

## HIGH SCHOOL — VOLLEYBALL

### Jackson Christian School

#### ABIGAIL MELTON

##### Senior

I am honored to nominate this Abigail Melton for the NSCA All-American Award. She exemplifies excellence in academics, athletics, leadership, and service, representing the highest standards of a complete student-athlete.

Academically, she has demonstrated exceptional achievement and consistency. She holds an outstanding 4.52 GPA and has ranked in the top five of her class from freshman through junior year. She has completed all available Honors courses and is currently enrolled in dual-enrollment coursework, maintaining all A's throughout her academic career. As a member of the National Honor Society from sophomore through senior year, she has consistently demonstrated scholarship, leadership, service, and character.

Athletically, she has been a transformational leader within the varsity volleyball program. As team captain her senior year, she helped lead the program to its first District Championship in school history. The team went on to achieve a third-place finish in Regionals and earned its first-ever State Tournament appearance. Individually, she was recognized as a 1st Team All-District performer, highlighting her impact on the court and her competitive excellence.

Beyond academics and athletics, she is deeply involved in her school community. Her participation in National Honor Society, Blue Crew, SOAR, Athletics, Feed My Starving Children, and Girls Yoga reflects her commitment to service, leadership, and

holistic development. She leads with positivity, integrity, and dedication, consistently influencing those around her in meaningful ways.

The NSCA All-American Award recognizes student-athletes who demonstrate excellence in sport performance, dedication to training, academic achievement, leadership, and character. She embodies each of these qualities and is exceptionally deserving of this honor.

~Jonmarc Rasberry

### Edmond North High School

#### BRINLEY AWTRY

##### Senior

Brinley is a hard working student-athlete. She is a member of the Memorial Road Church of Christ Youth Group. She has volunteered with Serve OKC and other local charities. Athletic Accomplishments: Back-2-back state champion volleyball (24',25')

- 26.5 in vertical (personal best)

- USAY Nationals in 2022 with Club Volleyball

Academic Accomplishments

- Principles Honor Roll 24' & 25'

- National Honor Society

- Maintained a 3.8 GPA

Brinley plans to go to Harding University in the Fall of 2026. She plans to major in Kinesiology/Exercise Science. Brinley has trained with and helped coach youth athletes in the summer with Mullins Performance + Fitness. Brinley is kind-hearted, competitive, and fun to be around. She is a great daughter, big sister and friend to many. It is an honor to nominate Brinley for this award.

~Elizabeth Mullins

## HIGH SCHOOL — VOLLEYBALL

### Eastchester UFSD

#### DANIEL THOMSON

##### Senior

Daniel Thomson has been a four year varsity athlete whose commitment to preparation and consistency defines his success. He never missed a game or practice throughout his high school career and regularly attended summer training sessions, approaching every workout with purpose and attention to detail. In the weight room he leads by example, treating every repetition as an opportunity to improve and pushing teammates to match his standard.

A two year captain and two time Section Champion, Daniel earned All League and All Section honors this year while recording over 200 kills and 34 blocks. His performance reflects the discipline and accountability he demonstrates daily in training.

Daniel's dedication to constant improvement and leadership within the Eastchester Strength program make him a highly deserving candidate for NSCA Strength & Conditioning Athlete of the Year.

~Shane O'Connor

### C. E. Ellison High School

#### JALYA SWEENEY

##### Outside

##### Junior

Jayla Sweeney has distinguished herself through her exceptional dedication to the strength and conditioning program, consistently striving to enhance her power, agility, and vertical performance. As a district standout, her 600 kills and 700 digs on the court aided the team in a history-making Bi-District Championship and Area Finalist designation. Her focus on improving athletic

movement and injury prevention has helped her become a key contributor to her team's success on the court. Jayla's consistent energy, positive attitude, and leadership in the weight room motivate her teammates to reach their full potential. ~Walter Prater

### Ezell-Harding Christian School

#### KAYLEN KENNEY

##### Middle Hitter

##### Senior

Kaylen is the kind of athlete every coach wants in their program. She brings grit, strength, power, and relentless determination to everything she does. Whether she's on the court or in the weight room, her intensity and focus are contagious.

She challenges the athletes around her to dig deeper and raise their standard. Kaylen is committed to getting 1% better every day, and that daily pursuit of improvement is what separates her. ~Justin Loudon

### CARD Sports Performance | Sycamore High School

#### LOLA DARBYSHIRE

##### Right-Side

##### Senior

Lola has been the epitome of hard work and consistency over the years. She started training her freshman year and spent each offseason/club season here training 3-4 times a week. In that time she saw a 10 inch improvement in her vertical jump, touching 10 feet going into her senior year. She always came in ready to work and was always there supporting the other athletes in the weight room with her. That dedication led her to a senior season that landed her All Conference First Team and All City Second Team. ~Connor Hanson

## HIGH SCHOOL — VOLLEYBALL

### Greencastle High School

#### MEILANI YORK

##### Libero

##### Senior

For the last 4 years, this student-athlete has become one of the hardest workers in the weight room and on the court. She has excelled in volleyball and will be playing collegiate volleyball at Marian. She has a fierce work ethic and undeniable leadership for her team. ~Andrew Tirotta

### Victoria High School

#### MYAH YOUNGER

##### Senior

Myah is a testament to the value of hard work and determination. She approaches every workout with intensity and effort. She attacks volleyball in the same way. You'll see her flying around making hustle plays all over the court. This season she became the school's all-time leader in digs. Myah is also top 3 in career kills and blocks. Those efforts helped her team reach back-to-back state volleyball tournaments. She received all-league and all-state recognition. In addition, Myah volunteered her time over the summer to help with middle school weights. Her talents and leadership are a big part of our success as a team.

Myah has the school record with a 26.5" vertical. Bench Press 150 lbs. Squat 245 lbs. Hang Clean 130 lbs. Deadlift 265 lbs.

~Shawn Landers

### Elkhart High School

#### RYLEE DRUMMOND

##### Setter / Outside Hitter

##### Junior

Height: 5'10". Weight: 125 lbs. Vertical Jump: 25 in. Pro-Agility Run: 5.0 sec. Forty-Yard Dash: 5.4 sec. Bench Press: 135 lbs. Power Clean: 125 lbs. Back Squat: 205 lbs. Dead Lift: 300 lbs.

Rylee has made a lot of strides, not only with her improvements in overall strength, but also in her overall conditioning. She has worked very hard to make gains in both speed and agility, as well as power and explosiveness. Her hard work has translated into helping Elkhart High School to a conference runner-up finish with a 10-1 record. Rylee made the All-Northern Indiana Conference Team with 325 assists, 205 kills, 190 digs, 44 serving aces, 29 total blocks, and a .254 hitting percentage. Rylee earned All-NIC honors by being named Player of the Week and was named MVP for the league. Her goal of playing college volleyball at the Division I level is also enhanced by her 3.5 overall grade point average. ~Conner Glon, ~Michael Michelakis CSCS