



# THE EUREKA REPORTER

## Coaches name volleyball White Stars

by Sean Quincey, 12/9/2005

The Humboldt-Del Norte Conference high school volleyball season came to end a few weeks ago as Del Norte took first place in the Big 5 while Southern Trinity and Hoopa split the Little 5 title.

The head coaches released their selections for the league's White Star recipients this week.

From Eureka, senior middle hitters Karlee Shwaika and Katelyn Guild earned first-team honors.

Second-year head coach Holly Williamson said Shwaika and Guild led the team on offense.

"Karlee came out dominating when it came to offense," Williamson said. "She is very smart on the net and she knew where the holes were on defense. She could run the quick stuff with our setter which made it very hard for teams to defend her.

"Katelyn broke her ankle last year and came back very powerful this year. She's strong on defense and could work with other players on the net when it came to setting up blocks. Offensively, she knew when to hit placement shots and when to hit power shots."

Eureka's Ainsley Stivers and Jaime Sterling earned honorable mention recognition.

Also receiving White Stars were Del Norte's Ashley Webster (league MVP), Kelsy Hintz, Rebecca Cink and Katelyn O'Brien; McKinleyville's Ashley Curry, Alex Iorg and Courtney Cuffee; Arcata's Tandra Bleything and Fortuna's Rachel Harris.

Big 5 honorable mentions went to Laureen Godla (Del Norte), Breah Smith (Mack), Laurel Calderwood (Arcata) and Chelsea Coleman and Hannah Ehret (Fortuna).

In the Little 5, St. Bernard's junior setter Sydney Soos and sophomore middle blocker Michaela Redner join Ferndale senior setter Stephanie Nelson and senior outside hitter Adrienne Green as White Star recipients.

Crusader head coach Heidi Swanson said Soos can play any position and an injury forced her to take over as the team's setter in the first two weeks of the season.

"(Soo is) very loud on the court – she's definitely a team leader out there," Swanson said. "She knows what we're doing and she pays attention to what happens on the other side of the net."

Coming off of foot surgery last year, Redner earned the team MVP in her first season.

"(Redner) picked up the game really quickly. She's an amazing athlete and a well-rounded player."

Wildcat head coach Denise Grinsell said Nelson is very coachable and an all-around team leader.

"(Nelson) gets the ball to a variety of girls and sets up our players to hit to opposing team's weaker spots," Grinsell said of the team captain and player's choice co-MVP. Nelson led the team with 155 total points.

Green was also named co-MVP and racked up 41 aces, 49 kills and a team-high 193 digs on the season.

"It's amazing to have a hitter that plays that strong in the back," Grinsell said of Green. "She played well no matter who was next to her."

Others receiving White Stars include Southern Trinity's Jennie Jackson (league MVP), Kalyn Parrot and Caitlin Canale; Hoopa's Karmen McCovey, Ericka Chase and Brittany Vigil and South Fork's Sandra Paup.

Honorable mention went to Grace Grimes (Southern Trinity), Krystal Davis and Rena Gibbens

(Hoopa), Crystal Carpenter, Alyson Bonomini and Hanna McDermott (St. Bernard's), Heather Liu, Kaylee Townsend and Jeri Grinsell (Ferndale).

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