



KNIGHTS

VOLLEYBALL



2023 Schedule / Results

August		
25	vs Navy#	W, 3-1
26	vs Syracuse#	W, 3-0
27	at UAlbany#	W, 3-0

31 vs FIU^ 12:00 PM

September

1	vs Mississippi St.^	7:00 PM
2	vs Wake Forest^	7:30 PM
3	vs Alabama St.^	3:30 PM
7	vs Florida St.®	7:00 PM
9	vs North Texas®	1:00 PM
14	at Purdue%	7:00 PM
15	vs Illinois%	4:00 PM
21	at Cincinnati%	6:00 PM
22	at Cincinnati%	6:00 PM
28	vs Oklahoma*	7:00 PM
29	vs Oklahoma*	7:00 PM

October

4	at Texas Tech*	7:00 PM
11	vs West Virginia*	7:00 PM
14	vs Kansas State*	7:00 PM
21	at Baylor*	3:00 PM
22	at Baylor*	1:00 PM
26	vs TCU*	7:00 PM
27	vs TCU*	7:00 PM

November

3	at Houston*	8:00 PM
4	at Houston*	4:00 PM
9	vs BYU*	7:00 PM
10	vs BYU*	7:00 PM
18	vs Texas*	2:00 PM
22	at Iowa State*	7:30 PM
25	at Kansas*	2:00 PM

- UAlbany Volleyball Classic
 ^ - UCF Challenge
 ® - UCF Invitational
 % - Boilermaker Challenge
 * - Big 12 Conference Game

Bold denotes match played at The Venue

UCF KNIGHTS PLEASE


Please only refer to the **University of Central Florida** by its full name or by **UCF** (*NOT Central Florida*). Also, the team moniker is the **Knights** (*NOT Golden Knights or Lady Knights*).

Athletic Communications

Jenna VanHoose

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Aug. 31- Sept. 3 UCF Challenge



UCF KNIGHTS
 2023 record: 3-0
 Conference: Big 12
 Head Coach: Jenny Maurer



FIU
 2023 record: 1-2
 Conference: C USA
 Head Coach: Cristina Robertson



Mississippi State
 2023 record: 3-0
 Conference: SEC
 Head Coach: Julie Darty Dennis



Wake Forest
 2023 record: 3-0
 Conference: ACC
 Head Coach: Randi Smart



Alabama State
 2023 record: 0-3
 Conference: SWAC
 Head Coach: Penny Lucas-White

KNIGHT NOTES

The Matchup

UCF hosts FIU, Mississippi State, Wake Forest and Alabama State in the UCF Challenge from August 31 through September 3.

The Knights boast a 32-21 record over FIU with the last matchup (3-0 sweep) during the 2018 season.

It's been a while since the Black and Gold have faced Mississippi State (1988) and Wake Forest (1984).

UCF will be back on the court against Alabama State for the first time since 2018 when the Hornets traveled to Orlando for the VolleyKnights Invitational.

3-0 Start

The Black and Gold started the season off on a high note at the UAlbany Volleyball Classic with a 3-0 record.

Three Knights were named to the All-Tournament Team: Abby Hansen (MVP), Abby Schomers and Avah Armour.

In the season opener, Emily Wilson and Armour each recorded a double-double.

Armour in her collegiate debut collected a double-double with 10 kills and 11 digs.

Wilson recorded a team-high 11 kills while adding 12 digs and one block.

UCF boasted a .473 attacking percentage against Syracuse marking it the 11th ranked in program history just behind a .485 against FAU during the 2021 season.

Heidi Bonde was spectacular offensively against UAlbany notching a match-high 14 kills and just two errors to fire at a .522 clip.

The Jenny Maurer Era

Jenny Maurer was named head coach of UCF volleyball in May 2023.

She is no stranger to UCF as she has been a member of the coaching staff since 2016.

Her resume includes nine years as a Division I head coach --Lehigh (4) and Bradley (5).

Two-time DIII National Champion (1995

and 1996) as a player at Washington University in St. Louis.

Rounding Out The Staff

- Maurer added two associate head coaches to her staff.
- Jason Tanaka, 25-year collegiate coaching veteran with Big 12 experience (Baylor, TCU).
- Michaela Franklin, former Big 12 volleyball champion (Kansas State) and nationally recognized recruiter.
- Erin Olson stays on the staff as the Director of Operations.

Calling All Newbies

- The Knights have added a total of seven newcomers to the roster.
- Four of those are freshmen and the other three are transfers.
- The freshmen include Avah Armour, Annika Sokol, Sasha Cohen and Doga Ocal.
- Three out of the four freshman are from Colorado and Ocal is from Turkey.
- The transfer trio includes Lauren Clark (FGCU/ Penn State), Britt Carlson (Washington State) and Megan Holland (South Carolina).

Bringing 'Em Back

- The Knights return eight from the previous season.
- Key returners for UCF include Abby Hansen, Claudia Dillon, Chloe Scheer, Emily Wilson and Heidi Bonde who all saw playing time last year.

Five Peat AAC Champions

- UCF volleyball ends an era in the American with five consecutive championships.
- The Knights started their inaugural season in the American in 2013 and ended in 2023 accounting for 11 overall championship titles.



New Kids On The Block

- UCF officially joined the Big 12 Conference on July 1, 2023.
- The Knights enter the Power 5 as the youngest school, having been founded in 1963 to supply NASA with engineers.
- UCF joins the conference with Cincinnati, Houston and BYU to push the conference to 13 volleyball programs.
- The Black and Gold are 38-36 against current Big 12 schools.
- The Knights were ranked No. 9 in the Big 12 preseason poll.
- In the AVCA poll the Knights are one of seven Big 12 schools that were ranked or receiving votes.

2022 Season Recap

- The Knights were once again among the best in the nation in 2022, finishing the season with a 28-2 overall record, going 19-1 in conference play
- UCF made it to the second round of the NCAA tournament for the third time under former head coach Todd Dagenais after defeating Yale 3-0 in UCF's first sweep in NCAA Tournament play.
- The 2022 squad was led by McKenna Melville, Abby Hansen, Amber Olson and Claudia Dillon.
- Each received the honor of being named First Team All-Conference for their efforts throughout the 2022 season.
- The award marked Melville's fifth consecutive and third for Player of the Year.
- Olson was also tabbed Setter of the Year for the second year in a row.
- Kari Zumach earned Second Team All-Conference for her offensive efforts.

Knights In The Rankings

- UCF finished the season ranked in four categories in the top 10 of the NCAA.
- 2nd in assists per game with 13.70
- 3rd in hitting percentage with .315
- 4th in win-loss percentage with .933
- 5th in kills per set with 14.65

Home Court Advantage

- The Knights boasted a 13-0 record at home in 2022.
- UCF has only lost four games at home in the past three seasons.
- In 2022, the Black and Gold won the AAC Championship at home in a five-set thriller against Houston for a share of the championship title.
- With the move into the Big 12, season tickets have been selling like crazy.
- The Knights have sold a record number of season tickets



Big 12 Standings

Team	Conf.	Pct.	Overall	Pct.
Texas Tech	0-0	.000	4-0	1.000
BYU	0-0	.000	3-0	1.000
Houston	0-0	.000	3-0	1.000
Kansas State	0-0	.000	3-0	1.000
Oklahoma	0-0	.000	3-0	1.000
UCF	0-0	.000	3-0	1.000
Iowa State	0-0	.000	2-0	1.000
Kansas	0-0	.000	2-0	1.000
Cincinnati	0-0	.000	2-1	.667
West Virginia	0-0	.000	2-1	.667
Texas	0-0	.000	1-1	.500
Baylor	0-0	.000	0-2	.000
TCU	0-0	.000	0-2	.000

ALL-TIME RECORD vs BIG 12

Opponent	UCF Record	Last
Cincinnati	16-8	W, 3-0 ('22)
Houston	14-14	W, 3-2 ('22)
BYU	0-2	L, 0-3 ('06)
Baylor	0-3	L, 1-3 ('10)
Iowa State	1-0	W, 3-2 ('19)
Kansas	2-2	W, 3-0 ('22)
Kansas State	1-2	W, 3-2 ('22)
Oklahoma	3-0	W, 3-0 ('81)
Texas	0-3	L, 0-3 ('14)
Texas Tech	1-1	W, 3-0 ('81)
TCU	0-0	
West Virginia	0-1	L, 3-0 ('88)

STAY SOCIAL

Official UCF Knights Website	UCFKnights.com
Official UCF Knights Volleyball Twitter	@UCF_Volleyball
Official UCF Knights Volleyball Facebook	/UCF.Volleyball
Official UCF Knights Volleyball Instagram	@UCF.Volleyball

UCF VOLLEYBALL ROSTER

No.	Name	Pos.	Ht.	Cl.	Hometown / High School / Previous School
1	Abby Schomers	S	6-0	RS-Fr.	Omaha, Neb. / Skutt Catholic HS
2	Chloe Scheer	L/DS	5-8	Sr.	Murrieta, Calif. / Vista Murrieta HS
3	Sasha Cohen	MB	6-2	Fr.	Lakewood, Colo. / Valor Christian HS
4	Megan Holland	MB	6-4	So.	Nazareth, Penn. / Nazareth Area HS (South Carolina)
5	Doga Ocal	OH	6'2	Fr.	Antalya, Turkey / Anatolian HS
7	Annika Sokol	S/DS	5-10	Fr.	Roxborough Park, Colo. / Heritage HS
9	Abby Hansen	MB	6-5	Gr.	Phoenix, Ariz. / Desert Vista HS (Oregon)
10	Avah Armour	OH	6-5	Fr.	Manitou Springs, Colo. / Rampart HS
11	Katelyn Grimes	L/DS	5-6	Jr.	Lebanon, Ohio / Cincinnati Hills Christian Acad.
12	Heidi Bonde	OH	6-4	Jr.	Minooka, Ill. / Minooka Community HS
13	Lauren Clark	OH	6-0	Gr.	Champlin, Minn. / Champlin Park HS (FGCU)
15	Claudia Dillon	MB	6-2	Gr.	Evergreen, Colo. / Evergreen HS (Missouri)
18	Renee Ralls	S	5-11	So.	Orlando, Fla. / Lake Highland Prep
23	Britt Carlson	OH	6-4	RS-Fr.	Woodbury, Minn. / East Ridge HS (Washington State)
26	Emily Wilson	OH	6-3	So.	Estero, Fla. / Joliet Catholic Acad. (San Diego)

PRONUNCIATIONS

Abby Schomers - Show-mers

Annika Sokol - Ahn-i-kuh So-coal

Doga Ocal - Doe-uh Oh-jhal

Heidi Bonde - Bon-day

COACHING STAFF

Head Coach - Jenny Maurer (1st season HC, 7th at UCF, Washington St. Louis '99)

Associate Head Coach - Jason Tanaka (1st season, Arizona '97)

Associate Head Coach - Michaela Franklin (1st season, Kansas State, 06)

Director of Operations - Erin Olson (2nd season, UCF, '20)

By Eligibility

Freshmen

Avah Armour
Sasha Cohen
Annika Sokol
Doga Ocal
Britt Carlson*
Abby Schomers*

Sophomores

Megan Holland
Renee Ralls

Juniors

Katelyn Grimes
Heidi Bonde
Emily Wilson

Seniors

Chloe Scheer

Graduate Students

Claudia Dillon
Abby Hansen
Lauren Clark

* Redshirt

By State/Country

Arizona

Abby Hansen

Florida

Renee Ralls
Emily Wilson

Nebraska

Abby Schomers

Turkey

Doga Ocal

California

Chloe Sheer

Illinois

Heidi Bonde

Ohio

Katelyn Grimes

Colorado

Avah Armour
Sasha Cohen
Claudia Dillon
Annika Sokol

Minnesota

Lauren Clark
Britt Carlson

Pennsylvania

Megan Holland

AVCA POLL

RK	TEAM	RECORD	PREV. SEASON AWARDS
1	Wisconsin	2-0	2
2	Stanford	2-0	3
3	Louisville	3-0	4
4	Nebraska	3-0	T5
5	Minnesota	2-0	7
6	Oregon	3-0	9
7	Texas	1-1	1
8	Florida	2-0	11
9	BYU	3-0	17
10	Pittsburgh	2-1	T5
11	Georgia Tech	2-0	20
12	Ohio State	3-0	14
13	Houston	3-0	19
14	Penn State	0-2	8
15	Kentucky	1-1	10
16	Baylor	0-2	15
17	Washington St.	2-1	21
18	Rice	2-0	22
19	Marquette	2-1	13
20	Creighton	2-1	18
21	Arkansas	2-0	25
22	Western KY	2-1	24
23	Kansas	2-0	NR
24	Tennessee	3-0	NR
25	Purdue	1-2	16

Preseason:
All-Big 12 Preseason Team
 • Abby Hansen

Big 12 Weekly Honors:
Offensive Player of the Week

Defensive Player of the Week

Rookie of the Week

Others receiving votes:

Hawaii, Colorado State, San Diego, Auburn, Florida State, Miami (FL), Dayton, **UCF**, Long Beach State, Iowa State, Loyola (Ill.), Loyola Marymount, LSU, Southern California, Washington, Duke

DOUBLE-DOUBLES

2023 Season

Emily Wilson (1 season)
 • vs Navy, 08/25/23 (11 kills, 12 digs)

Avah Armour (1 season)
 • vs Navy, 08/25/23 (10 kills, 11 digs)

UCF NATIONALLY RANKED (TOP 100)

TEAM RANKINGS (last season):

- 1st: 1.000 WL %
- 15th: 0.089 opp. hitting %
- 19th: 2.60 aces per set
- 23rd: 26 team service aces
- 75th: 13.40 kills per set

INDIVIDUAL RANKINGS:

Claudia Dillon:
 • 27th: 8 service aces
 • 31st: 0.486 hitting %

Abby Schomers:
 • 39th: 10.50 assists per set
 • 46th: 105 total assists

Heidi Bonde:
 • 63rd: 0.435 hitting%

Katelyn Grimes:
 • 63rd: 0.435 hitting%

2023 INDIVIDUAL MATCH-BY- MATCH LEADERS

Opponent	Kills	Attacks	Aces	Assists	Digs	Blocks
vs. Navy	Wilson (11)	Wilson (38)	Dillon&Grimes (3)	Schomers (38)	Scheer (14)	Hansen (3)
vs. Syracuse	Hansen (11)	Wislon (17)	Dillon (4)	Schomers (30)	Armour (9)	Schomers&Hansen(3)
at UAlbany	Bonde (14)	Bonde (23)	Wilson&Scheer(2)	Schomers (37)	Scheer (9)	Hansen&Armour(3)
FIU						
Mississippi St.						
Wake Forest						
Alabama State						
Florida State						
North Texas						
Purdue						
Illinois						
at Cincinnati*						
at Cincinnati*						
Oklahoma*						
Oklahoma*						
at Texas Tech*						
West Virginia*						
Kansas State*						
at Baylor*						
at Baylor*						
TCU*						
TCU*						
at Houston*						
at Houston*						
BYU*						
BYU*						
Texas*						
at Iowa State*						
at Kansas*						

2023 MATCH-BY-MATCH STARTERS

Opponent	OH	OH	MB	MB	OH/DS	S	L
vs. Navy	Armour	Clark	Dillon	Hansen	Wilson	Schomers	Scheer
vs. Syracuse	Armour	Wilson	Dillon	Hansen	Grimes	Schomers	Scheer
at UAlbany	Armour	Wilson	Dillon	Hansen	Grimes	Schomers	Scheer
FIU							
Mississippi St.							
Wake Forest							
Alabama State							
Florida State							
North Texas							
Purdue							
Illinois							
at Cincinnati*							
at Cincinnati*							
Oklahoma*							
Oklahoma*							
at Texas Tech*							
West Virginia*							
Kansas State*							
at Baylor*							
at Baylor*							
TCU*							
TCU*							
at Houston*							
at Houston*							
BYU*							
BYU*							
Texas*							
at Iowa State*							
at Kansas*							

KNUGGETS OF INFORMATION

THE LAST TIME

TEAM

Home Win	vs. Houston 11/25/22 (20-25, 25-20, 25-21, 19-25, 15-12)
Home Loss	vs. Houston, 10/8/21 (25-18, 23-25, 20-25, 25-22, 12-15)
Away Win	at UAlbany, 8/27/23 (25-14, 25-15, 25-17)
Away Loss	at Penn State, 12/3/22 (25-19, 18-25, 22-25, 21-25)
Neutral Win	vs. Syracuse, 8/26/23 (25-8, 25-9, 25-14)
Neutral Loss	vs. High Point, 4/14/21 (25-22, 19-25, 21-25, 25-23, 11-15)
Big 12 Win	-
Big 12 Loss	-
Won 3-0 at home	vs. Cincinnati 11/13/22 (25-18, 25-10, 25-19)
Lost 0-3 at home	vs. Penn State, 8/28/21 (25-27, 21-25, 19-25)
Won 3-0 on the road	at UAlbany, 8/27/23 (25-14, 25-15, 25-17)
Lost 0-3 on the road.....	at South Carolina, 9/2/21 (18-25, 14-25, 26-28)

INDIVIDUAL MATCH

Had 30 or more kills	30 - McKenna Melville vs Georgia (9/11/21)
Had 10 or more blocks	14 - Nerissa Moravec vs Houston (11/26/21)
Had 8 or more aces	8 - Tali Marmen vs East Carolina (3/5/21)
Had 25 or more digs	28 - McKenna Melville vs Florida State (9/10/21)
Had 50 or more assists	60 - Amber Olson vs Houston (11/25/22)

INDIVIDUAL SEASON

Had over 500 kills	617 - McKenna Melville (2021)
Had over 1,000 assists	1,243 - Amber Olson (2021)
Had over 50 aces	63 - Lisa Liljenquist (1997)
Had over 500 digs	597 - Jordan Pingel (2018)
Had over 50 block solos	67 - Tyra Harper (1994)
Had over 150 block assists	154 - Anne-Marie Watson (2019)
Had over 150 total blocks	161 - Anne-Marie Watson/ 151 - Nerissa Moravec (2019)
Had 15 or more double doubles	17 - McKenna Melville (2021)

INDIVIDUAL CAREER

Had 2,000 kills	2,563 - McKenna Melville (2018-22)
Had 5,000 assists	5,923 - Emily Queisser (1992-95)
Had 200 aces	201 - Emily Queisser (1992-95)
Had 2,000 digs	2,262 - Jordan Pingel (2015-18)
Had 100 block solos	156 - Tyra Harper (1994-97)
Had 500 block assists	542 - Anne-Marie Watson (2017-21)
Had 600 total blocks	631 - Tyra Harper (1994-97)
Had over 50 double doubles	83 - McKenna Melville (2018-22)
Had 1,000 kills and 1,000 digs	McKenna Melville (2018-22)
Had 2,000 kills and 1,000 digs	McKenna Melville (2018-22)

OVERALL SEASON

Had 25 or more wins	2022
Had a 15-game win streak	2022
Had over .800 winning percentage	2022
Undefeated at home	2022

CONFERENCE SEASON

Had 15 or more wins	2022
Went undefeated	2020 (2018)
Won conference title	2022 (2021 ,2020, 2019, 2018, 2014)

POST-SEASON

Made NCAA Appearance	2022 ('21, '20, '19, '18, '14, '03, '02, '01, 1997, '96, '95, '94)
Made NCAA Second Round	2022 ('21, '19, '03, 1997)
Made NIVC	2017 (second round)

Jenny Maurer

Head Coach - 1st as HC / 7th Season with the Knights



Jenny Maurer, a key cog for the UCF volleyball program that has won the last five American Athletic Conference titles (regular season or tournament or both) and competed in the NCAA Championship each of those years, was named the Knights' head coach on May 18, 2023.

Maurer was the UCF associate head coach and recruiting coordinator for seven years after joining the Knights' staff in January 2016—and her resume features nine years as an NCAA Division I head coach and 16 total years as a head coach. Her role at UCF has included overseeing recruiting efforts, serving as offensive coordinator and training the setters.

In seven seasons in Orlando, Maurer has helped the UCF attack maintain a season hitting percentage over .250. The Knights posted five 20-win seasons, including a trip to the 2017 National Invitational Volleyball Championship, and the 2018, 2019, 2020, 2021 and 2022 NCAA tournaments with two second round appearances. Maurer has mentored AVCA All-American McKenna Melville and AVCA All-Region selections Kia Bright, Jale Hervey, and Anne-Mare Watson during her time in Orlando. She also helped guide Amber Olson to UCF's first AAC Setter of the Year honor.



Maurer's commitment to academics is exhibited by the volleyball team's combined 3.64 grade-point average in the 2022 fall semester—best by any UCF team—followed by a 3.653 in the 2023 spring semester. Over the course of her seven seasons with the Knights, the volleyball program has achieved a combined 3.621 GPA (paced by a 3.7 in 2021-22) and twice had the top team GPA.

Maurer joined the Knights after spending five seasons as the head volleyball coach at Bradley University, from 2011-2015. In her first three seasons at Bradley, she led the Braves to 34 wins, the program's most victories in a three-year stretch since the 2005 season. In 2012, Maurer led Bradley to the first 5-0 start in program history, and in 2013, the Braves advanced to the Missouri Valley Tournament for the first time since 2005.

Prior to her stint in Peoria, she served as the head coach at Lehigh University (Bethlehem, Pennsylvania). During her four years with the Mountain Hawks (2007-10), Maurer improved her squad's record each season and in 2009 coached Lehigh into the Patriot League Tournament for the first time since 2003. She improved her squad's RPI by 130 spots during her four-year tenure.

Originally from St. Louis, Missouri, Maurer (then Jenny Cafazza) was a four-year starter and two-time AVCA first-team All-America volleyball player (1997 and 1998) at Washington University in St. Louis. She was a three-time All-South and All-University Athletic Association first-team selection and the team leader in aces as a sophomore and digs as a junior and senior as a right-side hitter and setter. She helped the Bears to a combined 85-9 record during the 1995 and 1996 NCAA Division III title seasons. In 1997 Washington finished fourth nationally and in 1998 advanced to the NCAA Elite Eight.

She went on to earn a master's degree in education from Lindenwood University (St. Charles, Missouri) in 2003. Maurer spent seven years coaching volleyball at St. Joseph's Academy in St. Louis, three times taking the Angels to the championship game of the Missouri Class 3-4A state tournament and four times playing in the final four. She also played with USA Athletes International in Belgium and Holland in the summer of 1999.

Maurer has two children: son Hudson and daughter Chaney.



#1 ABBY SCHOMERS

RS Freshman | S | 6-0
 Omaha, Neb.
 Skutt Catholic HS

CAREER HISTORY

FRESHMAN (2022)
 Did not play

HIGH SCHOOL/CLUB
 Earned four letters at Skutt Catholic...led the Skyhawks to four-straight State Championship titles (2018, 19, 20, 21)...named All-Conference First Team, Omaha World Herald: All-Class Tournament Team, Class B Tournament Team, Class B Honorable Mention, and All-Nebraska Honorable Mention as well as Lincoln Journal Star: All-Class, Class B All-Tournament team, and two-time All-State Honorable Mention...in her senior season, posted 1,264 assists, 36 blocks, 63 kills, .441 efficiency, and 21 aces... played club for Nebraska Elite, the 2020 National Champions, and was named MVP...academic All Conference Award and Letter all four years of high school

Career Highs

Kills 1 vs Syracuse (08/26/23)
 Attacks 6 vs Navy (08/25/23)
 Assists 38 vs Navy (08/25/23)
 Service Aces 1 vs Navy (08/25/23)
 Digs 6 vs UAlbany (08/27/23)
 Blocks 3 vs Syracuse (08/26/23)

PERSONAL

Daughter of Tracy and Bill... brother, Spencer, plays basketball at Northwest Missouri State and is a National Champion...Sister, Alli, played volleyball at the University of Missouri Kansas City... Born July 30...Kinesiology major

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2022-23	UCF	1-1	0	0.00	0	0	.000	0	0.00	0	0.00	0	0	0.00	0	0	0	0	0.00	0	0	0.0	0.00
2023-24	UCF	10-3	2	0.20	1	10	.100	105	10.50	1	0.10	3	17	1.70	0	0	6	6	0.60	1	0	6.0	0.60
TOTAL		11 - 4	2	0.18	1	10	.100	105	9.55	1	0.09	3	17	1.55	0	0	6	6	0.55	1	0	6.0	0.55



#2 CHLOE SCHEER

Senior | L/DS | 5-8
 Murrieta, Calif.
 Vista Murrieta HS

CAREER HISTORY

JUNIOR (2022)

Appeared in 30 matches...totaled 362 digs, averaging 3.48 per set, the highest on the team...totaled 31 service aces, the most on the team...had 21 digs against Kansas State and Tulsa, 22 against Houston

SOPHOMORE (2021)

Appeared in all 34 of the Knights matches, including nine starts...contributed 95 assists, good for third on the team...totaled 370 digs and 2.96 digs per set (second on the team)...second on the team with 40 aces...had a career high 23 digs against Florida State on Sept. 10...named to dean's list in fall 2021

FRESHMAN (2020-21)

Played in 16 matches...made UCF debut on Jan. 26 against FAU, notching one dig in the Knights' 3-1 victory...recorded a career-high 10 digs against Temple on Feb. 18 in 3-0 win...contributed with 10 service aces and 10 assists...totaled 53 digs on the season...named to dean's list in spring 2021

HIGH SCHOOL

Three-year varsity letter at Vista Murrieta...back-to-back high school league champions junior and senior year...first team all-league her senior year...named to All-Tournament team at Nike Tournament of Champions...received the CIF pursuing victory with honor award...recorded over 500 digs in her senior year...helped lead Vista Murrieta to a state championship in her senior year...second team all-state in her senior season

PERSONAL

Daughter of Paul and Anna...born March 18...human communications major

Career Highs

Kills	1 vs ECU (10/16/22)
Attacks	4 vs Temple (11/19/21)
Assists	9 vs Clemson (9/2/21)
Service Aces	4 at Wichita St. (10/2/22)
Digs	23 vs FSU (9/10/21)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2020-21	UCF	39-16	1	0.03	0	4	.250	10	0.26	10	0.26	9	53	1.36	5	0	0	0	0.00	0	0	11.0	0.28
2021-22	UCF	125-34	0	0.00	2	13	-.154	95	0.76	40	0.32	51	370	2.96	50	0	0	0	0.00	0	0	40.0	0.32
2022-23	UCF	104-30	1	0.01	0	4	.250	114	1.10	31	0.30	39	362	3.48	12	0	0	0	0.00	1	2	32.0	0.31
2023-24	UCF	10-3	0	0.00	0	0	.000	4	0.40	3	0.30	6	29	2.90	1	0	0	0	0.00	0	0	3.0	0.30



#3 SASHA COHEN

Freshman | MB | 6-2
Lakewood, Colo.
Valor Christian HS

CAREER HISTORY

HIGH SCHOOL

Graduated Valor Christian High School...received 3 varsity letters and was a member of the Cum Laude Society...made varsity and started her freshman year, 5A State Runner-Up's and received an All-Conference Honorable Mention...played for Front Range Volleyball Club...her 17-1's team ended the season with multiple records: GJNC - 5th in 17 Open, Far Western - 1st in 17 Open and Crossroads - 2nd in 17 Open... in her senior season at Valor Christian, her team went 29-0 and claimed the 5A State Championship...she received the following awards:

CHSAA 5A Player of the Year
AVCA All-American 3rd Team
AVCA All-Region Team
5A All-State Team
All-Conference 1st Team
Academic All-State Honorable Mention

PERSONAL

Daughter of Roger and Ingrid...
Brother, Brandon...biomedical sciences major...has a seal of bilit-
eracy in Spanish...born June 4



#4 MEGAN HOLLAND

Sophomore | MB | 6-2
 Nazareth, Penn.
 Nazareth Area HS / South Carolina

CAREER HISTORY

FRESHMAN (2022) - at South Carolina

Played in two matches; made her collegiate debut vs. Cincinnati on Sept. 10

HIGH SCHOOL

A four-year varsity starter for her high school and was an all-conference honoree for the 2021 season...named to the Lehigh Valley Live's All-Area team and made her district's all-star roster in 2020..based on available records, she is just the third member of the program to hail from Pennsylvania, the previous two were Kim Brown (1981-84) and Sarah Morgan (2002-05)...played club volleyball for East Coast Power in Lehigh Valley

PERSONAL

Daughter of Geoffrey and Christine Holland...has two sisters, Morgan and Madelyn...plans to major in business

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2022-23	USC	2-2	0	0.00	0	0	.000	0	0.00	0	0.00	0	0	0.00	0	0	0	0	0.00	0	0	0.0	0.00
TOTAL		2 - 2	0	0.00	0	0	.000	0	0.00	0	0.00	0	0	0.00	0	0	0	0	0.00	0	0	0.0	0.00



#5 DOGA OCAL

Freshman | OH | 6-2
Antalya, Turkey
Anatolian HS

CAREER HISTORY

HIGH SCHOOL

Earned 2nd place in regionals during her freshman season...9th place in U16 Turkish National Championships...2nd place in High School National Championships (sophomore season)...Senior year highlights include team captain, 1st place in regionals, 2nd place in semifinals and 9th place in Turkish National Championships

PERSONAL

Born August 11...psychology major...enjoys traveling, yoga, reading, drawing and extreme sports



#7 ANNIKA SOKOL

Freshman | DS/S | 5-10
 Roxborough Park, Colo.
 Heritage HS

CAREER HISTORY

HIGH SCHOOL

Four year varsity starter and letterwinner...First team All-Conference (2019, 2020, 2021, 2022)... HS Team captain (2020 and 2021)...Academic All-State First Team (2021 and 2022)...HS MVP Award (2021, 2022)...All-State second team (2022)...Volleyball Magazine HS Mid-Season "ION" List (2022)...Heritage HS Distinguished Athlete Award (2023)... Heritage HS Athletic Hall of Fame (2023)...Prepdig.com D1 athlete recognition...Club - Colorado Juniors Newcomer Award finalist (2019)

PERSONAL

Daughter of Jon and Kristi... Brother, Paul...mother, Kristi ran track and field at Colorado State University and qualified for the Olympic trials in 1996 for the 400m hurdles...Health sciences pre-clinical major...born on May 6

Career Highs

Digs 3 at UAlbany (8/27/23)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2023-24	UCF	2-2	0	0.00	0	0	.000	0	0.00	0	0.00	1	3	1.50	0	0	0	0	0.00	0	0	0.0	0.00
TOTAL		2 - 2	0	0.00	0	0	.000	0	0.00	0	0.00	1	3	1.50	0	0	0	0	0.00	0	0	0.0	0.00



#9 ABBY HANSEN

Graduate | MB | 6-5
 Phoenix, Ariz.
 Desert Vista HS / Oregon

Career Highs

Kills	13 at Memphis (9/23/22)
Attacks	25 vs Houston (11/25/22)
Assists	3 vs Harvard (9/17/21)
Service Aces	3 at Arizona (10/27/19)
Digs	4 vs Colorado (2/28/21)
Blocks	10 vs Colorado (2/28/21)
Block Solos	4 vs Harvard (9/17/21)
Block Assists	9 at Wichita St. (10/30/22)

CAREER HISTORY

REDSHIRT SENIOR

Started all 30 games for UCF, with 104 sets played...named to All-Conference First Team... Defensive Player of the Week once...named to Honor Roll twice...second on team in points (294)...third on team in kills (225)...led team in total blocks (127)...led AAC in blocks per set (1.22)...had an AAC high in single game attack percentage vs Memphis (.750)

REDSHIRT JUNIOR (2021) - at OREGON

Named to the 2021 Oregon Invitational All-Tournament Team after posting 2.22 kills per set with a .720 hitting percentage and notching 1.44 blocks per set...finished the year hitting .285 with 115 total blocks...earned the Pac-12 Defensive Player of the Week on 9/20

REDSHIRT SOPHOMORE (2020-2021) - at OREGON

Pac-12 Academic Honor Roll...finished fifth in the conference with a team-leading 1.25 blocks per set...second in the conference with 95 total blocks...also added 1.07 kills per set... one of three players in the Pac-12 to record at least eight blocks in a match three times...led the team in blocks in 11 matches...career-high 13 kills on 17 swings to hit .647 while adding three blocks and four digs in a sweep over Colorado (2/26)...recorded a career-high 10 blocks, three solo, while adding four digs in a four-set victory over Colorado (2/28)

REDSHIRT FRESHMAN (2019) - at OREGON

Saw action in 13 matches and 47 sets...averaged 1.36 kills per set and 0.91 blocks per set... finished the year with 64 kills and 43 total blocks...turned five matches with at least five blocks...recorded a career-high 13 kills on 21 attempts with a .571 hitting percentage in addition to five blocks at California (11/1)

FRESHMAN (2018) - at USC

Utilized a redshirt as a true freshman.

HIGH SCHOOL

No. 70 ranked player in the nation on the 2018 PrepVolleyball.com Senior Aces list after a terrific career at Desert Vista High School in Phoenix...2017 team captain and MVP as a senior, earning a spot on the 6A Central Region Second Team...helped lead her team to the 2015 Arizona State Championship as a sophomore while receiving Tempe All-City and Arizona All-Central Region Honorable Mention honors...thrived in the classroom, working her way onto the 2017 All-Academic First Team... competed for seven years at Aspire Volleyball Club on the 18Rox and 17Rox squads...helped lead her club to fifth place at the 2017 Girls' Junior National Championship.

PERSONAL

Daughter of Scott and Tammy...brother, Adam and sister, Annalise...born August 15...MHA health administration major

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2019-20	Oregon	46-13	64	1.39	33	168	.185	3	0.07	8	0.17	15	8	0.17	0	6	37	43	0.93	6	0	96.5	2.10
2020-21	Oregon	76-20	81	1.07	30	207	.246	6	0.08	2	0.03	10	25	0.33	1	17	75	92	1.21	10	3	137.5	1.81
2021-22	Oregon	96-28	140	1.46	55	298	.285	8	0.08	2	0.02	9	26	0.27	0	23	92	115	1.20	4	0	211.0	2.20
2022-23	UCF	104-30	225	2.16	48	444	.399	4	0.04	0	0.00	0	20	0.19	1	11	116	127	1.22	17	0	294.0	2.83
2023-24	UCF	10-3	28	2.80	8	51	.392	0	0.00	0	0.00	0	3	0.30	0	0	8	8	0.80	0	0	32.0	3.20



#10 AVAH ARMOUR

Freshman | OH | 6-5
 Manitou Springs, Colo.
 Rampart HS

Career Highs

Kills 10 vs Navy (08/25/23)
 Attacks 24 vs Navy (08/25/23)
 Assists 1 at UAlbany (08/27/23)
 Service Aces 1 vs Syracuse (08/26/23)
 Digs 11 vs Navy (08/25/23)
 Blocks 2 at UAlbany (08/27/23)
 Block Assists 2 at UAlbany (08/27/23)
 PCT .636 vs Syracuse (08/26/23)

CAREER HISTORY HIGH SCHOOL

Graduated from Rampart High School, attended Manitou Springs High School 9th-11th grade...earned four varsity letters and four academic letters...senior season: league champions and 3rd place finish at State, led Colorado division 5A in kills with 489 on the season. 0.326 hitting percentage, 205 digs, 50 aces...3x All-Conference First Team, First Team Academic All State, First Team All State senior year...played club at Colorado Juniors, finished 5th in open division at USAV nationals in 2022

PERSONAL

Daughter of Justin and Cara...two siblings: sister, Gia and brother, Joah...dad, Justin played basketball (only fr. season) and football at Stanford, played in the NFL and won Super Bowl XXXIII in 1999 with the Denver Broncos...physics major with astronomy track...born September 7 in Cabo San Lucas, Mexico (dual citizen)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2023-24	UCF	10-3	25	2.50	5	51	.392	2	0.20	2	0.20	8	25	2.50	0	0	3	3	0.30	1	0	28.5	2.85
TOTAL		10 - 3	25	2.50	5	51	.392	2	0.20	2	0.20	8	25	2.50	0	0	3	3	0.30	1	0	28.5	2.85



#11 KATELYN GRIMES

Junior | L/DS | 5-6
 Lebanon, Ohio
 Cincinnati Hills Christian Academy

CAREER HISTORY

SOPHOMORE (2022)

Played in all 30 matches (97 sets), with 26 starts..third on the team with 21 assists...recorded 185 digs with 1.91 digs per set...had 27 aces, second best on team

FRESHMAN (2021)

Appeared in all 34 matches for the Knights (111 sets), including 14 starts...had 214 digs and 1.93 digs per set...accounted for 34 aces, third on the team...posted seven aces against FAU, fifth single match best in program history...named to President's List in fall 2021

HIGH SCHOOL

Four-year letter-winner at Cincinnati Hills Christian Academy...finished senior year with 304 digs, 101 aces and 225 kills...named to the 2020 American Volleyball Coaches Association High School All-Region Team, MVC All-Conference First Team, OHSVCA All-District DIII First Team and OHSVCA All-Ohio DIII Second Team...named to the 2020 Under Armour All-America Watch List

PERSONAL

Daughter of Todd and Nan...two sisters- Andrea and Ella...sister, Andrea, played volleyball for Morehead State University...born March 21...computer sciences major

Career Highs

Kills 1 vs Omaha (9/15/22)
 Attacks 3 at USF (10/13/21)
 Assists 3 5x, last vs ECU (10/16/22)
 Service Aces 7 at FAU (9/17/21)
 Digs 16 at Houston (11/26/21)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2021-22	UCF	111-34	0	0.00	6	17	-.353	29	0.26	34	0.31	27	214	1.93	23	0	0	0	0.00	0	0	34.0	0.31
2022-23	UCF	97-30	1	0.01	1	17	.000	21	0.22	27	0.28	41	185	1.91	25	0	0	0	0.00	1	0	28.0	0.29
2023-24	UCF	8-3	0	0.00	0	2	.000	2	0.25	5	0.63	1	11	1.38	3	0	0	0	0.00	0	0	5.0	0.63
TOTAL		216 - 67	1	0.00	7	36	-.167	52	0.24	66	0.31	69	410	1.90	51	0	0	0	0.00	1	0	67.0	0.31



#12 HEIDI BONDE

Junior | OH | 6-4
 Minooka, Ill.
 Minooka Community HS

CAREER HISTORY

SOPHOMORE (2022)

Played in 26 matches (75 sets), including one start...fifth on the team with 176 kills...second on team with 2.35 kills per set...fifth on team with 2.52 kills per set...added 19 blocks, including 5 solo

FRESHMAN (2021)

Played in 17 matches (43 sets), including three starts...recorded 79 kills...fifth on the team with 1.84 kills per set...added 10 blocks, including three solo...named to President's List in fall 2021

HIGH SCHOOL

Three-year letter winner at Minooka Community High School...recorded 374 kills and 132 digs her junior season...two-time Southwest Prairie All-Conference, Herald New All-Area First Team and Bugle News First Team All-Area...broke her school record with 27 kills in one match...ranked in the top 150 in the nation in the 2021 class by Prep Volleyball

PERSONAL

Sister, Holly Bonde, played volleyball at Kansas State...born April 26...elementary education major

Kills 19 at Tulsa (10/28/22)
 Attacks 40 vs SMU (11/04/22)
 Assists 2 vs Navy (08/25/23)
 Service Aces 1 vs Miami (9/16/21)
 Digs 7 at Wichita St. (10/30/22)
 Blocks 3 vs Cincinnati (11/13/22)
 Block Solos 2 vs Cincinnati (11/13/22)
 Block Assists 3 vs SMU (11/4/22)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2021-22	UCF	43-17	79	1.84	27	226	.230	0	0.00	1	0.02	0	20	0.47	3	3	7	10	0.23	0	0	86.5	2.01
2022-23	UCF	75-26	176	2.35	58	433	.273	6	0.08	0	0.00	0	37	0.49	12	5	14	19	0.25	6	0	188.0	2.51
2023-24	UCF	8-3	24	3.00	4	46	.435	2	0.25	0	0.00	0	0	0.00	0	0	0	0	0.00	0	0	24.0	3.00
TOTAL		126 - 46	279	2.21	89	705	.270	8	0.06	1	0.01	0	57	0.45	15	8	21	29	0.23	6	0	298.5	2.37



#13 LAUREN CLARK

Graduate | OH | 6-0
 Champlin, Minn.
 Champlin Park HS / Penn State / FGCU

CAREER HISTORY

SENIOR (2022) at FGCU

Tabbed Atlantic Sun Third Team All-Conference...tallied 257 kills along with 42 blocks.. named Homewood Suites FGCU Invitational All-Tournament Team after posting 31 kills and 11 block assists

JUNIOR (2021) at FGCU

Played in all 30 matches (53 total sets), with one start...ranked sixth on the squad in total kills on the year with 85...held an attacking percentage of .266...tallied 96.5 points, 1.82 points per set...credited with four aces...added 17 digs and 10 blocks on the defensive side of the ball, helping FGCU boast the fifth- lowest opponent hitting percentage in the nation (.138)

SOPHOMORE (2020) at Penn State

Hit .111 with five kills, three aces and two digs over nine sets...season-best two kills and two aces against Minnesota (2/13)

FRESHMAN (2019) at Penn State

Hit .117 with 44 kills (1.10/set), 14 blocks (0.35/set), 16 digs and three aces...competed in 40 sets over 21 matches...matched season-high with six kills on .556 hitting along with three digs at Iowa (11/1)...tallied three kills in first NCAA Tournament match vs Princeton (12/6)...registered three aces, four blocks and five kills against Towson (12/7)...four kills and two blocks in NCAA Regional semifinal win over Cincinnati (12/13)...concluded season with three kills in NCAA Regional final vs Stanford (12/14)

HIGH SCHOOL

2019 graduate of Champlin Park High School, leading them to a state championship as a senior after prepping at Robbinsdale Armstrong her first three seasons...ranked 31st among all seniors nationally by PrepVolleyball.com...selected as a Women's Junior National Team alternate...tabbed an Under Armour First Team All-American...four-time All-Conference and All-Area selection...three-time USAV All-American...played club for Minnesota Select Volleyball Club and Crossfire Volleyball Club

PERSONAL

Born Sept. 18...daughter of George Clark and Sara Peterson...sister of George and Claire...integrated studies major...has lived in five different states, starting with her birth in San Antonio

Kills	16 vs Kennesaw St. (11/18/22)
Attacks	35 vs VCU (9/9/22)
Assists	3 at Maryland (8/27/22)
Service Aces	5 vs Rhode Island (8/26/22)
Digs	9 vs VCU (9/9/22)
Blocks	7 vs Liberty (11/19/22)
Block solos	1 vs Austin Peay (10/8/22)
Blocks assists	7 vs Liberty (11/19/22)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2019-20	PSU	40-21	44	1.10	28	137	.117	0	0.00	3	0.08	7	16	0.40	1	2	12	14	0.35	0	0	55.0	1.38
2020-21	PSU	9-8	5	0.56	3	18	.111	0	0.00	3	0.33	0	2	0.22	0	0	0	0	0.00	0	0	8.0	0.89
2021-22	FGCU	53-30	85	1.60	32	234	.226	3	0.06	6	0.11	6	17	0.32	1	1	9	10	0.19	2	0	96.5	1.82
2022-23	FGCU	107-33	257	2.40	105	600	.253	7	0.07	23	0.21	23	86	0.80	6	2	63	65	0.61	1	1	313.5	2.93
2023-24	UCF	5-3	8	1.60	6	27	.074	0	0.00	2	0.40	1	5	1.00	1	0	1	1	0.20	0	0	10.5	2.10
TOTAL FOR UCF		5 - 3	8	1.60	6	27	.074	0	0.00	2	0.40	1	5	1.00	1	0	1	1	0.20	0	0	10.5	2.10
TOTAL		214 - 95	399	1.86	174	1016	.221	10	0.05	37	0.17	37	126	0.59	9	5	85	90	0.42	3	1	483.5	2.26



#15 CLAUDIA DILLON

Graduate | MB | 6-2
 Evergreen, Colo.
 Evergreen HS / Missouri

Kills 18 vs Houston (11/25/22)
 Attacks 30 at UCLA (12/4/21)
 Assists 4 vs Cincinnati (11/13/22)
 Service Aces 6 vs Cincinnati (9/26/21)
 Digs 7 vs Memphis (9/23/22)
 Blocks 7 at SMU (9/25/22)
 Block Solos 3 vs LSU (11/30/19)
 Block Assists 6 vs Penn State (12/3/22)

CAREER HISTORY

SENIOR (2022)

Started all 30 games for UCF, with 103 sets played...named to All-Conference First Team...named to AVCA Southeast Region Honorable Mention...one-time Offensive Player of the Week...led AAC in hitting percentage (.447%)...fourth on the team in kills 208...second on the team with 99 blocks...recorded a career high in kills with 18

JUNIOR (2021)

Played in 33 of 34 matches, including 31 starts...named to All-Conference First Team...had 207 total kills, third on the team...third on the team with 291 points and 2.65 points per set...totaled a career high 11 kills against UCLA on Dec. 4...recorded 98 blocks, including four solo...named Defensive Player of the Week once...named Offensive Player of the Week the following week...racked up 33 aces on the year, fifth on the team...named to Dean's List in fall 2021

SOPHOMORE (2020-21) at Missouri

Played in 82 of the Tigers' 91 total sets throughout the season...was a major contributor to a Mizzou squad that posted a 16-8 overall record and reached the second round in the NCAA Tournament ...ranked third on the team with .76 blocks per set, fourth with 1.78 kills per set and hit a team-high .337 (min. 100 attacks)...best game of the season came on March 20 against Texas A&M, where she tallied 11 kills and added six blocks, both career-highs, to guide the Tigers to the 3-2 win over the Aggies...notched six kills and two blocks to help guide the Tigers to a sweep over South Dakota in the first round of the NCAA Tournament.

FRESHMAN (2019) at Missouri

Appeared in nine matches with seven starts in first-year campaign at Mizzou...finished season with 32 kills, three solo blocks, 15 total blocks and 41.0 points...started at middle blocker in Tigers' final four matches, including both of team's NCAA Tournament contests...ended regular season with a bang, posting season-highs with seven kills on .700 hitting versus LSU (Nov. 30)

HIGH SCHOOL

Over her four-year varsity career with Evergreen (2015-18), posted 1,170 kills on .367 hitting with 169 aces, 258 total blocks and 516 digs...2018 First-Team All-Conference and MVP, tallying career-high 450 kills (4.50 per set) on .414 hitting, 74 aces, 100 total blocks and 192 digs...2017 First-Team All-Conference, leading Evergreen with 351 kills and 59 aces...2016 First-Team All-Conference...2015 Second-Team All-Conference, leading Evergreen to Class 4A state semifinals...competed with Colorado Juniors Volleyball Club, in final 2018 campaign, recorded 295 kills on .480 hitting with 46 aces and 89 total blocks...helped guide Evergreen basketball to three consecutive state title games (2015-17), highlighted by 2016 and 2017 Class 4A state championships...starred in badminton, 2015 state titles in singles and doubles competition...excelled academically, earning 2018 and 2017 Academic First-Team All-State honors

PERSONAL

Daughter of Mike and Kelly...as an older brother, Michael, and younger sister, Hayley...parents both played basketball collegiately, brother plays basketball for Hamline University in St. Paul, Minn...born October 17...hospitality and tourism management MS major

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2019-20	MIZ	28-9	32	1.14	18	78	.179	2	0.07	0	0.00	2	6	0.21	1	3	12	15	0.54	1	0	41.0	1.46
2020-21	MIZ	82-22	146	1.78	46	301	.332	4	0.05	7	0.09	14	32	0.39	0	5	57	62	0.76	4	0	186.5	2.27
2021-22	UCF	110-33	207	1.88	60	403	.365	8	0.07	33	0.30	26	76	0.69	1	4	94	98	0.89	9	0	291.0	2.65
2022-23	UCF	103-30	208	2.02	49	356	.447	10	0.10	24	0.23	25	60	0.58	1	9	90	99	0.96	8	1	286.0	2.78
TOTAL FOR UCF	213 - 63	415	1.95	109	759	.403	18	0.08	57	0.27	51	136	0.64	2	13	184	197	0.92	17	1	577.0	2.71	



#18 RENEE RALLS

Sophomore | S | 5-11
 Orlando, Fla.
 Lake Highland Prep

CAREER HISTORY

FRESHMAN (2022)

Started her college career putting up an ace against USF

HIGH SCHOOL

Member of varsity team sophomore-senior year...averaged 2.4 assists per sets...153 sets played

PERSONAL

Daughter of Yanet Ralls...born August 6...health sciences pre-clinical major

Service Aces 1 at USF (11/9/22)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2022-23	UCF	1-1	0	0.00	0	0	.000	0	0.00	1	1.00	1	0	0.00	0	0	0	0	0.00	0	0	1.0	1.00
TOTAL		1 - 1	0	0.00	0	0	.000	0	0.00	1	1.00	1	0	0.00	0	0	0	0	0.00	0	0	1.0	1.00



#23 BRITT CARLSON

RS Freshman | OH | 6-4
 Woodbury, Minn.
 East Ridge HS / Washington State

CAREER HISTORY

FRESHMAN (2022) -- at Washington State

Arrived in January as an early enrollee and participated in spring practices before sitting out the fall season with a redshirt

HIGH SCHOOL

She was a two-sport athlete and four-year varsity letter winner in both volleyball and basketball at East Ridge High School

PERSONAL

The daughter of two former NCAA student-athletes, her father Marc played basketball at Iowa State while her mother, Sheri, was a volleyball player at DII St. Cloud State University...her older sister, Brynn, played DI volleyball at Kansas State and Missouri and her brother, Ben, is a senior on the Utah men's basketball team... born July 21...kinesiology major

Attacks

4 vs Syracuse (08/26/23)

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2023-24	UCF	1-1	0	0.00	1	4	-.250	0	0.00	0	0.00	0	0	0.00	0	0	0	0	0.00	0	0	0.0	0.00
TOTAL		1 - 1	0	0.00	1	4	-.250	0	0.00	0	0.00	0	0	0.00	0	0	0	0	0.00	0	0	0.0	0.00



#26 EMILY WILSON

Junior | OH | 6-3
 Estero, Fla.
 Joliet Catholic Academy / San Diego

Kills 14 vs UCLA (9/9/21)
 Attacks 41 vs UCLA (9/9/21)
 Assists 2 vs Navy (08/25/23)
 Service Aces 2 vs Syracuse (08/26/23)
 Digs 12 vs Navy (08/25/23)
 Blocks 3 vs UIC (9/11/22)
 Block Solos 2 vs UIC (9/11/22)
 Block Assists 2 vs Miami (9/10/22)

CAREER HISTORY

SOPHOMORE (2022)

Appeared in 14 games throughout the season...secured 48 kills, including seven against Omaha...added 30 digs, including nine against UIC

FRESHMAN (2021) -- at San Diego

Was named to All-WCC Freshman Team...appeared in 19 of the Toreros' matches, starting five of them (46 sets played)...ranked fifth on the USD roster with 65 kills (1.41 kills per set) and hit .117...added 12 blocks (two solo) and 32 digs (0.70 digs per set)...turned in a career-best performance on September 9 versus No. 16 UCLA, totaling 14 kills alongside seven digs

HIGH SCHOOL/CLUB

Graduated in 2021 from Joliet Catholic High School in Joliet, IL...2019 Class 3A State Runner-Up and 2018 Class 3A State Third Place finisher...Volleyball Mag "Next 13 Top 25 Underclassmen" (2020)...ILL Prep Volleyball "101 Players to Watch" (2019)...ILL Prep Volleyball "Top 10 Players, Class 3A" (2019)...Metea Valley All-Tournament Team (2018)...Daily SouthTown Girls All-Area Team Honorable Mention (2017)...second all-time at Joliet Catholic in season kills as a freshman (behind Olympian Kelly Murphy)...two-time AAU National Champion (15 Elite, 2018; 16 Elite, 2019) with Sports Performance...JVA Open Champion (16 Elite, 2019) and JVA Open Second Place (15 Elite, 2018)...2018 AAU National Champion All-American Award...prep Volleyball "Top 50 Class of 2021" (2020)...prep Volleyball AAU Championship Star Search Recipient (2018-2019)...spanish National Honor Society member...appeared on the A Honor Roll all semesters in high school

PERSONAL

Daughter of Steve and Deb Wilson...has an older brother, Calvin and older sister, Annie...father, Steve played collegiate baseball as a pitcher at St. Xavier College (IL), named to the 1986 All-Region Team and selected in the ninth round of the 1987 MLB Draft by the Oakland Athletics...sister, Annie was a D-I SIUE Cheer and Dance member (2013-2015)...cousin, Peter Zimmermann played baseball at Missouri (2018-2020), named Mizzou Baseball MVP (2020) and played professionally in the Astros organization...born March 26...enjoys fishing, jet-skiing and boating in her free time

SEASON	TEAM	SM-MP	K	K/S	E	TA	PCT	A	A/S	SA	SA/S	SE	DIG	D/S	RE	BS	BA	TB	B/S	BE	BHE	PTS	PTS/S
2021-22	SD	46-19	65	1.41	40	213	.117	1	0.02	0	0.00	2	32	0.70	8	2	10	12	0.26	2	0	72.0	1.57
2022-23	UCF	29-13	48	1.66	22	127	.205	4	0.14	1	0.03	1	30	1.03	8	3	5	8	0.28	1	0	54.5	1.88
2023-24	UCF	10-3	29	2.90	8	73	.288	3	0.30	5	0.50	5	20	2.00	2	1	1	2	0.20	1	0	35.5	3.55
TOTAL FOR UCF		39 - 16	77	1.97	30	200	.235	7	0.18	6	0.15	6	50	1.28	10	4	6	10	0.26	2	0	90.0	2.31
TOTAL		85 - 35	142	1.67	70	413	.174	8	0.09	6	0.07	8	82	0.96	18	6	16	22	0.26	4	0	162.0	1.91



**2023-24 UCF Women's Volleyball
Overall Individual Statistics
All games**

Game Records

Overall	Conference	Home	Away	Neutral
3 - 0	0 - 0	0 - 0	1 - 0	2 - 0

Team Box Score

##	Player	SP	MP-MS	Attack					Set				Serve				
				K	K/S	E	TA	PCT	A	A/S	TA	PCT	SA	SA/S	SE	TA	PCT
1	Schomers, Abby	10	3-3	2	0.20	1	10	.100	105	10.50	231	.455	1	0.10	3	27	.889
2	Scheer, Chloe	10	3-0	0	0.00	0	0	.000	4	0.40	23	.174	3	0.30	6	39	.846
7	Sokol, Annika	2	2-0	0	0.00	0	0	.000	0	0.00	0	.000	0	0.00	1	4	.750
9	Hansen, Abby	10	3-3	28	2.80	8	51	.392	0	0.00	1	.000	0	0.00	0	0	.000
10	Armour, Avah	10	3-3	25	2.50	5	51	.392	2	0.20	8	.250	2	0.20	8	33	.758
11	Grimes, Katelyn	8	3-2	0	0.00	0	2	.000	2	0.25	10	.200	5	0.63	1	34	.971
12	Bonde, Heidi	8	3-0	24	3.00	4	46	.435	2	0.25	2	1.000	0	0.00	0	0	.000
13	Clark, Lauren	5	3-1	8	1.60	6	27	.074	0	0.00	0	.000	2	0.40	1	12	.917
15	Dillon, Claudia	10	3-3	18	1.80	1	35	.486	0	0.00	6	.000	8	0.80	2	52	.962
23	Carlson, Britt	1	1-0	0	0.00	1	4	-.250	0	0.00	0	.000	0	0.00	0	0	.000
26	Wilson, Emily	10	3-3	29	2.90	8	73	.288	3	0.30	7	.429	5	0.50	5	42	.881
UCF		10	3-3	134	13.40	34	299	.334	118	11.80	288	.410	26	2.60	27	243	.889
Opponents		10	3-3	86	8.60	60	291	.089	82	8.20	296	.277	9	0.90	19	164	.884

##	Player	SP	Receptions			Dig		Blocking					Points		
			RE	TA	PCT	DIG	DIG/S	BS	BA	TOTAL	BLK/S	BE	BHE	PTS	PTS/S
1	Schomers, Abby	10	0	0	.000	17	1.70	0	6	6	0.60	1	0	6.0	0.60
2	Scheer, Chloe	10	1	34	.971	29	2.90	0	0	0	0.00	0	0	3.0	0.30
7	Sokol, Annika	2	0	3	1.000	3	1.50	0	0	0	0.00	0	0	0.0	0.00
9	Hansen, Abby	10	0	1	1.000	3	0.30	0	8	8	0.80	0	0	32.0	3.20
10	Armour, Avah	10	0	9	1.000	25	2.50	0	3	3	0.30	1	0	28.5	2.85
11	Grimes, Katelyn	8	3	29	.897	11	1.38	0	0	0	0.00	0	0	5.0	0.63
12	Bonde, Heidi	8	0	3	1.000	0	0.00	0	0	0	0.00	0	0	24.0	3.00
13	Clark, Lauren	5	1	12	.917	5	1.00	0	1	1	0.20	0	0	10.5	2.10
15	Dillon, Claudia	10	0	3	1.000	12	1.20	0	3	3	0.30	0	0	27.5	2.75
23	Carlson, Britt	1	0	0	.000	0	0.00	0	0	0	0.00	0	0	0.0	0.00
26	Wilson, Emily	10	2	49	.959	20	2.00	1	1	2	0.20	1	0	35.5	3.55
-	TEAM	-	2	-	-	-	-	-	-	-	-	-	-	-	-
UCF		10	9	145	.938	125	12.50	1	22	12.0	1.20	3	0	172.0	17.20
Opponents		10	26	216	.880	107	10.70	1	16	9.0	0.90	10	6	104.0	10.40



**2023-24 UCF Women's Volleyball
Team Match Highs
All games**

Team Game Highs

ATTACK PERCENT (K-E-TA)	.473	(39 - 4 - 74)		vs Syracuse (N) (08/26/2023)
	.366	(45 - 11 - 93)		at UAlbany (08/27/2023)
	.235	(50 - 19 - 132)		vs Navy (N) (08/25/2023)
KILLS (K-E-TA)	50	(50 - 19 - 132)	4s	vs Navy (N) (08/25/2023)
	45	(45 - 11 - 93)	3s	at UAlbany (08/27/2023)
	39	(39 - 4 - 74)	3s	vs Syracuse (N) (08/26/2023)
KILLS 3-SETS (K-E-TA)	45	(45 - 11 - 93)		at UAlbany (08/27/2023)
	39	(39 - 4 - 74)		vs Syracuse (N) (08/26/2023)
KILLS 4-SETS (K-E-TA)	50	(50 - 19 - 132)		vs Navy (N) (08/25/2023)
TOTAL ATTEMPTS (K-E-TA)	132	(50 - 19 - 132)	4s	vs Navy (N) (08/25/2023)
	93	(45 - 11 - 93)	3s	at UAlbany (08/27/2023)
	74	(39 - 4 - 74)	3s	vs Syracuse (N) (08/26/2023)
TOTAL ATTEMPTS 3-SETS (K-E-TA)	93	(45 - 11 - 93)		at UAlbany (08/27/2023)
	74	(39 - 4 - 74)		vs Syracuse (N) (08/26/2023)
TOTAL ATTEMPTS 4-SETS (K-E-TA)	132	(50 - 19 - 132)		vs Navy (N) (08/25/2023)
ASSISTS	44		4s	vs Navy (N) (08/25/2023)
	42		3s	at UAlbany (08/27/2023)
	32		3s	vs Syracuse (N) (08/26/2023)
ASSISTS 3-SETS	42			at UAlbany (08/27/2023)
	32			vs Syracuse (N) (08/26/2023)
ASSISTS 4-SETS	44			vs Navy (N) (08/25/2023)
DIGS	54		4s	vs Navy (N) (08/25/2023)
	41		3s	at UAlbany (08/27/2023)
	30		3s	vs Syracuse (N) (08/26/2023)
DIGS 3-SETS	41			at UAlbany (08/27/2023)
	30			vs Syracuse (N) (08/26/2023)
DIGS 4-SETS	54			vs Navy (N) (08/25/2023)
ACES	11			vs Syracuse (N) (08/26/2023)
	9			vs Navy (N) (08/25/2023)
	6			at UAlbany (08/27/2023)
BLOCKS (BS-BA)	5.0	(0 - 10)		vs Navy (N) (08/25/2023)
	4.0	(1 - 6)		at UAlbany (08/27/2023)
	3.0	(0 - 6)		vs Syracuse (N) (08/26/2023)

KNIGHTS TV ROSTER



1 | Abby Schomers
S | 6'0 | Fr.
Omaha, Neb.
Skutt Catholic



2 | Chloe Scheer
L/DS | 5'8 | Jr.
Murrieta, Calif.
Vista Murrieta



3 | Sasha Cohen
MB | 6'2 | Fr.
Lakewood, Colo.
Valor Christian



4 | Megan Holland
MB | 6'4 | So.
Nazareth, Penn.
South Carolina



5 | Doga Ocal
OH | 6'2 | Fr.
Antalya, Turkey
Anatolian HS



7 | Annika Sokol
S | 5'10 | Fr.
Roxborough Park, Colo.
Heritage HS



9 | Abby Hansen
MB | 6'5 | Gr.
Phoenix, Ariz.
Desert Vista/ Oregon



10 | Avah Armour
OH | 6'5 | Fr.
Monitou Springs,
Colo.
Rampart HS



11 | Katelyn Grimes
L/DS | 5'6 | Jr.
Lebanon, Ohio
Cincinnati Hills Christian
Academy



12 | Heidi Bonde
OH | 6'3 | Jr.
Minooka, Ill.
Minooka Community HS



13 | Lauren Clark
OH | 6'0 | Gr.
Champlin, Minn.
FGCU



15 | Claudia Dillon
MB | 6'2 | Gr.
Evergreen, Colo.
Missouri



18 | Renee Ralls
S | 5'11 | So.
Orlando, Fla.
Lake Highland Prep



23 | Britt Carlson
OH | 6'4 | RS-Fr.
Woodbury, Minn.
Washington State



26 | Emily Wilson
OH | 6'3 | So.
Estero, Fla.
Joliet Catholic Academy
San Diego

STAFF TV ROSTER



Jenny Maurer
Head Coach
1st season as HC
7th Season overall
Washington St. Louis



Jason Tanaka
Associate Head Coach
1st Season
Arizona



Michaela Franklin
Associate Head Coach
1st Season
Kansas State



Erin Olson
Director of Operations
2nd Season
UCF