



November 17, 2009

2009 AVCA ALL-AMERICA TEAMS ANNOUNCED FOR DIVISION III WOMEN'S VOLLEYBALL

LEXINGTON, Ky. - The American Volleyball Coaches Association (AVCA) is proud to announce the 29th annual AVCA All-America teams for NCAA Division III women's volleyball. The awards will be presented Nov. 18, 2009, at the NCAA Division III Women's National Championship banquet in University Heights, Ohio., where the 2009 Division III AVCA Player of the Year will be announced. The NCAA Division III national quarterfinals begin Nov. 19.

The 2009 class is nearly split between first-time recipients and previously honored AVCA All-Americans. This year's group contains four, three-time selections: Ohio Northern University middle blocker Liz Schnelle, Juniata College libero Megan Sollenberger, Haverford College outside hitter Rebecca Salvo and Pacific Lutheran University middle blocker Beth Hanna.

The 2009 All-America selections were made by the AVCA Division III All-America Committee: Harleigh Chwastyk, Swarthmore, chairperson; Gina Chambers, Nebraska Wesleyan; Paul Dill, MIT; Patti Ford, UW-River Falls; Hannah Long, Southwestern, Amber Warners, Calvin; Cal Wickens, Nazareth and Valerie Cowan, Pomona-Pitzer.

2009 AVCA DIVISION III FIRST-TEAM ALL-AMERICA

Player	Institution	Pos.	Yr.	Ht.	Hometown
Christina Cahoon !	Univ. of Wisconsin-Oshkosh	DS/Lib.	Jr.	5'6	Watertown, Wisconsin
Emily Foster %	University of St. Thomas	S	Jr.	5'10	Hopkins, Minnesota
Crista Jones !	University of La Verne	MB	Sr.	5'10	Fresno, California
Rebecca Kamp !	Calvin College	MB	So.	6'1	Palos Heights, Illinois
Linda Ly	Chapman University	DS/Lib.	Sr.	5'3	San Gabriel, California
Michelle Madeja	Carthage College	OH	So.	5'11	Naperville, Illinois
Jessica McAlvany	Emory University	OH	So.	6'1	Roswell, Georgia
Kelly Pang	Washington University-St. Louis	DS/Lib.	Fr.	5'1	Honolulu, Hawai'i
Emily Perkins	Colorado College	MB	Jr.	6'0	Plano, Texas
Jacque Ray ^	Univ. of Wisconsin-Oshkosh	MB	Sr.	5'11	Richland Center, Wisconsin
Liz Schnelle !\$	Ohio Northern University	MB	Sr.	5'11	New Bremen, Ohio
Natalie Schonefeld %	Emory University	S	So.	5'7	Louisville, Kentucky
Kim Smisek	St. Olaf College	OH	Jr.	6'1	Northfield, Minnesota
Megan Sollenberger %\$	Juniata College	DS/Lib.	Sr.	5'5	Mechanicsburg, Pennsylvania

2009 AVCA DIVISION III SECOND-TEAM ALL-AMERICA

Player	Institution	Pos.	Yr.	Ht.	Hometown
Erin Albers ^	Washington University-St. Louis	MB	Jr.	6'2	Bellville, Illinois
Laura Brammeier	Nebraska Wesleyan University	OH	Jr.	5'10	Lincoln, Nebraska
Kendyl Dunn	New York University	MB	Fr.	6'0	Austin, Texas
Dena Feiger	Tufts University	S	Sr.	5'7	Long Grove, Illinois
Marilee Fisher	Washington University-St. Louis	S	Fr.	5'8	Mountain View, California
Audra Gentry ^	Southwestern University (Texas)	OH	Sr.	5'7	Albuquerque, New Mexico
Jamie Grauvogel ^	College of Mount St. Joseph	OH	Jr.	6'1	Cleves, Ohio
Jackie Hamilton	University of Redlands	OH	Jr.	5'8	Loma Linda, California
Caitlin Hogan	Univ. of Wisconsin-Whitewater	OH	Jr.	5'11	New London, Wisconsin
Katie Lundgren %	Carthage College	DS/Lib.	Jr.	5'9	Long Grove, Illinois
Morgan Magers	Heidelberg University	S	Sr.	5'7	Green Springs, Ohio
Courtney Reinhold %	Eastern University	OH	Fr.	5'7	Adamstown, Pennsylvania
Rebecca Salvo ^#	Haverford College	OH	Jr.	5'10	La Canada, California
Steph Strauss %	Juniata College	S	So.	5'11	Penn Hills, Pennsylvania

(More)

2009 AVCA DIVISION III THIRD-TEAM ALL-AMERICA

Player	Institution	Pos.	Yr.	Ht.	Hometown
Katie Beining	Univ. of Wisconsin-Oshkosh	OH	Sr.	5'9	Brookfield, Wisconsin
Niki Calverley	University of Texas at Dallas	S	Jr.	5'6	Wylie, Texas
Brittany Donelan	Heidelberg University	DS/Lib.	Jr.	5'5	North Olmsted, Ohio
Erin Exline	California Lutheran University	OH	Jr.	6'0	Clovis, California
Beth Hanna ^*	Pacific Lutheran University	MB	Jr.	6'0	Clackamas, Oregon
Beth Hanson	College of St. Benedict	S	Sr.	5'7	Faribault, Minnesota
Aly Hazelwood	Trinity University (Texas)	MB	Sr.	6'0	Beach City, Texas
Andrea Helminiak	Hope College	S	Sr.	5'5	Maumee, Ohio
Maria Horning ^	Eastern University	S	Fr.	5'8	Denver, Pennsylvania
Caitlyn Jansen	Christopher Newport University	MB	Jr.	6'0	Lorton, Virginia
Kayla Leyden	Benedictine University	OH	Jr.	5'6	Elgin, Illinois
Samantha Lingamfelter	Southwestern University	DS/Lib.	Sr.	5'2	New Braunfels, Texas
Kate McWhorter	Univ. of Massachusetts Boston	OH	Sr.	5'9	Bakersfield, California
Kelsey Sears	Calvin College	DS/Lib.	Sr.	5'6	Traverse City, Michigan

! indicates 2008 AVCA First-Team All-America selection
 % indicates 2008 AVCA Second-Team All-America selection
 ^ indicates 2008 AVCA Third-Team All-America selection
 * indicates 2007 AVCA First-Team All-America selection
 # indicates 2007 AVCA Second-Team All-American selection
 \$ indicates 2007 AVCA Third-Team All-America selection

2009 Division III AVCA Freshman of the Year: Kelly Pang, Washington University-St. Louis, DS/Lib.
2009 Division III AVCA Player of the Year: Announced Nov. 18, 2009

2009 AVCA DIVISION III HONORABLE MENTION ALL-AMERICA

Sara Artus (Clarkson, OH, So.)	Emma Jaynes (St. Benedict, OH, Sr.)
Emily Avis (Williams, S, Jr.)	Kelcy Joynt (Pacific Lutheran, MB, Sr.)
Mina Baban (NYU, S, So.)	Lizzie Kamp (Calvin, OH, Fr.)
Aleisha Bagin (UW-Oshkosh, OH, Fr.)	Allison Kiernan (New Paltz, RS/Opp., Sr.)
Meredith Ballard (Colorado College, S, Jr.)	Maggie Kowalska (Stevens, RS/Opp., Fr.)
Nicole Ballon-Landa (Williams, MB, Jr.)	Heather Lively (Springfield, OH, Jr.)
Drew Barnhart (Juniata, OH, So.)	Gabby Long (Salisbury, DS/Lib., Sr.)
Sarah Beaver (Pacific Lutheran, OH, So.)	Melissa Mahnke (Mount Union, OH, Sr.)
Brynn Blickenstaff (Puget Sound, OH, So.)	Nicole Massarelli (Salisbury, MB, Sr.)
Stephanie Bova (New Paltz, S, Sr.)	Aleisha May (MIT, OH, Sr.)
Sarah Byrne (Stevens, OH, So.)	Aislinn McCloskey (Carnegie-Mellon, RS/Opp., Jr.)
Tara Christensen (Simpson, S, Sr.)	Nicole Morano (Franklin & Marshall, MB, Jr.)
Mallorie Clary (Nazareth, DS/Lib., Sr.)	Jessica Nassau (Texas-Dallas, MB, Jr.)
Barden Cleeland (MIT, MB, Sr.)	Amy Newman (Connecticut College, OH, So.)
Kate Comey (Haverford, S, So.)	Christina Nicholls (Southwestern, S, So.)
Brandi Corbello (Thomas More, OH, So.)	Meredith Palmer (Skidmore, MB, Jr.)
Brittany Coyle (New Paltz, MB, Sr.)	Sarah Parker (Mount Union, MB, Sr.)
Kyley Crotty (St. Thomas, OH, Sr.)	Kaela Parnell (Hardin-Simmons, MB, Sr.)
Alice Cummings (Wellesley, OH, Sr.)	Brittanie Paulus (Lakeland, OH, Sr.)
Kayla Deats (Elizabethtown, MB, Sr.)	Megan Phillips (Redlands, MB, Jr.)
Marissa DeMais (Connecticut College, S, Jr.)	Kelly Prunty (St. Olaf, S, Jr.)
Lauren Dinsdale (Skidmore, DS/Lib., Sr.)	Katherine Roessler (Concordia-Wis., MB, Sr.)
Kara Elder (Christopher Newport, OH, Fr.)	Jackie Russell (California Lutheran, S, Fr.)
Kelsy England (Millikin, OH, So.)	Rachel Salvo (Haverford, RS/Opp., Sr.)
Jacie Fiedler (Hope, MB, Jr.)	Kelsey Scheele (UW-Oshkosh, S, Sr.)
Alyssa Fitchette (SUNY-Brockport, MB, Sr.)	Elise Schmid (Nebraska Wesleyan, MB, Sr.)
Chelsie Fowler (Hardin-Simmons, OH, Sr.)	Amy Schornack (Colorado College, S, So.)
Kelsey Fuller (Juniata, OH, Fr.)	Erin Slattery (Wittenberg, S, Sr.)
Sarah Gardner (St. Mary's University, RS/Opp., Jr.)	Rachel Swoboda (Carthage, RS/Opp., Sr.)
Jenna Green (Concordia College, OH, So.)	Shannon Thompson (UMass-Boston, MB, Fr.)
Jane Handel (Middlebury, OH, So.)	Lindsay Thompson (Southwestern, MB, So.)
Lauren Harding (Redlands, DS/Lib., Sr.)	Caitlin Updike (Tufts, OH, Jr.)
Ruby Hernandez (Wesleyan, DS/Lib., Jr.)	Kara VandeGuchte (Hope, MB, Jr.)
Melissa Hillebrand (UW-Platteville, OH, Jr.)	Katelyn Vara (UW-Oshkosh, S, Sr.)
Abby Hogge (Christopher Newport, DS/Lib., Fr.)	Brooke Winterling (Frostburg, OH, Sr.)
Maria Horning (Eastern, S, So.)	Alexandra Zavadzka (Elmira, OH, Fr.)

2009 AVCA Division III First-Team All-America

Christina Cahoon, a 5-6 libero for University of Wisconsin-Oshkosh, is a junior from Watertown, Wis. Cahoon, a two-time First-Team All-WIAC selection and two-time member of the WIAC All-Defensive Team, helped lead the Titans to their second-consecutive NCAA Division III Midwest Region title. The WIAC's digs leader, Cahoon is a two-time AVCA First-Team All-American.

Emily Foster, a 5-10 setter for University of St. Thomas, is a junior from Hopkins, Minn. Foster, an all-conference selection who leads the MIAC in assists and ranks among the nation's best in that category, helped her squad to a share of the 2009 MIAC title. The 2009 MIAC Player of the Year, Foster has now landed her second AVCA All-America distinction.

Crista Jones, a 5-10 middle blocker for University of La Verne, is a senior from Fresno, Calif. Jones, the 2009 SCIAC player of the year, helped the Leopards shake a slow start and finish as the NCAA West Region Runners-Up. Ranking among the top of the SCIAC in kills, hitting percentage, blocks and aces, this is Jones' second AVCA First-Team All-America selection.

Rebecca Kamp, a 6-1 middle blocker for Calvin College, is a sophomore from Palos Heights, Ill. A two-time First-Team All-MIAA selection, Kamp helped the Knights capture the MIAA Tournament Championship and earn an automatic bid to the NCAA Division III Midwest Regional Tournament. Ranked first in the conference in kills, aces and blocks and second in hitting percentage, Kamp earns her second First-Team AVCA All-America award.

Linda Ly, a 5-3 libero for Chapman University, is a senior from San Gabriel, Calif. She was one of the nation's best defensive players this season, ranking second in digs per set, while helping her team to an 18-14 overall record and a berth in the 2009 NCAA Division III West Regional Tournament. Ly is a first-time AVCA All-America honoree.

Michelle Madeja, a 5-10 outside hitter for Carthage College, is a sophomore from Naperville, Ill. The First-Team All-CCIW honoree was second in the conference and also ranked nationally in kills per set, while leading her team to the 2009 NCAA Division III Central Regional final. This marks Madeja's first AVCA All-American distinction.

Jessica McAlvany, a 6-1 outside hitter for Emory University, is a sophomore from Roswell, Ga. McAlvany helped lead the Eagles to a 34-6 record, a UAA Championship and the No. 1 seed in the NCAA Division III South Regional Tournament, while garnering First-Team All-UAA laurels. This is McAlvany's first AVCA All-America award.

Kelly Pang, a 5-1 libero for Washington University-St. Louis, is a freshman from Honolulu, Hawai'i. She was a First-Team All-UAA honoree, led the league in digs per set and has helped the Bears to a 31-4 record and their 20th trip to the NCAA Quarterfinals. Pang is a first-time AVCA All-America honoree.

Emily Perkins, a 6-0 middle blocker for Colorado College, is a junior from Plano, Texas. A First-Team All-SCAC selection, Perkins ranked among the conference leaders in kills, blocks and hitting percentage, while leading the Tigers to their first NCAA Division III West Region Championship. Perkins, a three-time SCAC Player of the Week recipient in 2009, earns her first AVCA All-America award.

Jacque Ray, a 5-11 middle blocker from the University of Wisconsin-Oshkosh, is a senior from Richland Center, Wis. The WIAC's Player of the Year in 2009 and two-time First-Team All-WIAC honoree was among the conference leaders in points, blocks, kills and hitting percentage. Ray is a two-time AVCA All-American, having earned Third-Team laurels in 2008.

Liz Schnelle, a 5-11 middle blocker for Ohio Northern University, is a senior from New Bremen, Ohio. The two-time OAC Player of the Year and three-time First-Team OAC selection is ranked first in the conference and in the top-10 nationally in kills and third in the OAC in hitting percentage. A five-time recipient of the Sports Imports/AVCA Division III National Player of the Week award, Schnelle has reeled in her third total AVCA All-America nod and second straight First-Team honor.

Natalie Schonefeld, a 5-7 setter for Emory University, is a sophomore from Louisville, Ky. Schonefeld ranked in the top-10 nationally in assists per game, while leading the Eagles to one of the nation's ten-best team hitting percentages. The 2009 UAA MVP and First-Team UAA selection, Schonefeld has earned her second AVCA All-America honor, netting Second-Team accolades a season ago.

Kim Smisek, a 6-1 outside hitter for St. Olaf College, is a junior from Northfield, Minn. A member of the 2009 MIAC All-Conference and All-Playoff teams, Smisek led the nation in kills and ranked first in the MIAC in points. Smisek, who also earned Sports Imports/AVCA Division III Player of the Week honors during the season, picks up her first AVCA All-America award.

Megan Sollenberger, a 5-5 libero for Juniata College, is a senior from Mechanicsburg, Pa. She was selected as the Landmark Conference Specialist of the Year and landed a spot on the All-Landmark Conference First-Team after averaging 5.42 digs per set. Sollenberger is making her first appearance as an AVCA First-Team All-American, also having garnered Second-Team laurels in 2008 and Third-Team honors in 2007.

2009 AVCA Division III Second-Team All-America

Erin Albers, a 6-2 middle blocker from Washington University-St. Louis, is a senior from Bellville, Ill. A First-Team All-UAA honoree, Albers ranked among the league leaders in kills, points and hitting percentage, while helping the Bears to the NCAA Division III Central Region Championship. Albers is a two-time AVCA All-American.

Laura Brammeier, a 5-10 outside hitter from Nebraska Wesleyan University, is a junior from Lincoln, Neb. An all-around player for the Prairie Wolves, Brammeier led the team in kills, was third in digs and helped her squad to an 18-12 overall record, earning them a spot in the NCAA Division III Central Region Tournament. This marks the first AVCA All-America award for Brammeier.

Kendyl Dunn, a 6-0 middle blocker from New York University, is a freshman from Austin, Texas. The 2009 UAA Rookie of the Year and First-Team All-UCAA honoree, Dunn was first in the league in hitting percentage and kills, while also ranking nationally in those categories, as well. Dunn is receiving AVCA All-America honors for the first time.

Dena Feiger, a 5-7 setter from Tufts University, is a senior from Long Grove, Ill. Selected as the 2009 NESCAC Player of the Year, Feiger ranked in the top-five nationally in assists per set and helped her team rank in the top-20 nationally in kills per set, while leading the squad to the NCAA Division III New England Regional Championship. This is the first-time Feiger is honored as an AVCA All-American.

Marilee Fisher, a 5-8 setter from Washington-St. Louis, is a freshman from Mountain View, Calif. A Second-Team All-UAA nod, Fisher led the nation in assists per set as a rookie, while guiding the Bears to a top-20 ranking in team hitting percentage and a spot in the NCAA Division III Quarterfinals. This marks the first AVCA All-America award for Fisher.

Audra Gentry, a 5-7 outside hitter from Southwestern University, is a senior from Albuquerque, New Mexico. The SCAC Player of the Year for two consecutive seasons, Gentry ranked first in the league in kills while helping the Pirates to a perfect 15-0 SCAC mark and a spot in the NCAA South Region final. This marks Gentry's second AVCA All-American honor.

Jamie Grauvogel, a 6-1 outside hitter from the College of Mount St. Joseph, is a junior from Cleves, Ohio. A member of the All-HCAC team, Grauvogels led the conference in kills and service aces and ranked second in hitting percentage. Grauvogel is now a two-time AVCA All-American.

Jackie Hamilton, a 5-8 outside hitter for University of Redlands, is a junior from Loma Linda, Ca. An All-SCIAC First-Team selection, Hamilton guided the Bulldogs to the SCIAC Championship while leading her team in attacks. Nationally-ranked in kills per set, Hamilton is a first-time AVCA All-American.

Caitlin Hogan, a 5-10 outside hitter for University of Wisconsin-Whitewater, is a junior from New London, Wis. The WIAC First-Team All-Conference selection led the Warhawks in kills, service aces and attacks for the season. Hogan, who was voted MVP of two tournaments during the season, is a first-time AVCA All-America honoree.

Katie Lundgren, a 5-9 libero for Carthage College, is a senior from Long Grove, Ill. The CCIW's 2009 Player of the Year led the league in digs and ranked among the nation's leaders in that category. A First-Team All-CCIW selection, Lundgren has now earned All-America honors for two consecutive years.

Morgan Magers, a 5-7 setter for Heidelberg University, is a senior from Green Springs, Ohio. Magers is ranks in the top-20 nationally in assists and led the squad to a 27-8 record and a spot in the NCAA Division III Great Lakes Regional. The All-OAC First-Team selection is receiving AVCA All-America honors for the first time.

Courtney Reinhold, a 5-7 outside hitter for Eastern University, is a sophomore from Adamstown, Pa. Ranked in the top-five nationally in kills per set, Reinhold is a First-Team All-Freedom Conference selection. Reinhold, who was also a Sports Imports/AVCA Division III National Player of the Week recipient, is receiving All-America honors for the second year in a row.

Rebecca Salvo, a 5-11 outside hitter for Haverford College, is a senior from La Canada, Calif. The Centennial Conference Player of the Year led the conference in kills and was tops on her squad in kills, hitting percentage and digs, while helping the team to the NCAA Division III Mid-Atlantic Regional. This is the third time Salvo has received All-America honors.

Steph Strauss, a 5-11 setter for Juniata College, is a junior from Penn Hills, Pa. An All-Landmark Conference team award winner, she has led the Eagles to the NCAA Division III Quarterfinals with a 34-3 record. Nationally ranked in assists per set, Strauss is receiving AVCA All-America honors for the second year in a row.

2009 AVCA Division III Third-Team All-America

Katie Beining, a 5-9 outside hitter for the University of Wisconsin-Oshkosh, is a senior from Brookfield, Wis. A top leader for the Titans in kills, assists, service aces and digs, Beining was named to the NCAA Division III Women's Volleyball Oshkosh Regional All-Tournament team. Beining is a first-time AVCA All-America honoree.

Niki Calverley, a 5-4 setter for the University of Texas-Dallas, is a junior from Wylie, Texas. The ASC East Division Offensive Player of the Year, Calverley is ranked among the best in the nation in assists per set. A First-Team All-ASC East Division honoree and three-time ASC Player of the Week, Calverley is receiving AVCA All-America honors for the first time.

Brittany Donelan, a 5-5 libero for Heidelberg University, is a junior from North Olmsted, Ohio. Donelan ranked among the OAC leaders in digs and helped her squad to the OAC Regular Season Championship and earn a spot in the NCAA Division III Great Lakes Regional. The OAC Libero of the Year and All-OAC Second-Team selection, Donelan is a first-time AVCA All-American.

Erin Exline, a 5-10 middle blocker for California Lutheran University, is a senior from Clovis, Calif. The All-SCIAC Second-Team selection led the Regals in kills, blocks and points scored per set, while guiding the team to the NCAA Division III West Region semifinals. Exline is a first-time recipient of AVCA All-America honors.

Beth Hanna, a 6-0 outside hitter for Pacific Lutheran University, is a junior from Clackamas, Ore. A three-time All-West Region selection, Hanna guided the Lutes to an unbeaten Northwest Conference season, while ranking among the league's leaders in kills and hitting percentage. Hanna is now a three-time AVCA All-America honoree.

Beth Hanson, a 5-7 setter for the College of St. Benedict, is a senior from Faribault, Minn. Ranked in the top-20 nationally in assists, Faribault led the Blazers to the NCAA Division III Midwest Region quarterfinals in addition to capturing MIAC Regular Season and Tournament Championships. Selected to the All-MIAC team and the MIAC Playoff All-Tournament team, Hanson is receiving All-America honors for the first time.

Aly Hazelwood, a 6-0 middle blocker for Trinity University (Texas), is a senior from Beach City, Texas. The two-time SCAC Player of the Week has led the Tigers to the NCAA Division III Quarterfinals with a 30-11 record. Ranked among the conference's best in blocks and hitting percentage, Hazelwood is a first-time AVCA All-American.

Andrea Helminiak, a 5-5 setter for Hope College, is a senior from Maumee, Ohio. Helminiak helped propel the Flying Dutch to the MIAA Regular Season Championship, while also being named the league's MVP. Ranked in the top-ten nationally in assists per set, this is the first time Helminiak has received the AVCA All-America honors.

Maria Horning, a 5-8 setter for Eastern University, is a sophomore from Denver, Pa. The 2009 Freedom Conference Player of the Year helped guide the Eagles to the league championship and a spot in the NCAA Division III Mid-Atlantic Regional. One of the top leaders in the nation of assists per set, Horning is receiving All-America honors for the second consecutive year.

Caitlyn Jansen, a 6-0 middle blocker for Christopher Newport University, is a junior from Lorton, Va. With one of the best hitting percentages in the nation, Jansen led the Captains to the NCAA Division III New York Regional championship, while also earning USA South Player of the Year accolades. This will be a first-time AVCA All-America honor for Jansen.

Kayla Leyden, a 5-6 outside hitter for Benedictine University, is a junior from Elgin, Ill. The First-Team All-WAC selection led the Eagles in kills and hitting percentage, while ranking second in the league in kills and points per set. Leyden is an AVCA All-America honoree for the first time.

Samantha Lingamfelter, a 5-2 libero for Southwestern University, is a senior from New Braunfels, Texas. The SCAC Backrow Player of the Year helped guide the Pirates to the NCAA Division III South Regional final match, while leading the team in service aces with 55. Lingamfelter is among the nation's leaders in digs per set and is being honored for the first time as an AVCA All-American.

Kate McWhorter-a 5-9 outside hitter for University of Massachusetts-Boston, is a senior from Bakersfield, Calif. The Little East Conference Player of the Year and First-Team All-Star is ranked nationally in kills per set. McWhorter's all-around abilities also allowed her to hold one of the nation's top-15 hitting percentages. This is the first time McWhorter is an AVCA All-America honoree.

Kelsey Sears, a 5-6 libero for Calvin College, is a senior from Traverse City, Mich. The two-time First-Team All-MIAA honoree ranked second in the league in digs, while helping the Knights capture the MIAA Tournament Championship. This is the first time Sears has been honored as an AVCA All-American.