



2016



Mikasa Achievement Awards
& Hall of Fame Banquet

Saturday, June 18, 2016



Mikasa Achievement Awards & Hall of Fame Banquet

Westin Hotel, Edmonton

Saturday, June 18, 2016

Reception: 6:30 p.m.

Dinner: 7:00 p.m.

Awards: 8:00 p.m.

2016 Award Recipients

Mikasa Achievement Awards

Volunteer..... Trish Holterhus

Referee..... Pat Chizek

Coaches

Development Coach..... Grachella Garcia

Development Coach..... Michele Hunt

Performance Coach..... Greg Elgert

Performance Coach..... Tracy Keats

Athletes

16U Female..... Kara Crittall

16U Male..... Hunter Stewart

18U Female..... Sara McCreary

18U Male..... Max Elgert

Hall of Fame Awards

Athlete..... Tracy Mills

Mikasa Achievement Awards

Volunteer

Trish Holterhus



Trish Holterhus has been an active volunteer with the St. Albert and Sturgeon area volleyball clubs for the past six years. You can ask anyone associated with volleyball in St. Albert and her name is synonymous with the sport. From coaches, referees, parents, and players, everyone knows Trish. The original founding member of Sturgeon Volleyball

Club (SVC) in 2010, Trish started the club with four teams and operated out of one gym at Sturgeon Heights School in St. Albert. At the inception of the club, she was nominated as President and has held that position for the duration of her involvement with the club. In 2015, SVC amalgamated with Saints Volleyball Club in St. Albert and was rebranded St. Albert Sturgeon Volleyball Club (SAS). Trish was nominated as President, leading and mentoring SAS in maintaining their positive mission statement with its focus on long term athlete development. This past season, SAS had its best year ever with a total of 12 teams and their best medal count to date.

It is because of the passion and commitment from people like Trish that Volleyball Alberta is the association it is today. It is because of their sacrifice and vision that as of 2016 we are now up to 400+ participating team's province-wide. It is because of the willingness to create an environment where every child has an opportunity to learn and play and better themselves through sport that we are where we are today. These are our unsung heroes. Leading programs that are dedicated to the love of the



game and teaching values to our youth beyond the game of volleyball. It is because of people like Trish and clubs like SAS that our community is what it is. The sport of volleyball has certainly benefited from Trish's countless hours of volunteering and her commitment has been limitless. Without her hard work and dedication, youth in the St. Albert/Sturgeon area would not have had the opportunities to experience and grow in the sport in their own backyard.

Volleyball Alberta thanks you for everything that you do. For working hard to provide an experience that will last these athletes a lifetime. For creating an environment that allows each and every player the opportunity to learn something about the sport and, more importantly, learn something about themselves. We are proud to have members like Trish in our community, providing opportunity to our youth, bettering our sport and our next generation. It is because of this vision and this hard work that Volleyball Alberta is honored to call Trish Holterhus our 2016 Mikasa Volunteer of the Year.

Mikasa Achievement Awards

Referee

Pat Chizek

Patricia Chizek, like many young people, played volleyball as a Jr. & Sr. high student. In her case this was in rural Saskatchewan.

After graduating from the University of Alberta, she got involved during her teaching career as a coach at various schools in northern and southern Alberta. Her over 10 years of coaching experience was mainly at the Jr. High school level. In addition, while teaching and coaching she has also been the Athletic Director for a number of schools. This role she performed for almost 20 years. During the later years of her teaching career she was an ASAA executive member taking on the position of Girls' Athletic Director followed by Commissioner of Officials.

Pat started officiating in 2004 because there was a need for officials at her school, especially for junior high matches. She took the Level 1 course and then began officiating senior high league and tournament matches. As well she taught senior high students to officiate junior high matches. She developed her officiating skills very quickly and completed the Level 2 requirements during her second year of officiating.

For the Sunny South region, she has worked as an assignor from 2011 until 2013. Pat has also helped to develop new Level 1 officials at high schools during League and Tournament matches. As well she continually encourages officials to get more involved in officiating; especially after the school season is done by promoting Volleyball Alberta Premiers and the Canadian Championships.

This past year, Pat has officiated over 250 matches. About half of these involved high school JV and Sr. Varsity matches for Leagues, School Tournaments, Zone Tournaments, and Provincial Tournaments. The other half involved all age categories and both genders of Volleyball Alberta premier events as well as the Canadian Championships for 17/18U Women in Edmonton and



15U Men and Women in Regina. Pat also supports the post secondary schools as a Line Judge at Lethbridge College.

Perhaps the greatest quality she has is her willingness to help us out in an emergency. Pat has become our “Go To” person.

It has been great to watch Pat develop as a referee and colleague. For her continuing endeavors and commitment to the sport, Volleyball Alberta is pleased to recognize Patricia Chizek as the recipient of the 2015 – 2016 Mikasa Achievement Award for Referee of the Year.

Mikasa Achievement Awards

Development Coach of the Year

Grachella Garcia



Grachella Garcia is a committed member of the volleyball community, dedicating herself to the sport both on and off the court. She is constantly going above and beyond what is required of her as a coach and because of that has become so much more to the players in her program. Grachella is a mentor, a role model, a friend, and a coach. She

has taken the time to give the players in her program more than simple volleyball skills. Although her ability to teach the skills necessary to play the game are undoubtedly exceptional, what she offers in addition to this is so much more. She instills a belief that hard work will pay off and that even if the result is not always the desired one, there are positives in every situation.

Grachella's love for the game is infectious and she has the ability to get her teams to buy into her vision, and that working together to benefit the whole far outweighs playing for individual gain. Grachella is fair and honest and inspires her players to succeed both on and off the court. She is committed to teaching athletes the value in sport outside of just the game. She encourages athletes to see that the skills they learn being part of a team will help them to grow as people outside of sport. "She exposes our best qualities and encourages us to strive to be the best athletes that we can be" says current NAVC 15U player, Ally Bunker. "She teaches us how to improve our character by challenging our capabilities and pushing our limits, helping us to reach for things that we wouldn't otherwise be able to achieve. She knows how to challenge all of us to be the best volleyball players we can be and I have never felt so strongly influenced by a coach."

It is clear that Grachella is admired by her players and has had a positive impact on many young lives, but the acknowledgement of her impact doesn't stop there. "What we admire in Grachella is that she goes beyond the game within her team and helps these athletes to also develop off the court", says Aspire Volleyball Director, Lorne Sawula. "She has taught them her philosophy that everything that you do as an athlete translates into your life experiences. Her own drive and determination translates into a role model that is special and not often found within the volleyball coaching world and I believe she would be a special choice for this award". Grachella goes above and beyond, committing herself to being a constant student of the game. She is a current staff coach at Aspire Volleyball Training Center in addition to her role as head coach of the NAVC 15U program, demonstrating her willingness to learn and grow as a coach. Through example, she teaches her team that the commitment to yourself and your teammates is a 24 hours a day, 7 days a week, 52 weeks of the year kind of job. Being an athlete isn't just a part time job and what they give to themselves and their teammates will be given back. Grachella is not only creating better athletes but she is creating better people. She is committed to establishing a higher level of expectation and providing opportunity for our next generation of athletes and for that we thank her and are honored to award her the 2016 Mikasa Development Coach of the Year.

Mikasa Achievement Awards

Development Coach of the Year

Michele Hunt



Michele Hunt truly embodies the definition of what it means to be a coach. She is a strong leader both on and off the court and is a positive role model for the young women in her program at SAVC. Very few people have an opportunity to shape and change a young person's life and as a coach, Michele undoubtedly seizes every opportunity to use it. She sees each of her players as special girls with limitless

potential and it is obvious within her team dynamic that each player knows this and performs her best for Michele and for their team. From the weekly fitness challenges, questions to ask yourself how to prep yourself for a game so that you'll be at your best and give your best to the team, links to YouTube practice videos of the proper blocking, setting, hitting technique to reinforce what they learned at practice, the encouraging quotes she would share at the huddle, Michele left no stone unturned. She wanted the best for her girls and worked hard every day to provide that opportunity for them.

Michele is a constant student of the game, always sitting in on other coach's practices and asking questions, bettering herself in order to better her team. An experienced player at the university level but relatively new to coaching, Michele brought in two assistant coaches to help create a more well-rounded program as well as bringing in specialty coaches to help with specific skills. She pulled in all her resources in order to provide her team with the best opportunities to learn and get better. She is a very capable coach, leading her team by example and demonstrating strong leadership skills through her positive communication style and respectful manner with

which she managed the players, assistant coaches and the parents. She made everyone feel as though they were a part of this team's success.

Michele has created an environment that allows each of her players to not only grow as volleyball players but more importantly as strong young women. She shows commitment to teaching patience, kindness and how to interact in situations that are either uncomfortable or undesirable on and off the court and because of this, each of her players has grown into more confident young women. Michele demonstrates what it truly means to belong to a team and to be accountable to not only yourself but to those around you – “always fill each other's buckets with positivity, do not drain it with negativity.” A phrase you will often hear in Michele's practices and truly a valuable lifelong lesson. Michele did this through her love of the game but also through her desire to help everyone of her players become the best they can on and off the court. She truly is someone who cared, and that truly seems to be more and more of a rare commodity.

“We could not have asked for a better role model or coach” says current player parent Sharon Cathcart. “As the last whistle blew at Nationals, it felt as though something more had been accomplished than just an excellent National standing. An experience was had by the player, the coaching staff and the parents that would be remembered and that was all made possible by Michele Hunt”. It is clear that Michele is revered by the parents and players in her program and is truly an exceptional ambassador of Volleyball Alberta. We are proud to call her our 2016 Mikasa Development Coach of the Year.

Mikasa Achievement Awards

Performance Coach of the Year

Greg Elgert



Greg Elgert has undoubtedly established himself as a commendable coach in the Volleyball Alberta system, leading his FOG Black 18U team to two Volleyball Alberta Premier golds and a bronze in addition to a Volleyball Alberta

Provincial Championship as well as a Volleyball Canada National Championship in 2016. Despite these impressive results, Greg's team focus is never on result but rather the development of each individual player. His commitment to a process-oriented model is undoubtedly the reason many of his players have become some of the top athletes in the province. He creates a practice environment that allows each player to focus on their individual capabilities and how to get the most out of each rep, each day. He has had a profound impact on the FOG program, developing his team into exceptional players and more importantly, exceptional young men.

Greg Elgert is a teacher before a volleyball coach. The philosophy of his teams are never to win but rather to work every day to become the best athletes and the best teammates they can be. More than just volleyball skills, he teaches his players the value of hard work, sacrifice and respect. Greg sets a level of expectation in his program that pushes each individual to be their best both on and off the court. He has a passion for the game that is truly contagious and it is clear that the current young men on his team have caught it too. All 12 members of Greg's FOG Black 18U team have received scholarship offers from ACAC and CIS schools to continue their volleyball careers and without the dedication and support of Greg and his coaching staff this would not have been possible. Greg sacrifices an exceptional amount of time driving a

staggering 150km each way to practices travelling from Athabasca to Edmonton. Despite the miles, Greg never misses a practice and dedicates himself completely to his team and his program. Greg is a true leader in the sport, leading by example each day, showing his players the commitment it takes to find success in whatever you choose to do. He has managed to create an environment that helps elevate these young men to a new level of commitment, work ethic, and passion for their sport and has gained the respect from each and every one of his players as well as the volleyball community at large.

“I will always be grateful to Greg Elgert for the time and dedication that he has placed into me and my teammates” says current 18U FOG Black player, Mickey Khan. “It is because of his belief and investment in my volleyball career that I have received a scholarship to play post-secondary next year. In coaching our team to the 2016 18U National Championships Greg has given me and my teammates a bond that will last a lifetime”. It is clear that Greg has had a big impact on the program at FOG, helping to give his players the opportunity to continue to pursue their goals both athletically as well as academically at the post-secondary level. He has played a large role in these young men’s lives and Volleyball Alberta is proud to have a coach like Greg constantly working to better the next generation of athletes and preparing them for whatever challenges they may face. It is Greg’s passion and dedication to our young athletes that make him such a worthy recipient and Volleyball Alberta is proud to award him with the 2016 Mikasa Performance Coach of the Year.

Mikasa Achievement Awards

Performance Coach of the Year

Tracy Keats



Completing her 12th year of coaching in the Dinos Women's Volleyball Club, Tracy continues to inspire and challenge young women to achieve their best. This season the Dinos 18 consistently medaled at Volleyball Alberta Premiers,

placed 2nd in Alberta Provincials and are now the proud owners of the 18U Volleyball Canada National Championship title. In addition to the impressive on court performance, Tracy also assisted 10 of her 12 athletes to sign post-secondary playing opportunities at various ACAC, CIS and NCAA programs. Tracy is more than just a skills coach and it is obvious through the numerous reference letters submitted with her nomination that she is truly an epitome of what it means to be a leader in sport. A coach is someone who can lead, shape and inspire young athletes to success, and it is without hesitation that Tracy embodies all of these qualities. Not only does Tracy possess the necessary experience and skill to create premier athletes, she also has contagious dedication and love for the sport. Tracy is dedicated to creating great athletes and great young women. She instills confidence in each and every one of her players and elevates them each and every day. Tracy is an exceptional coach and more importantly an exceptional role model. She is a teacher, a mother, and a mentor to many of the girls who have come and gone through her programs and Volleyball Alberta is honored to have such a dedicated role model in our system.

What separates Tracy as a coach, is her willingness to get to know her players as people and the investment she has in each and every one of their lives. Tracy goes above and beyond to be in touch with her player's personal lives so that she can help them to achieve their goals both on and off the court. Great teams are created by great leaders and although it's not always easy, it is always worth it. While having talented players is a blessing, it can also be very

difficult to manage. Tracy enabled, empowered, taught and provided guidance both on and off the court for each member of her program and instilled the confidence necessary to enable each player to perform at their best. Through her own special blend of caring and toughness, she effectively toggled these depending on what the team needed to perform. Tracy dedicated herself and transformed a group of talented individuals into a true team that know how to respect, care for, compete and push one another to achieve new levels of volleyball. She created an atmosphere of mutual respect and achieved a standard of hard work and play that has impacted these athletes' careers and will give them a head start with their first year of post-secondary volleyball.

“Every day, I was motivated and inspired by Tracy’s commitment to our development” says current 18U Dinos player, Megan Cain. “Her passion for the game could be seen through our success as she went above and beyond to ensure we improved as players every day. Tracy not only pushed for improvement on the court, but in day-to-day life as well. We learned leadership, communication and commitment, skills that we will use for the rest of our lives. Without Tracy, my experience this year would not been nearly as amazing. She has become a mentor and friend and I am so thankful to have had the opportunity to play for her”.

The Jr. Dinos program has proven itself time and time again to be a premier program and one that wouldn't be possible without the ongoing commitment and passion of coaches like Tracy. It is because of this dedication that Tracy and her 18U Dinos can call themselves champions today. Tracy has had an incredibly profound impact on these talented young women and it is for this, amongst many other deserving reasons, that we are pleased to present Tracy with the 2016 Mikasa Performance Coach of the Year.

Mikasa Achievement Awards

16U Female Athlete of the Year

Kara Crittall



Kara Crittall is not only an exceptional athlete but is undoubtedly an exceptional leader. Kara is a young woman of character, intelligence and talent. In the 2016 season, Kara has proven herself as one of the premier athletes of her age class and truly a dedicated player. She is always the first one in the gym, first one to set the net up and

first one reading the practice plan for the night's practice. She is committed to her sport, spending her spare time getting extra reps and constantly asking questions. Kara is the kind of player who sets goals for herself and stops at nothing until she achieves them. Her commitment to her sport and her personal development is often unheard of at the 16U level and will surely lead her to great success down the road. She sets a precedent for herself and doesn't allow anyone to outwork her. She is simply relentless. Kara constantly expects the best from herself and from her team regardless of whether they are winning or losing. She is a leader in the true essence of the word and she makes everyone around her a better player as well as a better person.

"Kara was a standout leader in not settling for mediocrity and expecting us to always be the best we could" says current Velocity coach, Jeff Smith. "She was our catalyst in our equation for success. Keeping her teammates calm and collected in stressful times while at the same time ensuring she was also being the best she could be". It is through leading by example that Kara inspires her teammates and her coaches and her passion is infectious. She has helped to shape the 16U Velocity



team and she will undoubtedly continue to leave a positive footprint on her future programs.

The resilience and commitment to a higher standard Kara demonstrates on a regular basis is not only on the court but also in the classroom. She has received the highest overall academic achievement in grades 7-9 and currently holds an impressive 96% average. Kara truly epitomizes what it means to be a student athlete and the work ethic she shows every day on the court clearly translates to her life as a student as well. When she's not busy crushing goals on the court and in the classroom, Kara is busy showing her support to other athletes by cheering on other teams, volunteering at her local soup kitchen, or participating in fundraisers to support families in need. It is these kinds of activities that set Kara apart from other athletes. She is polite, humble and is always leading by example. She is committed to not only her sport and her academics but also her community and is truly an admirable young athlete.

Part of being an elite athlete is having the ability to not only elevate yourself but elevate those around you in any way possible. Her contributions to her teammates and to her community certainly don't go unnoticed and we hope to see her continue to be an impact in our volleyball community. Volleyball Alberta is proud to have such a talented and dedicated young woman in our association and we simply can't wait to see what the future has in store for this incredible athlete. It is the combination of athletics, academics and community involvement that make Kara such a worthy recipient of this award. She is an ambassador of Volleyball Alberta and we are proud to call her our 2016 Mikasa 16U Female Athlete of the Year.

Mikasa Achievement Awards

16U Male Athlete of the Year

Hunter Stewart



In the 2015-2016 season, Hunter Stewart has proven to the volleyball community that he is a force to be reckoned with. A current member of the Jasper Place Rebels Jr. Men's Volleyball team and a key component to the team's 26-0 season and Metro Athletics City

Championship, Hunter has emerged as a young talent in the Alberta volleyball community. Hunter is a dynamic player who brings consistent offense and defense to the court every single game. His ability to see the game allows him to be incredibly effective as an outside hitter and a huge asset to his team. In addition to helping lead his Jr. Men's team to success, Hunter was also asked to join the Rebels Sr. Men's team, helping contribute to an Alberta High School Provincial Championship. "I only had the opportunity to coach Hunter for a week or two when I called him up for provincials with the senior team and already knew quickly that he was something special" says Jasper Place High School Sr. Men's volleyball coach Sid Brandsma.

In addition to his successful high school season, Hunter was an integral part of the NOOKS 16U team, helping his team earn a Volleyball Alberta Premier gold and bronze as well as an Alberta Provincial Championship and an impressive silver medal finish at the Volleyball Canada National Championship. Amongst his team successes, Hunter was also recognized as a Volleyball Alberta Provincial Championship All-Star, Volleyball Canada National Championship Tournament All-Star and has



been invited to participate in the 2016 Team Alberta Training Camp. Although Hunter has collected his fair share of individual accolades over the past season, it is clear that his emphasis is always on the importance of the team. Hunter's consistent work ethic and competitive performance help to encourage and push his teammates around him.

Amongst his undeniable athletic talents, Hunter also possesses very strong leadership qualities and is a true example of a Jasper Place Rebel Athlete. He is a dedicated student of the game, always willing to learn and do whatever it takes to better himself and his teammates. He leads by example demonstrating passion for the game and a work ethic that is often unmatched. Hunter is revered by both his coaches and his teammates and is always willing to go the extra mile. He exhibits the true qualities of an elite athlete and it is without a doubt Hunter will be making a big impact on the volleyball community in the near future. Hunter's love for the game is undeniable and Volleyball Alberta is honored to have such a passionate and talented young man in our program and can't wait to see what is next for him. It is thanks to Hunter's dedication to his sport and the hard work that he demonstrates on a daily basis that makes him an exemplary recipient of the 2016 Mikasa 16U Male Athlete of the Year.

Mikasa Achievement Awards

18U Female Athlete of the Year

Sara McCreary



As a member of the Jasper Place High School Women's Volleyball Program in addition to the Pandas Volleyball Club Sara's list of accolades and recognitions are simply countless. Sara is extremely focused and dedicated to her sport and her personal development and because of her hard work, Sara has been identified as a top volleyball prospect in the country and has been asked to try out for the 2016 Canadian Junior National Team Program this coming summer. As an athlete Sara is extremely dedicated to her sport and to her own personal fitness and well-being. What makes Sara unique is her constant striving to become better and to be pushed harder. Sara's work ethic and individual ability to excel helped her become an integral part of every team and group that she was a part of throughout her volleyball career. "Sara has shown tremendous leadership and maturity in the years she was at Jasper Place High School" says former Jasper Place High School coach, Dusty Freimark. "With her dedication and commitment to a variety of different leadership projects, as well as maintaining the highest level of academic and athletic achievement, Sara has made herself an integral part of the program at Jasper Place. She is a fierce competitor and her dedication to her team at Jasper Place has truly helped to shape the culture of the program."

In addition to her impact on her high school program, Sara has also been a part of the Pandas program since 15U and captained each team she has belonged to. The 2016 Pandas season consisted of a Volleyball Alberta Premier gold and silver as well as an Alberta Provincial Championship and a Volleyball Canada

National Championship bronze medal, with many all-star recognitions along the way. Although impressive, Sara and her teammates accolades are just one of the many reasons that make her a worthy recipient of this year's award. She is the type of person that makes sure the equipment is set up, taken down and to say thank you before she leaves the gym. When setting personal and team goals, Sara would always be the first to identify when she felt the team goals were slipping and had the ability to recognize this and communicate with her team to get them back on track. She has earned the respect of her teammates and coaching staff and has truly proven herself to be a remarkable young athlete and a remarkable leader. As a member of the Pandas club, Sara is expected to perform both on the court as well as in the classroom, a true embodiment of what it means to be a student athlete.

Above her academic and athletic accomplishments, Sara is committed to her community and is constantly raising the bar on what it means to give back to your community. She is a role model for her teammates and is constantly leading by example. Sara has talents that carry far beyond her academics and athletics; she is truly a kind person with a passion for excellence. In addition to their accomplishments on the court, Sara helped her team to raise \$4000 for Hope Mission as well as a personal fundraiser of \$500 towards her schools Make A Wish Foundation.

It is clear that Sara is an exceptional athlete but more importantly is an exceptional young woman. She brings a level of intensity and passion often unmatched when she enters the gym. She is undoubtedly a force to be reckoned with and Volleyball Alberta is excited to see what's next for her as she continues her career as a student athlete with the UBCO Heat Women's Volleyball program this fall. While playing volleyball, Sara will be pursuing a degree in Human Kinetics and one day hopes to become a doctor. This young woman is an incredible person, a talented athlete and someone Volleyball Alberta is proud to call their Mikasa 18U Female Athlete of the Year.

Mikasa Achievement Awards

18U Male Athlete of the Year

Max Elgert



Max Elgert shows a level of dedication to his team and his sport that is truly admirable of a young man his age. Driving 900km from Athabasca to Edmonton each week for practices speaks to the rare level of determination and dedication that Max possesses. In addition to the hours Max spends on the road and in the gym, he is also a dedicated student of the game. He spends

countless hours studying and analyzing game film and is a bona fide fan of the game played at its highest levels. This approach is infectious and as a genuine leader, Max's influence on his teammates is as positive as it is profound. A fierce competitor, Max brings a cerebral approach to game play and is as smart on court as he is athletic. Consistently demonstrating the highest levels of sportsmanship, Max plays the game the "right way" and is the kind of player who has not only earned the admiration of his teammates but has earned the respect of opposing players and officials alike.

As strong a volleyball player as Max is, he is an even better teammate than he is a player. Max is thoughtful, caring and genuinely humble, he has formed sincere and lasting relationships with his teammates and coaches and he is one of those rare individuals that make his teammates want to work harder and strive to be their best. It goes without question to say that Max has left a lasting impression on all those he came across in the FOG program and has been an integral part of building the culture there. He has set a precedent for current and future athletes and his shoes won't be ones easy to fill. He is truly a special athlete and is consistently the hardest worker in the gym. "As a gifted and talented setter, Max is the high tide that lifts all boats", says former FOG Black



assistant coach, Stephen Kern. “Simply stated in games, practices and off the court he makes all those around him better”.

All of Max’s hard work and dedication earned him an extensive list of accolades, most recently including an 18U Volleyball Alberta Provincial Championship accompanied with a Provincial Tournament All-Star recognition as well as an 18U Volleyball Canada National Championship gold medal finish accompanied with a very impressive National Championship Most Valuable Player. Max proved to be an undoubtedly deserving recipient of this award at the National Championship tournament, playing some of his best volleyball to date. Max continues to show maturity and an understanding of the game beyond his years that will surely lead him to continue to find great success at the next level.

In addition to Max’s decorated club career, he also recently graduated from Edwin Parr Composite High School with academic honors. It is clear that his dedication and work ethic also translates to the classroom and it goes without saying we expect great things from Max both on the court and in the classroom as he heads into his next academic and athletic endeavour at the University of Alberta with the illustrious Golden Bears Volleyball program for the 2016-2017 season. It is no coincidence that Max will be continuing his career with one of the most revered Canada West volleyball programs and Volleyball Alberta couldn’t be more proud of this young man’s accomplishments. We are tremendously proud of Max and believe him to be an exceptional representation of our association and our province at large. Volleyball Alberta is pleased to present Max with the 2016 Mikasa 18U Male Athlete of the year award.

Hall of Fame Award

Athlete

Tracy Mills



Tracy's active volleyball career spanned over twenty-five years. She began playing volleyball in grade 9 at McKernan Jr. High School in Edmonton under coach and U of A HOF recipient Liz McBlain. She then moved on to Strathcona Composite high school (1978-80) and the Spartans

VB club where she was a major factor in powering them to the highest competitive levels. Her skill, competitiveness, and commitment to continued improvement were recognized as she was selected to a number of Alberta Volleyball Select and Provincial teams.

In 1980 she attended the Junior National Tournament in Calgary and was selected to the National Junior Volleyball team tryout camp. From 1980-1982 she spent her summers with the Junior National Program and the winter months playing for the University of Alberta and the Friars Volleyball Club. In 1980 her dedication was rewarded when the Jr. National Team won the Gold Medal at the Norceca Championships, beating Cuba for the first time in Canadian history. In 2015, Tracy and her teammates from the 1980 Norceca Gold Medal Team under Michel Gagnon were recognized for their achievement and inducted into the Volleyball Canada Hall of Fame.

From 1982-1986 she trained full time with the National Team in Regina Saskatchewan under Lorne Sawula. This Team Canada team qualified for and played in the 1984 Los Angeles Olympic Games and the 1986 World Championships in Czechoslovakia.

Tracy left the National team to play professional volleyball in Italy and Switzerland (1986-1989). On returning to Canada she continued to play, but this time on the Jose Cuervo beach tour with Barb Broen. She later played in a FIVB qualifying event in Sao Paulo,



Brazil. Her last tournament was in 2005 at the World Masters Games where she, her sister Lise Mills, and her high-school teammate Donna Assaly, won gold.

Tracy continues to be involved in her community and volleyball. Most recently she was active in setting goals and time lines in the recent Volleyball BC bid to bring the National Women's Team to British Columbia. Teammates from the 1980s are important in Tracy's life and she stays in touch with them on a regular basis. The qualities exhibited in her volleyball career resulted in a successful career in materials and operations management and more recently in founding a cohousing initiative on Vancouver Island. She is married to Richard and they have one daughter, Maren who also may follow as an athlete in her mother's footsteps.

As a native Albertan who achieved the highest levels of volleyball, we are proud to welcome Tracy into the Alberta Volleyball Hall of Fame.

Mikasa Award Recipients

2016 Mikasa Award Recipients:

16UF Athlete of the Year – Kara Crittall
16UM Athlete of the Year – Hunter Stewart
18UF Athlete of the Year – Sara McCreary
18UM Athlete of the Year – Max Elgert
Development Coach of the Year – Grachella Garcia
Development Coach of the Year – Michele Hunt
Performance Coach of the Year – Greg Elgert
Performance Coach of the Year – Tracy Keats
Volunteer of the Year – Trish Holterhus
Official of the Year – Pat Chizek

2015 Mikasa Award Recipients:

16UF Athlete of the Year - Lexi Peart
16UM Athlete of the Year -Jaxson Thys
18UF Athlete of the Year - Natasha Gordey
18UM Athlete of the Year - Jacob Kern
16UF Coach of the Year - Suzi Cooke
16UM Coach of the Year - Nathan Kern
18UF Coach of the Year - Rhonda Schmuland
18UM Coach of the Year - Ian Halliday
Volunteer of the Year - Denis Delemont
Official of the Year - Shawn Shepherd

2014 Mikasa Award Recipients:

16UF Athlete of the Year - Hilary Howe
16UM Athlete of the Year - Shane Verkland
18UF Athlete of the Year - Ciara Hanly
18UM Athlete of the Year - Tanner Greves
16UF Coach of the Year - Rod Hebert
16UM Coach of the Year - Greg Elgert
18UF Coach of the Year - Sandra Lamb
18UM Coach of the Year - Kerry MacDonald
Volunteer of the Year - MaryBeth Meeuwisse
Official of the Year - Everette Dionne

2013 Mikasa Award Recipients:

16UM Athlete of the Year – Carter McIntyre
16UF Athlete of the Year – Tessa Hill
18UM Athlete of the Year – Levi Wolthuis
18UF Athlete of the Year – Mariah Walsh
16UM Coach of the Year – Allan Coulter
16UF Coach of the Year – Raynell Lavertu
18UM Coach of the Year – Jace Barros
18UF Coach of the Year – Lindsay Jones
Official of the Year – Karl Hiebert
Volunteer of the Year – Janet Kawchuk

2012 Mikasa Award Recipients:

16UM Athlete of the Year - Derek Meeuwisse
16UF Athlete of the Year - Beth Vinnell
18UM Athlete of the Year - Brett Walsh
18UF Athlete of the Year - Alexa Gray
16UM Coach of the Year - Jace Barros
16UF Coach of the Year - Reid Brodie
18UM Coach of the Year - Mark Maris
18UF Coach of the Year - Jamie Bach
Official of the Year - Pam Rintoul
Volunteer of the Year - Laura Vaillant

2011 Mikasa Award Recipients:

16UM Athlete of the Year - Ryan Nickifor
16UF Athlete of the Year - Courtney Yoo
18UM Athlete of the Year - Blake Hinchey
18UF Athlete of the Year - Alissa Coulter
16UM Coach of the Year - Candace Greves
16UF Coach of the Year - Dusty Freimark
18UM Coach of the Year - Howard Gelderman
18UF Coach of the Year - Rob Ellis
Official of the Year - Mike Malowany
Volunteer of the Year - Brenda Jones

2010 Tachikara Award Recipients:

16UM Athlete of the Year - Brett Walsh
16UF Athlete of the Year - Kacey Otto
18UM Athlete of the Year - Zach Brown
18UF Athlete of the Year - Carly Hamilton
16UM Coach of the Year - Mark Maris
16UF Coach of the Year - Linda Richter
18UM Coach of the Year - Tyler Myroniuk
18UF Coach of the Year - Tracy Keats
Official of the Year - Ashley Fox
Volunteer of the Year - Sai Wong

2009 Tachikara Award Recipients:

16UM Athlete of the Year - Jackson Maris
16UF Athlete of the Year - Kyjsa Brkich
18UM Athlete of the Year - Jarron Mueller
18UF Athlete of the Year - Camille Saxton
16UM Coach of the Year - David Jones
16UF Coach of the Year - LeAnn Kinvig
18UM Coach of the Year - Jeremy Deeks
18UF Coach of the Year - Reid Brodie
Official of the Year - Arch Beck
Volunteer of the Year - Heather Wishlow

Mikasa Award Recipients

2008 Tachikara Award Recipients:

16UM Athlete of the Year - Branden Schmidt
16UF Athlete of the Year - Jordhynn Guy
18UM Athlete of the Year - Jeremy Potter
18UF Athlete of the Year - Kaylene Ehret
16UM Coach of the Year - Steve Weinbeer
16UF Coach of the Year - Tracy Keats
18UM Coach of the Year - Brad Poplawski
18UF Coach of the Year - Don Saxton
Official of the Year – JP Desaulniers
Volunteer of the Year- Candice Sylvester
Volunteer of the Year - Candice Sylvester

2007 Tachikara Award Recipients:

16UM Athlete of the Year - Jarron Mueller
16UF Athlete of the Year - Dione Lang
18UM Athlete of the Year - Ciaran McGovern
18UF Athlete of the Year - Jamie Thibeault
16UM Coach of the Year-Howard Gelderman
16UF Coach of the Year - Pat Pyne
18UM Coach of the Year - Ian Bennett
18UF Coach of the Year - Gisele Kreuger
Official of the Year - Neal Konowalyk
Volunteer of the Year - Don Hutton

2006 Tachikara Award Recipients:

16Um Athlete of the Year - Jarrod Offereins
16UF Athlete of the Year - Camille Saxton
18UM Athlete of the Year - Tanner Nault
18UF Athlete of the Year - Tiffany Proudfoot
16UM Coach of the Year - Dale Gullekson
16UF Coach of the Year - Alex Melnyk
18UM Coach of the Year - Gord Bocock
18UF Coach of the Year - Chris Wandler
Official of the Year - Tammy McNally
Volunteer of the Year - Terry Noble

2005 Tachikara Award Recipients:

16UM Athlete of the Year - Paul Lindemulder
16UF Athlete of the Year - Jaryn Ruether
18UM Athlete of the Year - Thomas Jarmoc
18UF Athlete of the Year - Raynell Lavertu
16UM Coach of the Year - Darryl Tetz
16UF Team Coach of the Year - Bob Gabruck
18UM Coach of the Year - Ryan Marsden
18UF Coach of the Year - Rob Lindberg
Official of the Year - Sherri Weed
Volunteer of the Year - Matt Stayner

2004 Tachikara Award Recipients:

16UM Athlete of the Year - Ben Saxton
16UF Athlete of the Year - Jackie Gagnon
18UF Athlete of the Year - Lauren Perry
18UM Athlete of the Year – none
16UM Coach of the Year - Art O'Dwyer
16UF Coach of the Year - Grace Scott
18UM Coach of the Year - Tyson Waters
18UF Coach of the Year - Linda Merrick
Official of the Year - Glenn Johnston
Volunteer of the Year - John Findlay

2003 Tachikara Award Recipients:

16UM Athlete of the Year - Colin Bell
16UF Athlete of the Year - Kristy Anderson
18UM Athlete of the Year - Mark Thibeault
18UF Athlete of the Year-Carolyn Macdonald
16UM Coach of the Year - Ian Kulmatycki
16UF Coach of the Year - Heather McIntosh
18UM Coach of the Year - Mike Lauzon
18UF Coach of the Year - Craig Gattinger
Official of the Year - Scott McLean
Volunteer of the Year - Kathy Van Humbeck

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Hall of Fame Inductees

2016

Athlete Tracy Mills

2015

Athlete Bonnie MacRae-Kilb

Athlete Murray Grapentine

2014

Athlete John Paulsen

Team FOG Masters Women

Coach Greg Ryan

2013

Builder Jan Patterson

2012

Athlete Christy Hansen

Builder Bob Gabruck

Coach Dave Johnson

Official Harold Mori

2011

Athlete Jenny Cartmell

Builder Dave & Doreen Ross

2010

Athlete Kevin Boyles

Team Mount Royals College

Cougars Men (1991-99)

2009

Athlete Kent Greves

Team Red Deer Kings
(1999-2007)

Coach Howard Rasmussen

Builder George Tokarsky

Official Marilyn Bratton

2008

Athlete Randy Gingera

Team FOG Senior Men

Coach Keith Hansen

Builder Al James

2007

Athlete Errol Miller

Team Red Deer Queens
(1982-1989)

Coach Calvin Aubin

Builder Myrna Empey

Official Lynda Ward

2006

Athlete Kathy Tough

Team Canuck Stuff Senior Men
(1991-98)

Coach Lance Adamson

Builder John Pierre Baudin

Official Basil Barnes

2005

Athlete Terry Danyluk

Team NAVC Gold 18U Men
(1995-2001)

Coach Cor Ouwerkerk

Builder Bob Bratton

Official Larry Lerbekmo

2004

Athlete Barb Broen

Athlete Al Taylor

Team University of Alberta
Pandas (1994-2000)

Team Older but Wiser

Coach Lorne Sawula

Coach Brian Watson

Builder Hugh Hoyles

Builder Theresa Maxwell

Official Bill Ward

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