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VOL. 3, ISSUE NO. 1

HORIZONS

Saige
Ka'aha'aina-
Torres



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SERVICE ORDER

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CHANGE OF SCENERY



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BETTER THAN IMAGINED



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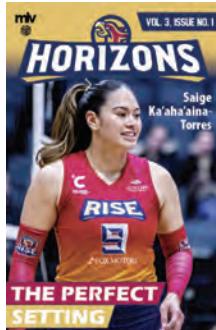
INTERNATIONAL DELIGHT



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U.S. National Team setter Saige Ka'aha'aina-Torres brings her world-class skills to Grand Rapids.

Photo by: Nicolas Carrillo



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COACH'S CORNER

WITH RISE HEAD COACH CATHY GEORGE

By the time the Grand Rapids Rise take the court for their third season in Major League Volleyball, head coach Cathy George believes something essential will have finally settled in: clarity and rhythm.

"It's a wonderful accomplishment for the league to not only go through the messy part of starting something new, but to be thriving and growing," George said. "We're entering Year 3 with another new team [Dallas Pulse] and more teams coming in 2027 [Northern California, Washington D.C., and Minnesota]. It's exciting to see the impact volleyball is having across the United States."

For George, Season 3 represents a natural next step for both the newly rebranded league and the Rise. With two years of experience behind them, there is a clearer sense of how things operate.

"When you do something over and over, everything becomes more consistent and solid," George said. "You build on what's been successful, and you learn from the things that weren't."

The biggest lesson has been understanding what truly matters.

That awareness shows up in the daily details. Travel, housing, meals, and routines have all become smoother, allowing players and staff to focus on performance rather than logistics.

"We've gotten rid of the things that don't really matter and kept the things that do," George said. "We're not sweating the small stuff anymore."

With that stability in place, George has been able to focus on what she values most as a coach: team culture. To her, it is not something written on a whiteboard or introduced in a single meeting, but rather a movement defined by actions and choices made across a 28-match regular season.

"It's what you do every day," George said. "It's how you communicate, how you work, how you play, how you treat each other. It all has to be intentional and with a purpose."

The Rise emphasize togetherness, effort, and a giving mentality. George described the team as a family built on accountability and trust. During training camp, players were asked to learn from one another's perspectives and responses to adversity, building connections that carry beyond the court and into competition.

George is also realistic about the challenges ahead. Over the course of a long professional season, doubt and frustration are inevitable, particularly as expectations rise and the schedule tightens.

"It's not if those moments come, but when," she said. "It's the way you answer. It's the way you bounce back and your resiliency."

One of the Rise's strengths entering the season is continuity. Paige Briggs-Romine, Alyssa Jensen, Elena Oglivie, Carli Snyder, and Camryn Turner all return from last year's roster, with Season 1 libero Camila Gómez also coming back after spending last season with the Omaha Supernovas. Together, the six of them have played a significant role and logged countless rallies in a Rise uniform, combining for 162 matches played (553 sets) over the last two seasons.

"They help their teammates understand how things work here," George said. "They show them what we stand for and who we are."

At the center of that continuity is Jensen, who is the only player that has been part of the Rise since the beginning. Jensen also shares a long-standing relationship with George dating back to their time together in college at

Michigan State (2014-17).

"She knows me inside and out," George said about Jensen. "She trusts me and understands what we're trying to build here. Alyssa has grown so much as a person, becoming a wife and mother, but her values remain the same. She's able to help the team when they're unsure of something or looking for perspective."

George believes leadership, both on and off the court, is also shaped by those daily decisions.

"The choices define who you are," she said. "There's a right way and a wrong way to do things, whether that's how you train, compete, or even how you relate to each other."

Those principles are equally shared with the 10 newcomers, who have quickly embraced the team's expectations. Bringing in seasoned professionals certainly helps, like 10-year Romania National Team veteran Elizabet Inneh and 2024 league champion Allison Mayfield, now in her 10th season.

"They have all jumped right in and are playing really hard," George said. "They are excited because the level is high, and they're surrounded by players who care about the process of being great."

That shared goal pushes the Rise to grow, not just individually, but as a team. In every practice, they challenge one another and sharpen their skills.

"I've always felt you can overachieve or underachieve," George said. "Our job is to always overachieve with the talent you have."

For George, that foundational concept isn't tied to any particular system or style of play. It's built on habits, preparation, and the discipline to stay consistent over time. Teams, she says, succeed or falter depending on their attention to the smaller details that matter as the season stretches on.

"It's about the people we are and the way we go about our business," George said. "That's what can bring you up a level or take you down a level."

As the Rise navigate through their third season, George wants that approach to be evident every time her team takes the floor, regardless of the opponent or circumstance.

"We want to always play up," she said. "To give ourselves fully to what we're doing and go for it the right way. That's the standard here."

That standard, that commitment, that mindset — that is Rise volleyball.

2026 RISE VOLLEYBALL OPERATIONS STAFF



Head Coach/VP of Volleyball Operations
Cathy George



Associate Head Coach
Mike Gawlik



Assistant Coach
Katie Gawlik



Assistant Coach
Brady Compton



Director of Volleyball Operations
Jenna Reitsma



Head Athletic Trainer
Dave Getsoff



Assistant Athletic Trainer
Sami Juda



Head Strength & Conditioning Coach
Mitch Nienhuis



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2026 GRAND RAPIDS

RISE SCHEDULE

JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	ORL 7:00pm	10
ATL 4:00pm	12	13	CLB 7:00pm	15	16	17
18	19	20	21	22	SD 10:00pm	24
25	26	27	28	ORL 7:00pm	30	31

FEBRUARY

S	M	T	W	T	F	S
OMA 4:00pm	2	3	4	5	IND 7:00pm	7
DAL 3:00pm	9	10	11	12	SD 7:00pm	13
15	16	17	18	19	20	21
DAL 3:00pm	23	24	25	SD 7:00pm	27	28

MARCH

S	M	T	W	T	F	S
ORL 3:00pm	2	3	4	5	6	OMA 7:00pm
IND 6:00pm	9	10	11	12	ATL 7:00pm	14
15	16	17	DAL 7:00pm	19	OMA 6:00pm	21
22	23	24	IND 7:00pm	26	27	28
29	30	31				

APRIL

S	M	T	W	T	F	S
			1	2	DAL 7:00pm	4
CLB 5:00pm	6	7	8	9	OMA 6:00pm	11
CLB 3:00pm	13	14	15	16	IND 7:00pm	18
CLB 2:00pm	20	21	ATL 7:00pm	23	24	ORL 7:00pm
26	27	28	29	SD 10:00pm		

HOME **AWAY**

All times Eastern.

Dates, opponents, and times subject to change.



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Dear Rise Fans,

What an amazing time to be a fan of Grand Rapids' professional sports teams!

The Griffins this season jumped out to the best start in the 90-year history of the American Hockey League, the Whitecaps fin shed off a dominant season with a championship, the Gold enjoyed a strong start, and AC Grand Rapids is preparing to make its MLS NEXT Pro soccer debut in 2027 at the new Amway Stadium that is reshaping the skyline on the west side of the Grand River.

And the Rise? They have a unique and enchanting story all their own, as they continue to blaze their trail in West Michigan sports as our only women's professional team as well as our lone major league franchise.

The Rise enter their third season of play as members of the newly rebranded Major League Volleyball, with undeniable momentum and the impassioned support of thousands across our community. While many Rise fans naturally have a long history with the sport as parents of youth players or participants themselves, even more have fallen in love with our team instantly after getting their first taste of the speed, power, grace, athleticism, and personality of our world-class athletes.

Cathy George returns for her third season as head coach of the Rise, having recently signed a contract extension through the 2027 season. After reaching the league's championship match in 2024, the Rise will look to earn another title shot behind a stacked roster that features the likes of 2025 All-League Second Team outside hitter Carli Snyder, U.S. National Team setter Saige Ka'ahāina-Torres (see her cover story on page 14), and a promising 2025 MLV Draft class.

Thanks to partnerships with a variety of broadcast networks, a record 50 MLV matches will be televised nationally this season. CBS Sports Network, Roku Sports Channel, and VICE TV will combine to carry 12 Rise matches, with the other 16 available on the MLV YouTube channel. In addition, CBS will televise the MLV All-Star Match on March 28, while ION will present the MLV Championship semifinals and final on May 7 and 9.

MLV is spreading its footprint across the United States, welcoming the Dallas Pulse as a new team this season and announcing expansion to Minnesota, Northern California, and Washington, D.C., for 2027.

The Rise are proud to have been there from the start, becoming the league's first team in December 2022. And with your vibrant support, we will continue to be one of the premier franchises in both MLV and West Michigan for years to come.

Sincerely,

A handwritten signature in black ink, appearing to read 'Dan DeVos'.

Dan DeVos
Chief Executive Officer
Grand Rapids Rise

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Chief Executive Officer	Dan DeVos
Chief Strategy Officer	Diane Maher
President	Scott Gorsline
Director of Strategic Investments	Cole DeVos
Senior VP of Business Operations	Tim Gortsema
Head Coach / VP of Volleyball Operations	Cathy George
Associate Head Coach	Mike Gawlik
Assistant Coach	Katie Gawlik
Assistant Coach	Brady Compton
Director of Volleyball Operations	Jenna Reitsma
Head Athletic Trainer	Dave Getsoff
Assistant Athletic Trainer	Sami Juda
Head Strength & Conditioning Coach	Mitch Nienhuis
Communications	Randy Cleves, Alex Eisen
2025 Regular Season Record	11-17 (T5th Place)
2025 Playoff Record	Did Not Qualify
All-Time Record	24-30 (.444)
Home Arena	Van Andel Arena
Capacity	7,805
Time Zone	Eastern
Team Colors	Elevation Red, Ascension Blue, and Sunrise Gold
Mascot	Ember (Phoenix)



Atlanta Vibe

6400 Sugarloaf Pkwy., Duluth, GA 30097
atlantavibe.com • (770) 800-8423

Owner	Colleen Craig
President	Theresa Wenzel
Senior Vice President	Cheryl LaFoy
Head Coach	Kayla Banwarth
Assistant Coaches	Beau Lawler, Laura "Bird" Kuhn
Communications	Brennan Smith, Lizzy Kell
2025 Regular Season Record	19-9 (2nd Place)
2025 Playoff Record	0-1 (Lost to Orlando in Semis)
All-Time Record	38-16 (.704)
Home Arena	Gas South Arena
Time Zone	Eastern

2026 Rise Matches vs. Vibe

1/11	@ Atlanta	4 p.m.	CBSSN
2/14	vs. Atlanta	7 p.m.	YouTube
3/13	@ Atlanta	7 p.m.	YouTube
4/22	vs. Atlanta	7 p.m.	YouTube



Columbus Fury

5038 Cemetery Rd, Hilliard, OH 43026
columbusfury.com • (614) 380-3879

Chief Executive Officer	David Paitson
Head Coach	Angel Perez
Assistant Coach	Carlos Cardona
Director of Team Operations	Aly Redaron
Communications	Kevin Rodriguez
2025 Regular Season Record	9-19 (8th Place)
2025 Playoff Record	Did Not Qualify
All-Time Record	17-35 (.327)
Home Arena	Nationwide Arena
Time Zone	Eastern

2026 Rise Matches vs. Fury

1/14	vs. Columbus	7 p.m.	YouTube
4/5	@ Columbus	5 p.m.	VICETV
4/12	vs. Columbus	3 p.m.	Roku
4/19	@ Columbus	2 p.m.	YouTube



Dallas Pulse

2601 Avenue of the Stars, Frisco, TX 75034
dallaspulsevb.com

Owner Principals	Evan Stone,
President/CEO	Armand Sadoughi, Richard Zaleskie
Head Coach	Grady Raskin
Associate Head Coach	Shannon Winzer
Assistant Coach	Jesús Rivera
Communications	Clayton Bristow
2025 Regular Season Record	Did Not Compete
2025 Playoff Record	Did Not Compete
All-Time Record	0-0 (-)
Home Arena	Comerica Center
Time Zone	Central

2026 Rise Matches vs. Pulse

2/8	@ Dallas	3 p.m.	VICETV
2/22	@ Dallas	3 p.m.	YouTube
3/18	vs. Dallas	7 p.m.	YouTube
4/3	@ Dallas	7 p.m.	YouTube

2026 TEAM MAP



Indy Ignite

8701 East 116th St., Suite 270, Fishers, IN 46038
Indyignitevb.com

Owners..... Jim Schumacher, Don Hutchinson
President/GM..... Mary Kay Huse
Head Coach..... Lauren Bertolacci
Assistant Coaches..... Haley Brightwell,
Brett Agne, Bruno Amorim
Communications..... Cathy Kightlinger
2025 Regular Season Record..... 13-15 (4th Place)
2025 Playoff Re ord..... 1-1
(Defeated Omaha in Semis, Lost to Orlando in Final)
All-Time Record..... 14-16 (.467)
Home Arena..... Fishers Event Center
Time Zone..... Eastern



Omaha Supernovas

222 S. 15th St., #12005, Omaha, NE 68102
supernovas.com • (402) 502-5268

Owners..... Kirk Thompson,
Ben Priest, Dharpan Randhawa, John Cook
President..... Diane Mendenhall
Head Coach..... Luka Slabe
Assistant Coach..... Thomas Robson
Communications..... Geoff E strom
2025 Regular Season Record..... 21-7 (1st Place)
2025 Playoff Re ord..... 0-1 (Lost to Indy in Semis)
All-Time Record..... 39-16 (.709)
Home Arena..... CHI Health Center
Time Zone..... Central



Orlando Valkyries

618 E. South St., Suite #500, Orlando, FL 32801
orlandovalkyries.com • (321) 244-4600

Owner..... David Forman
President..... Erik Nilsen
Head Coach..... Amy Pauley
Assistant Coaches..... Blake Omartian,
Emily Summerlin
Communications..... Dylan Stanley
2025 Regular Season Record..... 18-10 (3rd Place)
2025 Playoff Re ord..... 2-0 (Defeated Atlanta
in Semis, Defeated Indy in Final)
All-Time Record..... 28-26 (.519)
Home Arena..... Addition Financial Arena
Time Zone..... Eastern



San Diego Mojo

555 W. Beech St., Suite 504, San Diego, CA 92101
sandiegomojobvb.com • (619) 984-6656

Owner..... Gary Jacobs
President..... Billy Johnson
Head Coach..... Alisha Childress
Assistant Coaches..... Melody Nua, Sky Marushige
Communications..... Ryan Tewes
2025 Regular Season Record..... 11-17 (15th Place)
2025 Playoff Re ord..... Did Not Qualify
All-Time Record..... 24-29 (.453)
Home Arena..... Viejas Arena
Time Zone..... Pacific

2026 Rise Matches vs. Ignite

2/6	@ Indy	7 p.m.	YouTube
3/8	@ Indy	6 p.m.	YouTube
3/25	vs. Indy	7 p.m.	CBSSN
4/17	vs. Indy	7 p.m.	YouTube

2026 Rise Matches vs. Supernovas

2/1	vs. Omaha	4 p.m.	CBSSN
3/7	vs. Omaha	7 p.m.	Roku
3/20	@ Omaha	8 p.m.	CBSSN
4/10	@ Omaha	8 p.m.	YouTube

2026 Rise Matches vs. Valkyries

1/9	@ Orlando	7 p.m.	Roku
1/29	vs. Orlando	7 p.m.	YouTube
3/1	@ Orlando	3 p.m.	VICE TV
4/25	vs. Orlando	7 p.m.	YouTube

2026 Rise Matches vs. Mojo

1/23	@San Diego	10 p.m.	YouTube
2/12	vs.San Diego	7 p.m.	Roku
2/26	vs.San Diego	7 p.m.	YouTube
4/30	@San Diego	10 p.m.	Roku

2026 GRAND RAPIDS RISE PROMOTIONAL SCHEDULE

WED
JANUARY 14
7:00PM

HOME OPENER

LED RALLY TOWEL & MAGNET SCHEDULE
GIVEAWAY
Presented by HUNTINGTON BANK

WED
MARCH 18
7:00PM

WINNING WEDNESDAY

A RISE WIN EARDS ALL FANS A FREE
MARCH 25 MATCH TICKET

THU
JANUARY 29
7:00PM

RISE STUDENT RUSH

DISCOUNTED COLLEGE STUDENT TICKETS

WED
MARCH 25
7:00PM

WINNING WEDNESDAY

A RISE WIN EARDS ALL FANS A FREE
APRIL 22 MATCH TICKET
Presented by CITY OF GRAND RAPIDS

SUN
FEBRUARY 1
4:00PM

RISE OF THE WICKED

EMERALD EMBER KEYCHAIN GIVEAWAY
CHARACTER APPEARANCES
Presented by CELSIUS

FRI
APRIL 3
7:00PM

HAWAIIAN GLOW PARTY

GLOW STICK GIVEAWAY
Presented by MEIJER

THU
FEBRUARY 12
7:00PM

RISE STUDENT RUSH

DISCOUNTED COLLEGE STUDENT TICKETS
Presented by NÜTRL

SUN
APRIL 12
3:00PM

CORONATION DAY

COME CELEBRATE & MEET EVERYONE'S FAVORITE
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Presented by LMCU

SAT
FEBRUARY 14
7:00PM

KPOP RISE HUNTERS

BUCKET HAT GIVEAWAY
Presented by APPLIED INNOVATION

FRI
APRIL 17
7:00PM

'90S NIGHT

FANNY PACK GIVEAWAY
Presented by GENTEX CORPORATION

THU
FEBRUARY 26
7:00PM

RISE STUDENT RUSH

DISCOUNTED COLLEGE STUDENT TICKETS

WED
APRIL 22
7:00PM

WINNING WEDNESDAY

ALL FANS IN ATTENDANCE WILL HAVE A
CHANCE TO WIN PRIZES

SAT
MARCH 7
7:00PM

BARBIE NIGHT

KIDS RISE BARBIE THEMED JERSEY
GIVEAWAY
Presented by 105.3 HOT FM

SAT
APRIL 25
7:00PM

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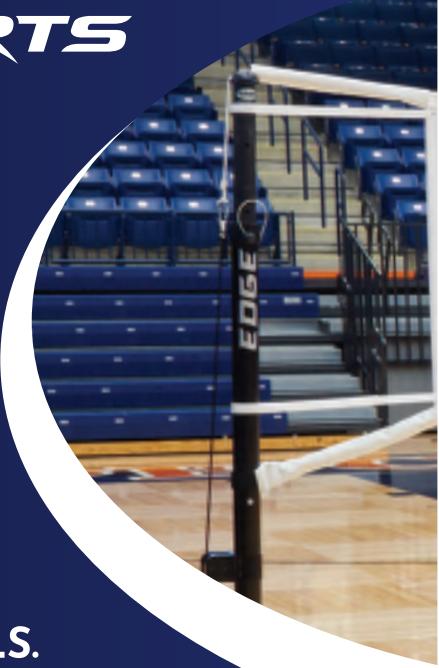
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*Wherever Saige
Ka'aha'aina-Torres
goes, success follows.
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Grand Rapids.*



CHANGE OF SCENERY

Snow-covered trees and icy roads greeted Saige Ka'aha'aina-Torres when she arrived in West Michigan. The first winter storm of the season rolled in just days before the Grand Rapids Rise opened training camp for the 2026 season, a fitting welcome for someone who had been bracing herself for Midwest weather long before boarding the plane.

Ka'aha'aina-Torres grew up in sunshine-soaked Hawaii and most recently lived in Texas. She endured snow during her early college years at the University of Utah, but surviving an unfamiliar Michigan winter still felt like another level. Before moving, she leaned on fellow Honolulu native and former high school teammate Elena Oglivie, who had played for the Rise last season and was happy to welcome her back as a teammate in Grand Rapids.

True to form, her calm and steady libero offered reassurance.

"It took a lot of convincing," Ka'aha'aina-Torres said. "She was like, 'Saige, I promise it is OK!' I was like, 'No, I have been doing my research.' I would read the weather reports and I was like, 'Elena, I can't do it.' And she was like, 'You'll be fine.'"

She laughs about it now. That perfectly timed snowstorm served as her first real introduction to Grand Rapids. Another new city, another fresh start, and another opportunity to succeed somewhere she has never been before.

The journey to Grand Rapids has been a series of bold leaps into the unknown. Ka'aha'aina-Torres didn't

start playing volleyball until she was 11 years old, a later start than many of her peers, but her natural athleticism and competitive drive quickly propelled her forward.

That competitiveness didn't come out of nowhere. Growing up with her younger brothers, Houston and Elijah, in an athletic family, Ka'aha'aina-Torres learned how to fend for herself. Their father, Malo, played football at Arizona State, and Houston is currently an offensive lineman at the University of Nebraska.

Volleyball was never really part of Saige's plan. Her mom, Jennifer, was the one who eventually signed her up, mostly because every other sport she tried just wasn't sticking.

"Honestly, I don't think my parents really wanted me to play sports," Ka'aha'aina-Torres said. "They encouraged it, but they were never like, 'You have to do this.' My mom thought I should play basketball, and my dad thought I should do track. I was like, 'Well, I don't want to do either of those.' I think they just wanted me to find something that made me happy. Once I found volleyball and they could see how many doors it opened for me, they were super supportive. They were always like, 'Yeah, we wish you were an artist or something, but volleyball is cool, too.' I can't even draw."

By the time she reached high school, Ka'aha'aina-Torres was painting her own path. She played as an outside hitter and, alongside Oglivie, who was also an outside hitter at the time, helped lead 'Iolani School to a state championship in 2016. But it was playing for the Ku'ikahi Volleyball Club where she started to



On the first day of the 2025 Major League Volleyball free agency period, Ka'aha'aina-Torres became the first LOVB player to make the jump over to MLV. Photo by Nicolas Carrillo



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3 BALL KILLS	PLAYER ROTATION	PANCAKE DIG



**Ka'aha'aina-Torres won the 2022
NCAA National Championship with
the University of Texas, beating
Louisville, which was led by former
Rise standout Claire Chaussee.
Photo by Texas Athletics**

learn how to set, a skill that would eventually define her playing career.

"By my junior and senior year, I realized I needed to learn how to set for real because I didn't think I was going to play outside hitter in college," she said. "It was my own assumption, but I enjoyed setting during the club season, and I wanted to challenge myself. As a setter, you're always involved with everybody on the court, and you need a strong relationship with the coach. That's always been important to me, so the role just made more sense to me as I got older."

With her parents' advice and support, Ka'aha'aina-Torres verbally committed to the University of Missouri when she was only a high school freshman. It was a decision that made sense at the time.

"I didn't really know how recruiting worked, and I wasn't sure if I would get any more offers," she said. "My parents were super-encouraging. They said, 'Just take it. You don't know what could happen, so take what you have.' I was fine with that at the time and committed. But as I got older, I realized, no, I wasn't moving to Missouri."

The Show-Me State was too far away and too unfamiliar. Instead, her college career began at the University of Utah, where she left an undeniable mark on the program. Ka'aha'aina-Torres set the school's single-season assists record with 1,518 in 2019 and earned an AVCA All-America Honorable Mention. The Utes reached the NCAA Tournament in all three of her

seasons, two of them alongside current Rise teammate Berkeley Oblad, but never advanced past the Sweet 16.

When the opportunity to transfer to the University of Texas arose, Ka'aha'aina-Torres jumped at it. The Longhorns offered a chance to compete for a national championship, and she was ready to seize it. No questions asked.

"[Texas head coach] Jarrett Elliott called me and I was like, 'I want to win a national championship,'" Ka'aha'aina-Torres said. "It was a super-easy decision."

After serving her time as the backup setter during Texas' 2021 run that fell one win short of reaching the Final Four, Ka'aha'aina-Torres achieved her objective the following season.

No. 1-ranked Texas (28-1 overall) swept No. 4 Louisville, led by former Rise standout Claire Chaussee, to capture the program's fourth national championship at CHI Health Center in Omaha, Nebraska. Ka'aha'aina-Torres finished with 37 assists in the 2022 title match, capping her five-year collegiate career with 3,783 assists.

"Texas really taught me a lot about team chemistry and a lot about trust," Ka'aha'aina-Torres said. "You can go much further when you have trust, a common goal, and just a general understanding that nothing is ever personal. We're all here to accomplish the same thing. As long as you're working toward that every single day, we're all on the same page."

After enjoying the top-tier facilities and high-end amenities at Texas, Ka'aha'aina-Torres took her first steps into the professional game in Puerto Rico with the Changas de Naranjito. There, she quickly learned that having talent alone wasn't enough. She had to master recovery, nutrition, and the daily grind of being a professional athlete.

Her career then continued overseas in France, where she played for Vandoeuvre Nancy VB during the 2023-24 season, facing familiar rivals and future teammates in yet another new environment.

"I vividly remember playing against Carli [Snyder]," Ka'aha'aina-Torres said. "She has always been a really good player ever since she was at Florida. I've known about her for a long time, her and Rhamat [Alhassan]. So, when I saw Carli in France, I was like, 'Oh no!' And then I saw that she was on my team this year, and I was like, 'Oh, thank God!'"

Before teaming up with Snyder on the Rise, Ka'aha'aina-Torres returned stateside to play with LOVB Austin in 2025. She helped the team capture the championship in the league's inaugural season, gaining experience in building a winning culture from the ground up.

After a successful season, Ka'aha'aina-Torres became the first LOVB player to make the jump over to Major League Volleyball.

"I think LOVB is a great league and they have their own vision for promoting women's volleyball across the country," Ka'aha'aina-Torres said. "But I needed to try



In 2025, Ka'aha'aina-Torres played for the United States National Team in both the Volleyball Nations League and the FIVB Women's World Championship.

Photo by Volleyball World

something else. I had been in Austin for a few years, and a change of scenery to reestablish myself as a player is always nice. I experienced that in Europe, figuring out who I was as a professional. It's easy to get into a rhythm when you stay in one place too long, so this is a chance to grow and continue promoting the sport."

Testing herself at every level also led Ka'aha'aina-Torres to opportunities with the U.S. Women's National Team. In 2025, she competed for her country in both the Volleyball Nations League and the FIVB Women's World Championship, gaining invaluable reps against the world's best players. It pushed her skills and mental game to new heights, giving her a deeper sense of strategy and court awareness.

"I always thought everything was very simple, and you just go out there and play volleyball," she said. "But playing with and against some of the best people in the world, it's like a chess match. As a setter, you're trying to anticipate things and see them before they happen. There's so much more strategy than I realized, and that's what makes it so fun."

For Ka'aha'aina-Torres, setting is her own Queen's Gambit. Each set is a move on the board, positioning her teammates for success while staying one step ahead of the opposition. Every decision requires foresight, precision, and creativity.

While her moves might appear unconventional at times, the results speak for themselves.

"My setting style is a little unorthodox," she said. "I hold the ball a little longer than most people and use my body to be deceptive with the blockers on the other side. I like to put myself in uncomfortable situations because that's where growth happens. My job is to see what everybody can do and push them, so I try to be the little ringleader out there."

The pieces on the Rise's chess board excite Ka'aha'aina-Torres, especially when it comes to the team's dynamic hitters.

"I think a lot of the hitters are really fast, which is fun," she said. "We tried to run a quick offense in the national team gym, but these hitters are, dare I say, faster. Pushing this team to its fullest potential while I continue to make myself better for the national team all goes hand in hand. If I can do my job here and take it into that, it's a win-win situation."

The balance between setting up her new team for success and pursuing international ambitions is never far from Ka'aha'aina-Torres' mind. The next major global milestone, the 2027 World Championships co-hosted by the United States and Canada, sits on the horizon, even as the 2028 Olympic dream remains her ultimate target.

"You just have to enjoy the process," Ka'aha'aina-Torres said about the rigorous training involved with being on the U.S. National Team. "There are so many days where you feel imposter syndrome, where you wonder if you even belong. But it is important to be

where your feet are. You can wish a practice went better or that you handled something differently, but appreciating the opportunities in front of you matters most."

She credits mentors like Jordyn Poulter, Rachel Fairbanks and Cami Miner for shaping that mindset. Learning from setters who have been on the world's biggest stages and succeeded has pushed her to absorb everything she can.

"I tried to be a sponge," she said about being with the national team this past summer. "I listened to how they think and picked their brains. Poulter has been to two Olympics and medaled in both [winning gold at the 2020 Tokyo Games and being named the tournament's Best Setter]. Having someone like her, who is eager to teach and invest in me, meant a great deal."

Now, with her feet planted firmly in Grand Rapids, she is channeling that same openness to learn into her first MLV season. Her mind is always moving, but she finds ways to stay grounded — journaling to decompress, taking long walks, and trying to spend time outside, though West Michigan's winter will make that a new challenge. Though it all, her focus remains the same: be present and invest fully into where she is now.

When asked what a successful first season in snowy Grand Rapids would look like, Ka'aha'aina-Torres didn't mince words: "Winning a championship."

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2026 ROSTER

**I**

CAMILA GÓMEZ

Libero**Height: 5-2****Years Pro: 8****Born: 7/6/1995****Hometown: Cali, Colombia**

PROFESSIONAL: In 2025 with the Omaha Supernovas, she appeared in 26 matches (90 sets), tallying 349 digs and 82 assists while helping the Supernovas post a league-best 21-7 record in the regular season. Played in 21 matches (12 starts) and 71 sets for the Rise in the inaugural 2024 season, recording 187 digs and 38 assists. Picked up double-digit digs in 11 out of the 12 matches she started. Notched a season-high 20 digs on three separate occasions against Atlanta (4/16/24), Vegas (4/20/24), and Omaha (4/26/24). Dished out a season-high six assists in a 3-0 sweep of San Diego (5/5/24). Member of the Colombian National Team and has collected 15 medals with national team.

COLLEGE: Totaled 470 digs during the 2019 campaign with Texas A&M, which ranked fifth for a single season at A&M. Earned 2019 AVCA South All-Region Team honors. Won back-to-back NJCAA Division I national titles and state championships with Miami Dade College from 2016-17.

PERSONAL: Began playing volleyball when she was 5 years old as a setter. Has two older sisters. Pursuing a future career as a figure skater;

currently a nationally registered EMT and enrolled in fire academy training. Fluent in three languages: English, Spanish, and Portuguese. Enjoys listening to music, dancing, reading, and yoga.

**2**

ELENA OGLIVIE

Libero**Height: 5-10****Years Pro: 2****Born: 1/22/2002****Hometown: Honolulu, Hawaii**

PROFESSIONAL: In 2025 with the Rise, Oglivie featured in all 28 matches (104 sets). She finished with a team-record 392 digs and also had 82 assists. Had 15 or more digs in 13 matches. Set a Rise single-match record with 30 digs in a 3-2 loss to Atlanta (4/26/25). Made pro debut with the Rise, Jan. 10, 2025, at the Vegas Thrill. Selected in the fourth round, 29th overall, of the 2024 college draft. Won gold with the U.S. National Team at the 2025 NORCECA Women's Final Six.

COLLEGE: Played five seasons at Stanford University, racking up 2,075 digs in 136 matches played (495 sets). Also had 537 assists, 109 aces, and 28 kills. Two-time AVCA All-American Honorable Mention (2022, 2023). Two-time Pac-12 Champion (2022, 2023). Two-time Pac-12 Libero of the Year (2022, 2023). Played in four NCAA Tournaments (2021-24), reaching the NCAA Regional Final three times. As a junior, led the Pac-12 with 517 digs (4.42 digs per set) during the 2022-23 season. Member of the U20 U.S. World Championship team.

PERSONAL: Has two older sisters, Malie and Ana, and two older brothers, Kawika and Septimus III. Ana played college volleyball for Army and

is serving in the military. Great Uncle, Ben Oglivie, played Major League Baseball for the Milwaukee Brewers, Detroit Tigers and Boston Red Sox from 1971-86. Started playing volleyball at six years old as a setter. Multiple ethnicities (White, Black Hawaiian, Panamanian, Korean, Chinese), and her family celebrates a lot of different cultures.



MEET THE RISE

PROFESSIONAL: Competed professionally across Europe and Asia with a decade of top-level experience. Has represented the Romanian Women's National Team in international competitions. Played

in Turkey with Bahçelievler Belediyespor during the 2024-25 season. Helped Grupa Azoty Chemik Police win the Polish League title in 2024 and the Polish Supercup in 2023. Named the Polish League's Best Foreigner in 2024. Starred in South Korea with Daejeon Korea Ginseng Corp during the 2022-23 season, becoming the first player since 2014 to surpass 1,000 points in a single campaign (1,015) and recording 56 points in one match — one of the highest individual totals in volleyball history. Awarded Best Opposite, Best Scorer, and Best Server in the Korean V-League (2022-23). Won the Hungarian League championship in 2021 and three Hungarian Cup titles (2018, 2019, 2021) with Fatum Nyíregyháza. Began professional career in Romania with CSU Medicina Târgu Mureş in 2015.

PERSONAL: Born in Budapest, Hungary, and also raised in Oradea, Romania, from the age of one month, with her mother and grandparents. Married to former professional basketball player Andrei Pascu. Started playing volleyball at 10 years old as a middle blocker. Fluent in four languages (English, Hungarian, Romanian, Spanish) and currently learning German. Favorite foods are ramen and sushi. Enjoys reading, bicycle rides, hiking with her husband, and exploring new cafes and restaurants.



PROFESSIONAL: In 2025 with the Rise, Snyder featured in all 28 matches (team-record 111 sets). She finished with a team-high 315 kills (.208), 314 digs, 40 blocks, and 33 aces. Had 12 double-doubles. Set a Rise single-match record with six aces against Columbus (3/28/25). 2025 All-League Second Team. 2025 All-Star Match Selection. Player of the Week (2025, Week 3)

after recording 17 kills (.429), seven digs, and three aces in a 3-2 win over Columbus (1/26/25). Played six seasons in France with four different teams from 2018-24. Awarded Best Outside Hitter and Best Server at the 2022-23 French Cup with RC Cannes. Named the Best Outside Hitter in the French League A with ASPTT Mulhouse Volley-Ball (2019-20) and Volley-Ball Nantes (2020-21).

COLLEGE: Played four seasons at the University of Florida (2014-17), racking up 1,207 kills (2.90 per set), 948 digs (2.28), 164 blocks (0.4), and 90 aces (0.15) in 122 matches played (416 sets). Member of three SEC championships with Florida (2017, 2016, 2014). AVCA All-American honors in 2017, 2016, and 2015. Two-time All-SEC selection (2017, 2016). Reached the 2017 NCAA National Championship match.

PERSONAL: 2013 Miss Michigan Volleyball. Has a large house cat named Mystic, who has a passport and can travel internationally. Has two siblings, Kelsey and Cale. Kelsey played volleyball at Ohio Dominican (2011-14) and Cale was a Michigan H.S. state champion pole vaulter, who competed at Washburn (2017-21) before becoming a police officer. First job was working a concession stand at Michigan Elite. Enjoys gardening, hiking, and having a coffee in the city.



3

ELIZABET INNEH

Opposite Hitter

Height: 6-3

Years Pro: 11

Born: 3/21/1999

Hometown: Oradea, Romania



4

CARLI SNYDER

Outside Hitter

Height: 6-1

Years Pro: 8

Born: 4/30/1996

Hometown: Macomb, Mich.



2026 ROSTER



LEAH MEYER

Middle Blocker

Height: 6-3

Years Pro: 5

Born: 7/23/1997

Hometown: Lancaster, N.Y.

PROFESSIONAL: Competed professionally for four seasons in France and Romania. Played in France with Levallois Paris Saint-Cloud during the 2024-25 season, helping capture the French Saforelle Power 6 title. Spent the 2023-24 season with RC Cannes, finishing as French Supercup runner-up. Played two seasons in Romania with CSM Târgoviște, earning podium finishes in both the Romanian League and Romanian Cup.

COLLEGE: Played four seasons at Duke University (2015-18) and completed a graduate year at the University of Kentucky (2019), totaling 1,153 kills (2.51 kills per set), 574 blocks, 195 digs, 44 assists, and 38 aces in 123 matches played (459 sets). Earned AVCA All-America Honorable Mention and All-ACC First Team at Kentucky, helping the Wildcats to a 25-7 record and an NCAA Tournament Sweet 16 berth. A two-time First-Team All-ACC honoree (2016, 2018) and All-ACC Freshman Team selection (2015) at Duke. Missed most of her junior season after appearing in six matches due to injury.

PERSONAL: Daughter of Michael and Tracy Meyer. Has an older sister, Kristin, and a younger sister, Caitlyn. Assistant coach and director of volleyball operations at the University at Buffalo or 2025 season. Has three dogs: a husky named Kaia and two golden retrievers,

Cooper and Theo. Began playing volleyball at age 12 as an outside hitter before a rapid eight-inch growth spurt in one year led to a transition to middle blocker. Enjoys baking and has made someone's wedding cake. Avid reader and coffee drinker. Favorite food is pizza. Favorite team is the Buffalo Bills.



SAIGE KA'AHĀ'AINA-TORRES

Setter

Height: 6-0

Years Pro: 4

Born: 7/30/2000

Hometown: Honolulu, Hawaii

PROFESSIONAL: Competed with the U.S. Women's National Team at the 2025 Volleyball Nations League and the 2025 FIVB Volleyball Women's World Championship. Was part of LOVB Austin's championship-winning team during its inaugural 2025 season. Played professionally with Vandœuvre Nancy Volley-Ball in France during the 2023-24 Ligue A season. Made professional debut during the 2022-23 season with Changas de Naranjito in Puerto Rico.

COLLEGE: Played five seasons collegiately with two seasons at University of Texas (2021-22) and three seasons at the University of Utah (2018-21), finishing with 3,783 assists, 819 digs, 158 kills, 181 blocks, and 65 aces in 133 matches played (457 sets). Won the 2022 NCAA National Championship with Texas and named to the NCAA All-Tournament Team. AVCA All-America Honorable Mention (2019, 2022). Big 12 Setter of the Year (2022). Set Utah's single-season assists record (1,518; 11.33/set) in 2019.

PERSONAL: Daughter of Malo Torres and Jennifer Ka'aha'aina-Torres. Has two younger brothers, Houston and Elijah. Her father, Malo, played football at Arizona State, and her brother, Houston, was ranked No. 6 nationally among interior offensive linemen by Rivals.com in 2025 and signed to play football at Nebraska.



MEET THE RISE

PROFESSIONAL: Played most recently in Italy's Serie A1 league with Il Bisonte Firenze during the 2022-23 season. Competed for two seasons with Reale Mutua Fenera Chieri '76 in Italy's Serie A1 from 2020 to 2022, earning a pair of bronze medals at the Italian Cup. Played for Volalto Caserta 2.0 in Italy's Serie A1 during



the 2019-20 season. Made professional debut with the NEC Red Rockets in Japan's V.League Division 1 during the 2018-19 season, winning the VTV International Volleyball Cup.

COLLEGE: Played four seasons (2014-2017) at the University of Florida, earning AVCA All-America honors every year. 2017 SEC Player of the Year. First Gator to win the 2017 Honda Sports Award, which recognizes the nation's best female volleyball player. Finished career as Florida's all-time leader in total blocks (674) and block assists (584), while also totaling 1,278 kills and 90 solo blocks. Only collegiate player on the 2017 U.S. Women's National Team Pan American Cup roster that won gold and has earned multiple medals representing Team USA.

PERSONAL: Earned a bachelor's degree in telecommunications and a master's degree in management from the University of Florida. Worked as director of sports information and JV volleyball coach at Flint Hill School in Oakton, Virginia, from 2022-24. Served as an assistant coach for Metro Volleyball Club's 18 travel team. Started playing volleyball at 15 years old, also played basketball growing up. Favorite food is tacos. Enjoys doing DIY projects, reading, taking walks, and going out to eat.



10

RHAMAT ALHASSAN

Middle Blocker

Height: 6-4

Years Pro: 6

Born: 9/7/1996

Hometown: Glenarden, Md.

PROFESSIONAL: In 2025 with the Vegas Thrill, Jardine-Clark featured in 27 matches (74 sets). Her rookie campaign finished with 114 kills with a .184



hitting percentage, along with seven aces, 30 blocks, and 76 digs. Recorded a season-high 21 kills against the San Diego Mojo (4/19/25), adding 10 digs and five blocks. Made pro debut on Jan. 10, 2025, against the Rise, posting 13 kills, 11 digs, and a block in a 3-2 win. Was selected 35th overall by Vegas in the fifth round of the 2024 collegiate draft.

COLLEGE: Competed for four seasons collegiately at the University of Utah (2022-24) and the University of Wisconsin (2021), totaling 869 kills (2.72 kills per set), 201 digs, 179 blocks, 31 aces, and 19 assists in 102 matches played (320 sets). Member of the Badgers' 2021 NCAA Championship team. Senior season at Utah, posted 261 kills with an average of 2.84 kills per set and a .266 hitting percentage.

PERSONAL: Recently married Cougar Clark, a professional men's volleyball player and NIL agent. Has a 4-year-old son, Mills. Daughter of Rich and Paula Jardine. Rich, nicknamed "Air Jardine" played college basketball at Hawaii and Utah State. Proudest accomplishment was getting Utah back to the NCAA Tournament. Played multiple sports growing up, including swimming, track, basketball, gymnastics, and soccer. Can play the piano, flute, and sing. Favorite foods include chicken fingers, spaghetti, and steak.



11

LAUREN JARDINE-CLARK

Opposite Hitter

Height: 6-3

Years Pro: 2

Born: 11/11/2002

Hometown: Highland, Utah



2026 ROSTER

**12****BERKELEY OBLAD****Middle Blocker****Height: 6-4****Years Pro: 6****Born: 6/27/1997****Hometown: Henderson, Nev.**

PROFESSIONAL: Played previous two seasons with the Vegas Thrill, accumulating 273 kills (.274), 92 digs, 70 blocks, and 20 aces in 49 matches played (182 sets). Competed with Athletes Unlimited Pro League in 2024. Spent three seasons playing overseas with stops in Taiwan, France, and Hungary. Named the Best Blocker in the Taiwan Enterprise Volleyball League with Top Speed. Began professional career in 2019-20 with 1. MCM-Diamant Kaposvári NRC (Hungary).

COLLEGE: Competed for five years at the University of Utah from 2015-19, totaling 1,079 kills on a .273 hitting percentage, 522 blocks, 225 digs, and 69 aces in 136 matches played (522 sets). Two-time AVCA All-American, Second Team in 2019 and Honorable Mention in 2017. Became the fourth player in Utah history to have over 1,000 kills and 500 blocks. Two NCAA Sweet 16 appearances in 2017 and 2019. Missed the majority of the 2018 season with an elbow injury. Two-time All-Pac-12 Honorable Mention (2017, 2019). Member of the 2018 Team USA Collegiate National Team.

PERSONAL: Daughter of Jeromy and Jody Oblad. Two younger siblings; brother Kenyon played football at UNLV and Utah Tech and now works in constructions and sister Gentry is committed to Grand Canyon

University to play volleyball. Majored in graphic design at Utah. Owns a custom clothing line called Berkeley Dawn and started an art and literary magazine with friends several years ago called Quixotic. Enjoys sewing, reading, and exploring outside. Favorite TV Shows include Friends, New Girl, and Gilmore Girls.

**13****PAIGE
BRIGGS-ROMINE****Outside Hitter****Height: 5-10****Years Pro: 3****Born: 12/13/2000****Hometown: Ortonville, Mich.**

PROFESSIONAL: In 2025 with the Rise, Briggs-Romine featured in 27 matches (93 sets). She finished with 226 kills (.185), 239 digs, 20 blocks, 11 assists, and 14 aces. Recorded 10 double-doubles. Had a season-high 20 points (17 kills, two blocks, an ace) against the San Diego (3/9).

Player of the Week (2025, Week 13) after having 13 kills, 12 digs, a block, and an ace in a 3-0 sweep over Vegas (4/5/25). Played 25 matches (66 sets) for the Omaha Supernovas in the inaugural 2024 season, recording 86 kills on a .222 hitting percentage, 107 digs, 10 aces, and five blocks. 2024 Major League Volleyball champion in rookie season.

COLLEGE: Competed for five seasons at Western Kentucky from 2019-23, totaling 1,838 kills (3.54 kills per set) on a .307 hitting percentage, 1,419 digs (2.73), 211 blocks (0.4), 181 aces, and 161 assists in 156 matches played (519 sets). Three-time AVCA All-American, Third Team in 2023. Five-time Conference USA First Team All-Conference. 2023 Conference USA Alyssa Cavanaugh Player of the Year.

PERSONAL: Married Connor Romine on June 15, 2024, in Rockford, Michigan. Daughter of Pete and Pam Briggs. Has one older brother, Peter. Majored in

visual studies while minoring in graphic design and entrepreneurship. Her volleyball idol as a youth was Misty May-Treanor. Was homeschooled for seven and a half years before going to Western Kentucky. Enjoys playing with parent's dog, Moe, cooking, pickleball, and The Office.



MEET THE RISE

PROFESSIONAL: In 2025 with the Vegas Thrill, Mayfield appeared in 19 matches and 53 sets for Vegas in 2025, recording 80 kills, 79 digs, nine blocks, and four aces. 2024 Major League Volleyball champion with Omaha Supernovas, contributing 38 kills, 51 blocks, and an ace across eight matches. International stops include Switzerland, Finland,



Hungary, Peru, and Greece. 2017-18 Peruvian League MVP with Universidad de San Martín, leading the club to a championship. Won the 2019 Hungarian Cup with Fatum Nyíregyháza. Began professional career overseas in 2012-13 with CSM Clamart (France).

COLLEGE: Competed for four years at the University of Kansas from 2008-2011, totaling 1,282 kills, 735 digs, 146 blocks, 92 assists, and 59 aces in 117 matches played (400 sets). Senior season broke the school's single-season record for kills (462), kills per set (4.16 - also led Big 12), points (507) and points per set (4.57). All-Big 12 Honorable Mention in 2011.

PERSONAL: Daughter of John and Joanne Mayfield. Has a sister, Emily and a brother, Steven. Mother played basketball for Benedictine and father played baseball at Missouri Western. Three of her uncles, Michael, Thomas and Edward, also attended Kansas. Spent three seasons as an assistant coach at three different schools: South Dakota State (2022), Appalachian State (2021), and Texas A&M (2020-21). Also played track & field, basketball, soccer, and softball growing up. Favorite movie is The Proposal, and enjoys comedy sitcoms like New Girl, Friends, and Brooklyn 99.



15

ALLISON MAYFIELD

Outside Hitter

Height: 6-1

Years Pro: 10

Born: 10/3/1989

Hometown: Overland Park, Kan.

PROFESSIONAL: In 2025 with the Rise, Jensen featured in 22 matches (71 sets). She finished with 88 kills (.253), 64 blocks, 50 digs, and four aces. Had three or more blocks in 15 matches. Posted a season-high 12 points (six kills, six blocks) in a 3-1 win over San Diego (3/9/25). Played in 13 matches



(eight starts) and 31 sets for the Rise in the inaugural 2024 season, recording 25 kills (.149), 19 blocks, 11 digs, and three aces.

COLLEGE: Played four years of college volleyball at Michigan State University under Rise head coach Cathy George from 2014-17, finishing career with 1,002 kills and 521 blocks. In 2017, was named to the AVCA Second Team All-America, First Team AVCA All-North Region, First Team All-Big Ten, and was named MVP for the Spartans. Garnered spots on the 2016 AVCA All-American Second Team, AVCA All-North Region Team and the First Team All-Big Ten when she placed second in the Big Ten in blocks per set (1.30) and seventh in the conference for hitting percentage (.359).

PERSONAL: Her maiden name is Garvelink. Has two brothers, Matt and Josh. Parents attended every collegiate volleyball match aside from one, when they got a flat tire on the way to the gym. Married Aaron Jensen in Sept. 2020. Has a daughter, Ella. Favorite vacation spot is Alaska. Also played basketball and soccer growing up. Enjoys reading, outdoor walks, and hanging out with family. Favorite author is Taylor Jenkins Reid.



17

ALYSSA JENSEN

Middle Blocker

Height: 6-4

Years Pro: 3

Born: 3/11/1996

Hometown: Holland, Mich.



2026 ROSTER



22

CAMRYN TURNER

Setter

Height: 5-8

Years Pro: 2

Born: 10/3/2002

Hometown:
Topeka, Kan.

PROFESSIONAL: In 2025 with the Grand Rapids Rise, Turner featured in 22 matches (72 sets). She finished with 569 assists, 178 digs, 40 kills (.309), 14 blocks, and four aces. Had eight double-doubles. Set a Rise single-match record with 58 assists in a 3-2 loss at Atlanta (4/26/25). Made pro debut with the Rise, Jan. 10, 2025, at the Vegas Thrill. Selected in the third round, 22nd overall, of the 2024 college draft.

COLLEGE: Played four seasons at the University of Kansas, amassing 3,758 assists, 1,067 digs, 279 kills, 185 blocks, and 67 aces. Achieved back-to-back seasons with over 1,000 assists for the Kansas Jayhawks. Named the 2023 Big 12 Setter of the Year. Two-time AVCA All-American (Third Team in 2024, Honorable Mention in 2023). 2021 All-Big 12 Rookie Team.

PERSONAL: Born in Littleton, Colorado, but has lived in Topeka, Kansas, her entire life. Has a pitbull/lab mix dog named Tyson. One brother, Jaylen, who is currently a Kansas State women's basketball practice player. Favorite music artists include Olivia Dean, SZA, Drake, and Role Model. Favorite food is potatoes (in any form). Enjoys being with friends, playing cards, going on drives, or getting dinner.



2025 MLV DRAFT PICKS



5

**JORDAN
WILSON**

Outside Hitter

Height: 6-0

College:
Arizona

Born:
12/19/2003

Hometown:
Gilbert, Ariz.

(3rd round,
18th overall)



20

**HATTIE
BRAY**

Middle Blocker

Height: 6-2

College:
Marquette

Born:
7/2/2003

Hometown:
Hancock, Wis.

(4th round,
25th overall)



21

**ALEXIS
SHELTON**

Outside Hitter

Height: 6-2

College:
Oklahoma

Born:
8/21/2004

Hometown:
Charlotte, N.C.

(1st round,
4th overall)



33

**CANDELA
ALONSO-CORCELLES**

Outside Hitter

Height: 6-2

College:
Indiana

Born:
4/11/2003

Hometown:
Madrid, Spain

(2nd round,
11th overall)

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**Camryn
Turner
refuses to
let doubt
stand in the
way of her
success.**

Story by Steve Vedder
Photos by Nicolas Carrillo



Camryn Turner isn't sure where she first discovered the quote, but she's taken its meaning to heart.

For the Grand Rapids Rise's second-year setter, the words have guided her fledgling business interests and helped her navigate a promising volleyball career that included garnering modest interest by colleges out of high school, to becoming a two-time All-American at the University of Kansas, to setting a Rise single-match assist record a year ago as a rookie pro.

Turner attributes much of her success to adopting as her own this little-known quote, whose meaning comes down to a refusal to let fear become a roadblock in whatever endeavor a person chooses.

The quote, often attributed to Austrian-born storyteller and futurist Thomas Frey, asks, "What if it could go better than you could even imagine?" It amounts to Turner's North Star, her go-to philosophy, words which serve as personal and professional guidance. Turner said adhering to the meaning of the quote has served her well in the past and likely will dominate her interests through a post-volleyball career.

"To me it means if you feel the doubts creeping in, you can't be afraid of failing," Turner said. "Be passionate, and if it doesn't work out that's okay,

because at least you tried. It just gives you the opportunity to try something else."

Trying something else defines Turner, a 5-foot-8 setter who has turned receiving just one Division I and two Division II college scholarship offers four years ago into an intriguing start as a professional volleyball player. But volleyball only touches the surface of Turner's varied life.

Her business interests kicked off during elementary school by running a lemonade stand. At Kansas, she became a member of the Student Athlete Advisory Committee and ran a video company with her cousin during the off season. All of these experiences have contributed to Turner's goal of eventually working behind the scenes in a yet-to-be-determined role in the NBA.

To Turner, it's not about a 23-year-old professional athlete having all the answers now, but rather a story of keeping options open, trying different ventures and, most of all, having the courage and strength to fend off a natural fear of failure. The words of her favorite quote continue to guide her and have been underlined by similar advice from her athletic family. Her father played basketball at Emporia State, her mother grew up playing basketball and volleyball, her brother is a women's basketball practice player at Kansas State, a cousin also plays football there, and



Turner set a Rise single-match record of 58 assists against the Atlanta Vibe during her 2025 rookie season.

her uncle excelled in basketball.

The advice from all comes down to the same message: hard work will pay off.

"You have to work for what you want, nothing is given," Turner said. "My parents have always said, 'Just work hard, be you, you're here for a reason.'"

Turner has found that that advice covers more than just surviving professional volleyball. It pertains to her off season job running the CC Film Co. with her cousin, Courtney Boswell. Boswell specializes in taking photos while Turner creates video montages of everything from volleyball tournaments to weddings. Her first video was of her high school volleyball coach's wedding, which has helped grow the business to about two dozen clients.

"That kind of kickstarted things," Turner said of her coach's video. "It spiraled after that."

The business has not only filled in the off season, but it also allowed Turner the confidence to take on leadership roles that might otherwise have been missed. She became president of Kansas' Student Athlete Advisory Committee, working with the Big 12 to help give student-athletes a voice in the world of collegiate athletics.

"Basically, it was adding our two cents' worth," Turner said.

She also helped organize Kansas athletes' attendance and support at different home sporting



Turner and her cousin, Courtney Boswell, run the CC Film Co. in the off season. Videography is one of her many off-court interests.

Turner (left) and newcomer Saige Ka'aha'aina-Torres will compete for setting duties for the Rise during the 2026 Major League Volleyball season.



events. For instance, instead of SAAC members being scattered all through crowds of football, basketball, softball, and other games, they would attend as a block to offer vocal support. At first, Turner wasn't sure the organizational skills fit her personal attributes, but by the time she graduated she loved being part of the organization. She looks back on her SAAC experience as a growing time.

Most of all, it taught her that leaders come in all shapes and forms. She learned that there are a variety of leaders, from those who are vocal to others who lead by example, leaders who specialize in connecting with others, ones who contribute to building relationships where maybe none had existed before, and leaders who encourage hard work in others and specialize in building trust within a team.

It was a significant growth experience for Turner, who applied that knowledge in another of her off season jobs as an assistant volleyball coach at Washburn University in Topeka, Kansas. She left that team this fall to join the Rise.

"That really wasn't me," Turner said of possessing organizational abilities, "but once I got into it, I loved it. It was a great opportunity. I found that I liked to operate outside the box. I learned to use my voice."

Turner found that working with the Big 12, the SAAC organization and fellow athletes at Kansas

improved her people skills. It also gave her insight into what she'd like to tackle one day after retiring from professional volleyball.

"I like networking, making connections with people with different backgrounds. Volleyball doesn't direct me toward working in the NBA, but I think it's helping me prepare for it. I'm moving slowly toward that goal," she said.

Business aside, Turner's favorite quote transcends lemonade stands, starting a video business from scratch and working with the Big 12. Brushing aside a fear of failure and trying new endeavors have defined her volleyball career. After leading both her volleyball and basketball teams to Class 5A Substate Championships at Seaman High School in Topeka, she left as the school's all-time leader in kills and assists and eventually landed at Kansas, where she became a star. She had back-to-back seasons of 1,000 assists, became a two-time All-American and was the 2023 Big 12 Setter of the Year. She graduated with a bachelor's degree in sports management.

Her success at Kansas wasn't necessarily a surprise to Turner, who began playing the libero position as an 8-year-old. While colleges may have been skeptical, Turner believed she could contribute to a large university's volleyball program.

"Sports have always come natural to me," she said. "I could dribble a basketball and was mechanically good in volleyball. I found I could do it at the next level."

Turner's career at Kansas, unlike her time in high school, attracted significant interest from the next level. She was selected by the Rise in the third round of the Major League Volleyball draft, the 22nd player taken overall. Just as she did at Kansas, Turner quickly proved she belonged at the next level. She played in 22 matches as a rookie in 2025 with 569 assists, 178 digs, 40 kills and 14 blocks. She set a Rise single-match record with 58 assists at Atlanta on April 26.

While Turner's first professional season was a success, she readily accepts that a professional athlete lives with the pressure of constantly fending off challenges to her job. The Rise signed veteran Saige Kaahaaina-Torres, a member of the U.S. National Team, to a contract this season, meaning Turner will need to continue her improvement.

That challenge is fine with Turner.

"I want what's best for the team," she said. "It's not about Saige or me. It's about the team. We want to win a championship."

Turner said her experience will help her in the bid

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for playing time. Among the key things she learned in her rookie season was that professional athletes must take a greater responsibility for their own well-being, including physically. Turner said that while collegiate volleyball trainers, for instance, are constantly within reach to lead athletes through their work, at the professional level players realize the work falls more on their own shoulders.

Again, that's fine with Turner.

"There is still a trainer, but you need to put into practice the things you're told. Nobody is holding your hand," she said. "I think I'm more at ease this year. I've played with the other girls now and I know what I can do. I know about the flaws and the speed of the game. I think that's all made me less anxious."

While some professional athletes' love of the game is tempered by contracts, looking over their shoulders, dealing with increased travel and living with pressure, Turner said she hasn't lost any of her passion for the sport. She accepts there is a fierce competition for jobs and subsequent pressure to perform.

"I love it that I can say I am a professional volleyball player," she said. "Volleyball is still a lot of fun for me. I know it's my job and my main source of income. But I don't feel like it's a job. It's still fun for me to say that volleyball is my job."

Rise head coach Cathy George isn't surprised that Turner talks about eventually working in the NBA or running her own business or doing whatever life has in store for her post-volleyball career. George also isn't surprised that Turner's favorite quote has to do with not being afraid of failure or new adventures.

"Camryn is not afraid of challenges, she's very even in her nature," George said. "She'll go out and give her best in doing anything that will help the team win. She'll always do that."

"She's the kind of person who will be successful in anything she does because that's just the type of person she is. She's very well-rounded."

Turner said that whenever she gets home for a break, her parents reinforce the idea that nothing approaches utilizing simple hard work in meeting challenges. It doesn't matter if it's the business world or on the volleyball court, Turner said the need to work and keep an open mind is paramount. She doesn't know what will happen after volleyball, but she'll be ready for the challenge.

"I don't know the end goal; I'm being drawn in different directions. It's a lot about trial and error," she said. "My mom always tells me there is time to think. You don't need to know everything now. Things will work out."

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*From Romania
to the Rise,
10-year veteran
Elizabet Inneh
has transformed
early promise into
a globe-spanning
volleyball career.*

Story by Alex Eisen
Photo by Nicolas Carrillo



INTERNATIONAL DELIGHT



Inneh played for six pro teams in five countries over the last decade before joining the Rise for the 2026 MLV season.

Photo by Nicolas Carrillo

Elizabeth Inneh was tired of trying new sports. Track felt too lonely, running endless circles alone. Basketball was too physical, and she didn't enjoy being pushed around. Dancing felt awkward because she was too tall to find a suitable partner.

At 10 years old, Inneh had little interest in starting over again. Volleyball was not something she had asked for, but it was the next option her mother, Lenke, put in front of her.

"If you don't go, then I'm not going to make your favorite cookies," Inneh recalled her mom saying. "I went. And then eventually I got really good. And I enjoyed being good, so I stayed."

One sweet bribe set Inneh on a path that would take her across the world. Born in Budapest, Hungary, and raised in Oradea, Romania, by her mother and grandparents, she quickly realized that volleyball was more than just a fun game. Practices filled her afternoons, schoolwork followed her everywhere, and free time became something she learned to manage rather than expect.

Being good at the sport also soon revealed something more: coaches saw potential worth investing in. By her mid-teens, volleyball was no longer just part of her life. It was shaping it.

At 16 years old, Inneh began her professional career with CSU Medicina Târgu Mureş in Romania, a decision that made her grow up fast — though she

was already busy stretching into her eventual 6-foot-3 frame. For three seasons, she balanced professional training with high school, carrying everything she needed for the day and finding quiet corners to finish her homework.

"I used to have all these huge backpacks," Inneh said. "I wouldn't have time to go home between practice and school, so I would stay in the library to finish my homework and then go to practice. I got home by 8 p.m. and stayed up late because I still had to study."

The long days were draining, but Inneh never doubted this new path she was on. Between schoolwork and volleyball, she was learning the value of discipline, focus, and routine.

"I was a kid, so it wasn't really tiring for me," she said. "I enjoyed it because I loved studying, I loved school, and I loved volleyball as well. It was just the daily routine, and I got used to it. I felt like if I didn't take the chance then to go pro, I wouldn't have it later. So, I went for it."

Inneh's first stop outside Romania brought her back to Hungary, where she joined Fatum Nyíregyháza for the remainder of the 2017-18 season. Over four seasons with the club, she grew into a dominant opposite hitter, learning not just to score but how to carry an offense.

During Inneh's tenure, Fatum Nyíregyháza won the league title in 2021, as well as three Hungarian Cups in 2018, 2019, and 2021.



Inneh has represented the Romanian Women's National Team in multiple international competitions, including the FIVB World Championships and CEV European Championships. Photo by CEV

Her performances earned her a place on the Romanian senior national team for the 2018 FIVB World Championship European Qualification and the 2019 CEV European Championship, building on experience she had gained previously representing Romania at youth-level European and World Championship qualifiers.

Then came her biggest move yet: South Korea. Playing for Gwangju Pepper Savings Bank AI PEPPERS in 2021-22 and Daejeon Korea Ginseng Corp in 2022-23 tested her physically, mentally, and emotionally.

"It was a really difficult experience for me," she said. "I had to deal with everything by myself. There was nobody I could really rely on. I loved every second of playing in Korea, but I learned so much. I kind of matured in my game and myself."

Despite her on-court success, Inneh faced one of her toughest challenges during her second season in South Korea. A severe ankle twist came a month before the season started, threatening to derail all she had worked for.

"It was a really bad injury, and they told me I might have to take two months off," she said. "I got back on the court a month later, on the first day of the season."

The setback was more than physical. It was the first time she truly felt the distance from her family. Being in a foreign country, navigating a new language, and facing uncertainty about her contract left her anxious, even with supportive teammates and coaches around

her. She had chosen to return for a second season because she believed she could achieve more than in her first, and the injury threatened to upend those plans.

"My focus was entirely on being healthy and helping my team as much as possible," Inneh said. "We began my ankle rehab immediately, and I approached it with complete seriousness and consistency. I just wanted to be there for my teammates."

Her determination paid off. Inneh returned for the season opener, playing in a grueling five-set match that her team ultimately won. That season, she became one of the league's most prolific scorers, surpassing 1,000 points scored (first player in the league's history since 2014) and recorded 56 points in a single match, one of the highest individual totals in volleyball history. She earned Best Opposite, Best Scorer, and Best Server honors, solidifying her place among the league's elite.

After her breakthrough in South Korea, Inneh brought her talents to Poland for the 2023-24 season, where her individual success translated seamlessly into team achievements. Playing for Grupa Azoty Chemik Police, she helped the team capture both the Polish League title and the Polish Supercup, earning recognition as the league's Best Foreigner.

Her time in Poland reinforced the importance of building team chemistry.

"Communication is crucial," Inneh said. "You don't have much time before the season starts, so

it's important to get to know the people around you quickly. You need to understand your teammates, your coaches, everyone, and figure out what they need."

Inneh leans on language to bridge gaps in new places. Fluent in four languages (English, Hungarian, Romanian, and Spanish) and now learning German, she makes an effort to connect wherever she goes.

"Even though I'm an introvert, I really like people and I try to see different cultures and experiences," she said. "Just seeing different lives and learning from them makes me a better person."

Inneh immersed herself in the contrasting cultures of Turkey and France for a season and a half before arriving in the United States to join the Rise. Each stop added another layer to a career defined by constant adjustment and curiosity.

That rhythm, however, has always come with distance. No matter the country, the hardest part has rarely been volleyball. It has been being far from the people who matter most. Inneh remains especially close with her mother, even when travel and visas make in-person visits very rare. Video and phone calls have become the norm.

"My mom is really hardworking, but also very kind," Inneh said. "She taught me you can be both. She inspires me."

Her husband, former professional basketball player Andrei Pascu, understands the demands of a life spent in gyms and airports. Raised around the game himself,

he knows when to offer advice and when to simply listen, a balance that Inneh values deeply. Their time together is often limited by schedules and geography, but the support remains steady, no matter the distance.

"He's really patient with me," Inneh said. "Sometimes I just need him to listen, and he does."

Those relationships have helped Inneh navigate the mental side of a career that rarely slows down. Confidence, she says, comes from preparation and consistency rather than surroundings.

That mindset carried her to Major League Volleyball and the Rise, a move Inneh saw as both a new challenge and an opportunity to learn from a different volleyball culture. She had followed the league's growth from afar and saw an opportunity to test herself alongside a mix of emerging and established players.

"I came here to do my best and help the team," she said. "That's always the goal. Obviously, I hope I can help to win the championship."

After years of crossing borders and adapting to new systems, Inneh is still chasing improvement more than comfort. The sport that began with a simple incentive has taken her further than she ever imagined. The cookies were temporary. The dedication, the adventurous spirit, and the commitment to growth have stayed.

"I will not stop until I find a way to fix something or find a solution," Inneh said. "I'm trying to do my best in whatever I do."



Off the court, Inneh enjoys reading, bicycle rides, hiking with her husband, and exploring new cafes and restaurants.

Photo by Michał Szymański

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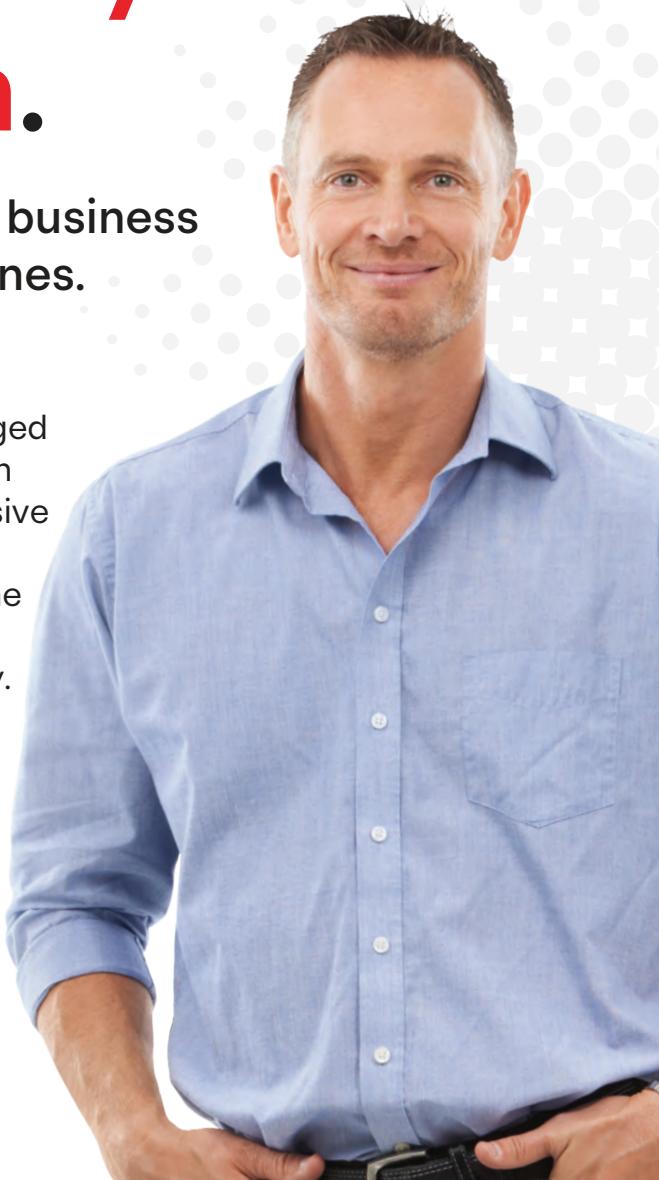
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Volleyball 101



By any measure, volleyball is one of the world's top sports. From growing TV viewing figures and record-breaking attendance to larger social media followings, and from the burgeoning number of collegiate and pro athletes to an unprecedented increase in recreational players, volleyball continues to grow at a pace that is unmatched in sports.

Volleyball is action-packed and thrilling in its display of agility and fitness. Armed with a basic understanding of the team structure and tactics, spectators can better appreciate the grace, skill and talent that make the sport so exhilarating to watch.

Here are some basics.

TEAM COMPOSITION

Volleyball is a sport that pits two competing teams on a playing court divided by a net. Each team consists of six players on the court – typically, three front-row players and three back-row players. The starting lineup, which guides the rotational order of the players on the court, is presented by the team's coach to the referees before the start of every set.

Players must rotate positions in a clockwise direction after their team wins the right to serve. The rotation ensures that each player has the opportunity to occupy different positions on the court. Front-row players occupy position No. 4 (front-left), No. 3 (front-center) and No. 2 (front-right). Back-row players fill position No. 5 (back-left), No. 6 (back-center) and No. 1 (back-right).

At the moment the ball is hit by the server, the receiving team must be positioned within its own court in the proper rotational order. Once the ball is hit, the players may move around and occupy any position on their side of the court. A team commits a rotational fault or loss of the point if any player is not in the correct position when the serve is executed.

SCORING SYSTEM

Each volleyball game is called a match. Points are scored when the ball lands within the boundaries of the opposing team's court. A point is also awarded if the opposing team commits a fault, such as a ball landing out of bounds or a net violation. The first team to reach 25 points with a lead of at least two points wins a set. Matches are best-of-five sets. In the case of a match tied 2-2 sets, the deciding fifth set is played to 15 points with a minimum lead of 2 points.

SUBSTITUTION

For the match, a team's active roster must consist of a minimum of 12 players and no more than 16 players. The order of the starting lineup must be maintained throughout the set. Players who are not in the starting line-up are the substitutes for that set, except for the libero, who can be substituted at any time.

A player in the starting lineup may leave the game but will be allowed to re-enter only once in a set, and only to their previous position in the lineup. Conversely, a substitute player may enter the game in place of a player in the starting lineup, but only one entry per set.

Each team has the right to designate from the list of players on the score sheet up to two defensive specialists known as liberos. Only one libero may be on the court at any time and must wear a different colored jersey. The libero is allowed to replace any player in the back row and is not allowed to attack the ball anytime it is above the net. The libero may not serve, block, or attempt to block.

COIN TOSS

A coin toss determines the first service and the sides of the court in the first set – and in a deciding set, if one is to be played. The winner of the toss chooses either the right to serve or receive the service, or which side of the court to play on. The loser takes the remaining choice. For sets two through four, the team that did not serve first in the previous set serves first, and it alternates again for the next set.

ORDER OF SERVICE

Rotational order is determined by the team's starting lineup and is controlled with the service order throughout the set. When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position No. 2 rotates to position No. 1 to serve, the player in position No. 1 rotates to position No. 6, etc.

When the serving team wins the rally, the player or her substitute who served before serves again. When the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front-right position to the back-right position serves.

The ball must be hit with one hand or any part of the arm after being tossed or released from the hand or hands. Only one toss or release of the ball is allowed. At the moment of the service hit or take-off or a jump service, the server must not touch the court – end line included – or the ground outside the service zone.

Service faults include: the ball touches a player of the serving team; the ball fails to cross the vertical plane of the net between the antennae; or the serve lands "out."

STATES OF PLAY

Play begins with a serve when the player in the No. 1 position makes contact with the ball (underhand or overhand) from behind the end line. The served ball must pass over the net and land in the opposing team's side of the court.

The ball is in play from the moment of the hit of the service authorized by the first referee.

The ball is "in" when it touches the floor or the playing court — boundary lines are considered part of the playing court. The ball is "out" when the ball touches the floor or completely outside the boundary lines; the ball touches the antenna, ropes, posts, or the net itself outside the side bands; the ball crosses the vertical plane of the net either partially or totally outside the crossing space; the ball crosses the lower space under the net; or the ball touches an object outside the court, the ceiling or a person out of play.

Each team attempts to play the ball within its own playing area space. The team is entitled to a maximum

of three hits to return the ball. No player can hit the ball two times in a row. When two (or three) teammates touch the ball simultaneously, it is counted as two (or three) hits (with the exception of blocking). If multiple players reach for the ball, but only one of them touch it, one hit is counted.

Hits include intentional and unintentional contacts with the ball — a deflection off a block is not counted as a team hit. The ball must be hit, not caught or thrown. The ball may touch any part of the body, or various parts of the body provided that the contacts take place simultaneously. There is an exception in blocking.

POSITIONS

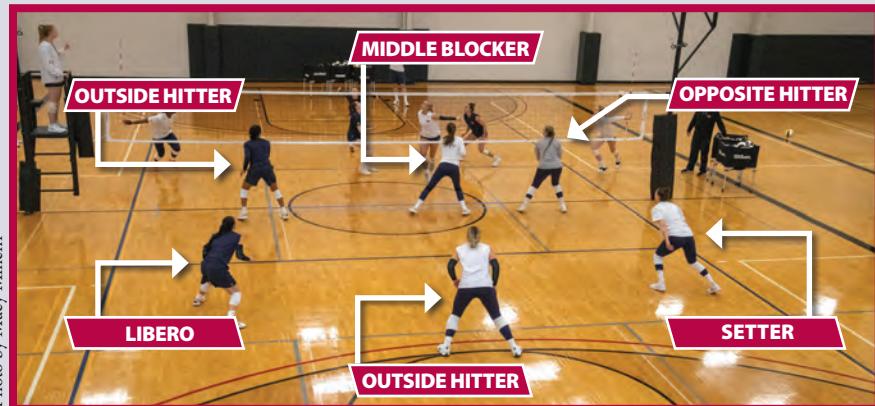


Photo by Macy Mineni

SETTER: Similar to the quarterback in football, the setter is the main contributor to direct and execute the offense. The position requires a delicate touch to set the ball in rhythm for one of the attacking players. Communication is essential because the setter needs to make sure the rest of the team is on the same page.

OUTSIDE HITTER: Playing in the left-front position, the outside hitter is the lead attacker in the offensive strategy but must also be able to defend. To be successful as an outside hitter, one must be able to serve-receive. As an attacker they look to score in a variety of ways. It is helpful to jump high, be quick on their feet, have great court vision and be ready to adapt to different situations.

MIDDLE BLOCKER: Sometimes known as the middle hitter, this player is used to defend the opponent's attack at the net and to channel balls to her team's defenders. As the first line of defense, the middle blocker must read the other team's attackers to quickly jump and press her arms across the net to limit the court space for

and to capitalize on quick points throughout the match.

OPPOSITE HITTER: In professional volleyball overseas this player is used as the top point scorer. In this right-front position, a player must strike a perfect balance of both offense and defense by being able to hit and defend, providing many opportunities to score points. Like the outside hitter, this player will get many opportunities to hit the ball.

DEFENSIVE SPECIALIST: Players who excel in ball control and passing will typically be found in this important position. A defensive specialist is unique in her ability to substitute out any player on the court.

LIBERO: Distinguished on the court by her different color jersey, the libero does not count against the team's substitutions. Liberos are defensive and serve-receive specialists who are typically fast and are able to change direction quickly. A libero is confined to the back row and is not permitted to attack the ball from above the height of the net.

provided that the contacts occur during one action. If a blocker deflected an attack into the air, she may then hit the ball again.

When the ball goes out, it is the fault of the team which hit it. While crossing the net, the ball may touch it. A ball driven into the net may be recovered within the limits of the three team hits.

BLOCKING

Blocking occurs when a player or players at the net attempt to prevent an opponent's attack hit from making it past the front line of defense and into a team's playing area. Only front-row players are permitted to complete a block. In blocking, the player may place their hands and arms beyond the net provided that this does not interfere with the opponent's play. A player is not permitted to touch the ball beyond the net until an opponent has executed its attack hit.

A block is not counted as a team hit. After a block, a team is entitled to three hits to return the ball. The first hit after the block may be executed by any player, including the one who executed the block.

Contact with the net between the antenna during the act of playing the ball is a fault. When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

COACHING

During a match, the coach requests timeouts and substitutions. He or she may give instructions to the players on the court while standing or walking within the free zone in front of his or her team's bench, as long as he or she doesn't disturb or delay the match. The assistant coaches sit on the team bench but cannot intervene in the match.

MLV coaches are given one challenge per set. Video reviews can be conducted for block touches, back-row attacks, and serving faults. Balls in or out of play are automatically reviewed. A team retains its challenge if the challenge is successful.

VOLLEYBALL TERMS

ACE: A serve that is not passable and results immediately in a point.

ANTENNA: The vertical rods mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not in play.

APPROACH: A fast stride toward the net by a spiker before jumping in the air.

ATTACK: The offensive action of hitting the ball in an attempt to terminate the play by hitting the ball to the floor o the opponent's side.

ATTACK BLOCK: An aggressive attempt to block a spiked ball before it crosses the net.

ATTACKER: Also known as the hitter or spiker, it is a player who attempt to hit the ball offensively with the purpose of terminating play in her team's favor.

BASE: Defensive positions that the players on the team always return to.

BLOCK: A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court.

DECoy: An offensive play meant to disguise the spiker who will receive the set.

DIG: A defensive play that describes the art of defending an attack and keeping it off the floor.

DUMP: An attack, typically performed by the setter, that sends the over ball over on the second contact to an open area of the court.

FREE BALL: A ball that is returned by a pass rather than a spike. This is usually called aloud by the defense to instruct players to move into easy ball coverage.

HIT: To jump and strike the ball with an overhand, forceful shot.

JOUST: When opposing players play the ball simultaneously.

JUMP SERVE: Occurs when the server tosses the ball into the air and jumps into the serve, hitting the ball during its downward motion.

KILL: A hit that results in an immediate point or side-out.

MATCH: A volleyball contest, consisting of individual sets.

PANCAKE: A move in which a player dives in an attempt to save the ball with an open hand on the floor.

PASS OR SERVE

RECEIVE: A way to deliver the ball to a teammate by joining the forearms and striking the ball in an underhand motion.

RALLY: The action that occurs when the volleyball goes back and forth on both sides of the net.

RED CARD: A severe penalty that results in the disqualification of a player, the loss of the serve, or the loss of a point. A red card may be given with or without a prior yellow card as a warning.

SERVE: The way to start each point. A player makes contact with the ball (underhand or overhand) from behind the end line.

SET: The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court. Also the word for a volleyball game.

SETTER: The person who delivers the ball to the hitters (typically the second ball).

SIDE-OUT: Occurs when the receiving team successfully wins a rally or when the serving team commits an unforced error and the receiving team gains the right to serve.

SPike: A ball contacted with force by a player on the offensive team designed to terminate the ball on the opponent's floor or off the opponent's blocker.

SUBSTITUTION: When one player replaces another player on the court. There are limits and restrictions to allowable substitutions. Major League Volleyball uses eight substitutions. In collegiate volleyball the number is 15.

TIP: A legal push of the ball past, over, or around blockers.

YELLOW CARD: A warning from an official indicated by the display of a yellow card. Any player or coach who receives two yellow cards is disqualified. A single yellow card does not result in the loss of a point or serve.



Kids Page

A TRUE MELTING POT

Some sports – such as ice hockey, jai alai, cross-country skiing, or surfing – tend to feature athletes who come from states or countries with certain climates or cultures. Volleyball, on the other hand, is truly a global game, attracting players from all locations.

Entering just their third season, the Rise have already rostered players from 22 states, five foreign countries, and one U.S. territory. Identify each place by unscrambling the letters below. GOOD LUCK!



1. AUCBMOI	_____	15. RTONH NRAOACIL	_____
2. AWIHIA	_____	16. ADIIANN	_____
3. MSUSIROI	_____	17. AGIRVIIN	_____
4. OAODLRCO	_____	18. GLAAIUBR	_____
5. LNARCFIAOI	_____	19. ERGOON	_____
6. AEVDNA	_____	20. TMONEIASN	_____
7. NLILISIO	_____	21. IAROZNA	_____
8. TEOURP RCOI	_____	22. NPAIS	_____
9. WNOIYGM	_____	23. ANSKSA	_____
10. IWAO	_____	24. THUA	_____
11. NIICWSSON	_____	25. HSUTO CIONAARL	_____
12. IAIGHMCN	_____	26. HI00	_____
13. IMRANAO	_____	27. MADRNLYA	_____
14. EWN OYKR	_____		

1. Columbia	7. Hawaii	13. Romania	19. Ireland	25. South Carolina	31. Nevada
2. Missouri	8. Puerto Rico	14. New York	20. Minnesota	26. Ohio	32. California
3. Hawaii	9. Wyoming	15. North Carolina	21. Arizona	27. Maryland	33. Michigan
4. Colorado	10. Iowa	16. Indiana	22. Spain	28. Virginia	34. Wisconsin
5. California	11. Wisconsin	17. Michigan	23. Kansas	29. Utah	35. Michigan
6. Nevada	12. Minnesota	18. Bulgaria	24. Utah	30. Missouri	36. Michigan
7. Michigan	13. Missouri	19. Ireland	25. Maryland	31. Hawaii	37. Michigan
8. Missouri	14. New York	20. Minnesota	26. Ohio	32. California	38. Michigan
9. Wyoming	15. North Carolina	21. Arizona	27. Maryland	33. Hawaii	39. Michigan
10. Iowa	16. Indiana	22. Spain	28. Virginia	34. Colorado	40. Michigan
11. Wisconsin	17. Michigan	23. Kansas	29. Utah	35. California	41. Michigan
12. Minnesota	18. Bulgaria	24. Utah	30. Missouri	36. Michigan	42. Michigan
13. Romania	19. Ireland	25. Maryland	31. Hawaii	37. Michigan	43. Michigan
14. New York	20. Minnesota	26. Ohio	32. California	38. Michigan	44. Michigan
15. North Carolina	21. Arizona	27. Maryland	33. Hawaii	39. Wyoming	45. Michigan
16. Indiana	22. Spain	28. Virginia	34. Colorado	40. Michigan	46. Michigan
17. Michigan	23. Kansas	29. Utah	35. California	41. Hawaii	47. Michigan
18. Bulgaria	24. Utah	30. Missouri	36. Michigan	42. California	48. Michigan
19. Ireland	25. Maryland	31. Hawaii	37. Michigan	43. Colorado	49. Michigan
20. Minnesota	26. Ohio	32. California	38. Michigan	44. Hawaii	50. Michigan
21. Arizona	27. Maryland	33. Hawaii	39. Wyoming	45. Colorado	51. Michigan
22. Spain	28. Virginia	34. Colorado	40. Michigan	46. Hawaii	52. Michigan
23. Kansas	29. Utah	35. California	41. Hawaii	47. Colorado	53. Michigan
24. Utah	30. Missouri	36. Michigan	42. California	48. Colorado	54. Michigan
25. Maryland	31. Hawaii	37. Michigan	43. Colorado	49. Hawaii	55. Michigan
26. Ohio	32. California	38. Michigan	44. Hawaii	50. Colorado	56. Michigan
27. Maryland	33. Hawaii	39. Wyoming	45. Colorado	46. Hawaii	57. Michigan





The Rise welcomed more than 1,300 middle school girls to Van Andel Arena on Dec. 15 for their second annual Game Changers empowerment event presented by LMCU. The free, two-hour session featured Rise players and head coach Cathy George providing inspiration and advice on topics such as social media and mental health, overcoming perfectionism, building self-confidence, and embracing individuality.

Photo by Nicolas Carrillo



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