



November 24, 2010

2010 AVCA ALL-REGION TEAMS ANNOUNCED FOR NCAA DIVISION II

Atlantic Region

Table listing Atlantic Region team members with names, universities, and positions.

East Region

Table listing East Region team members with names, universities, and positions.

Region Freshman of the Year: Jenna Pew, Wheeling Jesuit, MB
Honorable Mention: Kara Cullen (Gannon, MB, Jr.), Kelly Fromknecht (California, RS/Opp., So.), Amanda Gough (Clarion, S, Jr.), Laura O'Reilly (Wheeling Jesuit, DS/Lib., Sr.), Maureen Tiler (Edinboro, DS/Lib., Sr.), Rebecca Webb (Clarion, MB, So.)

Region Freshman of the Year: Shelby Cable, New York Tech, OH
Honorable Mention: Damla Albayrak (New York Tech, S, Jr.), Sarah Coscia (UMass-Lowell, MB, Sr.), Shea Hansen (Pace, S, Jr.), Heather Ladao (New Haven, DS/Lib., Jr.), Victoria Pompilus (Pace, MB, Sr.), Bethany Shepard (Dowling, OH, So.)

Central Region

Table listing Central Region team members with names, universities, and positions.

Midwest Region

Table listing Midwest Region team members with names, universities, and positions.

Region Freshman of the Year: Amanda Konetchy, Concordia-St. Paul, S
Honorable Mention: Diedra Artz (Wayne State, S, Sr.), Cara Carson (Southwest Minnesota State, S, Jr.), Leigh Connot (Wayne State, DS/Lib., Jr.), Katlyn Heiserman (Nebraska-Kearney, DS/Lib., Sr.), Alyssa Nelson (Minnesota-Duluth, MB, Sr.), Ngoc Phan (Metro State, DS/Lib., Jr.)

Region Freshman of the Year: Ana Lopes, Northern Michigan, OH
Honorable Mention: Carolyn Holstein (Missouri-St. Louis, DS/Lib., Sr.), Kristina Kerrigan (Indianapolis, OH, So.), Krysta Kornak (Grand Valley State, RS/Opp., Sr.), Abby Lovell (Northern Michigan, S, So.), Apryl Schmucker (Hillsdale, S, Jr.), Jenna Schreiber (Northern Kentucky, S, So.)

**South Region**

Ariadne Alcantara	Barry University	RS/Opp.	Sr.
Kaleigh Cunningham**	University of Tampa	OH	Sr.
Julie Howlett	University of Tampa	DS/Lib.	Jr.
Lauren Huber	Florida Southern College	MB	Jr.
Sam Macks	University of Tampa	MB	Sr.
Sarah Mendoza	Rollins College	OH	Sr.
Lacy Redwine**	Lynn University	DS/Lib.	Sr.
Sarah Roberts**	University of North Alabama	MB	Sr.
Danielle Selkridge	University of Tampa	MB	So.
Meghan Sherman**	University of Tampa	S	Sr.
Julia Teixeira	Barry University	OH	Sr.
Melissa Vanderhall***	University of Tampa	OH	Sr.
Sarah Von Lienen	Arkansas Tech University	MB	Sr.
Devon Wollard	Lynn University	S	Sr.

**Region Freshman of the Year:** Megan Hodges, Rollins, OH

**Honorable Mention:** Danielle Bletso (Saint Leo, MB, Jr.), Lauren Greenhill (North Alabama, DS/Lib., Jr.), Megan Hodges (Rollins, OH, Fr.), Natalie Marsh (North Alabama, OH, Jr.), Ashley Martin (Florida Southern, RS/Opp., Sr.), Haley Pratt (Lynn, MB, Sr.)

**Southeast Region**

Manyi Ati	University of Montevallo	MB	R-Fr.
Lauren Billo	Wingate University	OH	Sr.
Gwen Clarke	Armstrong Atlantic State Univ.	RS/Opp.	Sr.
Caitlyn Dean	Tusculum College	DS/Lib.	Fr.
Stormi Gale***	Wingate University	MB	Sr.
Anna Garrison	University of Montevallo	S	Jr.
Lauren Kiwacka	Lincoln Memorial University	S	Sr.
Jamie Lancaster	Anderson University	OH	Sr.
Carly Mozgai	Carson Newman College	OH	Sr.
Rebecca Royal	Flagler College	S	Sr.
Ashley Sarmiento	Tusculum College	S	Fr.
Rachel Stacy	Flagler College	MB	So.
Meg Weathersby**	Flagler College	MB	Sr.
Liz Willis***	Wingate University	S	Jr.

**Region Freshman of the Year:** Ashley Sarmiento, Tusculum, S

**Honorable Mention:** Shannon Byers (USC-Aiken, OH, So.), Kaitlyn Whitmer (Catawba, OH, So.), Alyssa Raterman (Tusculum, MB, So.), Samantha Lukrall (USC-Aiken, DS/Lib., So.), Nikki James (Carson Newman, MB, Jr.), Ashley Knight (Lincoln Memorial, OH, Sr.)

**South Central Region**

Julia Bates	University of Central Missouri	S	R-Fr.
Jessica Fey	Washburn University	MB	So.
Rachel Fister**	University of Central Missouri	DS/Lib.	Sr.
Abby Gruenbacher	University of Central Missouri	RS/Opp.	Sr.
Paula Harris	University of Central Missouri	MB	Jr.
Allie Huffman***	University of Central Missouri	OH	Jr.
Mollie Lacy**	Washburn University	MB	Jr.
Ting Liu**	Emporia State University	S	Sr.
Brittney Miller**	Emporia State University	RS/Opp.	Sr.
Bradye Peniston	University of Central Missouri	MB	So.
Ashlee Russell	Missouri Southern State Univ.	OH	Sr.
Megan Sharpe**	Truman State University	MB	So.
Molly Smith	Washburn University	DS/Lib.	Sr.
Lauren Thedford	West Texas A&M University	OH	Sr.

**Region Freshman of the Year:** Kaelen Valdez, Angelo State, OH

**Honorable Mention:** Erika Dupree (West Texas A&M, S, Jr.), Hillary Hughes (Washburn, OH, So.), Michelle Hundt (St. Edward's, DS/Lib., So.), Breanna Lewis (Washburn, RS/Opp., Jr.), Rachel Olinyk (Missouri Southern State, MB, Jr.), Alex Woolsey (Angelo State University, S, So.)

**West Region**

Roxanne Brunsting**	Univ.of California-San Diego	S	Jr.
Jane Chafeh**	Cal State Univ., San Bernardino	OH	Sr.
Rheann Fall	Cal State Univ., Monterey Bay	OH	Jr.
Allison Gotz	Western Washington University	DS/Lib.	Sr.
Anna Herold	Seattle Pacific University	DS/Lib.	Jr.
Emily Jepsen	Western Washington University	MB	Jr.
Taylor Krenwinkle**	Sonoma State University	DS/Lib.	Jr.
Nikki Lowell	Seattle Pacific University	MB	R-Fr.
Cortney Lundberg	University of Alaska Anchorage	MB	Sr.
Samantha Middleborn**	Cal State Univ., San Bernardino	MB	Sr.
Nicole Moore	Cal State Univ., San Bernardino	OH	Sr.
Keala Peterson**	Sonoma State University	OH	Jr.
Camille Smith	Cal State Univ., San Bernardino	S	So.
Kady Try	Central Washington University	OH	Sr.

**Region Freshman of the Year:** Alex Shurtz, Chico State, OH

**Honorable Mention:** Zuzana Cizova (Cal State L.A., OH, Sr.), Paige Hoffman (Seattle Pacific, RS/Opp., Jr.), Megan Johnson (Cal State San Bernardino, MB, Jr.), Jessica Leek (Chico State, RS/Opp., So.), Marquis Mora (Cal State L.A., MB, So.), Shelby Swanson (Seattle Pacific, S, So.)

\* Denotes total number of years selected to AVCA All-Region Team