

**Cora Frohwein****South Hardin High School**

Cora is a senior on the South Hardin volleyball team. As a senior, she is a team leader by her positive attitude, enthusiasm, and work ethic. Cora demonstrates great character on and off the volleyball court and as a teammate. She often rallies the team with her energy and encouragement with a 'You Can Do It' attitude. That's why this award is perfect for her. Cora is a very special person and a valuable part of our team. Thank you for considering her for this award.

Coach John and Suzy Teske

**Isabelle Wood****Dallas Center- Grimes High School**

Isabelle has played 2 years on varsity for DCG. She is a defensive specialist and one of our best servers. Isabelle communicates and let's players know what's open. She gives 100% all the time. She is a big part of our team.

Coach Cheryl Voelker

**Sayler Drilling****Turkey Valley High School**

I coached Sayler first as an 8th grader, and then all four years of HS. She is a quiet leader. On top of a positive attitude, she is the first to help sweep the floor or swing the net. She takes initiative in spite of perhaps not having the star role every senior wants. Every day she shows up with an attitude to work hard and make those around her better as well as herself. In addition, she takes her 8th hour study hall every day to go down and help out with coaching our middle school team. It makes me proud to see her give back to our program. We are lucky to have Sayler.

Coach Ethan Adams

**Kylie Wurzer****Turkey Valley High School**

I coached Kylie first as an 8th grader, and then all four years of HS. Kylie is everything you want from a player with regard to attitude and leadership. She is vocal, fun, positive and she works her tail off. Kylie is a starter for us, but has had to deal with a nagging shoulder issue. This has caused her to miss reps as a server and she has been on a "pitch count" for several weeks.

Throughout that time, she has lifted those around her up, embraced her new role, and continued to be the team leader she has been for years. Every coach would be lucky to work with an athlete like Kylie.

Coach Ethan Adams

**Madison Lewis**

**GMG High School**

Madi is our setter and a Junior. Last season she was out of volleyball due to an ankle injury. Madi usually played backrow and did not set but this season when I saw what she could do I moved her to the setter position. Madi is a go getter and the person to always hype the team up and get excited! Madi rarely gets down on herself as she is always staying motivated and pushing herself to be the best setter she can be.

Coach Michelle Bradley

**Angela Zapata**

**Lenox High School**

For our program we vote for all team awards, MVP, MI, etc. For the first time this year I asked the girls who consistently influenced the team in a positive manner while demonstrating great character. Their decision concurred with the coaching staff, Angela Zapata. Angela was the "16th man" on our varsity team. She was the leader on the bench, always keeping our bench vocal and motivating the girls on the floor. In practice Angela is always willing to do whatever is needed to make her team better, now matter who is gone due to illness or other unforeseen circumstances, Angela fills in no matter the position, front or back row, and when are normal rotation is there she leads the scout team to give a accurate impersonation of what the next opponent will do. Most importantly, her smile is contagious, and sometimes that's just what we all need.

Coach Jesse Cox

**Dalayna Brugman**

**Sioux Central High School**

Senior, Dalayna Bruggman, meets all of the qualifications and more for the Wayne Cooley Award. She comes to school and practices everyday with a positive attitude, loving heart for her teammates and motivation to succeed in practice. She will always work above and beyond whatever task she is given. She stands out from the rest of her teammates because she is by

far the busiest player I have ever coached but she NEVER complains of being tired, always has a smile on her face, never misses a beat to her day. Her positive mindset is one that trickles through to anyone that is in a room with her.

It is young women like Dalayna that are going to make a difference in this world.

Coach Sara Grossnickle

**Elizabeth Brouwer**

**Pella Christian High School**

Ellie Brouwer is a senior captain for the Eagles; a true utility player. She set for our team, played all the way around at times, played outside hitter, middle hitter and right side hitter. She was a player our team could always count on. At the beginning of the season, the coach said, "Ellie, do you know how to jump serve?" Ellie replied, "No, but I will learn!" And she did, becoming one of the team's most reliable servers. It was her attitude of embracing new challenges that makes her a great candidate for the "You Can" Award. Ellie is a coachable player as well as an incredible artist. She personally designed three of the team t-shirts for the season. As her team had multiple players out due to COVID-19, Ellie led her team with an "Embrace the Change" speech that encouraged her teammates and helped them through the unique challenges of the season. What a great leader, selfless player, and incredible person Pella Christian has in Ellie Brouwer!

Coach Joannah Settles

**Jalynn Brown**

**Highland High School**

Jalynn started off the season as an outside hitter and was eventually moved to middle where she played the remainder of the season. Her ability to adapt to the new position and get hands on the ball helped bring motivation to the team. Jalynn would try her hardest to get hands on the ball and lift herself up off the ground while encouraging her teammates behind her to help pick up anything that she let past her. Her energy on the court draws a positive energy from all of her teammates and she has a drive for volleyball like no other. Her passion for what she does at the

net and her eagerness to learn new things pushes the rest of the team to do their best as well as encourages them to reach their highest potential.

Coach Gina Trower

**Jenna Sands**

**Highland High School**

Jenna is one of the seniors on the 2020 Huskie Volleyball team. Jenna showed up every day willing to push herself and her teammates to do better. She was a right side hitter for the first time in her four years of volleyball and was able to adapt this year from a 6:2 rotation the last 3 years, to our 5:1 rotation. She was able to learn everything and use her own volleyball IQ to guide younger athletes around the court as well as support them on the bench. Her energy, no matter where she was in the gym, was something that the underclassmen looked up to and were able to build off throughout this season.

Coach Gina Trower

**Kaylen Kruse**

**West Lyon High School**

Kaylen is a senior on the team that was a super teammate during this season. Kaylen understood her role as a strong practice player and didn't perhaps get the playing time she hoped for this season. Despite her playing time, she worked hard during practice knowing she was making the first team better, she never complained, she never treated her teammates poorly and she was the first to cheer on the sidelines when her teammates did something well on game night. She was a senior leader to a group of underclassmen, they without a doubt felt very comfortable going to her with their questions. At the end of the season, she was able to

play a more integral role on the team. She had the confidence to step into the game in a moment's notice and complete the role we asked of her. We have appreciated her as a Wildcat volleyball player during her high school career.

Coach Darla Grotewold

### **Teagan Schaefer**

### **Williamsburg High School**

Teagan is a young woman of character and strength. She has been committed to our team throughout the season as her family continues to battle her brother's cancer. Tate, her younger brother, is a force behind our athletes, coaches, teams, school, and town. The entire Schaefer family stands united and strong, showing all of us the true spirit of life and love. Teagan represents her family and the Raiders with integrity and heart. She gives solid effort all day in school, sports, music, and more. And then she goes home and supports and loves her brother with all she is. And when she gets a kill from a zero tempo ball, the true joy on her face makes it all the sweeter. I'm happy to know her and proud to coach her.

Mia Brecht is a junior volleyball player this season with the Williamsburg Raiders. This past Spring, Mia took time from competing in sports to have hip surgery. She went from working hard for her team to working just as hard for her recovery. She came back this season stronger and more confident than she left last season. Her growth as a player is that much more special to celebrate when you see her continued growth as a human. The strength it takes to not only endure hardship, but come back stronger from it, is a special level of toughness. Mia shows us all how to be better than we were yesterday. I'm thankful to be a part of her journey.

Coach Amanda Busch

**Madison Krausman**

**Aplington-Parkersburg High School**

Madison is one of the most hardworking members of the Aplington-Parkersburg Volleyball Team. She has played for the program for 4 years and has made great sacrifices for her teammates. She is not a starter and does not play as much as others, but it has never gotten her down in the eyes of her coaches or teammates. She does not complain or make excuses for anything. Madison is the first one to compliment her teammates on a job well done and consistently talks to her teammates about what shot might be open or what area of the court needs more coverage. She always tells the coaches thank you after every practice and is respectful to all teammates from the youngest to the oldest. She works hard off the court as well. Madison is a member of the National Honor Society and works many hours at her job outside of school. She helps out a lot at home and still has time to complete her school work with strong grades. With Covid this year, she stepped up and helped the coaches complete the daily tasks before we could practice and always made sure we were taking care of ourselves as much as possible. Thank you Madison for being the great young lady that you are and for showing everyone what a true teammate is in every sense of the word!

Coach Erin Huddleson

**Brielle Culbertson**

**Bondurant-Farrar**

Brielle is a senior that only played in one match this season. She worked super hard in practice everyday to make the starters better. She was very vocal on the bench by giving information to the girls in the floor. She's isn't the most gifted athlete but would stay and hit after practice and always asked questions on how to get better. She is a good student and role model for her teammates. She is a selfless kid.

Coach Ray Sauer

**Kacey Kruthoff**

**Ft.Dodge St. Edmonds Catholic High School**

Kacey was the heart of our squad this year. Her hard work and perseverance was such an inspiration this season. In the midst of a very trying time for teams she was able to push through and led this team through a two week quarantine and came back ready to make the most of her senior season. She has been a three year starter for us and has always had a team first mentality. She is very deserving of this award and I would love for her to see her leadership and hard work did not go unnoticed.

Coach Dee Huss

**Hannah Fast**

**Iowa City High School**

Hannah epitomizing all of the qualities of this award. She is a four year participant in volleyball, but saw very limited playing time on the varsity court. However, she still approached each and every day with a positive attitude and a willingness to contribute to our team in any way she could. She was a quiet leader throughout the year. Hannah does all of the little things that set such a powerful example for others. She is such a responsible young woman who is always smiling, even when she's frustrated or when facing difficult challenges arise. Hannah does everything to the best of her ability, on the volleyball court and in the classroom. She is someone who demonstrates, on a daily basis, that You Can.

Coach Tricia Carty

