



NEW JERSEY ATHLETIC CONFERENCE

FOR IMMEDIATE RELEASE

November 8, 2019

Contact: Terry Small, NJAC Commissioner
(856) 582-3679 or (609) 221-1342

KEAN'S STROZEWSKI & RAMAPO'S ALMEDA NAMED NJAC VOLLEYBALL PLAYER AND DEFENSIVE PLAYER OF THE YEAR

Pitman, NJ—Kean University junior middle hitter **Zoe Strozewski (Mount Prospect, IL/John Hersey)** and Ramapo College senior libero **Karina Almeda (Mahwah, NJ/Mahwah)** have been named the New Jersey Athletic Conference Women's Volleyball Player of the Year and Defensive Player of the Year respectively for the 2019 season. In total, 20 student-athletes garnered all-conference recognition in NJAC women's volleyball in 2019. All selections were determined by a vote of the league's nine head coaches and were based on conference-only statistics.

A two-time NJAC all-conference selection, Strozewski finished NJAC play as the league-leader in conference-only kills (3.61 per set), conference-only blocks (1.11 per set), and conference-only points (4.21 per set). A two-time NJAC Player of the Week honoree during the 2019 season, Strozewski also ranked second in conference-only hitting percentage (.401).

Almeda became the first Roadrunner to ever garner the NJAC Defensive Player of the Year award since its inception in 2004. A four-time NJAC Defensive Player of the Week honoree this season, Almeda led the NJAC in conference-only digs (6.83 per set), while also ranking 20th in conference-only service aces (0.30 per set).

Kean University freshman outside hitter **Sedona Gaard (Haworth, NJ/Northern Valley Regional at Demarest)** was selected as the NJAC Rookie of the Year. A three-time NJAC Rookie of the Week honoree, she finished her first NJAC campaign ranked 14th in conference-only points (2.93 per set). Gaard also ranked 15th in conference-only kills (2.57 per set), and 16th in conference-only digs (2.82 per set).

Stockton University head coach **Allison Walker** was selected as the NJAC Joy Solomen Coach of the Year by her peers. So far in 2019, Walker has guided the Ospreys to a 29-3 overall record and the NJAC regular season championship with a 7-1 mark in league play. In 14 seasons at the helm of the Stockton program, Walker has led Stockton to an overall record of 367-126.

Please find attached a complete list of the 2019 Women's Volleyball All-Conference Selections

NEW JERSEY ATHLETIC CONFERENCE ALL-CONFERENCE WOMEN'S VOLLEYBALL TEAM FALL 2019

PLAYER OF THE YEAR: Zoe Strozewski, Kean
DEFENSIVE PLAYER OF THE YEAR: Karina Almeda, Ramapo
ROOKIE OF THE YEAR: Sedona Gaard, Kean
JOY SOLOMEN COACH OF THE YEAR: Allison Walker, Stockton

FIRST TEAM

<u>Name</u>	<u>Year</u>	<u>Pos.</u>	<u>School</u>	<u>Hometown/High School</u>
Comfort Akinbo	SR	OH	Rutgers-Newark	Woodbridge, NJ/Woodbridge
Kailey Gallagher* @	SR	OPP	Rowan	Bayonne, NJ/Bayonne
Julie Kohlhoff+	JR	MH	Stockton	West Islip, NY/West Islip
Jesse Larkin*#!	SR	MH	Kean	Redwood City, CA/Woodside
Zoe Strozewski^	JR	MH	Kean	Mount Prospect, IL/John Hersey
Emily Sullivan*%	JR	S	Stockton	Bridgewater, NJ/Bridgewater-Raritan
Carly Waterman+	SO	OH	Montclair State	Verona, NJ/Verona

SECOND TEAM

<u>Name</u>	<u>Year</u>	<u>Pos.</u>	<u>School</u>	<u>Hometown/High School</u>
Brianna Calvano^@	SR	S	Kean	Williamstown, NJ/Williamstown
Leah Higgins^	SO	OH	Montclair State	Leonia, NJ/Leonia
Megan Jacobi+#!	SR	OH	Rowan	Brick, NJ/Nazareth Area (PA)
Charlotte Leon	JR	RS	Stockton	Northport, NY/Northport
Natalie Ogden	SO	OH	Rowan	Downingtown, PA/Bishop Shanahan
Morgan Ridgway+	SR	OH	Ramapo	Barneget, NJ/Barneget
Sarah Walsh#	JR	OH	Stockton	Flemington, NJ/Hunterdon Central

HONORABLE MENTION

<u>Name</u>	<u>Year</u>	<u>Pos.</u>	<u>School</u>	<u>Hometown/High School</u>
Cassidy Abdalla	SO	MH	Rowan	Eagleville, PA/Mount Saint Joseph
Natalie Miller^#	SR	L	Stockton	Pittsburgh, PA/Thomas Jefferson
Kortnee Nelson	SR	L	Kean	Rancho Cucamonga, CA/Rancho Cucamonga
Maddie Valko	FR	L	Montclair State	Montvale, NJ/Pascack Hills

Key:

* - First Team All-Conference 2018
+ - Second Team All-Conference 2018
^ - Honorable Mention 2018
% - First Team All-Conference 2017
- Second Team All-Conference 2017
@ - Honorable Mention 2017
! – Honorable Mention 2016