

## Central Catholic

**Coach:** Grant Heckmann (3rd year)

### Returning Starters:

5-6 junior libero Eden Chung  
6-2 junior outside hitter Lucas Fedor  
6-2 junior middle hitter Ben Freiwald  
6-0 senior opposite Tate Helms  
6-3 junior setter Jack Ryan

### Season Outlook:

We made the playoffs last year with mostly sophomores. We expect to take another leap into the top 2 of the section, and to win playoff games.

### Section Favorite:

I have Norwin as the favorite. There should be a lot of close matches between Central Catholic, Hempfield, Norwin, and Penn Trafford.

**WPIAL Favorite:** Shaler

### WPIAL Players to Watch:

On my team, Jack Ryan might emerge as a top setter in the WPIAL.

## Hempfield

**Coach:** John Howell (8th year)

### Returning starters:

6-5 senior middle hitter Josh Reilly  
6-3 senior opposite Dom Palmiero  
6-1 senior defensive specialist Kolton Butina  
5-10 senior middle hitter/opposite Aaron Woodley  
6-0 junior outside hitter Gunner Wheaton  
5-11 junior outside hitter Drew Dvorsky  
5-7 junior libero Nate Biondi  
5-9 junior setter Gino Bompiani

### Season Outlook:

We are a rather experienced team this year. We should have a bit more depth that we have had in the past. We should be a very competitive team.

### Section Favorite:

I am not sure there is a favorite in our section this year. Norwin, Penn Trafford, Hempfield are always very competitive with one another. Some of the other teams in the section have been making positive improvements and becoming more competitive.

### WPIAL Favorite:

At this point, I would say Shaler is probably the WPIAL favorite. They have a very strong group returning.

## Norwin

**Coach:** Mike Palashek (3rd season)

### Returning Starters:

5-9 senior libero Lucas Churchfield  
6-0 senior outside hitter Jackson Genicola  
6-3 senior opposite Ben Tygielski  
5-11 senior setter Troy Horvath  
6-6 junior middle hitter Nick Puskaric

### Section Favorite:

Norwin, Penn-Trafford, and Hempfield will always be in the mix.

### WPIAL Favorite:

Shaler, they are the returning WPIAL champs and will be hard to beat.

## Penn-Trafford

**Coach:** Jim Schall (22nd year)

### Returning Starters:

6-3 senior outside hitter Keith Otto  
6-1 senior outside hitter Brad Heinbaugh  
5-11 senior libero Drew Sherwin  
6-2 junior middle hitter Caiden McDonald  
6-2 junior outside hitter Connor Evangeliste

### Season Outlook:

I'm happy with how our team is working early in the season. We have a long way to go and hopefully, we will continue to improve.

### Section Favorite:

The section will be very competitive.

### WPIAL Favorite:

Shaler won it last year and returns many players.

## Plum

**Coach:** Fisher Bagiatis (4th year)

### Returning Players:

6-3 senior outside hitter Jackson Newland  
6-4 junior opposite Max Grice  
6-2 senior middle hitter Mark Baumgartner  
6-0 senior outside hitter Brady French

**Section Favorite:** Norwin

**WPIAL Favorite:** Shaler

### WPIAL Players to Watch:

North Catholic outside hitter Drew Palmer, Central Catholic setter Jack Ryan, Cannon-McMillan outside hitter Luke Boccus.

## **Penn Hills**

**Coach:** Will Piccolino (2nd year)

**Returning Starters:**

libero Luke Hoolahan  
middle hitter Kelsey Hundley  
outside hitter Marc Pate  
setter Anthony Collins  
middle/right hitter Ryan Perry

**Season Outlook:**

Our goal is to get several section victories and a playoff berth.

**Section Favorite:** Penn-Trafford

**WPIAL Favorite:** Penn Trafford, North Allegheny, Shaler.

**WPIAL Players to Watch:**

I don't have much opinion on top WPIAL players as I am occupied with my current collegiate season. But I would like to think that my libero, Luke Hoolahan, is most likely the best libero this year.