

Armstrong

Coach: Andrea Lasher

Returning Starters:

Emry Rumbaugh, 5'11, senior, outside hitter
Annie Atwood, 5'8, senior, outside hitter
Gabby Pawk, 5'4, senior, setter
Marlo Mellish, 5'5 senior, setter
Bella Yancy, 5'4, senior, libero

Season Outlook:

We are all looking forward to a great season this year. We have a lot more experience on our team that will bring along some strategic wins in 4A, and I feel this group is mentally ready and will have a lot of fun playing volleyball together which will bring some great memories to cherish.

Section Favorites: Shaler, Kiski, and Armstrong

Young Players to Watch:

New young Armstrong recruits:
Amylia Gaiser, 5'9, Freshman, middle hitter
Lily Guthrie, 5'8, sophomore, middle hitter

Baldwin

Coach: Jason Jonas (1st year as head coach)

Returning starters:

Avery Barrett, 5-8, senior, setter
Kaylee Smolko, 5-10, senior, middle hitter
Ashley Skowronski, 5-6, junior, defensive specialist
Mia Wyse, 5-5, junior, defensive specialist

Season Outlook:

I am very excited for this season in which our team, which is fairly young and untested, will be able to compete and show others what we are about this year. We only have two seniors on the team and are only returning 4 varsity players from last year's team. With this being my first year serving as Baldwin's Head Coach, I am looking forward to the challenges, successes, and growth opportunities of starting this varsity season with a brand new young, but highly driven and dedicated team of girls. We hope that by relying on our team's strengths, strong communication, and teamwork, in order for us to have a successful year. I have previous coaching experience as an assistant coach at Elizabeth Forward and Seton LaSalle, along with the last four years at Penn State Greater Allegheny.

Section Favorite: Canon-McMillan or Upper St. Clair.

WPIAL Favorite: North Allegheny

Young Players to Watch:

Our team in general is very young so we will be relying on all of our new junior and sophomore hitters to make an impact in some way or another this season. Look for Baldwin's own sophomore Cameron Bowlus and juniors Abigail Mohring and Brielle Fisher to create a spark as pin hitters this year.

Bethel Park

Coach: Brooke Muraco (7th year at Bethel Park, 13th overall)

Returning Starters:

5-8 senior setter Cassidy Sullivan
5-8 senior middle hitter Julia Pierson
5-9 junior middle hitter Mia Propcheck
5-6 junior defensive specialist Sarah Neal
6-0 sophomore middle hitter Kaidra Marian

Season Outlook:

As we head into this season, our focus is on growth and development. I expect us to thrive on the court throughout the season, staying competitive, and building a strong foundation for the future.

Butler

Coach: Meghan Lucas (29th years, Butler and Kiski Area)

Returning Starters:

Audrey Lehman, 5-8, senior, outside hitter
Brynn Cornibe, 5-11, junior, middle hitter
Channing Popvich, 5-9, senior, middle hitter
Sarah Lucas, 5-4, senior, libero

Section Favorite:

Every team in my section is a favorite. LOL. North Allegheny, Pine-Richland, Seneca Valley and now North Catholic

WPIAL Favorite:

North Allegheny, Pine-Richland, Seneca Valley and North Catholic

Young Players to Watch:

Raina Lewandowski, Butler, sophomore

Canon-McMillan

Coach: Sheila Mitchell (14th year)

Returning Starters:

Abby Tucker 6-1, senior, middle hitter
Lilly Thornbury 6-1, senior, middle hitter
Sophia Powell 5-6, senior, defensive specialist/libero
Cali Dagen 5-9, senior, outside hitter
Natalie Carr 5-11, junior, outside hitter

Season Outlook:

We are working toward another strong season! We return a lot of our front row, and have players ready to step up to fill some key positions.

Section Favorite:

Our section gets tougher each year. With only three teams going to the playoffs, I think there will a lot of competition!

WPIAL Favorite: North Allegheny

Kiski Area

Coach: Dakota Fickes (2nd year)

Returning Starters:

Maddie Joyce, 5-6, senior, libero/setter (Farleigh Dickinson Commit)
Jael Ledbetter, 5-9, senior, Middle hitter (Geneva Commit)
Adelyne Ledbetter, 5-9, senior, Outside hitter
Makayla Kiebler, 6-0, junior, Middle hitter
Lila Welshans, 6-0, junior, Opposite
Gianna Devito, 6-0, junior, Outside hitter
Kinsey Miles, 5-3, sophomore, libero

Season Outlook:

Very exciting team who is ready to pick up where we left off. Core group returning with senior leaders and young talent stepping up. I got a team full of kids who aren't afraid and want to compete.

Section Favorite:

Kiski Area, Armstrong and Shaler

WPIAL Favorite:

Probably the most wide open it's been in a while. I would say there are 6-7 teams who are favorites then another 6 who can make a playoff run.

Young Players to Watch:

Isabella Dinkel, Greensburg Salem; Marin Katona Bock, Hampton; Alaysia Bell, Kiski Area; Arianna Bell, Kiski Area

Latrobe

Coach: Drew Vosefski (18 years as girls coach)

Returning Starters:

Chiara Mongelluzzo, 5-7, senior, outside hitter
MacKenzie Myers, 5-8, senior setter
Mia Myers, 5-7, senior, outside hitter
Ashley Deniker, 5-10, senior, middle hitter
Peyton Ferraro, 5-6 junior, libero
Lili Greathouse, 5-9, junior, opposite
Brie Havrilla, 5-4, junior, setter
Savannah Repak, 5-9, junior, middle hitter

Season Outlook:

The experience of the returning starters will go a long way towards any success we will have in 2024. Moving back to AAAA after a two-year absence will be a challenge, but a familiar one, but this group of female athletes is up to the challenge and will compete with anyone in the WPIAL and we expect to be in the thick of things for the Section 3 title.

Section Favorite:

Jumping back up to AAAA, in a section we have known so well, I would pick Penn-Trafford as the pre-season favorite.

WPIAL Favorite:

Ahhhh, I think I'll go with North Allegheny and feel pretty comfortable with my pick.

North Allegheny

Coach: Russ Hoburg (4th year)

Returning Starters:

Mackenzie Jones, 5'8, senior, setter
Alicia Mokube, 5'10, sophomore, middle hitter
Molly Robertson, 5'9, sophomore, setter/opposite

Season Outlook:

Our group is looking forward to moving into the regular season and showing how hard they have been working all offseason. While we lost a great group of ten seniors, there are many other talented athletes that have been quietly improving each day in practice. We are excited for this group to join some of our young returning starters and to test their skills against some great competition.

Section Favorite:

On paper, our section is really strong. From a player perspective, it boasts some of the top college recruits in the region, and it will be interesting to add the always strong North Catholic to our group this year. Bottom line, it is a section that we enjoy competing in as there is a big challenge for each and every match which ultimately makes us stronger come playoff time.

WPIAL Favorite:

Looking more broadly across the WPIAL, there are some really strong teams in the district. It seems that there are easily ten or more teams who could win multiple matches in the state playoffs. It is exciting to note the success of WPIAL teams in all classifications during the PIAA tournament in recent years – it demonstrates the growth and quality of the game around Western PA. Looking forward to the challenge of competing in District 7!

Young Players to Watch:

Since I don't coach club volleyball, I don't have as great a read as others might. For our program specifically, I have to imagine that last year was the first time that North Allegheny started two freshmen in a state championship match. We're looking forward to seeing what they can do with their sophomore campaign along with a host of other players that have been working hard for many years in our program.

Mt. Lebanon

Coach: Erin Mooney (2nd year)

Returning Starters:

Isadora De Macedo, 5'9, senior, setter/opposite
Cari Michaels, 5-10, senior, middle hitter
Anaya Walsh, 5-6, senior, libero
Ava Warren, 5-7, senior, outside hitter
Becca Wilcox, 5-11, senior, setter/opposite

Season Outlook:

Depending on how our setting comes together after injuries, we could be competitive within our section. It could be possible for us to get out of the section if the girls put forth their best efforts.

Section Favorite:

I think there will be some close competition in our section. Canon-McMillan, Upper St. Clair, and Peters Township will be very competitive.

WPIAL Favorite:

The obvious favorite is always North Allegheny, but I would be remiss if not mentioning Pine Richland and the strong North Catholic that has joined their section this year.

North Hills

Coach: Matt White (3rd year)

Returning Starters:

Carley Bozogon, 5-6, senior, rightside hitter
Addyson Wrigley, 5-9, senior, middle hitter
Ashlyn Fazio, 5-5, junior, outside hitter
Niamh Greer, 5-5, junior, defensive specialist

Season Outlook:

We have seen a great growth in girls volleyball at North Hills starting through youth camps and success of our middle school program. We will be looking for many new players to step up and lead our team in a very competitive section. The girls have shown tremendous work ethic and commitment this summer and are excited to work for every point against some of the toughest competition in the WPIAL.

Section Favorite:

North Allegheny did a tremendous job of picking up where they left off last year with a lot of new faces. They continue to be the team to beat in our section. Excited to also welcome North Catholic to our section who bring a great resume with them and will be adding strong competition for everyone in the section.

WPIAL Favorite:

I could easily see a rematch of last years WPIAL championship game between NA and Canon-McMillan this year with both teams bringing back strong teams. I can also see Upper St. Clair and Pine Richland making strong cases for being top teams in the WPIAL.

Young Players to Watch:

Aubrey Blank and Teagan Orga from Shaler saw extended time at varsity as freshman last year and I am expecting a strong year from both of them. We will be looking to some of our underclassmen to take on big roles for our team this year.

North Catholic

Coach: Amanda Fetter (7th year at North Catholic, 12th overall)

Returning Starters:

Bianca Udrea, 5-8, senior, outside hitter
Claire Beaman, 5-10, senior, middle hitter
Ella Koziara, 5-10, senior, outside hitter
Josie Lorish, 5-7, senior, outside hitter/defensive specialist
Kaitlyn Maziarz, 5-7, senior, opposite/defensive specialist
Rebecca Feczko, 5-7, senior, defensive specialist
Sienna Cozza, 5-9, senior, setter
Camdynn Gonzalez, 5-7, junior, setter/opposite

Season Outlook:

This year we are blessed with a very talented group of kids that are committed to working hard and getting better every day. We are getting incredible leadership from our 9 seniors and are on the right path to compete this season in a very hard section. We are excited about the opportunity that this year brings us and are looking forward to facing the challenges that are ahead of us.

Section Favorite:

The section is new to us, but there are some familiar opponents. I would say North Allegheny, Pine Richland and Seneca Valley would be the teams that are leading the race to win the section

WPIAL Favorite:

There are several good teams in 4A this year. Both North Allegheny and Canon-McMillan have great groups and should compete in the WPIAL again.

Young Players to Watch:

Alex Knox, Peters Township, freshman
Kennedy Hummert, Seneca Valley, freshman
Journee Scott, Canon-McMillan, sophomore
Lizzie Myers, Upper St. Clair, sophomore
Lauren Reitz, North Catholic, sophomore

Norwin

Coach: Mary Ellen Ferragonio: (18th year)

Returning Starters:

Natalie Aquilio, 5-11, senior, outside hitter
Abigail Baronti, 5-8, senior, outside hitter/defensive specialist
Averi Brozeski, 6-0, senior, middle hitter
Brandi Brozeski, 5-11, senior, middle hitter/opposite
Isabella Deering, 5-9, senior, setter
Alaina Fonzi, 5-7, senior, defensive specialist/libero
Addison Matovich, 6-1, senior, outside hitter

Season Outlook:

We have a great group of players who are working hard to continually improve.

Penn Hills

Coach: Raymond Alger III (1st year)

Returning Starters:

Tristan Thompson, 5-9, senior, middle hitter
Zakeria Montini, 5-6, junior, outside hitter
Nyeila Ferguson, 5-6, sophomore, setter
Mariah Mathis, 5-7, junior, opposite
Layla Marie, 5-4, junior, defensive specialist
Alaina Hill, 5-2, sophomore, libero

Season Outlook:

This is my first year as head coach at Penn Hills. As far as the outlook of the season we want rebuild the culture and create a winning environment while having fun doing so.

WPIAL Favorite:

I expect North Allegheny to be the favorite in the WPIAL. They are usually a well-oiled machine.

Penn-Trafford

Coach: Tracy McDonald (1st year as head coach, 20th year with the program)

Returning Starters:

Kaci DePalma, 5'4, senior, defensive specialist
Kam Pieper, 6', senior, middle hitter
Kylie Anthony, 5'7, senior, outside hitter

Season Outlook:

We graduated 9 seniors last year. We have three girls with varsity experience returning. Overall, we will have a young team this season. However, I look for them to be competitive and grow with each game. The girls are excited to be in the gym and have had a great attitude going into the season.

Section Favorite:

We always have great competitive games within our section throughout the season.

WPIAL Favorite:

The WPIAL is always competitive, with similar teams at the top but every season has a new beginning.

Peters Township

Coach: Chris Kelly (11th year, 8 with Baldwin, 3 with Peters Township)

Returning Starters:

Season Outlook:
Kaitlyn Devine, 5-7, senior, middle hitter
Kali Holmes, 5-6, junior, outside hitter
Keely Steigel, 5-4, junior, defensive specialist
Eva Drake, 5-4, sophomore, defensive specialist

Season Outlook:

Having graduated seven last season and with only two returning seniors, we will be a very young team. I do think we will still be very competitive.

Section Favorite: Canon-McMillan and Upper St. Clair

WPIAL Favorite: North Allegheny

Pine-Richland

Coach: Angela Seman (4th year)

Returning Starters:

Isabelle Hoppe, 5-8, junior, setter/opposite
Megan DeKunder, 5-5, junior, libero
Valerie Menke, 5-11, junior, middle hitter/opposite
Piper Vogel, 5-10, sophomore, middle hitter/Outside
Tiffany Gathers, 5-7, senior, outside hitter
Sophie Kessinger, 5-6, sophomore, outside hitter

Season Outlook:

Pine-Richland Volleyball returns six starters, while adding multiple new additions to the rosters. We have been working hard during our summer training, working on our strength and fundamentals. We have welcomed the addition of new members to our high school and middle school staff. With an addition to our section, we are looking forward to the opportunity to face tough competition, getting ourselves prepared for the postseason.

Section Favorite:

With the addition of North Catholic to our section, I think this will be a year of very competitive volleyball, getting all of us ready for the postseason.

WPIAL Favorite:

North Allegheny is always a favorite, but I think that there will be tough competition this year!

Plum

Coach: Rachel Satira (2nd year)

Returning Starters:

Lilliana Davis, 5-5, senior, middle hitter
Cassie Dojonovic, 5-6, senior, setter/opposite
Kennedy Filar, 5-3, senior, defensive specialist
Aubrianna Collins, 5-4, junior, defensive specialist
Mackenzie Marotta, 5-6, junior, outside hitter/setter
Addison Then, 5-9, junior, middle hitter
Kennedy Soper, 5-1, sophomore, setter/defensive specialist

Season Outlook:

We are a young team that is up for the challenge that 4A brings this year.

Section Favorite:

Penn Trafford and Latrobe

WPIAL Favorite:

North Allegheny, Hampton, North Catholic, Seneca Valley, Pine Richland

Seneca Valley

Coach: Brett Poirier (6th year)

Returning Starters:

Sadie Reese, 5-8, senior, setter
Kennedy Pepper, 6-0, junior, outside hitter
Cameron Mueller, 5-11, sophomore, outside hitter
Addison Fowler, 5-7, senior, libero

Season Outlook:

Graduating 9 seniors last year is always hard to replace. We have a lot of talent in the gym. I will be looking for a lot of juniors to step up and be ready. We will have to be ready every match because our section is so tuff.

Section Favorite:

It is North Allegheny until someone can beat them.

WPIAL Favorite:

I believe North Allegheny, North Catholic, Seneca Valley, Pine Richland, Canon McMillan and Penn Trafford all will be in the hunt.

Young players to watch:

Cameron Mueller Seneca Valley

Shaler

Coach: Annie Carter (3rd year)

Returning Starters:

Emma Dadowski, senior, outside hitter
Courtney O'Brien, senior, middle hitter
Bella Hoffman, junior, setter
Maddie Wilson, junior, defensive specialist
Aubrey Blank, sophomore, outside hitter
Teagan Orga, sophomore, defensive specialist

Season Outlook:

This year we are working on getting better every day. We want to push ourselves to end the season playing our best volleyball. We are filling some gaps from graduating seniors, but I am confident in our returning players that they have put in the work in the off season to make this year a success for Shaler girls volleyball.

Section Favorite:

With the shift in both classes and sections, I think our section is up for grabs. It should be some good competition.

WPIAL Favorite:

North Allegheny

Young Players to Watch:

I'm unfamiliar but I know of sophomore Molly Robertson out of North Allegheny, and sophomore Aubrey Blank from Shaler. I believe Seneca Valley and Peters Township has some young talent as well.

Upper St. Clair

Coach: Kim Manning (5th year)

Returning Starters:

Aliyah Angelici, 5-9, senior, setter
Hayden Culp, 5-11, junior, outside hitter
Megan Hufnagel, 5-10, senior, middle hitter
Sarah McShane, 5-7, junior, libero/defensive specialist
Ellie Simons, 5-10, junior, outside hitter
Hannah Randolph, 5-11, outside hitter

Season Outlook:

USC returns a solid, experienced core to the line-up in 2024. In addition to their talent and experience playing at the varsity level in the WPIAL, the girls have also spent club season playing with and against each other, adding to their chemistry on the court. The team also welcomes some rising young talent who will also impact the team's performance. USC GVB looks to compete for titles this season and knows that it will start by their commitment to preparation.

Section Favorite:

I believe the favorite to start the season would be the defending champs, Canon-McMillan.

WPIAL Favorite:

North Allegheny

Young Players to Watch:

Two Upper St. Clair players: Lizzie Myers, So, RS; Rachel Scharrer, So, S/RS.