

# CUP FINALS 2023

 **VOLLEYBALL  
ENGLAND**

National Volleyball Centre, Kettering  
22nd - 23rd April 2023  
Official Digital Programme



# THE HUNT FOR GLORY



The **RULES** R





## **6 VS 6 BEACH VOLLEYBALL ANYONE?**

A 6 vs 6 Beach Volleyball event, The Sixes is the only six-a-side tournament of its kind in the country.

Taking place on the 10th and 11th June at Sandbanks Beach in Poole, the Men's, Women's and Mixed categories all boast a £1,000 prize-pot.

To celebrate their sponsorship of our 2023 Annual Awards, Deep Dish are offering the Volleyball family a £20 discount off entry into the competition.

**ENTER THE CODE VE20 AT CHECKOUT ON DEEPDISHBEACH.COM/THE-SIXES.**



# SATURDAY

# SUNDAY

## U16 Girls | Court 1

Richmond  
vs The Boswell School

11:00

## Sitting Volleyball | Court 2

Sitting Bucks  
vs Help for Heroes

12:30

## Women's Shield | Court 1

Stockport  
vs Bristol

13:30

## Men's Shield | Court 1

Black Country  
vs Cambridge ARU

16:00

## U16 Boys | Court 2

London Sharks  
vs Leeds Gorse

16:00

## Men's National Cup | Court 1

Essex Rebels  
vs Malory Eagles

18:45

## U18 Girls | Court 1

Richmond  
vs The Boswell School

11:00

## U15 Boys | Court 2

Leeds Gorse  
vs Richmond

11:00

## Women's National Cup | Court 1

Durham Palatinates  
vs Team SideOut Polonia (London)

13:30

16:00

## U18 Boys | Court 1

The Boswell Schools  
vs IBB Polonia London Pro Volley Academy

16:00

## U15 Girls | Court 2

The Boswell School  
vs Richmond



Please note matches will not start before the scheduled start time but may begin after.

# HUNGRY?

No need to worry. Check out the menus of our on-site vendors providing food and drink across Cup Finals weekend.



**THE FOOD BARN**



**THE WOOD OVEN PIZZA**

# UNDER 16 GIRLS FINAL

## RICHMOND VS THE BOSWELLS SCHOOL



### RICHMOND

Head Coach: **Marjana Senk Erminio**  
Team Manager: **Timea Marton**



### THE BOSWELLS SCHOOL

Head Coach: **Stephanie Boyce**

**2 ANJA ERMINIO**  
OUTSIDE HITTER

**3 ANNA SZENTESSY**  
SETTER

**8 ADELA RODROVA**  
MIDDLE

**9 EYLUL EROL**  
OUTSIDE HITTER

**10 ADIA MOLAEI**  
SETTER

**11 IMGE ESMER**  
LIBERO

**12 ALICE JAGIELSKA**  
OPPOSITE

**17 FLORENCE INGHAM**  
MIDDLE

**18 BLAIR TRENCH**  
OPPOSITE

**1 ABI GEDDES**  
OPPOSITE

**2 ESTHER ADESIYAN**  
MIDDLE

**3 ISABELLA VERNON**  
UNIVERSAL

**4 DURU BEYAZIT**  
OUTSIDE HITTER

**5 LILY FROST**  
UNIVERSAL

**6 SCARLETT PARKHURST**  
OUTSIDE HITTER

**7 YASMIN BAPTISTE**  
SETTER

**8 ALANA SPIKE**  
MIDDLE

**10 CATHERINE FRIMPONG**  
MIDDLE

**11 ELLIE TUCK**  
LIBERO

**12 YVETTE WIJUNAMAI**  
LIBERO





## RICHMOND

### How does it feel to make the National Finals?

So exciting! We've worked really hard to get to this stage, so it's amazing to see our work rewarded.

### How does this rank among your team's greatest achievements?

Very close to the top of the list. To lift the trophy would be the ultimate achievement, especially as it's the first time in the competition and final for our younger players.

### What has been your favourite moment of the season?

It's been welcoming the younger players in the squad. We've joined together, built a team and made good friends.

### How does your team prepare for a match?

Our pre-match routine consists of a chat with the coach followed by blasting music in the changing room and during the warm-up.

### What is your side's biggest strength?

It's the confidence that we have built as a team. We have a strong team spirit, which drives us forward in matches.

### What is your side's biggest weakness?

After being crowned champions last year, there's a lot of pressure on us.

### What do you know about your opposition and what is their biggest threat?

They have a great team spirit. They're a tough side because they never give up.

### What makes your team unique?

It's the international makeup of our team that makes us unique. In our squad, every single player has a different nationality.



## THE BOSWELLS SCHOOL

### How does it feel to make the National Finals?

It feels amazing. Going into the last 8's, we were in 5th position, so we knew we would have to beat teams who had beaten us in previous rounds to reach the final. In the semi-finals, we were in top form against Urmston. I haven't seen us fight as we did that day before and I look forward to the same determination in the finals.

### How does this rank among your team's greatest achievements?

Last year, our squad was together at U15s and finished 6th. As a team, we knew that we had a lot more to offer, but it would require hard work to prove it. In 18 years of competition, Boswells have had one U16s team in the finals. It's safe to say that it's a significant achievement for us and one we'll remember for a long time.

### If you had to model your team on another great sportsperson or team who would they be and why?

I'd compare us to the Cool Runnings team. We entered the last 8's in 5th and we've managed to reach the final. We never give up!

### What has been your favourite moment of the season?

I've got to say our first game of the last 8's. We had a point to prove after being defeated by the same team in GP2. After playing exceptionally well in the first set, we dropped the second, meaning we had to win the last. We displayed such fight and determination in the last set. From that, I knew we wouldn't miss the opportunity to make the Cup Final.

### What is your side's biggest weakness?

Volleyball is a big momentum game. Sometimes we struggle when momentum is not on our side, but we have worked really hard on forgetting past mistakes and moving on to the next point. Hopefully, we will see some of that mental toughness in the final.

### What do you know about your opposition and what is their biggest threat?

We know Richmond very well. Like us, they have a lot of England cadets in their team, meaning they will be a very well-structured team with great ball control. We have to serve tough and be smart to win points.

# SITTING VOLLEYBALL GRAND PRIX FINAL

## SITTING BUCKS VS HELP FOR HEROES



### SITTING BUCKS

Head Coach: Steve Smith

### HELP for HEROES

### HELP FOR HEROES

Head Coach: Charles Walker  
Team Manager: Jason Finlay

**2** EDDY VERBEEK  
MIDDLE

**3** JOHN MUNRO  
OUTSIDE

**5** PAUL JEFFERY  
OUTSIDE

**7** COLIN GOODBRAND  
MIDDLE

**8** MIKE KNIGHT  
SETTER

**9** DANIEL BINGLEY  
MIDDLE

**11** KEVIN TANN  
SETTER

**20** STEVE SMITH  
UNIVERSAL

**1** NETRA RANA  
UNIVERSAL

**2** FRANK AVEH  
SETTER

**3** DANIEL KITCHER  
SETTER

**4** CAROLYNE DUFLEY  
UNIVERSAL

**5** ANGELA FAIRBAIRN  
UNIVERSAL

**6** JOACHIM PIERRE  
UNIVERSAL

**7** FRANCIS NDUKA  
UNIVERSAL

**8** EMMANUEL AKOR  
UNIVERSAL

**9** JOHN DIXON  
UNIVERSAL

**10** CHARLES WALKER  
UNIVERSAL

**11** CHRIS ANSLOW  
UNIVERSAL

**12** DARREN YOUNG  
UNIVERSAL



John Photography

## SITTING BUCKS

### How does it feel to make the National Finals?

It feels like a great achievement for the 2022/23 season. Circumstances have been challenging this year, with teams struggling to field complete teams. However, we managed to finish top of the league and successfully book our place in the final to give us a shot at defending our title.

### How does this rank among your team's greatest achievements?

It is up there with some of our greatest achievements. However, for us as a club, some of our smaller victories along the way, when we have come back into matches from adverse situations, are our greatest achievements.

### How does your team prepare for a match?

We train weekly at Bletchley and focus on our weaker areas in the 2-3 training sessions before a competition. On the day, we try to carry a positive attitude onto the court, with everyone giving it their all.

### What is your side's biggest strength?

We train regularly and we continue to grow as a team unit, with no one player being more important than the team.

### What do you know about your opposition and what is their biggest threat?

Help for Heroes has a large squad with lots of reserve players on the bench. Whilst these bench players often get left on the bench, we know they have a massive reserve should they wish to change tactics and bring them into the match.

### If you had to model your team on another great sports-person or team who would they be and why?

It's the international makeup of our team that makes us unique. In our squad, every single player has a different nationality.

### Why should people tune in to watch your team?

It will be an exciting final with the two top teams in action. Our games are always close, and this one should be no exception.



John Photography

## HELP FOR HEROES

### How does it feel to make the National Finals?

Reaching a National Volleyball final is a significant achievement for any team. It's an opportunity to showcase our skills and compete at the highest level, with the chance to win a championship title. The final match can be intense, nerve-wracking, and emotional as players strive to perform, but we have complete confidence that we will give it our all!

### How does this rank among your team's greatest achievements?

It has to be high up on the list, we have won the league before, but this will be the first time a few of us have played in the final with H4H. A great achievement for all players, coaches, and staff involved with the Charity and team!

### What is your side's biggest strength?

Regardless of who is available, we will always make the effort to come together and produce our best performance, and give it everything we have!

### How does your team prepare for a match?

We prioritise a very good warm-up before a match, as well as focussing on team building, team cohesion and communication which is important. We also engage in team-building activities to strengthen relationships and trust between players.

### What has been your favourite moment of the season?

Our favourite moment for us as a team is when we all meet at the hotel the evening before the matches, as we are a team that comes from every corner of the UK. We don't get to see each other apart from when we play, so that time spent together catching up strengthens the bonds that we have from when we served in the military.

### What do you know about your opposition and what is their biggest threat?

We have played our opposition on more than one occasion this season, and both teams have beaten each other. We view their biggest threat as the high they hold on the front court, which sometimes works against us.

Sponsored by: Agria Pet Insurance and Starship







# WOMEN'S SHIELD FINAL

STOCKPORT VS BRISTOL



## STOCKPORT

Head Coach: Anthony Hignett  
Team Manager: Anthony Hignett



## BRISTOL

**1** JESSICA PELUSI  
OUTSIDE HITTER

**2** GRACE GIAKOUMI  
LIBERO

**3** KA MAN WONG  
UNIVERSAL

**6** LAURA DAVIES  
MIDDLE

**7** BARBARA KURZAK  
MIDDLE

**8** REBECCA MASTIN  
MIDDLE/OPPOSITE

**9** EVE TOLLENAAR  
OUTSIDE/OPPOSITE

**12** ALICE KENYON  
OUTSIDE HITTER

**13** ARIANNA MARIOTTO  
MIDDLE

**14** MILANA KOVALEVSKA  
OPPOSITE

**15** LUCIA MEO  
SETTER

**17** CAROLINA CAMPODONICO  
SETTER

**18** LYNDSEY NOLAN  
UNIVERSAL

**19** SOPHIA WATERS  
LIBERO

**1** GEMMA BEDDOWS  
SETTER

**2** ELLA KIDD  
MIDDLE/OUTSIDE

**3** RACHEL DRAPER  
OUTSIDE

**4** LIENE KNUPKE  
MIDDLE

**5** LIZZ DONALDSON  
OUTSIDE

**7** MISCHA JANKOWSKA  
OUTSIDE/OPPOSITE

**8** EKIN OZERCIIYES  
OPPOSITE

**9** PATTY BALLIOU  
LIBERO

**10** PATRYCJA BANASIAK  
MIDDLE

**11** ANASTASSIYA FIXEL  
SETTER

**12** ANNELOT NIEUWENHUIS  
OUTSIDE





## STOCKPORT

### How does it feel to make the National Finals?

It's an absolute delight, especially given our team was only formed in the last two years.

### How does this rank among your team's greatest achievements?

Last year, Stockport Volleyball Club's men won the National Shield. Now we've reached the final and it's the pinnacle of our achievements to date.

### What has been your favourite moment of the season?

Including an Academy Junior in the Squad, Sophia. Her 'pancakes' in the semi-final were unreal.

### How does your team prepare for a match?

Alice's Boom Box does the trick along with Coach Ant's inspirational talks.

### What is your side's biggest strength?

It's definitely our teamwork and camaraderie.

### What is your side's biggest weakness?

No weaknesses, just developmental opportunities under the stewardship of our coach.

### What do you know about your opposition and what is their biggest threat?

We know them well and have done plenty of research. They're a good solid team with a great squad of girls.

### If you had to model your team on another great sports-person or team who would they be and why?

I think it has to be the Lionesses. I think it's important that we have a group of inspirational women to look up to. They performed to the highest level on a global stage, winning the Euros last summer.

### Why should people tune in to watch your team?

Support us in only our second-ever National Final. It's guaranteed to be a great spectacle of 'North' v 'South'.



## BRISTOL

### How does it feel to make the National Finals?

It's a lovely way to end a great couple of seasons with a group of friends, not just teammates. After this match, we will say goodbye to a number of our players who are moving abroad and going to university, so it's a bittersweet moment to end with a shield final.

### How does this rank among your team's greatest achievements?

I believe this is the first time a team from Bristol Volleyball Club has reached a national final, as well as the first English national final for the majority of our squad. It ranks pretty highly.

### What has been your favourite moment of the season?

As a team, the best moment for us has to be our coach welcoming his beautiful daughter into the world during the season.

### What is your side's biggest strength?

We are such good friends on and off the court, meaning we can have a laugh when things are going well and pick each other up when times are tough.

### What do you know about your opposition and what is their biggest threat?

Stockport knocked us out of the cup last season, so we are hoping to gain revenge this time around. They're a team who are going for back-to-back promotions, so they are not going to go down without a fight.

### Why should people tune in to watch your team?

It'll be a competitive game between two teams who have both had a successful season. Both teams have lost very few matches this season, so neither team will want to be on the losing side this time.

Sponsored by: Music Magpie





# MEN'S SHIELD FINAL

## BLACK COUNTRY VS CAMBRIDGE ARU



### BLACK COUNTRY

Head Coach: **Carl Brookes**

Team Manager: **Sam Field**



### CAMBRIDGE ARU

Head Coach: **Kostas Kikiras**

**1** **NIKOLAY NIKOLOV**  
OUTSIDE HITTER

**2** **JACK BROOKES**  
OUTSIDE HITTER

**3** **RYAN FISH**  
OPPOSITE/OFF-SETTER

**4** **SAM FIELD**  
MIDDLE

**5** **LUKAS RUBIN**  
MIDDLE

**6** **JACK MATTHEWS**  
OUTSIDE HITTER

**7** **DANIEL HOWE**  
OUTSIDE HITTER

**8** **DANIEL PRICE**  
MIDDLE

**9** **JACOB TAIN**  
MIDDLE

**10** **ANDREW PEARSON**  
SETTER

**11** **JAMES LEDBURY**  
OPPOSITE/OFF-SETTER

**12** **BENJAMIN TAIN**  
OUTSIDE HITTER

**13** **OLIVER SHIPWAY**  
LIBERO

**14** **MATTHEW NELSON**  
LIBERO

**2** **MATTHEW ELLIOTT**  
MIDDLE

**3** **PIOTR ROSCISZEWSKI**  
OUTSIDE HITTER

**4** **APOSTOLOS AVERKIADIS**  
OUTSIDE HITTER

**7** **KIERAN GOOD**  
OUTSIDE HITTER

**9** **KOSTAS KIKIRAS**  
UNIVERSAL

**10** **BASTIEN CHABE-FERRET**  
OUTSIDE HITTER

**11** **RYAN DEWEESE**  
OPPOSITE

**12** **GIANNI ANTICHI**  
SETTER

**13** **LEANDRO LIMA**  
MIDDLE

**14** **DANIEL NICKALLS**  
MIDDLE

**15** **RAUF SAATCIOGLU**  
SETTER

**20** **JACOB BOHLIN**  
LIBERO





## BLACK COUNTRY

### How does it feel to make the National Finals?

It's a great achievement for the boys. At the start of the season, we set out a list of targets that we wanted to achieve, which included staying in Division 1 and getting to a cup final. It's fantastic that we've managed to do both, and testament to the training and hard work that goes in off-court to make it happen.

### How does this rank among your team's greatest achievements?

In 2017, Black Country won the Shield, which a few of our players were lucky to be involved in. We've also had other success through the age groups, but this achievement would be up there. Hopefully, we can continue to build on the foundations that we've created over the past couple of years.

### What is your side's biggest strength?

We can overcome adversity. At times, we require the hairdryer treatment from our coach to pick ourselves up and get an important win.

### What has been your favourite moment of the season?

The highlight of the Shield has been seeing places around the country that we wouldn't have visited otherwise. We've been drawn away in every round and travelled to teams who aren't in our division, such as Ashcombe Dorking, Cambridge (twice), and Northampton.

### What do you know about your opposition and what is their biggest threat?

We've watched some videos and they look like a solid team. They have some strong hitters and a setter that can feed them. It'll be a challenge, but it's one that the whole team is looking forward to!

### Why should people tune into Cup Finals to watch your team?

Ask anyone who has watched a Black Country match before, they'll tell you that you're always guaranteed fireworks and drama. We try and play an exciting type of volleyball and create loads of noise to keep the crowd interested. Also, we rarely play in 3-set matches!



## CAMBRIDGE ARU

### How does it feel to make the National Finals?

We're very happy to have reached the final. We've got a great squad together who have worked very hard. This is the reward for our efforts.

### How does this rank among your team's greatest achievements?

Before this season, it'd been a few years since we had won any silverware. After being crowned champions of Division 2, it would be great to complete the double. It would be a fantastic achievement.

### What has been your favourite moment of the season?

Our best experiences have come when we've played to the best of our abilities, especially when we've beaten teams in higher divisions. It's been great to see the team, club and city join together.

### What is your side's biggest strength?

We have a good mixture of skills in our squad. Our passing and distribution are excellent, plus we maintain a positive attitude.

### What do you know about your opposition and what is their biggest threat?

They're a Division 1 side, with plenty of energetic youngsters. They're also led by a focused coach. To be successful, we'll need to play smarter, not necessarily harder.

### If you had to model your team on another great sportsperson or team who would they be and why?

We follow more of a sportsmanship attitude, which is universal among athletes. Keep trying your best, give people chances and play with your heart. Commit to fair play, ethical behaviour and integrity.

### Why should people tune in to watch your team?

We play with passion, which is hopefully noticed by the spectators. Our mission is to get people watching and playing Volleyball and help with that.

Sponsored by: Old Wharf Inn, Stourbridge

Sponsored by: Anglia Ruskin University



# U16 BOYS FINAL

## LONDON SHARKS VS LEEDS GORSE



### LONDON SHARKS

Head Coach: **Orhan Colak**  
Team Manager: **Emir Imen**



### LEEDS GORSE

Head Coach: **Pete Makowski**  
Team Manager: **Scott Cosgrove**

**2** ALEX MAPANAO  
SETTER

**4** SHING HEI HANG  
OUTSIDE HITTER

**5** LAWRENCE AMPADU  
MIDDLE

**6** CEDRICK RARANG  
SETTER

**10** JASON JJ ROWE PENNANT  
MIDDLE

**11** HARRY PALAZZOLO  
OUTSIDE HITTER

**13** OSCAR CROSS  
MIDDLE

**14** ROMARIO STAMBOLLIU  
OUTSIDE HITTER

**15** ABINSON DIXON  
MIDDLE

**23** JACKY CHAN  
LIBERO

**1** DYLAN PARSONS  
OUTSIDE HITTER

**2** ALBERT BIRYUKOV-WANG  
SETTER

**3** LIAM LAMB  
MIDDLE

**4** JASON KAMPOSIORAS  
OUTSIDE HITTER

**5** ADAM CHAN  
UNIVERSAL

**6** IOANNIS DIMITRAKOPOULOS  
MIDDLE

**8** HENRY DAUTAJ  
MIDDLE

**9** JOSHUA COSGROVE  
UNIVERSAL

**11** NATHAN HAMPSHIRE  
OPPOSITE

**12** BEN SORLEY  
MIDDLE

**15** ESSAY MULUBRHAN  
LIBERO

**16** MAKS MAKOWSKI  
LIBERO



## LONDON SHARKS

### How does it feel to make the National Finals?

In our first season, we've reached the final. We're very proud of that achievement.

### What has been your favourite moment of the season?

I'd say the quarter-finals. We worked well together and played effectively. We kept fighting and eventually won the games.

### What is your side's biggest strength?

I'd say that our side is strong both in attack and defence. We block well and have great servers too.

### What is your side's biggest weakness?

We can sometimes be masters of our own downfall. Sometimes we set unstable attacks or make simple mistakes.

### What do you know about your opposition and what is their biggest threat?

We've played against them previously. They're a strong team, who are very organised.

### What makes your team unique?

We're a team that works hard for each other, we communicate well and we have some very skilled players.

### Why should people tune in to watch your team?

Our game will be a great one to watch. We play good volleyball and display fantastic teamwork.



## LEEDS GORSE

### How does it feel to make the National Finals?

We've worked very hard over the last 12 months, after narrowly missing out last year. This made us focused and helped us to turn disappointment into a motivational factor. We now feel like we are in the place where we belong.

### What has been your favourite moment of the season?

Managing to beat Richmond U18s with our U16s was a huge moment. After that, we believed that we could dominate anyone.

### How does your team prepare for a match?

To prepare, we train hard during the week, meditate and hold team talks together. We also look back at the video analysis of our play and the upcoming opposition.

### What is your side's biggest strength?

One of our biggest strengths is our defence. Also, our play in transition is excellent too.

### What makes your team unique?

Six of our starting players and libero are England Cadets or Juniors.

### What do you know about your opposition and what is their biggest threat?

We are well aware of them. They're very physical and a side that we respect. They have played well this season.

### If you had to model your team on another great sportsperson or team who would they be and why?

I'd say the Chicago Bulls side in the 90s. We have the mentality of a winner because we lost so many times.

### Why should people tune in to watch your team?

We play well-organised and entertaining volleyball. We manage to show what's great about the junior game, playing combinations and a good service game. Technically and tactically, we are the most fun to watch across all age categories.

Sponsored by: CMT and KNT Group

Sponsored by: Trinity University and KMD



# MEN'S NATIONAL CUP FINAL

## ESSEX REBELS VS MALORY EAGLES



### ESSEX REBELS

Head Coach: Alex Porter



### MALORY EAGLES

Head Coach: Mihail Stoev  
Team Manager: Ian Legrand

**1** BEN OSBORNE  
OUTSIDE HITTER

**3** ELEFTHERIOS IOANNOU  
LIBERO

**4** DEVON GLEAVE  
OUTSIDE HITTER

**5** MAX NORTON-STEELE  
OPPOSITE

**8** COHEN BANKS  
SETTER

**9** EUAN FRASER  
SETTER

**10** POWELL OSAYAWAH  
MIDDLE

**11** DUNCAN MCDONALD  
MIDDLE

**12** CHRISTIAN CHRISTIE  
OUTSIDE HITTER

**13** SAVVAS KONSTANTINOU  
MIDDLE

**15** CONNOR REEVE  
LIBERO

**17** THOMAS SHATIMEHIN  
OUTSIDE HITTER

**18** THOMAS JEFFERSON  
MIDDLE

**20** ALDRIN RENA  
OPPOSITE

**1** ADAM BAIZA  
SETTER

**2** PEARSON STILLER  
SETTER

**3** CHESTER SEARLE  
LIBERO

**4** OLAF MATJUSENOKS  
MIDDLE

**5** BENAYA KOUAME  
OUTSIDE HITTER

**7** MIHAIL STOEV  
UNIVERSAL

**8** NATHAN FULLERTON  
OPPOSITE

**10** CAMERON CARRINGTON  
OUTSIDE HITTER

**11** LEON DAVIS-CHAMBERS  
OPPOSITE

**12** RICHARD UHLIR  
SETTER

**13** ALEX BIALOKOZ  
MIDDLE

**15** FILIP DENCHEV  
OUTSIDE/OPPOSITE

**16** RADOSLAW BRYJA  
OUTSIDE HITTER

**17** ZACHARY OMOSEBI  
OPPOSITE



# MATCH PREVIEW



Malory Eagles, one of the most successful teams in the history of English Volleyball, take on new boys Essex Rebels in the Men's National Cup final on Saturday.

The 15-time Cup winners have performed strongly in the league this season, finishing second with 14 wins from their 18 games.

Malory come into the game off the back of defeat in their final game of the Super League season, losing to IBB Polonia London in a five-set contest.

The Eagles will be looking to recapture their fine form of late, after winning their previous 12 matches prior to facing Polonia.

Malory arrive in the final after coming out on top in an five-set thriller with University of Nottingham in the semi-final.

Essex Rebels - buoyed by reaching the Cup Final in their first year - will fear no one, however.

With a full season and a mid-table Super League finish under their belt, the Rebels will relish the chance to add some stardust to their campaign.

An impressive semi-final victory over IBB Polonia will give the Essex side hope going into the final, despite losing to Malory on the two occasions the sides have met this season.

However, with youth on their side, the Rebels will aim to throw the form book out of the window and take their opportunity on the biggest stage.

**One thing is for sure; fans are in for a treat.**







# REBELS RISE



TEAM SPONSOR: CONCORDIA RESIDENTIAL

After reaching the National Cup Final in their first year as a club, the Rebels are looking to go one further and secure their first ever title in Saturday's showdown with Malory. Volleyball England spoke to Head Coach Alex Porter for the lowdown on the team's first season together.

## How does it feel to make the National Finals?

It's an incredible feeling. It's a huge accomplishment for us to reach the national final, as it validates the hours that we have dedicated in training. We've worked hard all season to prepare for this match and we're excited by the chance of success in the final.

## Aside from getting to the final, what has been your favourite moment of this season?

Some of our best moments of the season have come when the odds have been stacked against us. On multiple occasions, we've mounted a comeback and emerged victorious. From this, we've developed an edge about us, which many teams have now become weary of.



## How does your team prepare for a match?

Every Friday, after our lifting session, we go out as a team for breakfast. It's a great opportunity for us to spend some time together, whilst discussing the upcoming game or talking about life outside of volleyball. Without us meaning to, we've created a tradition that our whole team sticks to religiously.

## What is your side's biggest strength?

We're a team built on strong character with a diverse skill set. Not only are we physically strong at the net, we're also athletic in all positions. This means that we have multiple guys who are able to step up and help us in every aspect of the game.

## What makes your team unique?

It's almost like we have an all-star squad! We have a mix of internationals from around the world, including England, Scotland, Cyprus and Canada, plus multiple previous junior internationals. With such diverse knowledge from around the world, we have become a strong force to be reckoned with.

## Why should people tune into Cup Finals to watch your team?

We're a young team that has been on a steady upwards trend all season. We have some very exciting players, both offensively and defensively, that are ready to reach their full potential on the big stage. It's going to be exciting, tune in to watch us put on a show.

## What is your side's biggest weakness?

Even though we're back to back BUCS finalists, we're a youthful team in comparison to Malory. This could be seen as our side's weakness.

## What do you know about your opposition and what is their biggest threat?

Malory are one of the most successful teams in British volleyball history, which speaks for itself. With a very experienced squad at their disposal, they have reached the final on the back of a very strong season.





# EAGLES SOAR



TEAM SPONSOR: UNIVERSITY OF EAST LONDON

**Boasting an impressive 21 NVL titles and 15 National Cups, Malory Eagles can be considered one of the most successful English teams of all time. But after 13-years without a trophy, their current crop of players will be looking to write themselves into the club's history books on Saturday. We caught up with Head Coach Mihail Stoev as his team look to end the wait for silverware.**

### How does it feel to make the National Finals?

It feels like we're where we should be. As a club, we're excited to have reached the National Finals weekend. This match gives us all fuel to keep going, it's our players' motivation to perform.

### How does this rank among your team's greatest achievements?

Historically, Malory is the most successful British team. However, we haven't won a trophy in 13 years. With this chance to win another title, we have the opportunity to reaffirm our place in British Volleyball.

### Aside from getting to the final, what has been your favourite moment of this season?

I can't say I have one particular moment, but a highlight of this season has been watching this team grow. As a completely new team, players and coach, we have been 'under construction' this year. Just watching these boys get together, and deliver what we have been working on, is something very special.

### How does your team prepare for a match?

For our opponents, we will try and prepare specifically with them in mind by analysing their strengths and weaknesses. From our side, we'll work on our organisation, as we know that will be key to a good performance.



### What is your side's biggest strength?

Our team spirit! We've come a long way to get here. Whilst supporting and learning from each other, the players have put the team ahead of themselves at every opportunity.

### What do you know about your opposition and what is their biggest threat?

Essex Rebels has one of the best funded programmes in the UK, which has allowed the club to attract some of the best young British athletes. Having the opportunity to set up a professional environment for the players where they can practice more is invaluable. We expect to see their development accelerate even more as they prepare for the final.

### Why should people tune into Cup Finals to watch your team?

The Cup Finals weekend is undoubtedly the best volleyball event in the country, with lots of players, coaches, juniors and fans all meeting in one place. As one of the main events of the weekend, we are preparing to put on a great performance!

### If you had to model your team on another great sportsperson or team who would they be and why?

I think I'd compare our model to that of the All Blacks. We have a team ethic and understand that no single player is bigger than the team. Due to this, we've developed a strong sense of community, as we all know our purpose within the ecosystem of the squad. We love volleyball, our team and we're happy to make sacrifices to achieve success as a group. This team also refuses to accept defeat, we've come from 2:0 and 2:1 down to win on a few occasions this season.

### What makes your team unique?

We have a very diverse group of players: we have players who are taking their first steps in volleyball, all the way to players who have competed in the world's biggest volleyball arenas. We have players aged between 17 and 60, seven different nationalities, with very different backgrounds. We don't have 2 people in the group talking or studying in the same field.



# SHOP

## CUP FINALS 23

Don't miss out on our range of limited edition t-shirts and hoodies, commemorating the 2023 Cup Finals.

Visit our pop-up store at Cup Finals or order yours [here!](#)



# U18 GIRLS CUP FINAL

## RICHMOND VS THE BOSWELLS SCHOOL



### RICHMOND

Head Coach: **Marjana Senk Erminio**  
Team Manager: **Lorraine Hames**



### THE BOSWELLS SCHOOL

Head Coach: **Darren Lewis**  
Team Manager: **Sophie Henry**

**2** ANJA ERMINIO  
MIDDLE/LIBERO

**3** ANNA SZENTESSY  
SETTER

**5** IZZY HAMES  
OUTSIDE/OPPOSITE

**7** ELLIE GLOWREY  
OUTSIDE HITTER

**8** DEFNE CINAR  
OUTSIDE HITTER

**9** EYLUL EROL  
OUTSIDE HITTER

**12** ALICE JAGIELSKA  
MIDDLE/OPPOSITE

**15** JOSEFA AHUMADA  
SETTER

**17** FLORENCE INGHAM  
MIDDLE

**18** LANA SHAGNESSY  
LIBERO

**1** MOLLY CLARK  
MIDDLE

**2** ABI KETLEY  
OPPOSITE/OFF-SETTER

**4** JESS LAW LING  
OUTSIDE HITTER

**5** BETH GILBERT  
MIDDLE

**7** HARRIETT PHILP-EDWARDS  
SETTER

**8** DURU BEYAZIT  
OPPOSITE/OFF-SETTER

**9** HENA ESIMEK  
OUTSIDE HITTER

**10** CATHERINE FRIMONG  
MIDDLE

**11** SCARLETT PARKHURST  
UNIVERSAL

**12** ALEXYS ARCHIE  
MIDDLE

**14** KATIE OLLEY  
LIBERO



## RICHMOND

### How does it feel to make the National Finals?

It's amazing to have made it through to the finals again this season. We're feeling privileged to be able to represent our club at this level.

### What has been your favourite moment of the season?

In one of our matches, our middle was injured, so our libero had to take the position as we were low on players. She managed to get in a couple of great blocks, which surprised her and the rest of the team. We ended up winning two five-set matches that day against teams we had lost to previously, a great result we won't forget for a while.

### How does your team prepare for a match?

One of our pre-match routines is to blast out our favourite playlist while we are all together in the changing room.

### What is your side's biggest strength?

Our biggest strength is our team bond. We've been playing together for several years now, so we know each other well and understand and support each other, which makes us stronger during intense matches. We also have a super strong support network of our parents and club.

### What do you know about your opposition and what is their biggest threat?

Boswells have some strong new players. The team are especially strong in defence and serving and have not dropped a set this season. However, since we haven't played them before, we're not sure what to expect from them as a team.

### Why should people tune in to watch your team?

It's going to be a thrilling and unpredictable game! Being last year's champions, we have everything to play for and we'll be fighting hard and giving it our all. There will be great music and a great atmosphere.



## THE BOSWELLS SCHOOL

### How does it feel to make the National Finals?

It's fantastic to be back at the National Finals.

### How does this rank among your team's greatest achievements?

It's always great to reach the final. Although we've been here before, every year feels more special.

### What has been your favourite moment of the season?

I can't pick a particular moment throughout the year. However, I've enjoyed watching us grow as a team and improve every round.

### How does your team prepare for a match?

In preparation for the match, we use video software and scouting reports to analyse the opposition and make improvements to our game.

### What is your side's biggest strength?

I'd say that we are very skilful when we control the ball.

### What is your side's biggest weakness?

Volleyball is a big momentum game. Sometimes we struggle when momentum is not on our side, but we have worked really hard on forgetting past mistakes and moving on to the next point. Hopefully, we will see some of that mental toughness in the final.

### What do you know about your opposition and what is their biggest threat?

We know enough about them to build a game plan to beat them. We just need to go and implement it.

### What makes your team unique?

Every one of our teams is unique and I can guarantee that the U18 final will be a spectacle to watch. The athletes will be ready to showcase their abilities.

### Why should people tune in to watch your team?

Tune in and enjoy the unpredictability of junior volleyball as it makes for great unscripted drama.

# U15 BOYS CUP FINAL

## LEEDS GORSE VS RICHMOND



### LEEDS GORSE

Head Coach: **Pete Makowski**  
Team Manager: **Scott Cosgrove**



### RICHMOND

Head Coach: **Peter Soczewka**

**1** **DYLAN PARSONS**  
OUTSIDE HITTER

**2** **MAKS MAKOWSKI**  
SETTER

**3** **JOSH COSGROVE**  
OUTSIDE HITTER

**4** **KISHORE ARUMUGAM**  
UNIVERSAL

**5** **ARIEL NSANJA**  
UNIVERSAL

**6** **IOANNIS DIMITRAKOPULOS**  
MIDDLE

**7** **ESSAY MULUBRHAN**  
MIDDLE

**8** **OLIVER FURNELL**  
MIDDLE

**9** **NABY BANGOURA**  
MIDDLE

**11** **GABRIEL HARRISON**  
OPPOSITE

**14** **BARTEK LENIART**  
LIBERO

**15** **EMMANUEL ORETOYE**  
LIBERO

**5** **PAULO SKINNER**  
OUTSIDE HITTER

**6** **JACK SAVAGE**  
LIBERO

**8** **STEFAN GODARD**  
SETTER

**9** **AZLAN MAGHUR**  
OUTSIDE HITTER

**11** **DAN SAMPSON**  
SETTER/OPPOSITE

**12** **LUCAS VOSS**  
MIDDLE

**15** **AUSTIN BELL**  
MIDDLE

**16** **OLI HARRISON**  
MIDDLE

**17** **ZAK MAGHUR**  
OUTSIDE/MIDDLE

**18** **ALBERT RUDDICK**  
OUTSIDE/LIBERO



## LEEDS GORSE

### How does it feel to make the National Finals?

Electrifying! It's a massive achievement for the boys.

### How does this rank among your team's greatest achievements?

Our biggest achievements are still to come. We are always hungry and have big goals for the future.

### What has been your favourite moment of the season?

Winning our semi-final against a fantastic Deep-Dish team with their loud and passionate supporters.

### How does your team prepare for a match?

We train three to four times a week, which helps us build a strong bond.

### If you had to model your team on another great sports-person or team who would they be and why?

Todd Rogers – the professor. It's not the size but the vision, technique and tactical superiority.

### What is your side's biggest strength?

I'd say that we defend well, but our transition is strong. We also have great vision.

### What is your side's biggest weakness?

We still have several players who have just started playing volleyball.

### What do you know about your opposition and what is their biggest threat?

They're a great side, with a good coach and Dan Sampson playing as a setter/opposite.

### Why should people tune in to watch your team?

We play very organised and entertaining volleyball. We show what's best about the junior game playing combinations and we have a very good service game. The team is mentally strong and you can see this in games.



## RICHMOND



## U15 BOYS



Sponsored by: Trinity University and KMD



# WOMEN'S NATIONAL CUP FINAL

## DURHAM PALATINATES VS TEAM SIDEOUT POLONIA (LONDON)



### DURHAM PALATINATES

Head Coach: David Goodchild



### TEAM SIDEOUT POLONIA (LONDON)

Head Coach: Mark Kontopoulos  
Team Manager: Gabi Kontopoulos

**2** BETHAN APPLETON JONES  
MIDDLE

**3** NATALIE COLFESCU  
LIBERO

**4** JENNIFER KORTE  
MIDDLE

**5** LILLY REILLY  
OPPOSITE

**6** JAMIE BREDAHL  
OPPOSITE

**7** ALICE BRAND  
UNIVERSAL

**8** ALEXA ROUMELIOTIS  
LIBERO

**9** ALEXANDRA STEIN  
OUTSIDE HITTER

**10** SOFIA NICHOLSON  
OUTSIDE HITTER

**11** JADE BLEVINS  
SETTER

**12** LOGAN GROVE  
SETTER

**14** LINDSAY ELMORE/ALLI LOWE  
MIDDLE/OUTSIDE HITTER

**16** SHE YIDAN  
UNIVERSAL

**18** BARBORA ROMANCOVA  
MIDDLE

**2** DUYGU YETKINCAN  
MIDDLE

**3** MERVE AKIN  
UNIVERSAL

**4** JESS LAW  
OUTSIDE HITTER

**5** MARIA SVIRIDOVA  
UNIVERSAL

**7** KATARZYNA PLUCINSKA  
OUTSIDE HITTER

**8** GAIA CANEVARI  
SETTER

**9** JANA PARMOVA  
OUTSIDE

**10** ALARA YILMAZ  
OPPOSITE

**12** LEAH CLAYTON  
UNIVERSAL

**13** KENNEDY SNAPE  
LIBERO

**16** MAYA WRIGHT  
LIBERO

**17** GIULIA RASTELLI  
LIBERO

**19** SYDNEY BUSA  
OUTSIDE HITTER





# MATCH PREVIEW



In a repeat of last year's National Cup final, Durham Palatinates take on Team SideOut Polonia.

Team SideOut, who were triumphant in the 2022 final, come into the game unbeaten in five, including a 3-2 victory over their opponents in this fixture.

And after emerging victorious in that last encounter, the London side will be confident that they can come out on top once again.

But opposition doesn't come much tougher than the recently crowned Super League champions, who registered just one league defeat and dropped only five sets over the course of their 2022/23 league campaign.

The two rivals have been competing on all fronts across the last two seasons, with SideOut taking last year's Cup Final but finishing a close second in the Super League on both occasions.

And the Palatinates will be looking to avenge last year's 3-1 defeat by taking home the trophy this time around.

Don't miss this one, as Super League's top two sides battle for glory on the biggest stage.

**Who will come out on top?**



# DURHAM DOUBLE?



Having been denied the League and Cup double after a 3-1 loss to Team SideOut in last year's final, Durham will be looking to go one better this time around. With a formidable record behind them in the 2023 season, the Palatinates will be confident of adding the National Cup to their 22/23 Super League title. Ahead of the match, we caught up with team captain Sofia Nicholson.

## How does it feel to make the National Finals?

Absolutely electric! This game rewards all our hard work throughout the season; it's our pinnacle. We're all extremely excited by the opportunity to perform on the biggest stage in the Cup Final.

## How does this rank among your team's greatest achievements?

It's a massive moment for our club. From the coaching staff to the players, we've worked extremely hard during the past six months and we're excited to end the season with a bang.

## Aside from getting to the final, what has been your favourite moment of this season?

We spent Thanksgiving together as a team, which was a fantastic bonding experience. Many players within the squad come here for just a year, so it was a great opportunity to spend some quality time together. We're all good friends on and off the court.

## How does your team prepare for a match?

We have a great routine that we tend to stick to as we approach matchday. During gameweek, we will have video meetings and accountability groups as we review the previous match. You'll also usually find us at Maiden Castle cafe, where we can enjoy treats. On gameday, it's all about the good music to get us ready.

## What is your side's biggest strength?

Definitely our team culture, which is one built on cohesiveness. We're extremely proud of the bond that we have as a squad, and it makes us incredibly strong.



## What do you know about your opposition and what is their biggest threat?

Polonia are a good side, but Sydney Busa is definitely one player that we'll be aware of. Durham's captain last year, she plays outside hitter, and is their biggest threat.

## If you had to model your team on another great sportsperson or team who would they be and why?

We model our team on our own best performance. We feel like we have a uniqueness.

## What is your side's biggest weakness?

None spring to mind!

## What makes your team unique?

We come from so many different countries with different levels of experience. We're all willing to learn from each other and grow as individuals and as a team.

## Why should people tune into Cup Finals to watch your team?

It will be electric! The Cup Final is the pinnacle, where you'll experience exciting, high-level Volleyball.



# SAME AGAIN FOR SIDEOUT?



TEAM SPONSOR: SIDEOUT, MAMUSKA POLISH RESTAURANT & BAR

Runners up in the Super League and the only team to have defeated champions Durham this season, SideOut will know they have what it takes to lift the trophy in Sunday's final. Libero Maya Wright gives us the lowdown on the 2022 National Cup champions as they look to repeat that feat in 2023.

## How does it feel to make the National Finals?

It feels incredible to make it to the National Finals! This game is a testament to all the hard work and dedication that our team has put in throughout the season. There have been ups and downs, but we stuck it out together to make it this far.

## How does this rank among your team's greatest achievements?

Making it to the National Cup Final for the 7th time (2008, 2010, 2011, 2015, 2016, 2022 and 2023) and fighting for our 5th trophy is a huge accomplishment and something we've been working towards all season. We are very proud to be competing at the top of English volleyball again.

## How does your team prepare for a match?

Our team focuses on both physical and mental preparation. We follow a specific warm-up routine before each game to get our bodies ready. We also study our opponents before agreeing on a game plan that will give us the best chance of succeeding.

## Aside from getting to the final, what has been your favourite moment of this season?

Our favourite moment was winning a tight league match against Team Durham. We were trailing 8-12 in the 5th set, but a great serving run from Alara Yilmaz helped the team gain the lead and win the closest points at the end of the set. It was a great feeling to come out on top in such a tough game by working together as a team. The experience really brought us together to be ready for this match.

## What is your side's biggest strength?

Our teamwork. We all work very well together and support each other both on and off the court. We also have very talented players who bring a lot of skill and experience to the team.

## What is your side's biggest weakness?

I'd say it's not being able to train together as much as we would like. However, that doesn't stop us from being ready to perform.



## What do you know about your opposition and what is their biggest threat?

We know that our opposition is a tight-knit team with talented players. They are able to spend lots of time working together in training, so we'll need to be really focused in the finals to try and counter that.

## What makes your team unique?

What makes our team unique is our diversity. We come from various different backgrounds, and have a range of skills, but each member of the squad shares a passion for volleyball and a commitment to working together as a team. Where else will you find a team with 10+ different nationalities working together?

## Why should people tune into Cup Finals to watch your team?

People should tune in to watch our team because we play an exciting and fast-paced game that's full of energy and intensity. We're a really talented group of players who work together well and always put on a good show.



# U18 BOYS FINAL

## THE BOSWELLS SCHOOL VS IBB POLONIA LONDON PRO VOLLEY ACADEMY



### THE BOSWELLS SCHOOL

Head Coach: **Darren Lewis**  
Team Manager: **Sophie Caroline**



### IBB POLONIA LONDON PRO VOLLEY ACADEMY

Head Coach: **Grzegorz Niski**  
Team Manager: **Aleksandra Pizon**

**1** **NATHAN HALL**  
UNIVERSAL

**3** **HARVEY FARMER**  
OUTSIDE HITTER

**4** **CARTER HOWLETT**  
SETTER

**5** **FINLEY BULLIVANT**  
MIDDLE

**6** **MUHAMMAD MOHIUDDIN**  
LIBERO

**7** **DAN HECTOR**  
MIDDLE

**8** **OLLIE TUCK**  
OUTSIDE HITTER

**9** **STUART PERRY**  
OUTSIDE HITTER

**10** **BEN MOIR**  
LIBERO

**11** **LUKE ATKINSON**  
SETTER

**12** **MAXIME CAROLAN**  
MIDDLE

**13** **RILEY CHAPMAN**  
MIDDLE

**14** **JAKE BANNISTER**  
MIDDLE

**17** **JAMES WRIGHT**  
OPPOSITE

**4** **NASSIM BENAMEUR**  
MIDDLE

**5** **OLIWER WROBEL**  
SETTER

**6** **CLAYTON NUNES BELO**  
MIDDLE

**7** **HENRY MAZZEO DE LIMA**  
OPPOSITE

**10** **ROSHAN ELLIOTT BLAKE**  
MIDDLE

**11** **HASSAN FARHAT**  
OUTSIDE HITTER

**12** **TOM RAVI COLE-CUHNA**  
OUTSIDE HITTER

**13** **JAMIE KEATES**  
SETTER

**14** **PETER SOCZEWKA**  
OUTSIDE HITTER

**15** **MARTINO COSTA**  
LIBERO

**16** **NICOLAS GARCIA**  
LIBERO



## THE BOSWELLS SCHOOL

### How does it feel to make the National Finals?

It's fantastic to be back at the National Finals.

### How does this rank among your team's greatest achievements?

It's always great to reach the final. Although we've been here before, every year feels more special.

### What has been your favourite moment of the season?

I can't pick a particular moment throughout the year. However, I've enjoyed watching us grow as a team and improve every round.

### How does your team prepare for a match?

In preparation for the match, we use video software and scouting reports to analyse the opposition and make improvements to our game.

### What is your side's biggest strength?

I'd say that we are very skilful when we control the ball.

### What is your side's biggest weakness?

Volleyball is a big momentum game. Sometimes we struggle when momentum is not on our side, but we have worked really hard on forgetting past mistakes and moving on to the next point. Hopefully, we will see some of that mental toughness in the final.

### What do you know about your opposition and what is their biggest threat?

We know enough about them to build a game plan to beat them. We just need to go and implement it.

### What makes your team unique?

Every one of our teams is unique and I can guarantee that the U18 final will be a spectacle to watch. The athletes will be ready to showcase their abilities.

### Why should people tune in to watch your team?

Tune in and enjoy the unpredictability of junior volleyball as it makes for great unscripted drama.



## IBB POLONIA LONDON PRO VOLLEY ACADEMY

### How does it feel to make the National Finals?

As Libero Martino Costa Da Silva said after the game in the Last 8 tournament said: *"I am hyped up to be able to play in my first ever final and I hope our team will get the victory"*.

### How does this rank among your team's greatest achievements?

Last year, we played in a final as well. Last year, the young players from Pro Volley Academy; the youth section of IBB Polonia London played the grand final of the youth competition; Greg Niski's players took on Richmond Docklands and after an emotional four-set encounter had to settle for silver medals. The game ended 3-1 in favour of Richmond.

### How does your team prepare for a match?

In preparation for the match, we use video software and scouting reports to analyse the opposition and make improvements to our game.

### How does your team prepare for a match?

In the Pro Volley Academy, young players can combine their passion for volleyball and study. We train hard and play in the London League and also our youngsters have an opportunity to be a part of the senior IBB Polonia London team and compete in the Super League.

### What has been your favourite moment of the season?

The last game was the toughest because we played a team that is on our level. Both teams knew what to expect of each other. The game was pretty even throughout, and the atmosphere on the court was tense. I am so happy, excited and proud of our team. We have made it through to the final and I hope we will become the Champions of England.

### Why should people tune in to watch your team?

We strongly believe it will be a very good game. The two best U18 teams in the country will face each other and without any doubt, people will enjoy the show.

Sponsored by: IBB Builders Merchants

# U15 GIRLS FINAL

## THE BOSWELLS SCHOOL VS RICHMOND



### THE BOSWELLS SCHOOL

Head Coach: **Stephanie Boyce**



### RICHMOND

Head Coach: **Francesca Secchi**  
Team Manager: **Agostino Simonetta**

**1** **ABI GEDDES**  
OPPOSITE

**2** **ELLA TURAN**  
OUTSIDE HITTER

**3** **DURU BEYAZIT**  
OUTSIDE HITTER

**4** **NANCY BIGGS**  
UNIVERSAL

**5** **LILY FROST**  
UNIVERSAL

**6** **ZONNIA ANDRUSZKIEWICZ AYALA**  
OUTSIDE/OPPOSITE

**7** **YASMINE BAPTISE**  
SETTER

**8** **CHLOE SILVESTER**  
UNIVERSAL

**9** **NIAMH SCULLION**  
MIDDLE

**10** **ISABELLE VERNON**  
UNIVERSAL

**11** **ESTHER ADESIYAN**  
MIDDLE

**12** **SARAH YUEN**  
LIBERO

**14** **MAISIE HORNSBY**  
MIDDLE

**3** **ANNA SZENTESSY**  
OUTSIDE HITTER

**4** **DURU ATESOGLU**  
SETTER

**6** **MIKEIGHLA CABREJAS**  
LIBERO

**8** **JULIA SIMONETTA**  
SETTER

**10** **ADIA MOLAEI**  
SETTER

**11** **ALEXANDRA FISZER**  
MIDDLE

**12** **ADELA RODROVA**  
OUTSIDE HITTER

**16** **BLAIR TRENCH**  
OUTSIDE HITTER

**18** **CHERYL MANFREDINI DA CRUZ**  
MIDDLE



## THE BOSWELLS SCHOOL

### How does it feel to make the National Finals?

It's an absolute pleasure to get through to the National Finals. This was the last team for Boswells which qualified as the 4th team and each one has felt just as special as the first. The hard work and commitment which every player and coach has been through make it all worthwhile.

### How does this rank among your team's greatest achievements?

It has been a record-breaking year for Boswells getting 4 teams through to the National Finals. All three girls' teams making the finals is something which hasn't been achieved at Boswells yet in almost two decades, so this is a real achievement for the club.

### How does your team prepare for a match?

A good playlist is key! It helps the players feel more relaxed and they play better when they are relaxed. It is also important that they get a good warm-up, which doesn't involve them just going through the motions, but also doing game-related exercises to get their minds and body game ready.

### What has been your favourite moment of the season?

I believe GP1 was a special moment for us. We entered the competition not knowing what any team would be like, so it was exciting to see how all our preparation paid off and was ultimately demonstrated in a game setting. Without conceding a set, we completed GP1 on top, and one of our girls served 18 aces in a row, which was an especially memorable moment.

### What is your side's biggest strength?

Our biggest strength is our serving and offence. The great thing about this team is they are fairly consistent and that is all that is required in this age group. We have players who can hit the ball, but we also have smart players who will look to see where the spaces are on the court and aim for those areas. This group of girls are exciting to watch.

### If you had to model your team on another great sports-person or team who would they be and why?

Usain Bolt – It's hard to keep up with this team.



## RICHMOND

### How does it feel to make the National Finals?

It's unreal. The atmosphere at games is amazing and it's something we are all going to remember for life. It's amazing how some of us were playing 4v4 and scoring these games last year and are now playing in the finals.

### How does this rank among your team's greatest achievements?

Our team members are very new to the Grand Prix tournaments so making the finals is an amazing achievement and hopefully, we will have many more to come.

### What has been your favourite moment of the season?

One of the best moments was in GP2, we were faced with our strongest opponents so far and went into the game a bit scared as the other girls were strong players, but instead of giving up we came together and played the best we've played and won against them 2-0.

### How does your team prepare for a match?

During the Grand Prix we video our games and watch them back seeing where we lost points and focus on that in training.

### What is your side's biggest strength?

One of our strengths is how strong our bonds are with our teammates which makes winning our games more meaningful and helps us recollect ourselves better when we are struggling. I see these girls so much and they're like a second family, sharing this experience with them is all I could ask. Winning games together and going out for meals, the whole experience is like a dream but sharing it with such an amazing team off-court makes it even better.

### Why should people tune in to watch your team?

Volleyball is one of the best sports and it's so easy to watch. It's all year round and the best decision I've ever made was to get into volleyball. The finals are all filled with talented players and the viewers are sure to be entertained by the games as both teams are so dedicated to winning after an amazing season.