

## Albert Gallatin

**Coach:** Baylee Powell (1st year)

### Returning Starters:

6-1 senior middle hitter Laney Wilson  
5-5 senior outside hitter Kameron Miller  
5-4 senior setter Kennedy Felio  
5-8 senior outside hitter Karee Jordan  
5-1 senior defensive specialist Mia Moser  
6-2 senior middle hitter Courtlyn Turner

### Season Outlook:

This is my first season as head coach, but I have been coaching at Albert Gallatin for 5 years. I have been coaching the upcoming seniors since they were in 7th grade, so this will be a bittersweet season for me.

The team came off of a very good season last year and they are putting in the work this summer to make it an even better season this year. We have a lot of starters coming back, so it will be very beneficial to have varsity level experience on the court. They are working very hard to build off of what we accomplished last year. I am excited to see the team compete together, improve our chances to get further in playoffs, and most importantly make great memories together.

### Section Favorite:

Thomas Jefferson came in first in our section so they are the favored team. They also have starters returning back on the court that will help their team with skill and experience. We are looking forward to playing them in season.

### Young Players to Watch:

For Albert Gallatin we do have a sophomore expected to make an impact on our team this season.

## Blackhawk

**Coach:** Dan Muir (7th year, 14th overall)

### Returning Starters:

5-11 senior middle Alannah Marsilio  
5-7 senior outside Amanda Jones  
5-8 junior middle Megan Darno  
5-7 junior outside Laila Funkhouser  
5-5 junior libero Taylor Krepps

### Season Outlook:

We have a solid core of returning players that were young last year but now have some experience and a passion for the game. With a relatively new section this year we are not sure what to expect. We are looking forward to building on last year's successes.

### Young Players to Watch:

I have not seen half of our section play at all in the past 3 years, so hard to say who the impact players might be. We will learn who they are soon enough.

## Armstrong

**Coach:** Andrea Lasher (6th year at Armstrong, 9th overall)

### Returning Starters:

5-7 senior outside hitter Cassidy Adams  
5-6 senior setter Lily Atwood  
5-8 senior middle hitter Kate Remaley  
5-9 junior middle hitter Kali Allensworth  
5-10 junior opposite Sarai Weaver  
5-11 sophomore outside hitter Emry Rumbaugh

### Season Outlook:

This season is going to be a very competitive, fun season for us. All the girls have been working hard in their off season, and I feel they are ready and excited for this season to start. As always, we will be playing some good volleyball and will be ready for our competitors.

### Section Favorite:

In our new section, there is going to be some great matches played between Latrobe, Indiana, Franklin Regional and us.

### WPIAL Favorite:

The WPIAL champ team will be the one who holds on strong physically and mentally and will be able to bring it each time on the court to succeed. There are a lot of strong competitive teams in AAA this year. It will be interesting to see.

### Young Players to Watch:

From the Armstrong perspective, I strongly feel our sophomore, Emry Rumbaugh, will play a huge part in our success, but as I always tell my team, it is completely a team effort when it comes to playing volleyball. Teams may have great players that can do good things, but a great team will do even better things and succeed most of all.

## Belle Vernon

**Coach:** Henry Mulholland (I've coached for 25 years, volunteered at Belle Vernon)

### Returning Starters:

senior outside hitter Lindsay Nagy  
senior libero Gianna Anderson  
junior middle hitter Lily Shahan

### Season Outlook:

Most experienced Belle Vernon team ever. We will be competitive.

### Section Favorite:

Thomas Jefferson is the favorite, as always.

## Chartiers Valley

**Coach:** Amanda Burgess (3rd year)

### Returning Starters:

5-4 senior defensive specialist Nina Aiello  
4-11 senior defensive specialist Caitlin Dinco  
5-9 senior middle hitter Zoe Mangan  
5-11 senior middle hitter Kelliann Mutschler  
5-7 senior outside hitter Abby Opalanko  
5-8 junior outside hitter Sarah Harris  
5-4 junior setter Delaney Rodella  
5-0 sophomore defensive specialist Addie Cousley

### Young Players to Watch

5-2 Emerson Kutschbach defensive specialist sophomore  
5-4 Kelly Dougherty defensive specialist junior

## Connellsville

**Coach:** Sara Bruschi (5th year)

### Returning Starters:

5-8 senior outside hitter Hillary Claycomb  
5-7 senior Setter Rylan Musgrove  
5-10 junior middle hitter Faith Brandner  
5-9 junior outside hitter Larianna Thompson  
5-6 junior Defensive Specialist Iris Burd

### Season Outlook:

We are in a new class and a new section this year. We are anxious and looking forward to the new competition.

### Section Favorite:

Just going by past years, Thomas Jefferson

## Elizabeth Forward

**Coach:** Lindsay Lesofsky (12th year, in second stint)

### Returning Starters:

senior outside hitter Joselyn Dawson  
junior setter Kylie Mooney  
junior middle hitter Maya Martell  
junior middle hitter Amanda Bedzik

### Season Outlook:

With the loss of 7 seniors, we will be working on finding solid replacements for those positions in the first few weeks of the season. The group of girls that have been working out in the offseason are tremendously athletic, including the freshmen, and we had a lot more girls play club in the offseason. There is a ton of potential for this EF team to be a very strong competitor this season. I believe (and my expectation is) that EF will be back in the top 3 of our section.

### Section Favorite:

All of the teams in our section have improved over the last 3-4 years, so it is really hard to say. Thomas Jefferson was the most successful in the postseason.

### Young Players to Watch:

Ashley Deniker from Latrobe is a player to watch in the upcoming years.

## Franklin Regional

**Coach:** Rachel Carter (2nd year)

### Returning Starters:

5-8 senior outside hitter Lily Alisesky  
5-8 senior outside hitter Lexa Yankauskas  
5-10 senior middle hitter Ella Evans  
5-6 senior setter Madison Nguyen  
5-11 senior right side hitter Reilyn Ruane  
5-11 senior middle hitter Maren Whiteford  
5-5 junior defensive specialist Brooke Feorene

### Season Outlook:

We are going to be a solid team this year. We have great team chemistry and the girls work so well together. We are hopeful for another successful season.

## Gateway

**Coach:** Nicole Riley (1st year)

### Returning starters:

setter Jolina Estremera  
defensive specialist Taylor Bumbaugh  
outside hitter Alice Childs  
setter Avrey Ferczak  
outside hitter Becky George

### Season Outlook:

We are anticipating being very competitive this season and are hopeful to have a successful year.

## Greensburg Salem

**Coach:** Rachel Brannigan (2nd year)

### Returning Starters:

5-8 senior outside hitter Laurel Uhlinger  
5-9 senior setter/opposite Emma Kaufman

### Season Outlook:

This year we have a younger team after graduating six starting seniors. However, our younger girls have stepped up this offseason and have put in a lot of work. We look forward to competing in an outstanding section.

### Section Favorite:

I'm sure it's Latrobe since they moved down.

## Hampton

**Coach:** Dainen Holler (1st year)

### Returning Starters:

5-3 junior libero Avery Koontz  
6-1 junior outside hitter Emmy Schrom  
6-2 senior middle hitter Addison Gindlesperger  
5-4 senior defensive specialist Maya Obendorfer

### Season Outlook:

Hampton is looking to build on the success of last year's season. Hoping to return to the WPIAL and State championships.

**Section Favorite:** Plum & Hampton.

### Young Players to Watch:

5-7 freshman setter Lilly Muczinski from Hampton.

## Indiana

**Coach:** Allison Ball (1st year, was varsity assistant last year)

### Returning Starters:

5-0 senior defensive specialist Lauren Brocius  
5-10 senior outside hitter Abbie Huey  
6-0 senior middle hitter Katie Kovalchick  
5-10 senior outside hitter Maycie Lorelli  
5-5 senior setter Emily Madey  
5-6 senior defensive specialist Julia Runge  
5-3 junior defensive specialist Alexandra Ball

### Season Outlook:

We are in a section that has dropped and added a few teams, added Armstrong and Latrobe and Highlands. Last year we were tri-section champions with Franklin Regional and Plum. Plum is not in our section but the addition of Armstrong and Latrobe will make each section match important and interesting. Indiana had a bunch of seniors last year but we had a core group of juniors and a sophomore that make significant contributions. We have some younger players that we look to step in to fill some of those roles. We have a core group with experience so we will rely on that to bring the younger players along.

### Section Favorite:

With the added teams to our section I'm not sure there is a favorite, our entire section will produce strong teams.

## Kiski Area

**Coach:** Jodie McCartney (4th year)

### Returning Starters:

5-6 senior setter Sydney Joyce  
5-4 senior defensive specialist Madalyn Polka  
5-9 senior middle hitter Brynn Bires  
5-6 senior serving specialist/defensive specialist Bryn Hewitt  
5-6 senior defensive specialist Laci Safranyos  
5-9 junior outside hitter Abbie Johns  
5-7 junior setter/opposite Cora Coleman  
5-10 junior middle hitter Izzy Ondish  
5-2 sophomore libero Maddie Joyce

### Season Outlook:

We are really looking forward to the season. The Lady Cavaliers are returning with experienced players who plan to leave it all on the court. There are plenty of girls who worked hard all summer and have the potential to break through the varsity line up. We will be ready to go to battle every night in our new section.

### Section Favorite:

Armstrong or Latrobe, but we along with Indiana and Franklin Regional are all bringing back experienced teams. I could be wrong, but think it is probably going to come down to the final week of the season, with a lot of 5 set matches in the mix.

### WPIAL Favorite:

In 3A with the realignment, there will be a high level of volleyball across all sections again. It is hard to pick an overall 3A favorite. Hampton? Armstrong? TJ? Latrobe? South Fayette? Can't count out Plum. Montour's senior class will be ready to make a statement and Mars is bringing back experience. There are so many talented programs in 3A. Really, any team with solid players who manage to stay healthy and peak at the right time, could be in contention.

### Young Players to Watch:

Kiski Area sophomore libero Maddie Joyce.

## Knoch

**Coach:** Diane Geist (37th year)

5-4 senior outside hitter Alyssa Gallagher  
5-4 senior defensive specialist Madison Gardner  
5-4 senior setter/opposite Melissa Karastury  
5-4 senior defensive specialist Nina Szymanski  
5-5 junior defensive specialist Serenity Kosecki  
5-10 junior middle hitter Sierra Mock  
5-9 junior setter/opposite Brynne Smith

### Season Outlook:

We hope to compete for a play-off spot this year.

**Section Favorite:** North Catholic

**WPIAL Favorite:** Hampton, North Catholic

### Young Players to Watch:

Our up and coming sophomore middle Karlee Buterbaugh is out for the season due to a knee injury.

## Latrobe

**Coach:** Drew Vosefski (26th year for boys and girls team, also head boys coach at Laurel Valley 4 years)

### Returning Starters:

5-8 senior setter Lily Fenton (Notre Dame recruit)  
6-1 senior middle hitter Emma Blair  
5-8 junior outside hitter Maya Krehlik  
5-8 junior outside hitter Elle Snyder  
6-2 senior middle/opposite Paige Watson

### Season Outlook:

We have dropped to Class 3A, but our intensity and goals are the same as they were in Class 4A. We want to go further in the playoffs than we did last year.

### Section Favorite:

I don't know much about the teams in our new section, but we have the potential to be the favorite as a newcomer.

### WPIAL Favorite:

I have nothing to gauge how good we will be in Class 3A, but we finished among the top eight teams in Class 4A last year, so I feel we can finish among the top five in Class 3A.

## Lincoln Park

**Coach:** Christina Kirkland (1st year)

### Returning Starters:

5-6 senior outside hitter Jaycee Justice  
5-9 junior middle hitter Micah Pratt  
5-1 senior libero Camila Tavarez

### Season Outlook:

This year's Leopards doesn't have a great amount of varsity experience however there are talented and smart athletes who will contribute this season. The team will look for leadership from their new setter, Jr. Gianna Massimino. Pratt returns as a middle hitter that the team can depend on to make big plays. Together the team is looking to be competitive as they develop new culture under first year Coach Kirkland that will impact the whole program from varsity to developmental programs.

## McKeesport

**Coach:** Elisabeth Dansak (1st year)

### Returning Starters:

5-8 senior setter Aubrie Mackowiak  
5-11 junior outside hitter Shaniya Simmons

### Season Outlook:

We expect to be competitive this year as a team. We are a very young team looking to get on everyone's volleyball radar. We want every team we play to leave knowing they played McKeesport and not looking forward to our next meeting.

### Section Favorite:

We are looking forward to meeting most of the teams in our section as they are mostly local as opposed to last years with our section being more spread out.

## Mars

**Coach:** Tami Caraway (10th year)

### Returning Starters:

6-3 senior middle blocker Lauren Atwell  
5-10 senior setter Ava Donnelly  
5-9 senior middle blocker Lucie Morlino  
5-3 senior libero Anna Pietrusinski  
6-0 senior outside hitter Megan Yanief  
5-9 sophomore outside hitter Lily Javor  
5-10 sophomore outside hitter Ella Nicotra

### Season Outlook:

The team is returning a number of seniors who have been providing exceptional leadership throughout the summer. We've gained a great deal of experience competing in section the past couple of years. This season will be about taking what we've learned and using it to develop as a team.

### Section Favorite:

The favorite in our section would be North Catholic.

### WPIAL Favorite:

Once again there is a lot of depth in AAA with more strong programs moving into this classification. Any number of very talented teams have the potential to win on any given night. It speaks of the quality coaching and talented athletes throughout the WPIAL.

## Montour

**Coach:** Dena Baron (1st year, after assisting varsity for 5 years and coaching middle school for 15)

### Returning Starters:

6-1 senior outside hitter Sara Faith  
5-8 senior setter/opposite Raegan Kadlecik  
5-5 senior libero Mia Arndt  
5-10 senior setter/opposite Kylie Barto  
5-9 outside hitter Olivia Persinger

### Season Outlook:

We head into this season with an experienced senior squad. We hope their leadership will make a positive impact on our success this year. Traditionally we are a playoff bound team, and we hope that is the case again this season. With the realignment of our section, in my opinion, it is the toughest we have seen. Every night will be a playoff caliber game.

### Section Favorite:

It is really hard to say, with Moon and Oakland dropping to AAA in our section, either of those teams could win it. There are several new coaches in the section as well so I think that is something to consider. South Fayette is always a strong team and a likely contender, and I would not rule out us either.

### WPIAL Favorite:

I would bet North Catholic would be in the mix and Hampton.

## Moon

**Coach:** Emily Sullivan (1st year at Moon, after five years at Oakland Catholic)

### Returning Starters:

senior setter Emily Lescallette  
senior opposite hitter Larissa McGowan  
senior outside hitter Bailey Maxin  
senior Middle Lilly Peterson

### Season Outlook:

We have some spots to fill this year, but I don't see that being an issue as we have athletes ready to step onto the court and prove their position. We have a strong foundation along with great chemistry. Even though we're in a new classification and section, we look forward to the competition with a positive outlook and the same goals in mind.

### Section Favorite:

I don't believe there is one to be favored as our section will prove quite competitive.

### WPIAL Favorite:

North Allegheny is bringing back a strong team this year.

## Oakland Catholic

**Coach:** Jenna Granatire (1st year)

### Returning Starters:

5-5 senior libero Maddy Cigna (Committed to NCAA Div. I Stony Brook)  
5-10 senior opposite Aibreanna Shovlin

### Season Outlook:

With most of the varsity team being seniors last year, we are a team full of juniors, sophomores, and freshmen. We are also in a new classification this year. We've put in the work over the summer with open gym, conditionings, and summer league. So far the coaching staff is liking what we see in a few scrimmages we've had, but if we want to make a playoff run this year, work needs to be done.

### Section Favorite:

Our section is stacked. Char Valley, Montour, Moon, South Fayette, Trinity, and West Allegheny. Moon and South Fayette are going to be good games. We're looking forward to turning some heads.

### WPIAL Favorite:

I don't know if I would say a favorite, as class 3A is loaded. We feel as if it could be anyone's year.

## North Catholic

**Coach:** Amanda Fetter (5th year at North Catholic, 11th overall)

### Returning Starters:

5-10 senior outside hitter Ally Feczko  
5-9 senior setter Sydnei Jones  
5-7 senior defensive specialist Amanda Esser  
5-8 senior defensive specialist Gabby Cozza  
5-2 senior defensive specialist Gianna Aguglia  
6-0 senior middle hitter Katie McNelly  
5-10 senior middle hitter Stephanie Lynch  
5-3 junior defensive specialist Alex Sepcic  
5-9 sophomore outside hitter Ella Koziara

### Season Outlook:

This year we have an incredible group of young women that are working very hard to prepare for a very tough season ahead. This year is going to look particularly different for our returning players because we are in a new section and new classification. We are looking forward to navigating this season and working hard to reach the team's goals. The girls are super focused on getting better every day that they are in the gym and have been focused on building the habits and structure that is necessary to continue to develop and grow as the season progresses. They are excited to play and are looking forward to some new and fun opportunities this year.

### Section Favorite:

Since we are in a new section we are not quite sure what to expect. We have played Mars in past years and we know that they have good coaches that have built a very good program that is loaded with impressive talent.

### WPIAL Favorite:

The reclassification has really stacked so many strong teams in the 3A classification. The strength of programs such as Moon, Montour, Mars, Oakland Catholic, TJ, Latrobe, South Fayette, Armstrong, Hampton and so many other impressive teams is going to lead to a really fun year of competition with some impressive volleyball to be played.

### Young Players to Watch:

This year's freshman class has some pretty impressive players to watch. Gianna Reamer, Cannon McMillan; Natalie Carr, Cannon McMillan; Isabelle Hoppe, Pine Richland; Camdynn Gonzalez, Mars. Also, North Catholic has some sophomores that are also going to be fun to watch develop: Rebecca Feczko and Sienna Cozza.

## Penn Hills

**Coach:** Jay Mitlo (25th year)

### Returning Seniors:

5-2 setter Ava Adamski  
5-6 outside hitter Desirae Clancy Brown  
5-4 outside hitter Taylor Denson  
5-8 middle hitter Sarah Miller  
5-7 outside hitter Taylor Slaughter  
5-6 outside hitter Ameira Smith

### Season Outlook:

We are a very experienced team with a lot of upside. If we can control the ball well and block well we should contend for a playoff spot and surprise some teams.

### Section Favorite:

I would have to believe that Hampton, Plum, and Gateway are the favorites in our section.

### WPIAL Favorite:

Many teams have had a lot of turnover so I'm not so sure who would be the WPIAL favorite.

## Plum

**Coach:** Kelsey Bonk (7th year)

### Returning Starters:

5-6 senior outside hitter Emily Bologna  
5-6 senior setter Samantha Glatz  
5-3 senior defensive specialist Maya Nonnenberg  
5-10 senior middle blocker Dannika Susko

### Season Outlook:

We lost 7 seniors last year, lots of turnover for the 2nd straight year. We have a lot of positions to fill and will need new players and JV players to step up into these varsity roles.

**Section Favorite:** Hampton

**WPIAL Favorite:** Latrobe, Oakland Catholic

### Young Players to Watch:

Maddie Joyce, Kiski Area sophomore defensive specialist/setter.

## Ringgold

**Coach:** Adam Thomas (5th year as head coach, sixth year with the program)

### Returning Starters:

5-4 senior setter Alyssa Connolly  
5-10 senior right side hitter Zoey Mundorff (All-Section)  
5-7 senior right side hitter Alexa Schwab  
5-11 senior middle hitter Lacey Kalinowski (All-Section)  
5-8 junior outside hitter Aubrey Siwula (All-Section)  
5-6 sophomore setter/opposite Riley Lewis  
5-7 sophomore outside hitter Izzie Walsh  
5-6 sophomore defensive specialist Ryann Lape  
5-2 sophomore libero Camryn Bucci  
5-8 senior outside hitter Nicole Schuster (returning from injury)  
6-0 middle hitter Alexa Jolly (new to the varsity)

### Season Outlook:

The Ringgold Lady Rams are optimistic about the 2022 season and for good reason. We have a very experienced group that returns nine starters from last season, including three All-Section All-Stars. I believe that by the end of October many people outside of our team will be looking at Ringgold differently than they have in the past. We are a close-knit group and we'll be able to make some noise in the section if we stick to our game plan and strengths. It should be a very exciting season, especially being in our new section.

### Section Favorite:

Thomas Jefferson is always towards the top of the section and Albert Gallatin had a very good 2021 season. We are new to this section this season but I know in the past Laurel Highlands, Uniontown, and Elizabeth Forward were always strong teams.

### WPIAL Favorite:

There are a number of teams who could be considered favorites to win the WPIAL. Look at any of the teams that were at or near the top of their section last season. Coming from Section 2, South Fayette and Montour are always WPIAL threats, but that's not to say it's a two-team race. Freeport, Hampton, Thomas Jefferson, Plum, and Armstrong are all solid programs that typically make a run in the WPIAL Playoffs.

## South Fayette

**Coach:** Scott Sundgren (21st year as head coach, 24th at South Fayette)

### Returning Starters:

6-3 middle hitter Ava Leroux  
5-7 outside hitter Bella Bowers  
5-10 opposite Morgan Saulle  
5-4 defensive specialist Livia Chambers

### Section Favorite:

Since we had two teams added to our section (Moon and Oakland Catholic), I'm not sure. I know that both are very good teams and come from a very competitive 4A division. So we will have to see once the season starts which teams will perform. I think we have an extremely strong section. Each match will be competitive.

## Thomas Jefferson

**Coach:** Ron Kelly (23rd season at Thomas Jefferson, 34th overall)

### Returning Starters:

5-10 senior outside hitter Delaney Concannon  
5-11 junior outside hitter Mia Fox  
5-1 senior libero Cate Galioto  
5-8 senior middle hitter Julia Territ  
5-11 junior opposite Rylie Sippey  
5-10 junior middle hitter Eliah Lippincott  
5-8 senior opposite Ava Territ  
5-7 senior Julia Berberich  
5-8 junior Alexa Albin  
5-6 senior defensive specialist Emma Ratner

### Season Outlook:

This year I have a very solid team. I am 3 deep in all positions which will make practice competition a plus. There are battles at every spot. I believe we will be very strong at the net. We will be a strong serving and receiving team. This team is a very tight team can be a really great team. We need to continue to improve and work hard a practice. Never waste a day. Looking forward to getting started.

### Section Favorite:

I believe that we might be the favorite in the section. We will be challenged by Albert Gallatin, Laurel Highlands and Elizabeth Forward

### WPIAL Favorite:

In AAA there is a lot of competition fighting for that top spot. North Catholic, Latrobe, Moon, South Fayette, Montour, Hampton, Armstrong and a few other teams. Winning this classification is going to take a great run in October.

## West Allegheny

**Coach:** Steve Nicola (1st year at WA, after six years at Moon)

### Returning Starters:

5-10 senior opposite Kristina Zadrozny  
6-0 junior setter/outside hitter Ashlyn Oswald  
5-10 junior middle hitter Danielle Slovick  
5-7 junior defensive specialist Kat Novic

### Season Outlook:

We are looking to improve our consistency and be competitive in all of our matches this season.

### Section Favorite:

There are many good teams in this section. Montour, South Fayette, and Trinity have historically been good teams in AAA and I expect that to continue. Moon and Oakland Catholic will also be very good joining the section from AAAA last year. I think any of these teams could win the section.

### WPIAL Favorite:

With addition of Moon, Oakland Catholic, and North Catholic to the teams that were in AAA the past few years, I think there are multiple teams that can win the WPIAL championship.

### Young Players to watch

I have a couple freshman and sophomores that are competing for playing time, but I do not know of anyone else.

## Trinity

**Coach:** Erin Helmkamp (6th year in second stint at Trinity, 11 years overall)

### Probable Starting Lineup:

5-5 senior setter Grace Coyle or  
5-6 junior setter Riley Corrins  
5-9 senior outside hitter Rayne Elling  
5-9 junior setter/opposite Maddy Roberts  
5-9 senior middle hitter Rylee Elling  
5-7 junior opposite Agatha Niccolai  
5-10 sophomore outside hitter Sydney Allen  
5-9 junior middle hitter Carrie Proudfit  
5-5 senior libero Sarah Hartmann

### Season Outlook:

We are excited to build on our season from last year. We have most of our starting line up back after graduating 3 seniors that were in starting positions. Junior Maddy Roberts lead our team in digs, kills, aces and serve receive rating is back but in a new position for our team. I am also looking for big things to come from seniors Rayne Elling, Rylee Elling, Grace Coyle & Sarah Hartmann. And we have a newcomer that is a tremendous addition to our team, sophomore Sydney Allen.

### Section Favorite:

Our section has changed a bit in the fact that we lost 2 teams to other sections and now have Moon and Oakland Catholic to our section, and multiple coaching changes. This section will be tougher than ever and should prepare our section teams to go further in the playoffs. As for a favorite, I always expect a good, solid team from Scott Sundgren at South Fayette.

### WPIAL Favorite:

In 3A, Thomas Jefferson is usually a team that goes deep into the playoffs but this is a new season and it is way too early to tell in my opinion.

### Young Players to Watch:

I'm looking for Trinity's junior Maddy Roberts and senior Rayne Elling to build upon what they did last year.

## West Mifflin

**Coach:** Glenn Gougler (3rd year)

### Returning Starters:

5-4 senior setter Riley Boehm  
5-1 senior libero Cat Steiner  
5-2 senior defensive specialist Grace Michalski  
6-2 sophomore middle hitter Melia Perry  
6-2 sophomore outside hitter Emmy Hilligsberg  
5-0 sophomore opposite Aubrie Heckert

### Season Outlook:

We have a very nice mix of solid young talent along with veteran leadership at our key positions of setter and Libero. We were in a very tough section the last two years in terms of competition and travel, but we learned a lot and I am hoping that this year will give us the chance to really start to pull it all together and put together some wins.