



**Alberta Volleyball**

# 2011



***Achievement Awards  
& Hall of Fame Banquet***

**Saturday, June 25, 2011**





# **2011 Mikasa Achievement Awards & Hall of Fame Banquet**

Delta Edmonton Centre Suite Hotel

Saturday, June 25, 2011

Reception: 6:30 p.m.

Dinner: 7:00 p.m.

Awards: 8:00 p.m.



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# Award Recipients

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## Mikasa Achievement Awards

**Volunteer**

Brenda Jones

**Official**

Mike Malowany

### Coaches

**15U/16U Female Team** Dusty Freimark

**15U/16U Male Team** Candace Greves

**17U/18U Female Team** Rob Ellis

**17U/18U Male Team** Howard Gelderman

### Athletes

**16U Female** Courtney Yoo

**16U Male** Ryan Nickifor

**18U Female** Alissa Coulter

**18U Male** Blake Hinchey

## Hall of Fame Awards

**Builder**

David & Doreen Ross

**Athlete**

Jenny Cartmell

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# Mikasa Achievement Awards

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## *Volunteer*

### **Brenda Jones- Northern Alberta Volleyball Club**

Brenda Jones has been involved with the Northern Alberta Volleyball Club (NAVC) in many capacities over the years: she has been a parent, a coach, a coach coordinator, and a member of the NAVC Executive board.

Brenda's love for the game is long-standing as both coach and player. She is a former University of Alberta Pandas player, and she coached for the club back when it was known as EVC. She has more recently coached at the 13U, 14U, and 15U levels with NAVC.

Brenda's primary role for the 2011 season was Coach Coordinator. This was her third season in the role with the primary responsibility of leading the coach selection committee and providing technical leadership. As NAVC is the largest club in Northern Alberta with 16 teams, a lot of the success of the club rested on her ability to recruit the best coaches possible. She spent countless hours interviewing, checking references and certifications, matching assistant and head coaches, as well as training and supporting the coaches throughout the season.

While Brenda's efforts should not be solely evaluated by examining the results from the season, the overall outcomes indicate a job well done. NAVC teams took home an impressive 3 Provincial Championships, 4 Provincial Silver Medals, and 18 Premier Medals.

Throughout the season, Brenda attended the practices of several of the club teams, always providing encouragement, support, and her knowledge of the game to players, coaches, and parents.

"Her warm friendly attitude is what helped bring me to NAVC to coach this season, and what will have me returning," reflected David Desmeules, the Head Coach of the 13U Boys team.

In addition to her duties as Coach Coordinator, Brenda also founded a committee to study and promote Long Term Athlete Development (LTAD) within the club. She has spent many hours leading the NAVC coaches in discussions and organizing workshops to explore ways in which LTAD can be implemented at all age levels within the club.

"Brenda is always willing to help, take on another role, or sacrifice her time in the betterment of the players to whom she volunteers her time." It is for this reason that she has been named the "Volunteer of the Year".



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# Mikasa Achievement Awards

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## *Official*

### **Mike Malowany**

The Alberta Volleyball Officials Association is pleased to recognize Mike Malowany as the recipient of the Mikasa Achievement Award for Official of the Year.

Mike is an Edmonton based individual who exemplifies hard work, dedication and commitment to both the official's association and to the sport. Mike's most notable traits include his giving nature and concern for the betterment of others.

As an official, Mike cannot normally be found working in the city centre. However, if one were to visit a small school or surrounding community, they would likely have seen or met Mike. Always concerned for the smaller user, Mike will selflessly give up his own development opportunities to ensure that everyone receives the same level of service.

Off the court, Mike is the longest standing member of the Edmonton Official's Executive. Serving for several years as the primary assignor, Mike heads the thankless task of addressing and ensuring official's coverage for all school-based requests, public league requests and private club events. This task is daunting enough when only considering requests from the Edmonton area; however, Mike also finds a way to serve the surrounding communities. The wide geographical area Mike assigns includes Jasper at the western boundary, Whitecourt and Athabasca as the northern boundary, Radway and Redwater in the East, and Leduc, Warburg and Drayton Valley in the South. When all of these areas are considered, Mike assigned over 6000 individual matches in the last season alone.

In addition to his assigning duties, Mike also acts as the Secretary/Treasurer for the Edmonton region official's executive. Through this additional role, Mike is able to follow up directly with the various user groups to ensure that they are happy with the services provided. Then, in turn, he manages the finances for the officials in his region.

In order to ensure that all of his responsibilities are met, Mike donates countless hours of volunteer time. This contribution has established Mike as a valuable role model for the official's association and a true ambassador to the sport. For his endeavors, it is only fitting that he is acknowledged as Alberta's Official of the Year for 2010-2011.

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# Mikasa Achievement Awards

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## *15U/16U Female Team Coach of the Year*

### **Dusty Freimark- Pandas 16U**

Dusty Freimark is “the complete package - athlete, coach, counselor, task-master, cheerleader, trusted-confidant and life-long learner... She expects as much from herself as she does of her athletes,” states one of her Pandas club parents. “It is easy to see how much passion Dusty has for coaching because she shows it every time she is working with her team whether in practice or competition,” adds Pandas Coaching Director Pierre Baudin. This passion has existed for over two decades. Growing up in Brooks Alberta, Dusty attended Medicine Hat College for a year and played with the Rattlers program in 1994/95. She continued her career with the University of Alberta Pandas, capturing two CIS medals - a Bronze in 2002 and Silver in 2003. Following her graduation, Dusty coached in both Brooks and Edmonton before returning to her alma mater as an Assistant Coach for the 2007 CIS Champions- the University of Alberta Pandas. After a one-year hiatus as the Head Coach of the NAIT Women’s team in 2007-2008, Dusty re-joined the Pandas coaching staff for another season. The following summer saw Dusty volunteer her time as a co-coach with the 18U Women’s Team Alberta program.

For the past two seasons, Dusty has returned to the grassroots level of our sport, coaching in the midget age category. This year, Dusty’s Pandas 16U team finished 3<sup>rd</sup> in Premier 1, and 5<sup>th</sup> in Premier 2 before capturing the Gold Medal at Premier 3. The team continued their winning ways late in the season as the Pandas were named the 16U Provincial Champions. The team led all Alberta programs with a fourth place performance at the Canadian Open.

“Dusty brought more than a desire to build a winning Pandas team; she brought a commitment to developing each individual athlete.... Each practice had a focus on continual improvement, for each athlete and for the team as a cohesive unit.”

“She was able to convince her athletes that ‘there is no shortcut’ to being the best you can be.” Her athletes knew “she always ‘had their hearts in her own heart’ and therefore trusted every decision she made on and off the court.”

As the Pandas Club President Laura Eisler reflected, “Dusty exceeded all expectations. We could not have asked more from her.” In addition to her club coaching duties this season, Dusty is also the Head Coach of the Team Canada Sitting Disabled Women’s program. For all that she has done for our sport, we are pleased to name Dusty as the 15U/16U Female Team Coach of the Year.

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# Mikasa Achievement Awards

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## *15U/16U Male Team Coach of the Year*

### **Candace Greves- Canuck Clutch 15U**

Candace Greves is a true representative of the Alberta Volleyball system. She grew up playing club volleyball in our province and had a very successful athletic career. She represented Team Alberta at the Canada Games in Saskatoon in 1989 before attending the University of Calgary. She spent five years as a Left Side with the U of C Dinos where her team captured the Canadian Interuniversity Athletic Union National Championship Title on two occasions (1989 and 1994). Individually, she was recognized as a Canada West All-Star in 1991, 1992 and 1994. Candace has come full-circle and is now giving back to the sport in our province. She has been coaching for the Canuck Stuff Volleyball Club for the past two seasons. She pours countless hours into her coaching to ensure her athletes are properly prepared; the long-term development of the athletes remains her top priority. Her efforts can be seen throughout her annual training plan and extensively detailed practices.

Candace "Has done an outstanding job of developing the athletes she has had to work with. Her record speaks for itself," states Canuck Stuff Administrator Brian Gullekson.

In the past two years, her teams have earned a Gold medal at every AVA Premier tournament that they have competed in (five overall). Her teams have also brought home Provincial Championship medals in both seasons; Canuck Ignite won the 14U Boys Bronze Medal in 2010 and Canuck Clutch won the 15U Boys Provincial Title in 2011.

In 2010, the Canuck team finished in 4<sup>th</sup> position at the 14U Canadian West Open. This year, the Canuck Clutch 15U boys managed to play all the way to the Canadian West Final before losing a match— bringing home the National Silver Medal.

"Candace is a true professional in every sense of the word. Her humble dedication to her craft and to the development of these boys shows not only in their success on the court, but it is also apparent as we see them growing into respectful young men away from the court. Her athletes understand what is expected and required, both physically and mentally, as individuals and as teammates as a result of her leadership. We are very proud to have Candace Greves as a member of our Canuck Coaching staff as she exemplifies what it means to be a leader, a mentor, and a coach in the world of competitive sports."

For all of these qualities, Candace is the well deserving recipient of the title '15U/16U Male Team Coach of the Year'!

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# Mikasa Achievement Awards

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## *17U/18U Female Team Coach of the Year*

### **Rob Ellis- Dinos 17**

Rob Ellis was a busy man this year; not only was he the Head Coach of the Dinos' 17U team, he was also an Assistant Coach for the Mount Royal University Cougars Women's team. There were many days that both teams practiced; therefore Rob went straight from one practice to the other on the opposite side of the city.

Rob's "hard work as a coach inspired us to work hard as players" stated one of his athletes. Another added "He pushes us in practice and knows when each and every person is not giving their full effort, holding us accountable to each other. Everyone willingly gave him the respect that he deserved through our commitment. As well as teaching us skills, he is passionate and encouraging about the game. Rob always supported us in our wins and our losses."

The Dinos 17U's had a lot more wins than losses this year as they won 2 Premier Silver Medals early in the season before claiming the Gold at Premier 3.

"Rob did a lot of specialized training with us throughout the season. He wasn't just focused on winning but more in the process, which led to us winning!" Another Dino player went on to mention that he "always pushed us to be better players. I could tell that he believed in us and our potential, which led us to believing in ourselves."

The Dinos' 17U team went on to win the AVA Provincial Banner and Volleyball Canada National Title. Each team member felt Rob's contribution. He "supported us, even when we were trying to change some things, and when we were frustrated. He made our improvement the only focus, rather than only talking about winning. Because of this, our season is worth a lot more than just our banner."

The 17U National Championship Banner wasn't the only banner that Rob raised this year- the MRU Cougars Team also won the Alberta Colleges Athlete Conference Championships and the Canadian Colleges Athletic Association (CCAA) National Championships. When you consider that Rob also has won two CCAA National Championships as a player with the Red Deer College Kings (2001-2002, and 2002-2003 seasons), one could be envious of all of his success.

Success always comes back to intentions, and his Dino player stated it best when she noted, "he sincerely wants to make each player the best that they can be. He LOVES the sport and puts his all into developing the team as a whole." This love of the game and dedication to the sport has earned him the Mikasa 17U/18U Female Team Coach of the Year Award.

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# Mikasa Achievement Awards

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## *17U/18U Male Team Coach of the Year*

### **Howard Gelderman- Ravens 17U**

"A coach is many things to a young person- a role model, mentor, friend and most of all he is an extension of the bench. If the team is made of 12 people, the coach is the 13th. We have often watched in wonder as Howard coaches, as he has the ability to be on the court with the boys," even though his toes do not cross the sideline, stated the Ernwein's who have had three of their boys play for Howard over the years. "His enthusiasm; love of people and of the game absolutely inspire and motivate his (athletes) to play for him."

A teacher at Neerlandia Public Christian School since the fall of 1993, Howard has coached at many levels from Junior High school to College over his 20-year involvement in our sport. Howard was also recognized for his coaching accomplishments in 2007 when he was named the 16U Male Team Coach of the Year.


This year, his Ravens 17U team showed steady improvement throughout the season. At 17U/18U Premier 1, they finished 12<sup>th</sup> overall (3<sup>rd</sup> highest finish amongst 17U teams). They improved to 10<sup>th</sup> at Premier 2, followed by 9<sup>th</sup> at Premier 3 (both of these finishes were the highest place finish for a 17U program at the events). When the 17U boys were separated from the 18's for the 2011 Provincial Championships, the Ravens took home the Gold Medal and the Provincial Banner.

At the Canadian Open, the Ravens had a strong showing on Day 1, finishing first in their pool. On Day 2, they were involved in a 3-way tie and ended up 3<sup>rd</sup> in their pool; a result that moved them into the Tier 2 playoffs. Day three saw the team re-group to win the Tier 2 Silver Medal.

"As a player of Howards, I have had the pleasure of being able to be his teammate as well as his player. He is not only the coach but also the captain to everyone," states his current athlete Marcus Ernewein. "He leads us through our errors with positive energy but also with fiery passion... we know he believes with every fiber in his body that we can do better and just wants us to realize it. His energy breathes life into our team...and makes us dig into reserves that we never even knew we had left."

His selection as the 17U/18U Male Team Coach of the Year is best summarized by his athlete who stated "Howard Gelderman is the best coach I have ever had the pleasure of knowing... and even better, gotten to play for."

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# Mikasa Achievement Awards

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## *16U Female Athlete of the Year*

### **Courtney Yoo- Pandas 16**

An Outside Hitter and Libero for the Pandas 16U team, Courtney Yoo “is a workhorse whether it is on the court or in the weight room...(she is) always ready to compete. Courtney is not the loudest player ...but her work ethic and desire to compete leads her team to wins,” commented her coaches Dusty Freimark & Janna Konihowski Dubyk. “We look to her to be a role model for her teammates”.

Named as one of the teams Co-Captains, Courtney's work ethic influenced her teammates as they progressed throughout the season. While their early season competition results were good (including a Bronze medal finish at Premier 1 followed by a 5<sup>th</sup> place result at Premier 2), the Pandas really found their stride later in the season. Premier 3 efforts saw a Gold medal result and that momentum carried them through the remainder of the year. The Pandas 16U team was named 2011 Provincial Champions and led all Alberta teams with a 4<sup>th</sup> place performance at the Canadian Open.

“One of the reasons our team found the success that we did was due to Courtney's ball control and serve receive skills,” stated Freimark. “Throughout the Canadian Open, our coaches selected a Player of the Match and Courtney was chosen on three different occasions.”

“As coaches, we recognize that there is more to volleyball than just the technical skills that make an athlete an ‘elite’ athlete. We try to instill our athlete's characteristics that exemplify the ‘Panda Way’; which comprises characteristics like work ethic, determination, courage, time management, organizational skills, kindness and tolerance of others. Courtney possesses all of these qualities and teaches both her teammates and coaches about what these qualities look like in action.”

As a Grade 10 student, Courtney played for the Senior Volleyball team at Ross Sheppard High School. She is also a midfielder for the school Soccer team, in addition to maintaining a high academic standing as a full IB Honors Student.

Courtney has been selected to play with the 2011 Canadian Prospects team that will travel to Orlando in June for competition. We are excited to see what Courtney accomplishes in the future and are pleased to recognize her as our 16U Female Athlete of the Year.



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# Mikasa Achievement Awards

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## *16U Male Athlete of the Year*

### **Ryan Nickifor- NAVC 16U Gold Bears**

At 6'6", Ryan Nickifor touches over 11 feet and has a powerful effect on every volleyball game that he competes in. "I do believe that Ryan has been the most offensively dominating player in the 16U age class. He is truly the top athlete of his age," states his club coach Mark Maris.

Ryan began his volleyball career in Grade 9 at Clover Bar Junior High School, where he was named the MVP of his team. During the club season, he joined the Park club where he was named Captain of the 15U team despite being a year younger than his teammates. Ryan transitioned to Bev Facey High School where he was selected to the Senior team as a Grade 10 student. The squad had an impressive season, as they were Metro League Premier Conference Champions and 4A Provincial Bronze Medalists. Ryan was individually recognized as the Rookie of the Year.


In February of 2010, Ryan was a member of the Zone 5 Gold Medal winning team at the 2010 Alberta Winter Games. During the club season he competed for the Northern Alberta Volleyball (NAVC) program. His 15U Bears team had a highly successful year in which they won three Premier Medals (2 Silver and 1Gold) before taking home the Provincial and National Championship Banners. Ryan performed admirably at each event and was selected to both Championship All-Star Teams.

Ryan was chosen for the 16U Men's Team Alberta program in the summer of 2010 despite being an underage player. He was moved from the Middle position to play Right Side for the program. When Ryan's Team Alberta head coach Matt Clegg was asked to comment on his former player he noted:

"What impresses me the most about Ryan is that for how gifted and dominant he is, he never seems to take his talent for granted. When I had the opportunity to work with him at Team Alberta, as well as watching him play this club season, I've observed a hard worker with a team-first commitment that I feel drives only the most elite athletes in our sport."

The 2011 club season had Ryan suiting up for the NAVC Gold Bears once again- the only twist was that he moved from the Middle Position to play Right Side. This move allowed him to expand his offensive abilities and saw the NAVC Gold Bears attain Gold in all three Premier events, capture the Provincial Championship, and finish 5<sup>th</sup> at the Canadian Open. Ryan's selection to the Provincial Championship All Star team was only a precursor to his selection as the Mikasa 16U Male Athlete of the Year.

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# Mikasa Achievement Awards

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## *18U Female Athlete of the Year*

### **Alissa Coulter- Dinos 18**

One could say that there have always been high expectations on the athletic career of Alissa Coulter. The daughter of two former Olympians (Al Coulter- Captain of Men's Volleyball Team in 1984 and 1992, Michelle Cameron - Gold in Synchronized Swimming at the 1988 Seoul Olympics), Alissa has been blessed with many genetic gifts; however, her incredible work ethic, passion and determination have brought her potential to fruition.

"Alissa always brings a positive attitude into the gym and always leaves with a smile on her face," states Chad Leier (Dinos 18 Assistant Coach). "She improves every day in practice and has finished her AVA club volleyball career as one of the most dominant attackers to ever graduate from the Dinos Volleyball Club."

As a member of Team Alberta in 2009, Alissa won the Western Elite Championships. 2010 brought a 17U Provincial Championship banner, an Individual All-Star nomination, and a 5<sup>th</sup> place finish in the 17U age group at the Canadian Open. That summer, Alissa was named to the National Team Challenge Cup All-Star team as a 17U athlete at the 18U event after her team claimed the Silver Medal. Her 2011 season results were very similar to 2010, as her Dinos team repeated as Provincial Champions, she received another All-Star Selection, and the team placed 5<sup>th</sup> at the 2011 18U Canadian Open.

"What is most impressive about Alissa is her ability to compete and perform under pressure. For two consecutive National Championship Quarter Finals in a row, I have seen Alissa take control by consistently hitting versus a three man block, un-phased by the pressure of the match and carrying the offensive load of the team," comments Natalie Schwartz (Head Coach- University of Calgary Dinos). "Her teammates follow her example to stay calm, cool, and collected no matter what."

"She ensures every member of her team feels accepted and rewarded for their efforts...she has developed into a mature athlete that understands how to get the most out of the athletes playing around her," Leier reflects.

She has committed to the four-time defending National Champion UBC Thunderbirds for her varsity career after being the most sought-after athlete by CIS and NCAA programs over the last two club seasons. In addition to all of her volleyball accomplishments, Alissa is also a great basketball player, a terrific role model for her two younger sisters, and a strong student in the classroom. These attributes have earned Alissa the Mikasa 18U Female Athlete of the Year Award.

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# Mikasa Achievement Awards

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## *18U Male Athlete of the Year*

### **Blake Hinchey- NAVC Gold Bears**

Blake has been described as an “all-around athlete who enjoys being active and loves competitive sports.” His 2011 resume includes being a member of both the Senior Men’s volleyball and basketball teams at Ross Sheppard High School, and the Northern Alberta Volleyball Club Gold Bears Men’s 18U team. In addition to his heavy sports schedule, Blake has also maintained a good academic standing.

“Along with his great skills, Blake brings a wonderful attitude and atmosphere to the team. A true leader, he is able to motivate the team and set high expectations for his teammates,” states Dave Jones, his coach of four years. “Blake’s smile and humor have greeted me at many practices and games over the years: he loves to work hard.”

Reviewing his prior volleyball accomplishments shows that Blake was a member of the 2009 Team Alberta 16U Men’s program that won a Silver Medal at the Western Elite Championships. The 2010 season was tremendously successful for Blake’s 17U NAVC Green Bears, as the team not only captured the Provincial title, but finished 5th at the Canadian Open in Abbotsford. That summer, the team traveled to Austin, Texas where they captured the gold medal in the USA Junior Men’s Club National Championships (formerly called the Junior Olympics).

The NAVC Bears also had an impressive 2011 season as his team captured a medal at every Premier event (1 gold, 2 silver) before taking home the Provincial Banner and the Canadian Open Bronze Medal. Hinchey was named to the All-Star Team at both championship events.

Blake was integral to the Bears performance this season. “As an outside hitter in his first year, he was able to grasp the position and improve and gain success in every match he played. He became a fantastic blocker and a very efficient and successful attacker with a variety of shots,” reflected his coach. “He has worked incredibly hard this year to be a great passer and will ask for extra reps when it comes to serve and pass drills. We always said...‘When Blake is passing, Blake is unstoppable’.”

For the respect Blake shows to his coaches, teammates and to the sport, he has been named as the 18U Male Athlete of the Year. We wish Blake continued success as moves on to his post-secondary career, joining his brother Austin at NAIT with the Oaks team this fall.

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# Hall of Fame Awards

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## *Builder*

### **David & Doreen Ross**

David and Doreen Ross have been volleyball players, coaches, officials, clinicians, and administrators for over 30 years. The St. Albert couple's passion was instrumental in helping the sport take a strong foothold in the province in the early seventies, and in increasing participation levels in the succeeding three decades.

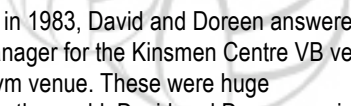
After the 'old' Edmonton Phoenix Volleyball Club dissolved in early 1975, David and Doreen enthusiastically picked up the ball and founded the Edmonton Friars Volleyball Club in the fall of 1975. A core group of David and Doreen's friends were able to recruit enough players to form 3 women's teams and 2 men's teams in that inaugural year. These teams practiced regularly and played in the various tournaments in and around Alberta and Western Canada. The Friars operated until 1998, a total of 25 years.

Recognizing the increased demand from adult and club teams to play in a league format, they founded the Edmonton Volleyball Association (EVA) in 1976. They completed all of the detailed paperwork, including drawing up a constitution, creating by-laws, and making the EVA a registered Alberta Society. David was the EVA's first President. Their efforts were not in vain as the very first year of operation saw the EVA start up with 20 men's teams and 14 women's teams. David and Doreen spent countless hours working with the City of Edmonton to get adequate gym space for league play. The strong, professional relationship they fostered with the City paid dividends in all of the succeeding years. David and Doreen also worked cooperatively with the Alberta and Canadian Volleyball Associations, and strongly encouraged their EVA teams to register with both associations. As a result, excellent working relationships have survived to the present day. The Edmonton Volleyball Association is still fully functional and has become the biggest city league in North America; currently featuring close to 200 teams: 108 co-ed; 48 women's, and 42 men's teams.

In 1977, the Friars VB Club founded the Friar's Women's Open VB Tournament- a Canadian Volleyball Association sanctioned event that continued until 1998 – a total of 21 years! In 1980, this energy-filled couple saw the need for a tournament that would give teams that were below the calibre of the 'AA' and university-based teams a chance to compete with equally skilled teams. The inaugural Western Canadian Volleyball 'A' Championships were hosted in Edmonton that year and are still going strong over 30 years later.



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When the University Games came to Edmonton in 1983, David and Doreen answered the call for volunteers. David became the Venue Manager for the Kinsmen Centre VB venue and Doreen did the same for the U of A Main Gym venue. These were huge responsibilities as there were teams from all over the world. David and Doreen carried out their duties with their customary professionalism.

These two wonderful role models not only were top organizers, they were also successful Edmonton high school volleyball coaches; Doreen at Archbishop O'Leary and David at Louis St. Laurent. In the 70's and 80's, along with their heavy administrative load with the club and leagues, they both played on their respective Friar volleyball club teams. Doreen became an AVA carded official in 1968; refereed until 1979; took a few years off to concentrate on administration; then returned to refereeing in 1998 and to this date is still officiating for the High School leagues.

While all of this volleyball commitment was going on David and Doreen had time to raise 3 children: Danielle, Stephanie, and Regan (who have subsequently produced 7 healthy grandchildren). David and Doreen have now pulled back a bit from volleyball but still enjoy being active. They both have taken up golf and, as one can imagine, they are pretty proficient golfers.

Through their unselfish dedication to all aspects of volleyball, David and Doreen have been instrumental in creating opportunities for thousands to participate in our sport. Alberta Volleyball is tremendously proud to induct David and Doreen Ross into our Hall of Fame.





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# Hall of Fame Awards

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## *Athlete*

### **Jenny Cartmell**

Jenny has already been inducted into the University of Alberta Sports Wall of Fame and to the Alberta Sports Hall of Fame. When you examine her accomplishments over the course of her volleyball career, it's easy to see why she has deserved such recognition.

A Sherwood Park native, Jenny played her high school volleyball at Bev Facey Composite High School and club with both the Sherwood Park and NAVC programs. She spent her summers with the Provincial Team before moving to Edmonton to pursue a Physical Education degree.

Jenny Cartmell's impact at the University of Alberta was felt immediately as she was named the Canadian Interuniversity Athletic Union (CIAU), Canada West Universities Athletic Association (CWUAA), and University of Alberta Rookie of the Year in 1995-1996. While she was individually recognized early on, her teams' five consecutive conference championships would have been enough to say she had an impressive University career. However, Jenny exceeded expectations by becoming one of only a handful of players to ever win a national title in all five years of her university eligibility (1995- 2000).

Although being described by her former teammate Christy Hansen as the "sweetest and kindest person I know," Laurie Eisler (Pandas Head Coach) knew that she would become "a fierce competitor who was able to not only deal with adversity but take her game to another level when the team needed it the most."

When listed, her overall individual athletic achievements are astonishing. In both 1999 and 2000 Jenny was named: Most Valuable Player for the Pandas, University of Alberta Female Athlete of the Year, Canada West 1st Team All-Star, Canada West Volleyball MVP, CIAU Academic All-Canadian, CIAU First Team All-Canadian, and CIAU Women's Volleyball Player of the Year. On top of all of that, she was also recognized as the Howard Mackie Award winner in 2000 (CIAU Athlete of the Year for all sports- now referred to as the BLG Award).



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However, “despite ALL the individual awards she received – (Jenny) always... gave complete credit to the team.” Christy went on to state, “Her skills and playing ability obviously speak for themselves.” However, it was her “personality and leadership both on and off the court that made all of us a better team. As a setter, I always had complete confidence that she would put the ball away. She constantly would ‘wow’ us with hitting and defensive abilities.”

“Jenny grew to love the pressure that is inherent in championship volleyball and yet maintained a positive relationship with teammates, coaches, officials and opponents,” Pandas Head Coach Laurie Eisler reflected. “She truly was a joy to coach and an athlete who earned all the recognition that she has and continues to receive.”

Prior to her University career ending, Jenny’s National team career had already begun. She was a member of the National B team in 1996, 1997, and 1999. Her FISU team finished in fourth place in Sicily in ’97 and 9<sup>th</sup> at Mallorca Spain in ’99. Jenny was a member of the Senior National team until her retirement. She played professionally in Belgium for the Temse Bells in 2000-2001 and for the Swedish team Katrineholm that won the SM GULD Nationals the following year.

Alberta Volleyball is extremely proud to induct Jenny into the Alberta Volleyball Hall of Fame as one of Alberta’s most outstanding athletes.







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