



# Shaker High School

## Girls Junior Varsity Volleyball

### 2024 - 2025

Athletics Director: Sean Colfer  
Assistant: David Stadlander

445 Watervliet Shaker Rd  
Latham, NY, 12110  
(518) 785-5511  
northcolonie.org

#### Coaches:

- Elizabeth Conroy, Head Coach

#### Players (15)

NAME	GRADE	NUMBER
Nya Adams	9	29
Manna Alemu	10	23
Ella Erickson	9	24
Elliana Hentnik	10	10
Demitra Hnath	10	34
Kristin Mazzariello	9	31
Rory Meagher	10	21
Catriona Molano	10	16
Isabella Monaco	10	39
Tessla Murray	11	2
Katherine Simonds	10	20
Alexa Taveras	10	26
Alysha Townsend	10	35
Avery Vandenberg	10	25
Hannah Winglosky	9	5