

# THE VOLLEYBALL ALL-STARS

## Justine Ballou/Bishop Feehan

The senior captain, who was recognized as an Eastern Athletic Conference All-Star, captured a team leading 129 digs and tallied 102 kills in her second season in the varsity program for Bishop Feehan as an outside hitter.

"She was a very good defender," said Bishop Feehan volleyball coach Joe Reardon. "Justine's real benefit to us was she was one of our better all around players, you never had to take her off the court."

In addition to being named volleyball captain, Ballou is a member of the French Honor Society and Art Honor Society at Bishop Feehan. Ballou also competes on the court while as part of the ENVY Volleyball Club.



## Jenna Bourassa/Bishop Feehan

The Bishop Feehan senior setter made vital contributions in her second season within the Shamrock varsity program, leading the team in assists with 198 and adding 37 service aces to her stats sheet.

"She made very good decisions while running the offense," said Bishop Feehan volleyball coach Joe Reardon. "She's just one of those quiet leaders on the court and the kids really stepped up their game around her."

In addition to her time on the Shamrock volleyball team, Bourassa competes with the Metrowest Volleyball Club while also being apart of the National Honor Society, Photography Club and Amigos.



## Mary Campbell/Bishop Feehan

The Bishop Feehan junior outside hitter was recognized as an Eastern Athletic Conference All-Star in her first year in the Shamrock varsity program, earning herself second on the team in kills with 122 and 16 service aces.

As a sophomore, Campbell was a Hockomock All-Star while competing for the King Philip volleyball team, but transferred to Bishop Feehan for her junior season.

"She's a very good athlete," said Bishop Feehan volleyball coach Joe Reardon. "She's got a great attitude, great personality and she's a fun kid to coach because she works hard."

Campbell also plays volleyball for the Southern Alliance Club.



## Erika Costa/Seekonk

The Seekonk High senior captain made her final season a strong one, leading the Warriors team in kills with 101 and ranking second on the team in aces, tallying 58.

"She was a valuable part of both our offense and defense," said Seekonk volleyball coach Earl Berwick. "She played multiple different positions during the season based on the needs of our team."

Costa, who was selected to South Coast Conference All-Star, was named this season's MVP for the Warriors. In addition, Costa competes with the Blast 18U Regional volleyball team while playing softball at King Philip during the spring.



## Morgan Gould/Tri-County

The Tri-County second-year captain was named Mayflower League Player of the Year after leading the Cougars to their second league title as well as their third State Vocational Championship in her high school career.

Gould, a North Attleboro native, is a three-time Sun Chronicle All-Star and was the team leader in service points for her senior season, averaging 20 per game.

"She was the one who made everything run for us," said Tri-County volleyball coach Howard King. "She knew every position on the court."

Gould also served as the Tri-County basketball captain her junior and senior season. She also competes in the shot put and discus in track for the Cougars.



## Jessica Haradon/Mansfield

The Mansfield High junior defensive specialist made her first year on the varsity program count, leading the Hornets with 264 digs and being second on the team in aces with 46.

Haradon, who played in the back row at the libero position, had an 89 percent serving average for the second-best mark on the team.

"We depended on her a lot for our defense," said Mansfield volleyball coach Melissa Heeden. "Most importantly, she never quit. She sacrificed herself more times than I can count."

Haradon competes for the Massachusetts Premier Volleyball team and was a Hockomock League All-Star for her strong season.



## Cathryn Heavey/Mansfield

The Mansfield High senior captain and Hornet middle hitter highlighted her season by notching over 1,000 career assists, leading the team in that category with 625 in her senior season. Heavey also had Mansfield's best serving average with 91 percent of her serves staying in play to go with the second-most digs with 171.

"She was one of the hardest-working athletes I've had in coaching," said Mansfield volleyball coach Melissa Heeden. "She did all the intangibles for our team."

The three-year varsity starter also plays tennis for Mansfield and is a member of National Honor Society and Spanish National Honor Society.



## Meg Hill/Mansfield

As a young threat in the Hornet program, the sophomore made her second year on the Mansfield High varsity team her strongest one yet. The outside hitter for Mansfield led the team in both kills, with 222, and blocks, with 74 solo.

"She was really key to our success this year," said Mansfield volleyball coach Melissa Heeden. "She proved she was somebody we could look to when we needed points. To be able to depend on a sophomore, it's pretty outstanding."

Hill was selected as a Hockomock League All-Star for her sophomore season and will be quickly transitioning to the basketball court while representing her school in both sports.



## Casey Holmes/Norton

The Norton High junior captain earns her second straight Sun Chronicle All-Star honor.

Holmes, who played the center position for the Lancers in the first four games of the season, transitioned back to middle hitter, compiling a team leading 52 aces and 83 kills. Holmes added 12 blocks, as well as 20 assists.

"She was awesome," said Norton volleyball coach Eric Grasso. "She always did what was best for the team and was a great captain."

The Massachusetts Premiere Volleyball prospect was chosen as the team's Most Valuable Player. She also plays for the Norton Buddies and Destination Imagination clubs.



## Lauren Manis/Bishop Feehan

The senior captain for Bishop Feehan capped off her three-year varsity volleyball career in impeccable fashion, being named to the Eastern Athletic Conference All-Star team and a Division 1 All-State player for the second time in as many years.

Manis led the EAC in kills with 213 and blocks with 81. She added a team-leading 43 service aces for the Shamrocks.

"She's the most exceptional athlete I've ever coached," said Bishop Feehan volleyball coach Joe Reardon. "To be recognized like she was, it says a lot for her talent as an athlete. She was a great leader on and off the court, it's going to be hard to replace her."



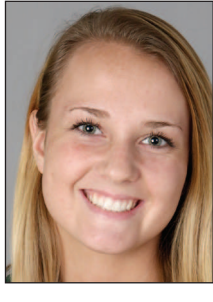
## Micaela Murray/King Philip

The King Philip senior captain logged a team-high 175 digs to go with 39 aces for the Warriors, who finished their season as Central East Division 1 semifinalists in the MIAA tourney.

As a second-year varsity player and a previous selection as a Hockomock League All-Star, Murray handled the backcourt while competing as the team's defensive specialist while playing libero.

"She was a great competitor," said King Philip volleyball coach Kristen Guess. "She was quick and strong, and was highly respected by teammates."

Murray also plays for the Metrowest volleyball team.



## Sarah Mullahy/Mansfield

The Mansfield High senior captain and middle hitter continued to impress for the Hornets, tallying a team-leading 51 aces. Mullahy, a three-year varsity player, also ranked second on the team in kills with 164 and had an 84 percent serving percentage.

"For us, she was great with serves," said Mansfield volleyball coach Melissa Heeden. "She would get back to the service line late in games and help us win. I'm unbelievably proud of the progress she has made."

The three-sport athlete also plays basketball and competes in track. She is a member of National Honor Society and Spanish National Honor Society.



## Josie Rowean/King Philip

The King Philip senior made the best of her second year on the Warrior varsity program, tallying a team-high 375 kills while contributing 62 aces and 53 digs. Rowean has previously been a Hockomock League All-Star.

"She was our go-to outside hitter," said King Philip volleyball coach Kristen Guess. "She was relentless in her pursuit of competing and she could hit from anywhere on the court."

In addition to being on both the volleyball and indoor track teams, Rowean serves as treasurer of the Science National Honor Society and is a member of the French National Honor Society, English National Honor Society and History National Honors Society.



## Kathryn Sachs/Bishop Feehan

The Bishop Feehan junior received recognition after her strong season as the Shamrocks' middle hitter, being named to the Eastern Athletic Conference All-Star team. During her second year in the varsity program, Sachs tallied 74 blocks to rank second on team and in the entire EAC behind her teammate, Lauren Manis. Sachs added 78 kills for the Shamrocks.

"She's a very intelligent player," said Bishop Feehan volleyball coach Joe Reardon. "She's one of those kids you like to have in the gym because when you're coaching, she's listening."

Sachs also plays basketball for Feehan and is a member of National Honors Society.



## Gwen Uyrus/King Philip

During her final year at King Philip, the senior filled up the stat sheet, leading the Warriors in service aces with 73 while adding 187 kills and 25 digs.

"She was an incredible server," said King Philip volleyball coach Kristen Guess, whose squad reached the semifinals of the ewho finished their season as Central East Division 1 MIAA Tournament.

"She was another go-to outside hitter for us,"

The second-year varsity player also competes for the Metrowest volleyball team, while volunteering as a Big Brother/Big Sister in the youth mentoring organization.



## Sara Youssef/North Attleboro

The North Attleboro senior standout finished her four-year volleyball career in impeccable fashion.

Youssef, a two-year varsity player who was named captain her senior year, had a team-leading 180 kills and 64 aces for the Red Rocketeers.

"She was a leader with a positive personality," said North Attleboro volleyball coach Jeff Crins. "She always knew what to do with the ball. She was one of the smartest hitters I have seen."

Youssef was named as the Red Rocketeers Most Valuable Player on offense. She is also a member of National Honor Society and of Science Lab Leaders.



## THE ROSTER

Name	School	Year
Sara Youssef	North Attleboro	Sr.
Casey Holmes	Norton	Jr.
Morgan Gould	Tri-County	Sr.
Erika Costa	Seekonk	Sr.
Jess Haradon	Mansfield	Jr.
Meg Hill	Mansfield	Soph.
Sarah Mullahy	Mansfield	Sr.
Cathryn Heavey	Mansfield	Sr.
Gwen Uyrus	King Philip	Sr.
Josie Rowean	King Philip	Sr.
Micaela Murray	King Philip	Sr.
Lauren Manis	Bishop Feehan	Sr.
Kathryn Sachs	Bishop Feehan	Jr.
Mary Campbell	Bishop Feehan	Jr.
Jenna Bourassa	Bishop Feehan	Sr.
Justine Ballou	Bishop Feehan	Sr.

## HONORABLE MENTION

**ATTLEBORO:** Michelle Sheehan, Morgan Fulton.

**BISHOP FEEHAN:** Laney Erwin, Kaitlin Krue.

**DIGHTON-REHOBOTH:** Lucille Maslen, Kylie D'Ambrosio.

**FOXBORO:** Vicki Kelley, Julia DiCenso, Kelsey McDonald.

**KING PHILIP:** Carly Adams, Molly Citarell.

**MANSFIELD:**

**NORTH ATTLEBORO:** Rachel Meilan, Taylin Shultz, Anna McPherson.

**NORTON:** Molly Barrows, Julianne Doyle, Kayla O'Keefe, Christy Brennan.

**SEEKONK:** Luke Klaegraefe, Bethany Murphy.

**TRI-COUNTY:** Emily Sullivan, Kyla Johnson.

## OUR SELECTIONS, WITH ASSISTANCE

The Sun Chronicle's volleyball all-star team was chosen by the sports staff, with input from local coaches. Staff photographers took the photos of the athletes.