks

Nanooks Ink Canadian Outside Hitter (4/16/06)

Sarah Lowry, a 5-9 outside hitter from Canada, has signed a National Letter of Intent to play for the Nanooks in the fall.

“Sarah is a very exciting athlete and player,” said head coach Phil Shoemaker. “Her quickness and explosive jump will be immediately evident, and add an exciting physical element to the team. She is well trained and will be an immediate contributor on our team.”

A native of Calgary, Alberta Lowry is a senior at Stathcona Tweedmuir High School. She plays for Dinos Volleyball Club, which, according to Shoemaker, is always among Canada’s elite junior programs and where Lowry has earned numerous awards at the Provincial level.

Lowry intends to seek a pre-dentistry degree in biological sciences at UAF.

“UAF’s outstanding biological sciences program and the academic success of former Nanook student-athletes was a key factor in her long and greatly anticipated decision,” added Shoemaker.

“Sarah’s signing is the exclamation point on a really great recruiting class. (There’s) No doubt about it; especially when you consider that Sarah Boyer who “red-shirted” this fall will be a member of this group too.”

Nanooks Add Right Side Hitter (4/13/06)

Jessica Hill, a 6-0 left-handed right side hitter, has signed a National Letter of Intent to play volleyball at the University of Alaska Fairbanks.

“We are really excited that Jess has decided to make UAF her college home,” said head coach Phil Shoemaker. “She is a well trained and talented athlete, who we think has the ability to make a significant impact immediately, and yet has a great deal of room to improve over her college career.”

A native of Colorado Springs, Colorado, Hill is a senior at Doherty High School and has played in the state high school tournament each of the last four years. In addition she plays for Colorado Springs Altitude Volleyball Club, which, according to Shoemaker, also competes amongst the best club teams nationally.

“She’s use to winning and has been a big contributor for very good high school and club teams. We believe her talents as a player and person will be a great addition to the team.”

She plans to pursue a degree in biological sciences and Shoemaker noted that the academic excellence of UAF’s biology program was the deciding factor in her choice.

Thigpen To Play For Alaska Fairbanks (11/17/05)

Megan Thigpen, a 5-10 middle hitter from Spokane’s Mead High School will volleyball this coming fall at the University of Alaska Fairbanks.

Thigpen has been a member of three Class 4A State Championship volleyball teams at Mead and has also been rostered on three district and regional championship teams.

Thigpen has been awarded numerous accolades. The two-year team captain was named to the all-tournament team at the Northwest Invitational Tournament in Walla Walla, and was named the Most Valuable Player in the Greater Spokane League during her senior season.

“Megan can flat out ‘play,’” said UAF head coach Phil Shoemaker. “She knows how to win, she is a dynamic, enthusiastic leader; a pusher who gets the job done and gets others to do theirs.”

Thigpen is a well-rounded athlete having competed at the high school varsity level in four sports throughout her four years at MHS. During her freshman year (2002-03), Thigpen participated in track and field and in her sophomore year, she lettered in varsity volleyball, basketball and track.

In her junior year, she continued to play volleyball and basketball, but began playing softball in place of track and field. Thigpen competed in basketball and softball in addition to volleyball during her senior year.

California Setter Signs With Nanooks (11/16/05)

Alexa Sherman, a 5-9 setter from Calabasas, California and Calabasas High School, has signed an NCAA National Letter of Intent to attend Alaska Fairbanks and play for the Nanooks.

A standout setter at CHS, Sherman was voted team captain and team MVP in each of the last three season. In addition she garnered Coaches and an All-Tournament Setter Awards, during her career at CHS.

Most recently, she was awarded her second All-League Setter award for the Southern California Marmonte League.

“Alexa is a really, really good setter and team leader,” said UAF head coach Phil Shoemaker. “Having her on our court is going to make a big difference, and has me excited for the years to come.”

The Nanooks will look for Sherman to come in and make an immediate impact, filling the spot left by graduating senior setter Kayleen Stenehjem (Anchorage, AK/Diamond HS). Stenehjem split time on the court this year with freshman setter Sedra Zlock (Spanaway, WA/Spanaway HS).

Sherman and Zlock will provide a solid setting core to quarterback the Nanooks offense next season. Shoemaker is eager to infuse Sherman's talent into his program.

"She (Sherman) possesses great setting and ball control skills, makes correct decisions, and plays a very complete game," said Shoemaker. "Her leadership style is very supportive, yet focused and competitive."

Sherman is an honor roll student at CHS and will pursue a Bachelor of Arts and Sciences Degree in the School of Education at UAF.

Central Washington

Wildcats Add Three To Roster For 2006 Season (7/19/06)

Three players, including two transfers and former Selah High School standout Meggie Graf, will join the Central Washington University volleyball program for the 2006 season.

Outside hitters Kayla Roof and Emily Veenker, transfers from the University of Puget Sound and the University of Wyoming, respectively, each joined Graf in signing with the Wildcats.

Roof, who will be a sophomore, had a standout freshman season at Puget Sound last fall. She was named the American Volleyball Coaches Association (AVCA) Division III West Region Freshman of the Year for the

Loggers, adding honorable mention All-American and first team all-Northwest Conference accolades.

At 5-foot-10, Roof, a native of Eatonville, Wash., averaged 3.74 kills and 3.14 digs per game as Puget Sound advanced to the NCAA Division III tournament.

"Kayla brings in scoring experience that will give us much needed depth at the pins," CWU head coach Mario Andaya said. "She attacks with a scorer's mentality, and once she understands our scheme, she will enhance our offense immensely."

Veenker played two seasons, predominantly as a reserve, at Division I Wyoming. A native of Auburn, Wash., the 5-foot-8 junior-to-be appeared in 30 matches with four starts over her two campaigns with the Cowgirls. Veenker earned numerous all-star accolades during her prep career at Auburn High School, including first team all-league and all-state honors as a senior.

"I've always liked Emily's power and athleticism," Andaya said, "so it will be exciting to work with her and see where she will fit into our program. She has

played multiple positions, but once she settles into a comfortable role, she will be a tremendous player."

Graf, who played the outside hitter position during her high school days but is expected to transition to the back row as a libero at CWU, will join the Crimson and Black as a true freshman in 2006. She starred for Class 3A state champion Selah, earning state Player of the Year honors as a senior.

Graf also earned first team all-Mid-Valley League accolades each of her final two seasons, leading the Vikings in kills and capping her prep career with co-Player of the Year honors in the MVL.

"Meggie has done it all in high school and has been a complete player for a championship team," Andaya said. "I see her as a rock on defense and first contact, and once we simplify her role, Meggie's enthusiasm for the game will help her develop into an excellent college player."

Scheidt, Norris Sign Letters Of Intent With Wildcats (4/20/06)

Deidre Scheidt, a setter/libero from Fife High School, and Erin Norris, a middle blocker from Spokane's Mead High School, have both signed National Letters of Intent to play volleyball at Central Washington University.

Scheidt, who actually signed her NLI during the early signing period in November, was a two-time all-Seamont League selection for the Trojans. She also competed in basketball and track and field at Fife, and carries a perfect 4.00 grade-point average. She is the younger sister of Darcy Scheidt, who was a key part of the Wildcats' volleyball success each of the past four seasons as the team's libero.

"We are excited to get another Scheidt in the program," CWU coach Mario Andaya said. "I am impressed with Deidre's intellectual approach to the game and with how she can break things down. I can't wait to coach her and see some of the fire that her sister displayed in the (libero) position the past few years.

"I believe she is better mechanically than Darcy was coming out of high school, and as she develops the confidence and instincts in this demanding defensive role, she is going to be a tremendous asset as her sister was."

Norris prepped at Spokane's Mead High School, where she helped lead the Panthers to consecutive Class 4A state championships. One of Norris' high school teammates at Mead was Rachael Schurman, who will be a sophomore middle blocker for the Wildcats this coming season.

"Erin is very athletically talented with a rocket arm and an explosive vertical," Andaya said. "I am mostly impressed with her vision and understanding of the game. She has been well-coached and has a natural feel for the sport that will enable her to contribute immediately in a variety of ways."

Norris was a two-year letter winner at Mead, earning all-Greater Spokane League honors this past fall as the Panthers won their third straight state title with an unblemished 33-0 record. She has also starred in softball, lettering three times and helping her squad qualify for the state tournament as a sophomore and junior.

"Her arm speed is impressive," Andaya added, "but she has some power that I think will get heavier once she gets a little stronger. I am excited to see her in a Wildcat uniform."

Northwest Nazarene

Two Sign Letters For Northwest Nazarene (5/6/06)

Amy Higginson and Jackie Bourdon have signed National Letters-of-Intent to attend Northwest Nazarene and play volleyball for the Crusaders next fall.

Higginson, a senior at R.A. Long High School in Longview, Wash., is a 2005 Washington 4A All-State selection at setter and currently plays on the Cowlitz Asics Volleyball Club.

"In looking for a quarterback to run our offensive system, I think we found a great fit in Amy," commented NNU coach Jared Sliger. "With her leadership skills and decision making I feel that we are 'set' at the setting position for years to come."

Bourdon, a senior at Black Hills High School in Olympia, Wash., is a libero and currently plays for the South Sound Ohana Volleyball Club.

"Jackie has the ability take things away from opposing players defensively," Sliger said. "Players with instincts like Jackie's don't come along very often and she just seems to always be in the right place. We are fortunate that the right place for Jackie next year is at NNU."

Forseth to Play For Crusaders (11/15/05)

Lindsay Forseth has signed a National Letter-of-Intent to attend Northwest Nazarene and play volleyball for the Crusaders.

Highly recruited throughout the last two years, Forseth led the Nampa Christian High School volleyball team to its third Idaho state 2A volleyball championship in the last four years earlier this month, finishing her high school career with 76 kills in the state tournament

and amassing over 1,000 kills in her four years at NCHS.

A first-team Western Idaho Conference (WIC) volleyball all-league pick for the last three seasons, Forseth helped the Trojans capture their fourth straight WIC title and fourth consecutive Idaho District III championship in October.

"Lindsay is one of the top outside hitting recruits in the Northwest," NNU head coach Jared Sliger said. "We feel very fortunate that she has chosen to stay close to home. Lindsay was being recruited by numerous Division I schools including New Mexico State University, Florida State University, Arizona, and Miami. Lindsay will have an immediate impact on the court next year for the Crusaders and comes in as a three time Idaho State 2A Champion."

"Lindsay is the kind of player that you can build a program around, so we are very lucky to have her here," Sliger continued.

Named the NCHS Volleyball Gatorade Player-of-the-Year in 2004, Forseth led from both on the court and off, being an All-American Scholar Award Winner in 2004-05 and winning the Idaho High School Activity Association (IHSAA) Volleyball Scholastic GPA Award in both 2004 and 2005.

Named to PrepVolleyball.com's USA Top 79 High School Sophomores list that was released in January of 2004, Lindsay continued to get attention as she traveled with the Boise River Volleyball Club's U-18 'A' Team in 2004 and 2005.

A first-team WIC Basketball all-league selection last year, Lindsay will continue her high school athletic career this winter, playing basketball for the Trojans.

Tiffany Ferch Signs With Crusaders (11/9/05)

Tiffany Ferch has signed a National Letter-of-Intent to attend NNU and play volleyball for the Crusaders next fall.

"Tiffany is an explosive jumper and attacker," NNU coach Jared Sliger said. "I was very impressed with her this summer at camp. She picked up on our system right away and the more I learn about Tiffany the more confident I am that she will have a great career."

A senior at Goldendale High School in Washington, Ferch is a 6-0 middle blocker who posted 227 kills and hit .302 during the regular season this year on her way to being named to the first team All-SCAC West League.

"Goldendale High School in Washington hasn't lost a game in league in three seasons, mainly due to Tiffany's hitting," Sliger continued.

"Tiffany has been a joy to coach the last 4 years," added Jodi Bellamy, head coach at Goldendale High School. "Her love for the game and intense desire to improve are a wonderful recipe for success! Her best volleyball is ahead as she joins the ranks at NNU and receives the top notch coaching that she will find there."

Nampa Athlete Signs With NNU (11/9/05)

Ashleigh Dailey, a senior at Nampa High School, has signed a national letter of intent to attend Northwest Nazarene University and play volleyball for the Crusaders.

"Ashleigh walked into my gym this summer and put herself on the top of my recruiting list," Sliger commented. "She is a physical attacker that has a very steep learning curve. I was teaching her new things and she was able to do them quickly and easily. Ashleigh will help us with our physicality at the outside hitter position."

"She has been our go-to girl on the outside for two years now. As a captain, she led by example in the classroom and on the court," commented Nampa High head coach Lisa Pon-Arleau. "She has been a starting outside hitter for two years, playing both front and back row. NNU has a great volleyball program and I feel she will be an asset to their program in the years to come."

Sabus to Play For Crusaders (11/9/05)

Sara Sabus has signed a National Letter-of-Intent to attend Northwest Nazarene next fall and play volleyball for the Crusaders.

Sabus, a senior at Eagle High School in Eagle, Idaho, averaged just over four digs per game on an Mustang team that finished second in the Idaho 5A state volleyball tournament last month.

"Speed, athleticism, intensity, energy, and winner would all be terms I would use to describe Sara," NNU coach Jared Sliger commented. "Sara has transformed herself into one of the best liberos in the Northwest. I know I will be able to count on Sara to elevate the level of ball control for us."

"Whether she is setting or playing libero, I expect Sara to be a factor early and often next season."

Skyview Standout To Play For NNU (11/9/05)

Skyview High School product Cammy Dranginis has signed a National Letter-of-Intent to attend Northwest Nazarene University and play volleyball for the Crusaders next fall.

Dranginis, a 6-0 middle blocker from Nampa, was an Idaho 4A First Team All-State Volleyball selection in

2005, as well as being named to the 4A Southern Idaho Conference First Team All-Conference squad as she helped lead her Skyview team to a second place finish in the state tournament last month.

"Cammy is a middle blocker from Skyview that will immediately contend for a starting position," NNU coach Jared Sliger commented. "She is a physical attacker that has the skills to compete with the top teams in the conference. I especially like Cammy's versatility, she is a three sport athlete at Skyview that could have chosen any one of the three, and thank goodness for us she chose volleyball."

In her senior season Dranginis hit .395 and led the Hawks in kills while as a junior she excelled in both volleyball and basketball, being named to the 4A Southern Idaho Conference First-Team All-Conference teams in both basketball and volleyball.

"Behind Cammy's inside/outside game, the girl's basketball team at Skyview finished fifth at state and she has led the Skyview volleyball team to consecutive second place finishes in the Idaho State Volleyball Tournament," Sliger said.

Saint Martin's

Saints Sign Four to National Letters (5/23/06)

Four high school seniors have signed National Letters of Intent with Saint Martin's. Joining the Saints' volleyball team next year will be Shealun Campisi, Leilani Ramsey, Kristin Anderson and Elise Dike.

"These four athletes will bring much needed depth to the Saint Martin 's volleyball program this coming year," noted SMU coach Phil Ibarra.

Campisi, a senior outside hitter from White River High School, recorded 63 kills at the state tournament in leading her team to a second place finish and receiving first team all-state honors in her senior season.

She is a four-time first team All-Seamount League selection, including Most Valuable Player honors this past year, and two-time first team All-Area and All-State honoree. She was awarded the state sportsmanship medallion all four years of her high school career.

Campisi has been a member of the Puget Sound Volleyball Club for seven years and has competed in three Junior Olympic National tournaments.

Ramsey, a senior outside hitter from Fife High School and club teammate to Campisi, was selected to the Washington State West All-Star team which will compete this summer at Fife High School and in Eastern Washington. In her senior season, she was

selected as first team All-Seamount League in leading her team to a fourth place finish at the state championships. She was also selected as team Most Valuable Player.

“Both Shealun and Leilani have competed at the Junior Olympic Nationals since the age of 14. They also come from one of the powerhouse volleyball clubs in the Puget Sound Region,” said Ibarra. “Both players are strong outside hitters and are expected to have an immediate impact in our program.”

Anderson, a senior outside hitter from LaSalle High School, has earned many honors over the years. She was the recipient of the team Most Valuable Player award her freshman year and the Coach's Award her sophomore year. In her senior season, she was named team captain and collected first team all-league honors.

“Kristin will be a force in our conference. Her explosive athletic ability will be something to watch this coming season,” stated Ibarra. “Her passion and determination for this game is unbelievable. We are fortunate to have an athlete of this caliber and talent as a part of our program.”

Dike, a middle blocker from Shelton High School, is a three-year letter winner. In her senior season, she posted 222 kills with 22 coming in one match on her way to earning Most Valuable Player and first team All-Narrows League honors. She is also a standout in the classroom as she is a member of the National Honor Society, Phi Beta Kappa, Dean's List and will graduate from high school with an AA Degree from South Puget Sound Community College.

“Elise will bring much needed depth and versatility to our squad,” Ibarra added.

Ibarra continued, “We are truly excited about these four athletes coming into our program. We are looking to bring in a couple more athletes to finalize an already strong recruiting class.”

Seattle Pacific

LCSC Setter Transferring to Seattle Pacific (6/14/06)

Stephanie Wayt, the starting setter at Idaho's Lewis-Clark State the past two seasons, has signed a national letter of intent to play volleyball for Seattle Pacific University next season.

Wayt, a 5-foot-7 native of Anchorage, becomes the fourth recruit for the Falcons. She averaged 6.47 assists, 1.41 digs and 0.3 service aces per game for the Warriors last season, and appeared in 24 of 26 matches. Wayt averaged 4.79 assists as a freshman.

She was the Alaska Player-of-the-Year in 2003, helping to lead Robert Service High School to the championship.

Bettencourt To Play For Falcons (6/6/06)

South Lake Tahoe's Jessica Bettencourt has signed a national letter of intent to play volleyball for Seattle Pacific University next season.

Bettencourt, a 5-foot-11 senior middle, is the third recruit for Seattle Pacific. She was named first team all-Sierra Division last fall after helping to lead the Vikings to a 25-10 record and a berth in the Northern 4A semifinals. Bettencourt led the team in kills average (2.25). She also plays for the Sierra Nevada Volleyball Club.

Falcons Get Middle Hitter From Arizona (4/20/06)

Kylie Johnson, a standout middle from Tucson, has signed a national letter of intent to play volleyball for Seattle Pacific University next season.

Johnson, a 6-foot senior at Catalina Foothills High School, becomes the first recruit for Seattle Pacific. She hit .387 in her final season for the Falcons and was named the Kino Region player of the year and honorable mention all-state. Catalina Foothills won the region and advanced to the second round of the Arizona 4A tournament.

Zona, Johnson's volleyball club, qualified for nationals and she made the Southern Arizona first team selection.

Western Oregon

Wolves Sign Five On Letter of Intent Signing Day (4/06/06)

Western Oregon head volleyball coach Joe Houck announced the signings of five players to letters of intent, on the first day of the NCAA national signing period.

Houck and staff have added the five high school signees, and also have a Chemeketa CC transfer that is already on campus.

Prep players that will join the Wolves for the fall of 2006 are Jessica Baty (Pendleton), Amy Herron (Spokane, Wash./Mead HS), Nicole Solum (Spokane/Mead HS), Danielle English (Anchorage), and Lisa Martini (Philomath). The Chemeketa transfer is Shakira Jenkins (Vancouver, Wash.).

“This is a great class of recruits for us,” exclaimed Houck, who is in his second year as the leader of the Wolves program. “We basically were able to sign the kids that were at the top of our list. I am really excited to get these players on campus.”

Houck is already familiar with Herron (setter, 5-5) and Solum (right-side hitter, 5-10), who played for him on the Spokane Splash club team. Both players were standouts this past fall on a Mead High School team that won the Washington 4A state title. Both were also All-Greater Spokane League selections.

“Both players are proven winners, as Mead has won three consecutive state titles,” Houck said. “Amy serves the leather off the ball and has all the tools to be a leader in our program immediately. Nicole is one of the most efficient attackers that I have ever coached at the club level. She was recruited by Division I schools, and I am confident that we have added a Division I-caliber player to our program.”

Baty was an All-Intermountain Conference selection at Pendleton, as a 5-6 outside hitter, setter and libero. Her father Dave was her coach with the Buckeroos, and she played for the Columbia Juniors Volleyball Club. “Jessica is a phenomenal athlete with loads of experience,” Houck said. “She should contribute immediately at any of the three positions. She brings a lot of energy to the court.”

English (5-7) was an all-state libero in Alaska. Her squad won the state title last fall. “I think Danielle is the best defensive specialist in Alaska,” Houck stated. “I expect her to be a stabilizing for us and she will win matches for us immediately with her serving, ball handling and mental toughness.”

Martini is a 6-0 middle blocker/outside hitter. “Lisa is a potentially dominant blocker and hitter,” Houck continued. “She has terrific hang time and already has collegiate strength and coordination coming in. She may be the surprise of this recruiting class as she gains comfort with the pace of play in this conference.”

Jenkins is the sister of current WOU volleyball and track and field standout Keyanna Jenkins. The 5-11 outside hitter was an All-NWAACC selection last fall at Chemeketa. “Shakira is one of the most fluid attackers that we will see in our conference,” Houck stated. “Her athleticism is off the charts. Having her here in the spring gives us a huge head start in terms of implementing our offense.”

Western Washington

Three All-Staters Sign With Vikings (4/26/06)

Three high school seniors, all of whom received all-state honors, will be playing volleyball at Western Washington University this fall.

The trio consists of outside hitter Shasta Bennett from Prairie High School in Brush Prairie, defensive specialist/libero Andrea Watanabe from Kentwood High in Kent and middle blocker Maggie Brewe from Meadowdale High School in Lynnwood. Bennett and

Watanabe have signed national letters of intent, and Brewe has accepted admission.

Bennett received second-team Class 4A all-State recognition last fall at Prairie, being named Southwest Washington Region Player of the Year by the Vancouver Columbian and voted the Greater St. Helens League Most Valuable Player by the league coaches.

The 5-foot-9 Bennett helped the Falcons win league and district titles and place ninth at the state tournament, having 276 kills in 22 matches.

“The first thing that struck me about Shasta was her ball-control,” said WWU coach Diane Flick. “She has great command of the ball and that includes hitting variety as well. Shasta comes from a great club program that trains its athletes well.”

The 6-foot Brewe was a first-team Class 4A all-State choice and Western Conference South Division all-star pick at Meadowdale. She was a three-time team MVP for the Mavericks, and did not play as a sophomore because of a hip injury.

“I have been watching Maggie's progress since I coached her in a camp when she was an eighth grader,” Flick said. “She has had some challenges which have made her appreciate the game and the opportunity to play. She has an infectious personality and the physical ability to make a difference in our program.”

The 5-7 Watanabe earned first-team South Puget Sound League North Division all-star honors as an outside hitter at Kentwood High School, leading the Conquerors to a league title and seventh place at the Class 4A state tournament. As a junior, she was a second-team all-state pick on a team that finished eighth at state, ranking second among the league leaders in digs.

“Andrea is a great addition to our defensive corps,” said Flick. “She is a tough, competitive player, which are the attributes we look for in a defensive specialist. I am looking for her to bring the calm of good ball-handling and the fire to motivate her teammates. We are excited for her arrival.”

Vikings Sign Two Players From Whatcom CC (3/28/06)

Two talented transfers from Whatcom Community College, right-side hitter Mary Martineau and outside hitter Emily Castro, have enrolled at Western Washington for spring quarter and will play on the Viking volleyball team this fall.

Martineau was a first-team North Region all-star for the Orcas in 2005. As a sophomore, she averaged 3.28 kills per game with a .231 attack percentage and 1.15

aces, helping WCC to a 36-17 record, the North Region title (11-1) and fourth place at the NWAACC Finals.

The 5-9 Martineau, who lettered at Western Oregon in 2004, was a three-time, first-team Kingco 4A League choice at Redmond High School .

Castro was a student assistant coach for the Orcas in 2005 after helping them to North Region titles in 2004 (12-0) and 2003 (11-1). She was a North Region MVP and an NWAACC all-tournament choice as a sophomore.

In 2004, the 5-11 Castro led WCC to a 37-9 record and third place at the NWAACC Finals. In 2003, the Orcas finished 35-14 and finished fourth at the NWAACC tourney. During those two seasons, she averaged 4.56 kills per game with .413 attack percentage and 3.74 digs.

Castro was a first-team Class 2A all-State selection as a senior at Meridian High School. She also was the North Cascades Conference Most Valuable Player that season after being the co-MVP as a junior and sophomore.

Castro helped the Trojans to four Class 2A state tournament appearances, including a third-place finish in 2000 and fifth place in 2002. She was a four-time all-league selection.

Vikings Sign Two Players from Eisenhower in Yakima (12/9/05)

Two seniors who led Eisenhower High School in Yakima to consecutive runner-up finishes at the Class 4A state tournament and a three-year match record of 67-7, have signed national letters of intent to compete in volleyball at Western Washington.

Coming to Western are 5-foot-11 setter Kari Rice, who was the 2005 Big Nine Conference Player-of-the-Year, and 5-7 outside hitter Nikki Hernandez, who was the league's 2004 MVP. Both players were three-time first-team all-league selections.

In three seasons, the pair helped Eisenhower to 42 straight league victories over three seasons, two conference titles, three district championships, three regional runner-up performances and three top five state tournament finishes. The Cadets placed second twice and fifth once.

"We are very excited about adding this duo to our team," said WWU coach Diane Flick. "Kari is an excellent setter with great touch on the ball and good instincts for the game. Nikki is a steady ball-control outside hitter with many shots in her bag of tricks and was able to take over some matches during her high school career. I really like the chemistry between the

two of them and they are fabulous additions to our team."

Rice had three-year career totals of 1,461 assists, 62 blocks, 104 service aces 340 digs and 240 kills. Hernandez finished with 723 kills, 507 digs and 102 aces.

Last fall, on a 22-2 team that placed second at state, Rice had 655 assists, 24 blocks, 33 aces, 142 digs and 76 kills, while Hernandez had 318 kills, 186 digs and 36 aces.

2005 Recruits

Alaska Anchorage

UAA Adds Middle Blocker (7/21/05)

The University of Alaska Anchorage volleyball team became more formidable along the net Thursday with the signing of middle blocker Chelsey Glines to a National Letter of Intent.

Glines, 6-1, was an all-region and all-league performer at Western Wyoming Community College in 2004, where she helped the Spartans to the Wyoming Conference regular-season and Region IX postseason titles.

The Roosevelt, Utah, native ranked fourth in Region IX with 1.4 blocks per game, while also posting 2.4 kills and 2.77 digs per game. As a freshman at WWCC in 2003, she ranked 10th in the region with 1.28 bpg and 17th with a .239 attack percentage.

“Chelsey has the ability to disrupt an opponent’s offense with her size and speed across the front row,” said UAA coach Michelle Earl. “Her addition adds flexibility to the lineup and solidifies our team. She is a great addition for UAA.”

Glines is the fifth player to sign with the Seawolves for the upcoming 2005 campaign, joining middle blocker Jasmine Ames (6-0, Jr., Williston, N.D./Williston State College), middle blocker/outside hitter Caitlin Grenier (5-10, Fr., Anchorage/Service), outside hitter Heather Lyons (5-10, Fr., Anchorage/South), and setter Lindsay Robertson (5-10, Jr., Zillah, Wash./Walla Walla CC).

Former Service Star Grenier Signs with Seawolves (5/25/05)

The University of Alaska Anchorage has added another top local volleyball recruit with the signing of middle blocker/outside hitter Caitlin Grenier to a National Letter of Intent.

Grenier, 5-10, was the starting middle blocker for Service High School for the last three seasons, helping the Cougars to state titles as a junior and senior. She also earned Class 4A All-State and All-Cook Inlet Conference honors in 2003 and 2004.

“Caitlin has shown the ability to play at a sustained, championship level on her high school and club teams,” said first-year head coach Michelle Earl. “Her work ethic and athleticism will translate well to the college level.”

“Caitlin is an unusual player in today’s specialized game because she can play all three front-row positions, and you don’t have to take her out in the

back row,” said Virgil Hooe, her former coach at Service and with the Midnight Sun Volleyball Club. “She’s got outstanding footwork and leg strength. UAA is getting an exceptional young woman both on the court and in the classroom.”

UAA Inks Middle Blocker, Setter (5/9/05)

University of Alaska Anchorage volleyball coach Michelle Earl has filled two key positions signing middle blocker Jasmine Ames and setter Lindsey Robertson to National Letters of Intent.

Both players come to Anchorage as junior college transfers with two years of eligibility remaining.

“We are thrilled with our recruiting class so far,” said Earl, who begins her first season at UAA this fall. “Lindsay and Jasmine both bring the ability to move into the lineup and make major contributions.”

Robertson, a 5-10 setter, comes to UAA from Walla Walla (Wash.) Community College, where last season she became her school’s first NJCAA All-American and led the Warriors to their best-ever league finish, losing the NWAACC title match in five games.

The Zillah, Wash., native topped the NWAACC with 12.5 assists per game and was fourth in the league in aces. A two-time team MVP, Robertson was second team all-league as a freshman and left WWCC with seven school records. Her high school career included two all-state honors, a league MVP award and four trips to the state tournament.

“Lindsay is the type of setter who can step on the court, take charge and run the offense right away,” said Earl. “She’s got great hands, is confident and will make an immediate impact for us.”

Ames, a 6-0 middle blocker from Williston, N.D., was an all-conference selection at Williston State College as a sophomore in 2004, leading the Lady Tetons to an undefeated Mon-Dak Conference season. She played on three state tournament teams at Williston High School, and was selected all-state as a senior.

“We were in need of a solid middle hitter who could come in and make that an effective position for us both offensively and defensively,” said Earl. “We think Jasmine can step into that role nicely.”

UAA Coach Signs First Recruit (4/20/05)

Outside hitter Heather Lyons has signed a National Letter of Intent to play for volleyball at the University of Alaska Anchorage. She is the first recruit to sign with first-year coach Michelle Earl.

Lyons was a two-time All-Cook Inlet Conference selection at Anchorage's South and Service high schools. The 5-10 outside hitter earned all-state honors

her junior season at Service as the Cougars went undefeated against in-state competition and captured the state title.

"We're excited about Heather's all-around ability – in the front row as a hitter and also as a passer," said Earl. "It's great to have a local kid with so much talent join our squad. She is going to be a major asset to the team for the next four years."

As a senior at South in 2004, she led the Wolverines to an early-season upset of eventual state champ Service at the Chugiak Invitational. Despite missing the majority of the middle of the season due to illness, Lyons still returned and earned South's MVP award.

"I would rank Heather among the top 10 outside hitters the state has ever produced," said Virgil Hooe, her high school and Midnight Sun club coach. "She is just an outstanding all-around athlete. As one of the top softball pitchers in the state, she had several offers to go outside, but she chose to make a commitment to volleyball."

Alaska Fairbanks

Bolster Signs With Nanooks (6/9/05)

Korlyn Bolster (CORE-lin BOL-ster), a 6-2 middle blocker from Guerneville, (GURN-ville) Calif., and El Molino High School has signed to play volleyball for the University of Alaska Fairbanks.

Bolster earned All-Sonoma County first team honors as a senior. She was also named the Offensive Most Valuable Player. She played both for El Molino High School and for the Empire Volleyball Club. She plans to enroll in pre-Physical Therapy at UAF.

"Korlyn is a good all-around player, and she's strong at the net," said UAF head coach Phil Shoemaker. "She's more advanced offensively than she is defensively, but she will really develop as she becomes stronger and more physical."

"There are a lot of similarities between her and (former UAF volleyball star) Carlin Smith. Korlyn has a great upside, and I think she will really blossom as she matures. She's a very fun person, and has really embraced the adventurous spirit we want and need. Korlyn played for the Empire Volleyball Club, which is definitely one of the premier teams on the west coast, and would rank pretty high nationally."

Nanooks Add Third Recruit (5/4/05)

The University of Alaska Fairbanks volleyball team has signed its third recruit for next year.

Miranda Trudeau, a 5-9 libero from Chimacum, Wash. and Port Townsend High School has signed to join

UAF this fall. She will enter as a freshman, with four years of eligibility.

Trudeau earned first team all-league honors as a senior. She was twice named Most Valuable Player of her team, served as team captain, and also played for the Washington Volleyball Academy, a club team.

Trudeau has also worked with Bill Neville, a former head coach of both the Canadian and United States Olympic teams and a former collegiate head coach at both Washington and Montana State.

"Miranda is a very good defensive player," said UAF head coach Phil Shoemaker. "She has the ability to help us right away, and she's only going to get better. She's been working with Bill Neville, and she shows great promise. Having Miranda will give us some options for the fall."

UAF Signs Middle Blocker From Mount Hood (4/26/05)

Katrina Jensen, a 5-11 middle blocker from Thomas Jefferson High School in Federal Way, Wash., and Mount Hood Community College in Gresham, Ore., has signed to play volleyball with the University of Alaska Fairbanks. She will enter as a junior, with two years of eligibility.

A first team Northwest Athletic Association of Community Colleges All-Star, Jensen finished as the runner up for the honor of Conference Player of the Year. She also starred for the Puget Sound Volleyball Club.

"Katrina is a talented athlete and a very versatile player," said UAF head coach Phil Shoemaker. "She fits our team and our system really well. She is a very good offensive player who hits for a very good percentage, and is well rounded both offensively and defensively. You can put her just about any place, and she'll do a good job for you."

Boyer First Signee For Nanook Volleyball Team (11/25/04)

Sarah Boyer, a 5-8 outside hitter from Palmer, AK and Glacier View High School, has signed a letter of intent to play volleyball for the University of Alaska Fairbanks. She will enter UAF next fall, and will have four years of eligibility.

Boyer was the Most Valuable Player for her high school team in both the 2003 and 2004 seasons. She was also the MVP at the UAF volleyball camps, and is an Alaskan Scholar recipient.

"We are really excited that Sarah is going to be playing at UAF," said Nanook Head Coach Phil Shoemaker. "She is one of those kids where it's a little bit difficult to project which position she'll play, but

she'll be a good player. She's a great kid and a great athlete and has a huge upside for growth and development."

Central Washington

Wildcats Add D1 Transfer, Prep Standout (6/3/05)

Two student-athletes, one from Eastern Washington University and the other from the prep ranks at Shorecrest High School, have announced that they will continue their volleyball careers at Central Washington University beginning this fall.

Joining the Wildcats' 2005 recruiting class are outside hitters Heather Gordon and Becky Scherer.

Gordon comes to CWU from Eastern Washington, where she was a reserve outside hitter for the Eagles for the past two seasons. She prepped at Onalaska High School, graduating in 2003, where she earned Class A state Player of the Year honors as a senior and was a three-time Southwest Washington League Player of the Year choice.

"Heather is capable of filling in some holes for us next season," CWU head coach Mario Andaya said. "Overall, she is a well skilled-player, and she excels in areas that will enhance our system. Defensively she has a great feel, and offensively she can hit at either pin. Heather's court mentality will make a positive impact on our squad."

In her two seasons at EWU, Gordon appeared in 26 matches (41 games) and totaled 10 kills for the Eagles, who compete in the NCAA Division I Big Sky Conference.

Scherer played her high school volleyball at Shorecrest High School in Shoreline. A two-time all-WESCO South selection, she picked up all-state accolades as a senior last fall and was also a four-year letterwinner for the Highlanders.

"Becky is well skilled, and at her size will give us some nice options in the future," Andaya said of the 6-foot Scherer. "She has played at a high level and been asked to do a lot for each team she has played for. We are looking forward to her development and seeing what an impact she can make."

Wildcats Sign State 4A Player-of-the-Year (5/17/05)

Rachael Schurman, who led Spokane's Mead High School to consecutive WIAA Class 4A state championships and has been selected as the Class 4A State Player of the Year each of the past two years, has signed a National Letter of Intent to continue her career at Central Washington University.

Schurman, a 6-foot middle blocker, was a four-year letter winner in volleyball for the Panthers. She was chosen as the Most Valuable Player in the state of Washington for her classification during both her junior and senior seasons, helping take Mead to two state titles.

"Rachael's addition will add immediate depth for next season and a promising future for our front line," Andaya said. "She is a gifted student-athlete, but what is even more impressive is that she is an extremely intelligent volleyball player. She knows what production is needed from her position and how that maximizes her team's system, and this understanding has made her a valued teammate and an impact player."

"Not many players in the state can match the consistency and the success she has had the past few seasons. We are fortunate to add such a proven winner to our program."

Schurman, who was also selected as one of the top 150 prep volleyball players in the nation by PrepVolleyball.com, was the Greater Spokane League Player of the Year during the 2003 season and earned first team all-league honors each of her final two campaigns. She was an honorable mention choice during her sophomore season.

Andaya expects to add one or two more players to the 2005 roster during the late signing period. The Wildcats added outside hitter Lauren Vercammen of Bellingham's Squalicum High School during the early signing period in November.

Wildcats Sign Squalicum Player To Letter (11/24/04)

Lauren Vercammen (pronounced vur-CAMM-en), a prep volleyball standout at Squalicum High School in Bellingham, Wash., has signed a National Letter of Intent to play volleyball at Central Washington University.

Vercammen, a 5-foot-11 outside hitter, played for three seasons at Squalicum High School. She was a first team all-Northwest League selection as a senior this fall, helping the Storm complete just their seventh season of interscholastic volleyball.

"I am so excited to coach Lauren and to add her to our outstanding group of young talent," CWU head coach Mario Andaya, who led the Wildcats to a 26-1 record this past season, said. "Her physical play at the net is a factor that will enhance our team immediately, and Lauren hits the ball a ton and has a skill level that fits into our style of play."

In addition, Vercammen is a standout in both basketball and tennis, and has been on her school's honor roll with a 3.8 grade-point average.

"She is a quality student-athlete overall - in the classroom and on the court," Andaya added, "and our institution is proud to add her to the Wildcat family."

Humboldt State

Lumberjacks Sign setter out of Amador HS (6/16/05)

Elizabeth Shannon, a 5-6 setter out of Amador High School in Sutter Creek, will join the Humboldt State volleyball team this fall.

As the starting setter at Amador both her junior and senior years, Shannon was a two-time team captain and two-time team Most Valuable Player. Shannon was named the Mother Lode League Most Outstanding Player following her senior season.

In addition to her athletic achievements, Shannon has also excelled in the classroom, earning her MLL academic all-league honors for the past two years.

She has also been a member of the Team Sierra Volleyball Club for eight years where she has been a team captain for the past six seasons.

"Liz is an exciting young player to add to our team," said HSU coach Sue Woodstra. "She has been captain of her teams for the past six years, which says a lot about her character. She's an excellent student in the classroom and on the court. Her leadership qualities, work ethic and determination are all qualities that will add a great deal to our team."

Northwest Nazarene

Sliger Signs First Recruits for Crusaders (5/8/05)

Northwest Nazarene University first-year head volleyball coach Jared Sliger has signed five players to National Letters of Intent.

Lindsey Fryer and Karlyn Jones head the list of four high-school seniors from the states of Oregon and Washington, while Megan Pereyra is the lone transfer student-athlete.

Fryer, a 5-11 senior from Central Kitsap High School in Bremerton, Wash., is a middle hitter who was named the Narrows League Most Valuable Player in both 2003 and 2004. "Lindsey is an immediate impact player and will compete for a starting position next season as a middle blocker," commented Sliger. "She is a fast, dynamic athlete that can terminate rallies."

Jones, from Salem, Ore., was named to the 2004 Valley League First-Team all-conference squad during her senior season at North Salem High School. She currently plays on the Nike Northwest Volleyball

Club's 18 Air Elite team, and was one of only three juniors on the 18's team in 2004.

"Karlyn played in the middle during her club career at Nike Northwest, a premier volleyball club in Oregon," Sliger said. "However her future may be as an outside hitter to take advantage of the altitude at which she plays the game."

Megan Pereyra, from Pierce Community College in Washington, will be a junior transfer for the Crusaders. She prepped at Olympia High School. "Megan comes to us with two years of collegiate experience," said Sliger. "Her size gives her the ability to help us right away at the net." Pereyra played high school volleyball at Olympia High School in Washington.

Rounding out coach Sliger's class is Alanna O'Hara and Johnna Prewitt.

O'Hara, a senior from Sequim, Wash. will play on the outside for the Crusaders following her graduation from Sequim High School this spring.

Prewitt, who graduated from Spring Creek High School in 2004, is a defensive specialist from Spring Creek, Nev.. Prewitt will be a freshman at NNU in the fall.

Crusaders Sign All-State Player from Eagle (12/13/04)

Sareena Simpson has signed a National Letter of Intent to attend Northwest Nazarene and play volleyball for the Crusaders in 2005-06.

Simpson, a senior at Eagle High School in Boise, was a second team Idaho all-state selection this year for the Mustangs, as well as being named to the first-team 5A All Southern Idaho Conference squad. She averaged 10.25 digs, 2.8 aces, and 2.0 kills this year at Eagle High. During her two-year high school career the Mustangs were 51-26 overall and 18-5 in league games.

"I have never seen such inspiration and determination in someone her size," NNU coach Deb Bradburn commented. "The NNU volleyball program will benefit greatly by having her on our squad."

Seattle Pacific

Shorewood's Natalie Soules Commits to SPU (5/4/05)

Natalie Soules, an all-Wesco middle from Shorewood High School, has signed a national letter of intent to play volleyball at Seattle Pacific University.

Soules, a 6-foot-2 senior, was second team all-Wesco in her final two seasons and the Thunderbirds' MVP as

a senior last fall. She also played for the Washington Volleyball Academy. Soules is the third recruit to commit to SPU.

Libero From Oregon To Join Falcons (4/19/05)

Torii Mount, an all-state libero from Oregon's Gresham High School, has signed a national letter of intent to play volleyball at Seattle Pacific University.

Mount, a 5-foot-2 senior, was first team all-Mount Hood Conference and third team all-state selection last fall when Gresham finished fourth in the state 4A tournament. Mohr also played for the Nike Northwest Juniors, where she was a teammate of fellow SPU recruit Sarah Mohr, who committed last fall.

SPU Signs Central Catholic Standout (11/18/04)

Sarah Mohr, a standout setter from Portland's Central Catholic High School, has signed a national letter of intent to play volleyball at Seattle Pacific University.

Mohr, a 5-foot-9 senior and resident of Vancouver, Wa., is a two-time all-Mount Hood Conference selection and was voted to the Oregon state all-tournament team. Earlier this month the Rams fell to Jesuit in Oregon 4A championship. They took third, fourth and sixth her first three seasons. Mohr also plays for the Nike Northwest Juniors

Western Oregon

Wolves Sign Two Prep Standouts to Letters (5/18/05)

Western Oregon University has announced the signing of two more standout high school volleyball players to national letters of intent.

Katrina Johnson of Mt. Spokane High School and Sharon Peterson of Corvallis High School in Montana join a class of a half dozen that coaches Judy Lovre and Joe Houck have signed this spring.

Peterson is a 6-2 middle blocker that was an all-state pick in Montana this past fall. She is a two-time all-conference pick and also placed fourth at the state track meet in the 100 hurdles. She holds the Corvallis school record in the high jump and hurdles.

Johnson, a 5-10 outside hitter was second-team All-Greater Spokane League (Wash.) selection this year. She was a co-captain of the volleyball and basketball teams, was honored with the Gatorade Will to Win award.

Wolves Ink Four Portland-Area Standouts (4/19/05)

Four standout high school volleyball players have signed national letters of intent with Western Oregon University.

The Wolves have inked Westview's Stacey Bennett, BriAnne Laverty of Central Catholic, Laura Sakala of Beaverton and La Salle's Brianne Sykes. All four will be a part of the 2005 freshman class of new head coach Joe Houck, who takes over the program this fall.

Stacey Bennett is a 6-3 outside hitter/middle blocker. At Westview High School, she was named to the first team All-Metro League squad last fall, and was also the Wildcats' team captain. She was an honorable mention all-league pick as a junior.

BriAnne Laverty, a 5-9 outside hitter from Portland's Central Catholic High School, was a second team All-State (4A) pick for the Rams. She was also a first team All-Mt. Hood Conference selection in 2004. Laverty was selected to the first team all-state tournament squad last fall, as she helped lead the Rams to the 4A title match. She was also a first team all-league pick as a junior.

Laura Sakala is a 5-11 middle blocker from Beaverton High School. She was the Beavers' team MVP as a junior and senior and earned first team All-Metro League honors both of those seasons. She was a third team all-league pick as a sophomore.

Brianne Sykes, a 5-9 outside hitter from Milwaukie's La Salle High School, was a third team All-State (3A) selection in 2004. She was the Falcon's MVP and helped lead her team to the state quarterfinals. Sykes was picked to the second team of the all-state tournament squad, and was also a first team All-Tri Valley League selection.

Western Oregon is an NCAA Division II school that plays in the Great Northwest Athletic Conference. Longtime leader Judy Lovre, who amassed 489 career wins in 17 seasons, remains with the program through spring drills and signed the four players to letters of intent.

Houck, who will begin his duties this summer, spent four seasons at Concordia University (Portland), where he was 97-32 in five seasons. He most recently spent two years as the associate head coach at Eastern Washington, where the Eagles were 51-10 over two campaigns.

Western Washington

Two League MVPs Among Signees for Vikings (11/18/04)

Two league Most Valuable Player award winners head four high school seniors signing early national letter of intents to enroll at Western Washington University and play volleyball for the Vikings.

The quartet includes 5-foot-11 middle blocker Angie Alvord from Meridian High School , 5-8 outside hitter Shanley Besett from Curtis High School in Tacoma , 5-9 outside hitter Marissa Hill from Mount Si High School in North Bend , and 5-11 right-side hitter Sarah Primrose from Issaquah High School .

Alvord, who was the Whatcom County League Player of the Year, led Meridian to the Class 2A state championship; and Hill was the MVP of the Kingco League.

Alvord, the team captain as a senior, helped Meridian win three league titles and two district championships, the Trojans placing fifth at state in both her sophomore and junior seasons.

The 5-foot-11 Alvord placed third in the high jump at the state track meet as a sophomore and fourth as a junior with a personal best of 5-5. She also was fifth at state in the 4x400 meter relay as a junior and competed in the 300 hurdles.

Hill set a school match record with 26 kills, helping Mount Si to the district playoffs. She also was a first-team all-league pick as a junior, leading the Kingco League in kills.

Besett was a second-team South Puget Sound League choice as a senior, having 228 kills (3.9), 224 digs (3.8) and 43 service aces. The team captain and MVP in each of her last two seasons, she was a first-team all-league pick as a junior.

Also a standout track athlete, Besett helped Curtis to Class 4A state titles in 2003 and 2004. As a junior, she placed fifth at state in the 4x400 meter relay, seventh in the heptathlon and ninth in the 300 hurdles.

Primrose was a first-team all-Kingco League choice as a senior at Issaquah, helping the Indians go undefeated in league play. She set school career records for kills (806), blocks (126) and service aces (184); season marks for kills (341), attack percentage (.468) and blocks (55); and single-match standards for kills (25) and blocks (9).

Hill and Primrose were teammates on a club team that placed ninth at nationals last summer.

2004 Recruits

Alaska Anchorage

Seawolves Sign Former Service Star (7/29/04)

Brenda Cooper, an outside hitter from Anchorage's Service High School, has signed a National Letter of Intent to play volleyball for the University of Alaska Anchorage.

The 6-foot Cooper was an All-Region IV selection and team MVP as a senior in 2003, helping the Cougars to the Class 4A state title. She played three years at Service, winning the region title every season.

"Brenda is a physically gifted left-hander who should make us deeper on the right side," UAA coach Kim Lauwers said. "With a little experience, she should have a great four-year career. It's always great to bring more local talent into the program, especially someone who hits as powerfully as Brenda."

Cooper is the third player to sign with the Seawolves for 2004, joining junior outside hitter Michelle Boeckman of Canby, Ore., and freshman setter Bethan Murphy of Spokane, Wash. (Mead HS).

Seawolves Add Oregon Outside Hitter (4/17/04)

Michelle Boeckman, an outside hitter from Canby, Ore., has signed a National Letter of Intent to play volleyball for the University of Alaska Anchorage.

The five foot, 10 inch Boeckman recently completed a standout career at Clackamas (Ore.) Community College, where she helped her team to the 2003 NWAACC Southern Division championship and a second place overall finish at the NWAACC Tournament, earning all-league honorable mention honors.

She also had an outstanding prep career at Canby High School, earning first team all-league honors as a junior and senior for the Pac-9 Conference back-to-back champions.

"Michelle is a great all-around player, who is just as skilled in the back row as in the front," UAA coach Kim Lauwers said. "Her athleticism, ball-control and experience should make her a contributor right away."

Boeckman becomes the second player to sign with UAA this spring, joining incoming freshman setter Bethan Murphy of Spokane, Wash. (Mead HS).

Seawolves sign Washington All-State Setter (4/14/04)

Bethan Murphy, a first team all-state setter from Spokane, Wash., has signed a National Letter of Intent

to play volleyball for the University of Alaska Anchorage.

Murphy, 5-7, helped lead Mead High School to the 2003 Washington Class 4A state title and an undefeated record against in-state competition. She was named the Spokesman-Review's Prep Athlete of the Week after posting 33 assists in the 3-0 title-match win over Marysville-Pilchuck as the Panthers dropped only one game in four matches at the state tournament.

Murphy was also first team All-Greater Spokane League and earned all-tournament honors at the Northwest Invitational. As a junior she started for an MHS squad that finished fifth at the state tournament.

"Bethan is a leader who knows how to win," UAA coach Kim Lauwers said. "She will make everyone around her work harder because of her discipline and positive attitude."

Murphy is the first player to commit to the Seawolves for the 2004 season. Lauwers said she hopes to announce more signings in the upcoming weeks.

Central Washington

Wildcats Sign Fairbanks Product (7/15/04)

Erika Stevens, a three-sport standout at Lathrop High School in Fairbanks, Alaska, has signed a National Letter of Intent to continue her volleyball career at Central Washington University.

Stevens, a 5-foot-8 outside hitter, will be a true freshman for the Wildcats when the team opens camp next month. She is the final NLI signee by the Wildcats during the 2003-04 recruiting year.

"Erika is a great signing for us," CWU coach Mario Andaya said. "She goes after it hard, and has the skills to excel immediately. She'll bring in the athleticism and tenacity that fits our style of play."

Stevens was a two-time all-Region 6 selection in volleyball during her prep career at Lathrop. She was also twice named her team's Most Valuable Player and was a three-year captain for the Lady Malamutes.

"She is an excellent jumper," Andaya added. "She can really explode to the ball, and it will be exciting to see how she develops in the future as a Wildcat."

Some of her athleticism was exemplified in both basketball and track and field at Lathrop. A two-time team MVP in basketball and a stellar track athlete, she placed in the top eight in the state of Alaska in track and field on seven occasions during her high school career. Three of those were second-place finishes as a member of Lathrop's short relay squads, while she also competed in the hurdles and the triple jump.

Wildcats Sign All-State Setter (4/16/04)

Maggie Olson, who has played for the last three seasons at Mount Si High School in Snoqualmie, Wash., has signed a National Letter of Intent to play volleyball at Central Washington University beginning in the 2004 season.

Olson, a 5-foot-9 setter, was an all-state (Class 3A) selection this past season while wrapping up her prep career with the Wildcats, who compete in the Kingco League. She led the Kingco in assists and has been selected to compete in the Washington State Volleyball Coaches' Association All-State Series in early July.

"Maggie is a great addition to our squad," CWU head coach Mario Andaya said. "Skill-wise, Maggie has excellent hands and releases a very nice tempo for her hitters. Her hands are similar to those of Kate Reome (CWU senior and the school's career assist leader), so it will be exciting to see them work together for a year."

In addition to her accolades as an all-state pick and a participant in the All-State Series, Olson has been a member of the nationally-renowned Kent Juniors Volleyball Club, of which future CWU teammate Kristin Pasley was a member earlier in her career. Olson has also been chosen to the Eastside Journal's Top Six (2003) and was the Seattle Times' State Athlete of the Week during the month of September 2003.

"Maggie is an awesome competitor who absolutely loves the game and is dedicated to improve at the collegiate level," Andaya continued. "The exciting part is that she is still young at setting, but for the past year she has been dishing out to some big-time hitters for one of the top junior teams in the nation. She'll come in with a good idea of the demands it will take to run an offense with experienced players. We're excited for her career to begin."

Olson is one of two prep players whom the Wildcats have signed to letters of intent so far this off-season. Bree Brandt, a middle blocker from Meridian High School in Bellingham, Wash., signed with the Wildcats last November. In addition, outside hitter LaQué Branch (Yakima, Wash./Eisenhower HS) transferred to CWU from Washington State University at the beginning of winter quarter and has begun workouts with the Wildcat squad this spring.

Meridian High Standout Signs with Wildcats for 2004 Season (11/26/03)

Bree Brandt, currently a senior at Meridian High School in Bellingham, has signed a National Letter of Intent to play volleyball at Central Washington University beginning in the 2004 season.

Brandt, a 6-foot middle blocker, has been a first team all-North Cascades Conference selection at Meridian each of the past two seasons. A four-year letter winner in volleyball for the Trojans, she was also an honorable mention all-NCC choice as a sophomore.

"We are thrilled to have an athlete of Bree's caliber join our program," CWU coach Mario Andaya said. "She has the ability to be a dominant blocker immediately, and offensively, she has the potential to take our team to another level."

Brandt totaled 281 kills and had a .350 hitting percentage this past season for Meridian, which finished fifth in the WIAA Class 2A state championships held at the Yakima Valley SunDome earlier this month. She also had 160 total blocks, and established single-match school records with 26 kills and 15 blocks.

Brandt, who has also starred in basketball and track and field during her prep days, currently boasts a 3.928 grade-point average at MHS where she is a member of the National Honor Society. She will join a Wildcat squad that perennially ranks among the Great Northwest Athletic Conference leaders in academics.

Humboldt State

Barnum, Briney To Play for Lumberjacks (4/21/04)

Julianne Barnum and Mallory Briney will both be joining Humboldt State's volleyball team in the fall of 2004.

"I'm real excited about having these two join our program," said HSU coach Sue Woodstra. "They will bring added height and athleticism."

Barnum, a 5-10 outside hitter from Vacaville and sister of current Lumberjack Kristina Barnum, played three years on the varsity squad at Vacaville High School. She also plays on the Delta Valley Volleyball Club coached by Brad Friesen.

"Juli can play right side and left side," said Woodstra. "She has played for a very strong club and it will be great to be able to keep the Barnum family close with the program for a few more years."

Briney is a 6-1 middle blocker/right side hitter out of West Linn High School in West Linn, Ore. She is also a member of the Portland Volleyball Club, coached by Christy May, which finished seventh out of 231 teams at the 2003 Davis Volleyball Festival.

"Mallory has competed at a very high level with her club team," said Woodstra. "She has had excellent coaching and has developed tremendous versatility."

Barnum and Briney join early signee Katie Norkunas out of St. Mary's Academy in Milwaukie, Ore., in a

recruiting class that Woodstra says will be very good for the HSU volleyball program.

Norkunas Signs With Lumberjacks (12/3/03)

Katie Norkunas, a 5-9 outside hitter from St. Mary's Academy in Milwaukie, Ore., has signed a national letter-of-intent with Humboldt State University.

Norkunas is a four-year varsity letterman at St. Mary's Academy and, along with being the team captain, was a first-team all-Mt. Hood Conference selection this past season. She was also an honorable mention all-conference pick her junior year and a second-team all-conference team her sophomore year.

"We're very excited that Katie is coming to HSU," said Woodstra. "She is an excellent ball control player, a hard worker and a dynamic athlete."

In addition to her honors on the court, Norkunas, who plans to study nursing at Humboldt, is also a scholar athlete at St. Mary's.

Seattle Pacific

Richland Player Signs With Falcons (5/6/04)

Angie Wodrich of Richland (Wash.) High School has signed a national letter of intent to play volleyball at Seattle Pacific University.

Wodrich, a 5-foot-10 middle, was a two-time, first team all-Big 9 selection and was honorable mention all-state last fall for Richland, which reached the district tournament. Wodrich also plays for the Kaepa Columbia Juniors Volleyball Club.

Kentlake's Bjornstad Signs With SPU (4/15/04)

Rachel Bjornstad of Kentlake High School in Kent, Wash., has signed a national letter of intent to play volleyball at Seattle Pacific University.

Bjornstad, a 6-foot middle, was a first team all-Kingco selection last fall for Kentlake, which was 21-11. She led the Falcons in kills, blocks, digs and service aces as a senior. Kentlake won the state 4A title in 2001 and 2002, when Bjornstad was a teammate of Shelby Gihring, who will be a sophomore for Seattle Pacific next fall.

Bjornstad also plays for the Kent Junior Volleyball Club. A two-sport athlete, she also has lettered three years in basketball at Kentlake.

Californian Signs With Falcons (11/21/03)

Alyssa Given of Notre Dame High School in Salinas, Calif., has signed a national letter of intent to play volleyball at Seattle Pacific University.

Given, a 5-foot-10-foot outside, is the most valuable player in the Tri-County Athletic League and a two-time first team all-league selection. The Spirits won the league title this fall and currently they are involved in the Central Coast Section postseason tournament. Last year they were first in the CCS and second in NorCal.

A three-sport athlete, Given also has lettered in basketball and softball at Notre Dame.

Western Oregon

Wolves Sign Player from Alaska (6/10/04)

Julie Heard, a 5-8 outside hitter from Juneau - Douglas High School in Alaska has signed a letter-of-intent to play volleyball at Western Oregon University.

Heard's inking makes six players that WOU coach Judy Lovre has added to the roster for the next fall. Heard joins Mandy Veley, a transfer from Yakima Valley CC, Centennial High School's Claire Carpenter, Amy Hunt of Marshfield, Mary Martineau of Redmond (Wash.) and Stacie Matz of Tacoma's Wilson High School.

Heard earned all-conference and all-state honors for Juneau-Douglas. The Crimson Bears won the Alaska state title her junior season. She was also an all-state selection in soccer as a goalie, where Juneau-Douglas won the state title this year. Heard was also an all-star in basketball and softball, where the Crimson Bears won region and state titles during her tenure. For the Wolves, she could play any of three positions (outside hitter, right-side, defensive specialist).

"Julie is a very good all-around player, with solid back court and front court skills," Lovre commented. "She will be a multiple-position player for us, will help us wherever we need her. She is a great kid with great leadership qualities, a very confident player."

Wolves Add Mandy Veley (6/1/04)

Mandy Veley, a transfer from Yakima Valley CC, has signed a letter-of-intent to play volleyball for Western Oregon University. Veley joins four other players that have signed during the NCAA late signing period.

In addition to Veley, Centennial High School's Claire Carpenter, Amy Hunt of Marshfield, Mary Martineau of Redmond (Wash.) and Stacie Matz of Tacoma's Wilson High School will all wear Western Oregon red next fall.

Mandy Veley is a 6-0 outside hitter. She was a NWAACC all-conference selection at YVC as a freshman in 2003, after redshirting at Washington State. Prior to that, she was a two-time all-league selection at Eisenhower High School in Yakima, and was also a four-year standout in tennis.

“We were really lucky that a player of Mandy’s caliber was available this late into the signing period,” Lovre said. “Mandy is very athletic and gives us good size at the outside hitter’s position. We are excited about her ability to contribute immediately next year.

Wolves Sign Marshfield Standout (4/28/04)

Marshfield High School’s Amy Hunt will join Western Oregon University’s volleyball program this fall. Hunt joins three other players that were signed last week during the first week of the NCAA late signing period.

In addition to Hunt, Centennial High School’s Claire Carpenter, Mary Martineau of Redmond (Wash.) and Stacie Matz of Tacoma’s Wilson High School will all wear Western Oregon red next fall.

Amy Hunt is a 6-1 middle blocker who was a first-team All-Midwestern League selection last fall. She was the Pirates’ team captain and co-MVP, along with winning Marshfield’s Most Inspirational Player award.

Hunt has also been a member of the Webfoot Volleyball Club in Eugene. She was Marshfield’s leading rebounder on the basketball court and was a Midwestern League honorable mention pick.

“We are excited to have a player of Amy’s caliber join our roster,” Lovre said. “She comes from an excellent high school and club background. Amy will give us good size and presence in the middle, and she is a great kid with a fun personality.”

Claire Carpenter is a 5-3 libero that was a first team All-Mt. Hood Conference selection last fall. She was a four-year letter winner for the Eagles in volleyball, and also started for Centennial (Portland) in basketball and softball. She earned honorable mention honors in both of those sports, and is a three-time winner of Centennial’s Multi Sport Award.

“Claire is one of the best defensive players in the state,” Lovre said. “We scored when we signed her; she has the ability to contribute immediately as a defensive specialist and back-up setter. What separates Claire from others that we were recruiting is her personality. She is one of the most positive kids that I have come across in all of my years recruiting. She is a definite leader and sparkplug on the court.”

Stacie Matz, a 5-10 outside hitter, was the 2003 Narrows League Most Valuable Player. She was named to the Washington All-State (4A) team (west), and was her team’s MVP and Most Inspirational player. She is a three-time first team all-league pick, and was an honorable mention selection as a freshman.

“Stacie will be a big banger for us at outside hitter,” Lovre commented. “She comes from a very good club

program (Puget Sound Volleyball Club). She will have an immediate impact even as a freshman. Stacie has good court savvy, knows the game and can hit all the shots. She is also a very fun and competitive kid.”

Mary Martineau is a 5-9 opposite-side hitter that was named first team All-Kingco for three seasons. The left-hander led Redmond to the league title as a senior and to the 4A state tournament. The team MVP was tabbed to the All-Eastside squad, and also is a standout tennis and softball player at Redmond.

“Mary is an exceptional all-around player,” Lovre assessed. “She is an explosive hitter. She can play the rightside and outside hitter spots for us. Mary has excellent backcourt skills to go with her frontcourt ability. She has a great personality on the court, an enthusiastic presence.”

Wolves Sign Matz, Carpenter and Martineau (4/20/04)

Centennial High School’s Claire Carpenter, Mary Martineau of Redmond (Wash.) and Stacie Matz of Tacoma’s Wilson High School have all signed letters-of-intent to play volleyball with Western Oregon University.

Carpenter, a 5-3 libero, earned first team Mt. Hood all-conference selection last fall. She was a four-year letterwinner for the Eagles in volleyball, and also started for Centennial in basketball and softball. She earned honorable mention honors in both of those sports, and is a three-time winner of Centennial’s Multi Sport Award.

Matz, a 5-10 outside hitter, was the 2003 Narrows League Most Valuable Player. She was named to the Washington All-State (4A) team (west), and was her team’s MVP and Most Inspirational player. She is a three-time first team all-league pick, and was an honorable mention selection as a freshman.

Martineau is a 5-9 opposite-side hitter that was named first team All-Kingco for three seasons. The left-hander led Redmond to the league title as a senior and to the 4A state tournament. The team MVP was tabbed to the All-Eastside squad, and also is a standout tennis and softball player at Redmond.

Western Washington

Vikings get standout middle blocker and libero (4/27/04)

Two standout high school seniors, middle blocker Tiana Roma from Edmonds - Woodway and libero Courtney Schneider from Snohomish, have signed national letter of intents to play volleyball at Western Washington University.

Schneider earned Class 4A all-State honorable mention and Roma was selected to play in the East-West all-star series. Both were Western Conference first-team all-stars, with Schneider being a first-team Everett Herald all-Area pick and Roma a second-team choice.

The 5-foot-9 Schneider averaged 3.24 kills per game and 2.85 digs as a senior, helping Snohomish go undefeated in winning the league title and reaching the state quarterfinals.

The 6-foot Roma averaged 3.13 kills per game and had a school record 49 solo blocks as a senior. She finished her career with a school-record 126 solo blocks, and 500 kills, second-high in school history.

In mid-November, Western signed setter Katie Robinson, who earned first-team Class 2A all-State honors at Nooksack Valley High School .

Vikings get all-state setter from Nooksack Valley (11/19/03)

Nooksack Valley High School 5-foot-8 setter Katie Robinson, who earned second-team all-state honors in 2002, has signed a national letter of intent to play volleyball and continue her education at Western Washington University during the NCAA's early signing period that runs Nov. 12-19.

Robinson helped the Pioneers to seventh place at the 2002 Class 2A state tournament. She also was a first-team all-North Cascades Conference pick as a sophomore and junior. The 2003 all-league team has yet to be announced.

"Katie is a fabulous athlete with a good command of the setting position," said Flick. "However, she has only scratched the surface of her potential.

"With her work ethic and competitiveness, she will definitely add herself to the list of quality setters who have played at Western."

Robinson also is a first-team all-league performer in basketball and softball.

Robinson's mother, Susan, earned NAIA All-America honors in track and field at Western as she placed fourth in the women's 800 meters at the 1984 national meet.

2003 Recruits

Alaska Anchorage

UAA Adds Front Row Idaho Prep Player (5/9/03)

Alina Marshall, of Boise, Idaho, has signed a national letter-of-intent to play volleyball for Alaska Anchorage.

Marshall, a 5-11 middle blocker/outside hitter, comes to UAA from Eagle High School, where she helped the Mustangs to a 39-3 record and the Idaho State 5A volleyball title last season. An honorable mention All-Southern Idaho Conference performer, she has also played for the past two seasons with the Club Idaho Under-18 National Team.

"Alina is an athletic player who hits with force," said UAA Coach Kim Lauwers, who indicated this will end UAA's scholarship recruiting. "With the addition of our two signees, we should be just as solid across the front line as we were last season."

Marshall becomes the second player in UAA's 2003 recruiting class, joining middle blocker Jill Weinman of Clackamas (Ore.) Community College. The Seawolves return 11 players, including five starters, from last year's 15-11 squad that tied for fourth place in the Great Northwest Athletic Conference.

Oregon JC star Jill Weinman Signs (4/28/03)

Jill Weinman has signed a letter-of-intent to play volleyball for the University of Alaska Anchorage.

Weinman, a 6-0 middle blocker, comes to UAA from Chemeketa Community College in Salem, Ore., where she earned a spot on the AVCA Two-Year College All-America first team last season. She was also named the Northwest Athletic Association of Community Colleges' Southern Division MVP after leading Chemeketa to a 9-3 league mark.

In 2000, Weinman was a unanimous All-Valley League selection at Lebanon High School, helping LHS to the third round of the Oregon Class 4A state tournament.

"Jill has certainly proven herself at the JC and high school levels, and I'm confident she'll be just as good at the college level," UAA head coach Kim Lauwers said. "She's a mature player who will provide a solid presence for us in the middle to help us offset the loss of (all-region performer) Brianne McCabe to graduation."

Alaska Fairbanks

Nanooks Sign Player from California (5/21/03)

Jessica Clemons, a 5-11 right side hitter/setter from San Jacinto, Calif., has signed a national letter-of-intent with the University of Alaska Fairbanks.

"We are excited to have Jessica with us," UAF Coach Phil Shoemaker said. "She has enjoyed a high level of success in high school, and we expect more while she's here with us. Strong setting is critical for team success in volleyball, and I think Jessica has the potential to help us move to the top of the GNAC and into the NCAA tournament. She will be an excellent addition to the two players we signed in November (Katie Tobiasz and Danielle Hitzeman)."

During her senior year playing for West Valley High School in Hemet, California, Clemons was named to the All-Area first team and was named the league MVP. She served as team captain and set a school record for match kills with 35. In her junior year she was named to the all-league first team.

UAF Signs Two In Early Signing Period (11/14/02)

Danielle Hitzeman, a 5-10 outside/middle hitter from Vacaville, Calif., and Katie Tobiasz, a 6-1 middle hitter from Rocky River, Ohio, have signed National Letters of Intent to play volleyball at Alaska Fairbanks.

As a junior, Hitzeman helped Vacaville High School win the league championship and was named to the all-league team. When she continued her season by playing club volleyball, she was named to the all-tournament team at the High Sierra tournament.

She also was a Gold Medal winner at the USAV Jr. Olympic Volleyball Championships where she also earned all-tournament status. "I am really excited about Danielle coming to our team, and I expect her to do great things for us," UAF coach Phil Shoemaker said. "This is also a terrific place for her to continue her education."

Shoemaker noted that Hitzeman is a blend between current UAF players Mallory Bergstrom and Jamie Schanback. "She has superior athleticism and possesses terrific ball handling skills."

Danielle was being courted by Division I schools such as St. Mary's, Oregon, Washington, Santa Barbara and Portland. She visited Portland before her trip up north. Once she saw what UAF had to offer, the decision was simple.

Katie Tobiasz led Rocky River High School, earning all-district, all-region, all-area, all-state and Team MVP awards in each of the last two years. This year

she was also named "Best of the Best" for Cleveland, which is awarded to the top six players in the area.

After her junior year Tobiasz was named as one of Ohio's top 12 volleyball players; this award has yet to be announced for 2002. She has been named to the first team all-league each year since her freshman year at Rocky River High School.

Katie is not finished for the season. She has been selected to compete in two statewide all-star matches. Katie took all five of her allotted "Official Visits" where the institution pays for her visit. Four of the five visits were to Division I schools (Cleveland State, Southern Illinois, Central Florida, and Drexel). She elected to join the only D II program she visited.

"Katie is an exciting athlete, she will bring a lot of energy to our team," Shoemaker said. "Certainly she is talented too. She is someone who I think is really going to be exciting and fun to watch. She will make her mark on our team over the course of her career. I am looking forward to working with her."

"I do think, probably, that Katie and Danielle are the most recognized players (on a national level) at their position to enter UAF as freshmen" Shoemaker says. "You always try to recruit the best players possible. We surely did it this year. Each of these two were at the top of our list. We knew we would be pleased if either girl signed, but both, well, that was, statistically speaking, a very slim chance."

Central Washington

Five Freshman To Play For 'Cats (5/20/03)

Five incoming freshman have been added to Central Washington's 2003 volleyball recruiting class.

Joining the Wildcats this coming fall will be two middle blockers, two outside hitters and one setter. All are from Washington.

"This class of players helps our depth in size," Andaya said. "With the skill level they bring in, they will help us maintain a competitive environment everyday in practice."

While all five of the newcomers announced on Tuesday are 5-9 or taller, two student-athletes - Sophie Krahn (Brush Prairie, WA - La Salle, Ore. HS) and Stephanie Powell (Tacoma, WA - Bellarmine Prep) - are taller than 6-0.

At 6-2, Powell can play both middle blocker and outside hitter, and she is expected to see time at both positions for the Wildcats. She played two seasons of volleyball at Bellarmine Prep in Tacoma where she was a first team all-Narrows League selection as a senior in 2002. Powell was also an alternate for the all-state team and was the Lions' team MVP last fall.

Krahn is a middle blocker who prepped at La Salle High School in Milwaukie, Ore. A native of Brush Prairie, Wash., Krahn was a three-year letter winner in volleyball for the Falcons. She was the Tri-Valley League Player of the Year in 2002, also earning all-state accolades while leading La Salle to a perfect 14-0 TVL record.

Also committing to play for the Wildcats this fall are outside hitters Lorissa Barbee (Maple Valley, WA-Tahoma HS) and Jaecee Ramsay (Klickitat, Wash.) and setter Amy Meisen-Vehrs (Spokane, WA - North Central HS).

Barbee earned three letters in volleyball at Tahoma High, where she was a second team all-state choice as a senior. She also earned all-South Puget Sound League North Division honors for the Bears.

Meisen-Vehrs is the lone addition at the setter for the Wildcats' recruiting class in 2003. At 5-9, she was a first team all-Greater Spokane League choice at North Central High last fall.

Ramsay, who earned a total of 12 varsity letters in three sports at Klickitat High, rounds out the list of newcomers to the Wildcats in 2003. Also carrying a 3.87 grade-point average in the classroom, Ramsay was selected to the Class B all-state team.

"This group is a solid addition to our program," Andaya added, "and they will help with our annual goal for a conference title both on the court and in the classroom."

Mossyrock High Standout Signs (4/18/03)

Julie Henderson, a 5-6 defensive specialist and libero from Mossyrock High School, has signed a national letter of intent to play volleyball for Central Washington University beginning next fall. She joins Kentlake's Kristin Pasley as the first two members of head coach Mario Andaya's 2003 recruiting class.

"Julie is part of a recruiting class that fills our needs for the immediate future," Andaya said. "She is a savvy player with successful experience in numerous positions and will definitely strengthen our back row and first contacts. Julie is a great fit to our program not only on the court, but in the classroom as well."

Currently carrying a 3.9 grade-point average at Mossyrock, Henderson will join a Central volleyball program that annually ranks among the academically elite teams in the Great Northwest Athletic Conference.

On the court, she was a four-year letter winner in volleyball, primarily as a setter. She was the Most Valuable Player of the Central "B" League each of the past two seasons, and she added all-state accolades as a senior this past fall. A three-sport standout for the

Vikings, Henderson also helped pitch Mossyrock to the 2002 WIAA Class B fastpitch softball championship.

Wildcats Sign First Recruit (11/26/02)

Central Washington has signed its first recruit to a national letter of intent for the 2003 volleyball season.

Kristin Pasley, a 5-9 outside hitter from Kentlake High School in Kent, Wash., has signed a national letter of intent to play volleyball for CWU beginning next fall. Pasley, who will graduate from KHS in June 2003, has been a member of three consecutive Washington Interscholastic Athletic Association (WIAA) Class 4A state championship teams.

"Kristin is a very versatile player that brings in a variety of elements, particularly ball control, that will enhance our club immediately," CWU coach Mario Andaya said. "She has the capability of hitting a variety of attacks, which helps us open up our offense. We are excited to have a player with the championship experience that she has, and the mentality to know how to win in the clutch."

Pasley was a first-team all-South Puget Sound League selection this past season for the Falcons, who claimed their third straight state championship by defeating conference rival Puyallup on Nov. 15. The school record holder with 32 digs and nine service aces in a single match, she hit .371 with 284 kills and 215 digs this past season. Pasley is now beginning her final basketball campaign at Kentlake, where she has been a two-year starter and was an all-SPSL choice as a junior last winter.

Humboldt State

Setter Signs Letter With Lumberjacks (12/11/02)

Tomica Baquet, a 5-foot-9 setter from Ventura, Calif., has signed a national letter-of-intent with Humboldt State University.

"I'm very excited that Tomica is going to be a Lumberjack," head coach Sue Woodstra said. "She attended camp this past summer and impressed everyone. At 5-foot-9 she will bring some size to our setting position. She's a very good athlete and has a very nice presence and steadiness on and off the court."

Baquet, a senior at Saint Bonaventure High School is a member of the National Honor Society and the California Scholarship Federation. Baquet also participates in St. Bonaventure's Senior/Freshman Mentoring Program and volunteers at the Ojai Humane Society.

Baquet, daughter of Colleen Arguelles & Kevin Baquet, played for the Thunder Volleyball Club for

three years and will play for the Channel Islands Volleyball Club this year. She was a second team all-league pick at Saint Bonaventure High School as well as the MVP of HSU's summer volleyball camp.

Northwest Nazarene

Harrington Sign With Crusaders (5/1/03)

Aubrey Harrington of Eagle Point, OR, has signed a NCAA letter of intent to compete in volleyball and track-and-field at Northwest Nazarene University.

"Aubrey will bring a wealth of experience and a vibrant personality with her to NNU, we are more than excited to have her become part of the NNU volleyball program," stated coach Bradburn.

Western Oregon

Wolves Sign Salsgiver, Former Saxon (5/8/03)

Former Mt. Hood Community College standout Lauren Salsgiver and South Salem's Katie Grim have signed letters-of-intent to play volleyball next fall for Western Oregon University.

Grim is also a transfer who spent one year as a red-shirt at the University of Washington and had since been going to school at Oregon State, but was not playing volleyball.

The 6-1 middle blocker was a third team all-state (4A) selection as a senior at South Salem High School and was first team All-Valley League pick. The Saxons were 17-1 her senior season.

Salsgiver was a mainstay on a Mt. Hood squad that went 12-0 in conference play and won the Southern Division of the NWAACC. She prepped at Centennial High School in Portland.

San Jose State Redshirt Transfers to WOU (4/9/03)

Former Roseburg High School all-state selection Shannon Burmeister is transferring to Western Oregon and will play volleyball for the Wolves next fall.

Burmeister, a first team All-State (4A) selection for the Indians as a senior in 2001, spent this past fall as a redshirt at San Jose State.

Burmeister is a 6-0 middle blocker who was the Southern Oregon Conference Player of the Year as a senior. She is a three-time All-SOC selection and was Roseburg's Female Athlete of the Year in 2001-02.

As a senior, she led her squad with 78 kills and 52 blocks during Roseburg's 14-game conference season.

“This is an excellent addition for us,” said veteran WOU coach Judy Lovre. “Shannon is a Division I athlete that will help us immediately.”

Wolves Sign Crook County’s Kludt (11/20/02)

The Western Oregon University volleyball program has announced the signing of Crook County High School standout Nicole Kludt to join the Wolves program in the fall of 2003.

Kludt, who will see action as a setter for Western Oregon, was the Intermountain Conference Player-of-the-Year this season. She led the conference with 208 kills in 14 matches and had a .347 hitting percentage. She had 28 service aces and 151 digs.

She was Crook County’s MVP, team captain and most inspirational player.

Kludt was a first team all-conference selection as a junior and has also starred on the Cowboy’s softball team for three seasons.

“Nicole is a tremendous athlete that brings great ability, personality and leadership to the court,” said WOU volleyball coach Judy Lovre. “We are thrilled to have a person of her caliber join our program.”

“Our plan is to have Nicole train for the setter’s position as a freshman,” said Lovre, who has two senior setters returning to the 2003 team. “After that, I see her running the show from her sophomore year on. She is a great addition to our program.”

Western Washington

Vikings Sign All-State Outside Hitter (6/6/03)

All-State outside hitter Jaime Anderson (SeaTac/Mount Rainier) has signed a national letter of intent to play volleyball at Western Washington University.

Two other players enrolling at Western are outside hitter Julie Marsh (Cheney), a transfer from Whitworth College, and prep standout Lindsey Signer (Stanwood), a middle blocker and right-side hitter.

“The thing I really like about this recruiting class is that they bring a work ethic and passion for the game that will spark our entire team,” said WWU Coach Diane Flick. “They’re very competitive.”

The 5-foot-11 Anderson was a first-team Class 3A all-State and Seattle P-I all-Area selection as a senior at Mount Rainier High School, helping the Rams win league and district championships and qualify for the state tournament the last two seasons. Twice named the Seamount League Most Valuable Player, she set school records for kills in a match (42), season (416) and career (1,058).

“Jaime is physically talented and has so much potential to grow as a player it’s scary,” Flick said. “She’s got pretty good ball control and brings good heat with her hitting.”

Marsh played in 22 matches as a freshman at Whitworth, helping the Pirates to a 24-3 record, the Northwest Conference championship and the final of the NCAA Division III West Regional. She had 50 kills (1.35 avg. per game) in 145 attempts with 24 errors for a .179 attack percentage, 37 digs (1.00) and nine blocks (0.24).

“Julie is extremely competitive,” said Flick. “She works really hard and she’s very strong.”

The 5-10 Marsh was a three-time Border League all-star at Cheney High School, earning first-team honors as a senior and second-team accolades as a junior and sophomore. She also starred in basketball as a prep, being selected to the Associated Press Class 3A all-State team as a senior.

Signer was a first-team Western Conference all-star as a senior at Stanwood High School, leading the Spartans to a league championship with a 14-0 record and a berth in the Class 4A state tournament. She had a .350 attack percentage in league play.

The 5-11 Signer was a second-team Everett Herald all-Area and first-team all-league pick as a junior on a team that won the district title and reached the state tourney. She also was a first-team all-league pitcher in softball.

“I like her because she’s a workhorse,” Flick said. “She’s a good blocker, and has a good snap to her hitting.”

2002 Recruits

Alaska Anchorage

Martinez Signs with UAA (11/29/01)

Stephanie Martinez, a 5-8 setter from Austin, Texas, has signed a national letter of intent to attend the University of Alaska Anchorage.

As a senior at Anderson High School last fall, Martinez was named the Most Outstanding Setter in District 25-4A after accumulating 368 assists and 58 aces in a two-setter offense.

Her club team, Austin Metro Volleyball, accumulated a 35-2 combined record over the past two seasons and qualified for the 2001 National tournament with a victory at the Lone Star Classic.

"Stephanie is an extremely athletic setter who will fit in well to our system," UAA coach Kim Lauwers said. "She's a fighter and a hard worker who just loves the game of volleyball. She'll play on a high level for us."

Central Washington

Wakefield To Play Volleyball for CWU (4/23/02)

Hayley Wakefield, whose sister Alexa played for Great Northwest Athletic Conference champion Western Washington last fall, has signed a volleyball letter of intent at Central Washington University.

Wakefield, a 5-9 right side hitter, was a two-time NWAACC Northern Region first-team selection at Whatcom Community College and was twice named NWAACC Player of the Week.

She was a first-team all conference honoree at Ferndale High School before distinguishing herself at Whatcom.

"Hayley is a quick athlete with great skills," CWU volleyball coach Mario Andaya said. "Her ability to play multiple positions is a great asset for our squad. She rounds a well-skilled recruiting class that will make our team better immediately."

Wildcats Ink Three To Letters (4/11/02)

Three high school superstars from the central Washington area have committed to play volleyball next fall at Central Washington University.

The list of all-state performers includes middle blocker LeAnne McGahuey (Wenatchee), setter Lindsey Dollente (Yakima-West Valley) and outside hitter Tara Hesselgesser (Selah).

McGahuey, a four-year letter winner at Wenatchee, was named to the Big Nine Conference's first team her final two seasons and honored as league MVP last fall. She also lettered in basketball for three seasons, was a Big Nine honorable-mention selection as a sophomore, and is currently the number one singles player for the Lady Panthers' tennis squad.

"She is an exceptionally quick athlete," CWU head coach Mario Andaya said. "With her speed and strong arm swing, LeAnne will help us extend our offense horizontally, giving us many different looks. She is a good student (3.65 GPA), very coachable and will fit in well with the athletic group we have now."

Dollente claimed three varsity letters. As team co-captain and MVP last fall, she helped lead West Valley to a third-place finish in the state 3A tournament. The Rams were fourth her junior year and placed seventh during her sophomore campaign.

"She has great hands and is capable of setting all tempos," Andaya said. "Lindsey comes in with a lot of high-level experience from high school and club play. She's set for some great talent her whole career. We expect her to develop rapidly and be waiting in the wings to step in."

Hesselgesser played two seasons for perennial 3A power Selah and ended her career as an all-state and Mid-Valley League honoree.

"Tara has great leaping ability and attacks a heavy ball," Andaya said. "Along with her ability to terminate, Tara's overall skill level and court awareness will definitely bring some needed depth in the ball control area."

Rain To Play Volleyball For Wildcats (11/26/01)

Multi-sport star Linnet Rain, who has enjoyed her share of success at the high school and junior college level, has signed a letter of intent to play both volleyball and basketball next year at Central Washington University.

Rain won 11 varsity letters while competing in volleyball (middle blocker), basketball (center) and track (shot put, discus, javelin and high jump) at Lopez Island High School, where she received her diploma in 1998. Her list of accomplishments included state recognition in volleyball and track, and three first-team all-league basketball awards.

Currently in her second year at Edmonds Community College, Rain was named to the NWAACC Northern Region volleyball first team and served as the Tritons' captain this past fall.

"Linnet is the presence we were looking for in the middle," CWU volleyball coach Mario Andaya said. "She is a prototype to dominate on the block. She's

been well drilled at the University of Washington (as a redshirt) and will come in with good experience in the middle."

Rain was honored as a second-team Northern Region selection on the hardwood last winter while averaging 20.2 points and 12 rebounds per contest. "We're very excited to get an athlete of Linnet's caliber at Central," basketball coach Jeff Whitney said. "We were looking for a post and we feel she'll fill that role nicely."

Whitney said he and his coaching staff believe Rain has the potential to develop into a solid player. "She possesses the ability to score from the low block area," he said, "and has the strength to be dominant on the glass."

Seattle Pacific

Nevada Prep League MVP Signs (4/11/02)

Chelsey Myers, the league player of the year for Douglas High School in Minden, NV, has signed a national letter of intent to play volleyball at Seattle Pacific University.

Myers, a 5-foot-10 outside hitter, was a two-time all-Sierra League selection and led Douglas to an 18-1 record last fall. The Tigers were Nevada state runners-up in 2000 and third last season.

Monda Transfers from Washington State (4/3/02)

Kathleen Monda, formerly an all-KingCo volleyball player at Woodinville High School, will transfer from Washington State to Seattle Pacific next fall. She has signed a scholarship agreement after obtaining her release from WSU.

Monda, a 5-foot-11 outside hitter, played in three matches for the Cougars as a freshman. She is eligible to play for the Falcons as a sophomore in 2002. In Monda's final two prep seasons, Woodinville went 52-7 overall and were undefeated in league play.

SPU Coach Kellie Ryan said Monda will compete for a starting position. The Falcons are coming off back-to-back NCAA Division II tournament appearances but lost four starters from the squad which went 20-8 last season.

Western Oregon

WOU Adds Four Players to Roster (5/1/02)

Four new players will join Western Oregon University's volleyball program this fall for the 2002 season.

The additions include transfers Sarah Entenman and Erin Ross, along with freshmen Samantha Krier and Amanda Heaton.

The five-foot, nine-inch Entenman comes to WOU via Clackamas CC after a standout prep career at Centennial and Oregon City High Schools. The setter was Clackamas' MVP, team captain and was a First-Team All-NWAACC selection.

At Oregon City, where she set for Lindsey Yamasaki (now at Stanford), Entenman was named the team's MVP in 1997.

Ross transfers to WOU from Concordia (Portland), where as a freshman last fall she came off the bench as a six-foot outside hitter. The Cavaliers won the Cascade Conference title and went 23-3.

At Burns High School, Ross was a three-sport standout (volleyball, basketball, tennis) who earned third-team all-state (3A) honors as a senior in volleyball. She was also the Greater Oregon League MVP in 2000.

Heaton was a third-team all-state (4A) pick at Westview High School last fall. She was also a second-team all-state tournament selection leading the Wildcats to a fourth-place finish. She was a first-team All-Metro League pick as a junior and senior. The 5-9 outside hitter is also a standout on the Westview softball team.

Krier was a first-team (3A) all-state and all-state tournament selection at The Dalles. She was also the Tri-Valley League MVP, and has been an all-league selection since her sophomore year in volleyball, basketball and softball.

The 5-10 outside hitter helped lead the Indians to a fifth-place finish at the state tournament last fall in volleyball.

Western Washington

Vikings Add Four Freshmen To Roster (4/22/02)

Three players have signed letters of intent to play volleyball at Western Washington University and a fourth player has enrolled.

Signing letters of intent were 5-11 outside hitter/middle blocker Krystal Knight from Sumner High School, 5-8 outside hitter Jamie Petersen from Kentwood High School in Kent, and 5-8 setter Kristen Urdahl from Ferris High School in Spokane.

Also joining the Vikings is 5-4 defensive specialist/setter Megan Tevis of Emerald Ridge High School in Puyallup. Petersen, Tevis and Urdahl have all been selected to play in the Washington State

Volleyball Coaches Association East-West all-star series.

"We needed a little bit of everything, and we got top-notch players in every area," said WWU coach Diane Flick. "This is a very athletic group."

Knight was a three-year starter at Sumner, earning first-team all-South Puget Sound League North Division honors as a senior, when she had 173 kills and 46 blocks in 51 games.

"Krystal is a very physical player," Flick said. "She has good hops and she can put a lot of heat on the ball."

Petersen was a first-team all-SPSL North Division pick the last two seasons, helping Kentwood reach the Class 4A state tournament as a senior. "Jamie is 5-8, but she plays like she's 6-1," said Flick. "She has great ball control and to say her vertical leap is high is an understatement."

Urdahl helped Ferris reach the championship game of the Class 4A state tourney. She averaged a school-record 13.96 assists a game in earning first-team all-Greater Spokane League honors.

"Kristen is a very solid setter," Flick said. "She has great command of the ball and a good feel for the game. She is an extremely hard worker and will complement (junior setter) Liz Bishop very well."

Flick said Tevis will be one of the quickest players on the Western roster. Tevis was twice a first-team all-SPSL South Division all-star and as a senior was a second-team Tacoma News Tribune all-Area pick as she helped Emerald Ridge place fifth at the Class 4A state tournament.

Knight Signs Letter With WWU (11/27/01)

Krystal Knight, a 5-foot-11 outside hitter/middle blocker from Sumner, has signed a national letter of intent to play volleyball at Western Washington University.

Knight, who is in her senior year at Sumner High School, was a first-team South Puget Sound League North Division all-star and team captain for the Spartans, having 173 kills, 100 digs, 46 blocks and 22 service aces in 51 games. She earned second-team all-league honors as a junior, helping Sumner reach the league playoffs.

"Krystal is a good athlete with the ability to play a couple different positions," said Flick. "Her physical presence coupled with her competitiveness will greatly add to the direction this program is taking."