



GULF SOUTH CONFERENCE

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2008 VOLLEYBALL ALL-GSC TEAM RELEASED UNA'S SANDERS AND HU'S NESHEVA NAMED PLAYERS OF THE YEAR

Birmingham, AL— With the 2008 GSC Tournament just 48 hours away, the league's coaches honored the best in the conference with the selection of this year's All-GSC teams.

EAST DIVISION HONORS

UNA'S SANDERS WINS EAST DIVISION PLAYER OF THE YEAR

North Alabama's Whitney Sanders earned the GSC East Division's *Player of the Year Award*. Sanders is the 11th UNA player to win player of the year in school history. She was a five-time Offensive Player of the Week, and helped push the Lions to the second seed in the East Division at the GSC Tournament. The senior was an unstoppable offensive force, finishing in the top five in the league in kills (4.20) and hitting percentage (.350). Sanders holds the two highest hitting percentage totals this year, hitting .941 and .778 in matches against conference teams.

UWA'S MCHALE EARNS EAST FRESHMAN OF THE YEAR

West Alabama setter Alexis McHale was named the East Division *Freshman of the Year*. McHale is just the second West Alabama player to win this award, and first since 2003. In her rookie campaign in Livingston, she quarterbacked an offensive attack that was one of the best in the GSC. She topped the conference in assists per set, averaging 11.46 for the year. The Tigers were second in the league in hitting percentage, due in part to McHale's stellar play as a setter.

UWF'S WOLTER EARNS COACH OF THE YEAR

West Florida head coach Melissa Wolter earned her second straight East Division *Coach of the Year Award*. Wolter has been at the helm of a team that went a perfect 12-0 in conference play for the second year in a row. UWF finished the regular season winners of nine straight, and have a 26-7 record overall. The Argonauts are the host for this year's GSC Tournament, and are currently the highest ranked conference team in the NCAA South Region (3rd).

WEST DIVISION HONORS

HU'S NESHEVA WINS PLAYER OF THE YEAR

Harding outside hitter Manuela Nesheva earned the West Division's *Player of the Year Award*. This is the second player of the year award for the Lady Bisons. Nesheva has been an outstanding kill force during her career in Searcy, Ark., and elevated her game that much more in 2008. The junior posted 4.59 kills per set, a number that ranks second in the GSC and in the top five nationally. Nesheva went over 20 kills on 10 occasions this year, including a conference-high 30 kills against Alaska-Anchorage.

ATU'S BENDA NAMED FRESHMAN OF THE YEAR

Arkansas Tech libero Brennae Benda was named the West Division *Freshman of the Year*. Benda makes it two straight Golden Suns for this award, as her teammate Sarah Von Lienen captured laurels last year. Benda provided excellent defense for Tech in the back row, picking up 3.67 digs per set. She was also named West Division Defensive Player of the Week once this year.

ATU'S BAYER EARNS COACH OF THE YEAR

Arkansas Tech head coach Kristy Bayer is the West Division *Coach of the Year* for the first time in her career. The Golden Suns are 31-4 on the year, and captured the division title with an 11-1 league record. ATU ended a six-year Harding run as West Division champs, and achieved the most wins by an Arkansas Tech squad since 2000.

2008 ALL-GSC VOLLEYBALL FIRST TEAM

EAST DIVISION				
Pos	Player	School	Year	Hometown
L	Jessica Hansen	UNA	Sr.	Council Bluff, Iowa
MB	Whitney Sanders	UNA	Sr.	Haleyville, Ala.
OH	Irene Hannan	VSU	So.	Athens, Ga.
OH	Allison Nail	UWA	Sr.	Cullman, Ala.
OH	Ana Gabriela Pedrosa	UWA	Sr.	Belo Horizonte, Brazil
MH	Patricia Gandolfo	UWF	Jr.	Belo Horizonte, Brazil
S	Madeline Gonzalez	UWF	Sr.	Bayamon, Puerto Rico
RS	Luciana Rapach	UWF	Sr.	Porto Alegre, Brazil
OH	Andressa Martins	UWG	Jr.	Olinda, Brazil

East Division Freshman of the Year—Alexis McHale, West Alabama

East Division Player of the Year—Whitney Sanders, North Alabama

East Division Coach of the Year—Melissa Wolter, West Florida

WEST DIVISION				
Pos	Player	School	Year	Hometown
S	Kayla Allison	ATU	Sr.	Tulsa, Okla.
MB	Sarah Von Lienen	ATU	So.	Lakeland, Tenn.
OH	Racheal Urquhart	ATU	Sr.	Chatham, Ontario
MB	Aubrey Pancratz	CBU	Sr.	Chandler, Ariz.
OH	Manuela Nesheva	HU	Jr.	Lukovit, Bulgaria
MB	Shellie Rummer	HU	Sr.	Utica, Ohio
S	Leah Tepe	HU	Jr.	Germantown, Tenn.
L	Bethany Wright	HSU	Jr.	Georgetown, Texas
OH	Meredith Henry	OBU	Sr.	Little Rock, Arkansas

West Division Freshman of the Year—Brennae Benda, Arkansas Tech

West Division Player of the Year—Manuela Nesheva, Harding

West Division Coach of the Year—Kristy Bayer, Arkansas Tech

2008 ALL-GSC VOLLEYBALL SECOND TEAM

EAST DIVISION

Pos	Player	School	Year	Hometown
MH	Monika Tortorici	UM	Sr.	Birmingham, Ala.
S	Allison Jacobs	UNA	Jr.	Elkhorn, Neb.
OH	Kelly Pratt	UNA	Sr.	West Lafayette, Ind.
OH	Jessica Crook	UWA	Jr.	Ohatchee, Ala.
MB	Jordan Kent	UWA	Jr.	Decatur, Ala.
S	Alexis McHale	UWA	Fr.	Sugarland, Texas
OH	Chelsea Wilhoite	UWF	So.	Jacksonville, Fla.

WEST DIVISION

Pos	Player	School	Year	Hometown
S	Maegan Martin	UAM	Sr.	Burnet, Texas
OH	Jalynn Thornton	UAM	Jr.	Pleasant Grove, Utah
MB	Dana Florian	ATU	Sr.	Wilmington, Ill.
OH	Jenna Cherry	CBU	Sr.	Covington, La.
RS	Hanna Orendorff	CBU	Jr.	Renton, Wash.
L	Emily Tate	HU	So.	Sachse, Texas
L	Mallory McKee	SAU	Sr.	Coppell, Texas
MB	Maggie Ross	SAU	So.	Waxahachie, Texas

Head Coaches voted for All-Conference honors. Ties were not broken.