

HIGH SCHOOL — VOLLEYBALL

CAPE HENRY COLLEGIATE

EPHRAM THOMPSON

Senior

Ephram started training as an 8th grader and has grown into one of the strongest boys at our school. His passion and commitment to fundamental strength training is a model for young students. At the time of submission, Ephram earned a bench press of 290, front squat of 405, a trap bar deadlift of 560, and a 34" vertical leap. On the court, Ephram contributed to Boys Volleyball continuing their dominance of the TCIS conference. ~Phil Reichhoff

GAYVILLE-VOLIN HIGH SCHOOL

KEELEY LARSON

Hitter

Senior

Keeley was All-Conference and had 659 assists and 252 digs. She also had a 96.7% serve ratio with 24 aces. She hit her 1000 career dig this year. She played for the first team to qualify for the State Volleyball in school history. Along the way, Keeley broke the career assist record with 3,734 and holds the individual season assist record at 895. Keeley squats 225 lbs and benches 125 lbs.

~Mark Roozen

GREER HIGH SCHOOL

DAMIAH POLK

Sophomore

Damiah is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the court and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect. ~Matt Landreth

HAHNVILLE HIGH SCHOOL

MARIAH MOTT

Outside Hitter/Defensive Specialist

Junior

Mariah is an athlete who possesses a unique blend of pure humility and a tenacious work ethic. She has a commanding presence in any team huddle/situation yet is never overbearing. She has shown maturity well beyond her years in her strength training and maintains a 3.55 Unweighted GPA in the classroom. She is a leader in the halls and on the court. Her commitment to being great is evident in everything that she does. She is a 2x 1st Team All-District Player and was named to the LVCA All-State Team this past season. ~Taylor Dunn

HARDIN HIGH SCHOOL

MCKENNA TORSKE

MIDDLE HITTER

Junior

Mckenna has unassumingly become one of the most influential student athletes at hardin high school, both athletically and academically. Mckenna has consistently put in the hours not only in practice but the weight room as well. As a three sport athlete, mckenna is constantly striving to improve herself both physically and mentally. Mckenna is a detail oriented athlete, asking questions and constantly challenging herself to be her best. Mckenna is a coaches athlete, leading her team to their first state volleyball title in 20 years. ~Patrick Sargent

HIGH SCHOOL — VOLLEYBALL

KAMEHAMEHA SCHOOLS - KAPALAMA HARRYZEN SOARES

Libero

Senior

Harryzen Soares stands out as a remarkable volleyball player whose dedication and talent have made a lasting impact on the team. Last year, Harryzen led the division with an impressive 176 digs, ranking him 2nd in the entire state. His exceptional athletic prowess is evident in his relentless work ethic and unwavering commitment to excellence. Harryzen consistently puts forth maximum effort in everything he does, making him an invaluable asset to the team. Harryzen is truly a gifted athlete who excels in weight room and on the court.

~Skyler Yamamoto

LUDINGTON HIGH SCHOOL

MIA PUNG

Libero and Defensive Specialist

Senior

Mia Pung is a great teammate in many ways. One in particular is her willingness to train to make herself a better athlete and teammate. She would often be found at many of those invisible zero hour mornings that most people do not see improving her craft and making herself a stronger student athlete. She possessed several LHS all time bests on our leaderboards over her career. Currently she owns the Oriole Strength Index honor for best relative strength which compares body wt to total amount lifted. I appreciate Mia's willingness to help younger student athletes make themselves better. She knows how to show up and lead. ~Richard Kirby

MANDAN HIGH SCHOOL

MILLA EHLIS

Junior

Milla is a Junior at Mandan High where she competes in Volleyball and Soccer. She is fairly new to the weightroom and has bought in to the culture of Mandan weightlifting. Ehlis won most improved on the volleyball team her junior year. In a short time, Milla has recorded a max bench of 115 and a max squat of 190. Congrats Milla! ~Zach Morast

PLATTEVIEW HIGH SCHOOL

LEXI HANS

Outside Hitter

Senior

Lexi was named 1st team All-Conference and 2nd team All-State. Lexi served as team captain for 2 years and was a strong leader on and off the court. She demanded the best of herself and her teammates, and always gave full effort in practice and games. Lexi is a determined, goal-driven athlete. She led the team to a conference championship, district championship, and state tournament appearance her senior year. Lexi has been committed throughout her high school career to make herself and her teammates better every chance she could. ~Nick Crouse

RAYTOWN SOUTH HIGH SCHOOL

AMIYAH MCGILL

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Sophomore

Amiyah, is a standout in volleyball. She also excels in the classroom. Amiyah has a great work ethic in the weight room and upholds the standard for those around her. Amiyah is a great example of what it means to be a Cardinal in the classroom, and on the court! Congratulations Amiyah! ~Monte Yancey



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — VOLLEYBALL

YANKTON HIGH SCHOOL

CAMRYN KOLETZKY

Outside Hitter

Senior

At 6'0", Camryn was a key player on the volleyball team and a stand out on the basketball team, as well as helping the softball team in their first year of play. ~Mark Roozen