



#11 ALESSIA SGHERZA  
GR | OUTSIDE HITTER

#9 TERESA ATILANO  
FR | SETTER



# MONARCH VOLLEYBALL



MARCH 21 & 22, 2021



MARCH 26 & 27, 2021



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A young man with dark hair, wearing a white lab coat and clear safety glasses, is smiling and looking towards the camera. He is in a laboratory setting with a human skeleton visible in the background. The entire image has a blue color overlay.

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# 2020-2021 MONARCHS



**Head Coach**  
Fred Chao  
(George Mason, 1994)



## ABOUT THE MONARCHS

The Old Dominion volleyball team is set to host Marshall and a nationally-ranked WKU in the newly renovated ODU Volleyball Center to close out the regular season. All three contests will stream on CUSA.tv.

To accommodate Monarch fans as a result of the difficult circumstances related to the pandemic, the ODU Athletics department is pleased to offer free admission to all ODU volleyball games for the 2021 spring season.

The Monarchs (7-6, 4-4 C-USA) are coming off back-to-back road losses to Charlotte. Prior to its loss at Charlotte, ODU battled through a five-set win over UNCW to close out non-conference action.

Alessia Sgherza leads the Monarch attack team with 3.80 kills per set, which ranks eighth in the league. Freshman Teresa Atilano paces ODU in both assists (438) and service aces (23).

**Location:** Norfolk, Va. 23529

**Enrollment:** 24,176

**President:** John R. Broderick  
(Northeastern)

**Athletic Director:** Dr. Wood Selig  
(Washington & Lee)

**Nickname:** Monarchs

**Colors:** Slate Blue, Silver & Light Blue

**Conference:** Conference USA

**Home Court:** ODU Volleyball Center (892)

**Head Coach:** Fred Chao

**School Record:** First Year

**Career Record:** 264-204, 17 years

**Website:** ODUsports.com

**2019-20 Record:** First Season

**Conference Record:** First Season

## 2020-2021 MONARCH ROSTER

No.	Name	Pos.	Ht.	Yr.	Hometown (Previous School)
2	Valentina Culaciati	MH	6-2	RFr.	Bahia Blanca, Buenos Aires, Argentina
4	Anna Burkhardt	L	5-8	RFr.	Fort Wayne, Ind./Bishop Dwenger
5	Julia Dunning	S	5-10	Jr.	Brisbane, Queensland, Australia/Craigslea St. HS
6	Hailey Duncan	MB	6-1	RSo.	Chesapeake, Va./Western Branch
7	Sasha Grigoreva	S	6-2	Jr.	Moscow, Russia/FIU
8	Madelyn Grunza	RH	6-0	Fr.	Southlake, Texas/Carroll
9	Teresa Atilano	S	6-1	Fr.	San Diego, Calif./Cathedral Catholic
10	Madeline Rudd	OH	6-2	RFr.	Apex, N.C./Apex
11	Alessia Sgherza	OH	6-2	GS	Massa Italy
12	Camilla Tamburini	OH	6-0	Fr.	Castel Maggiore, Italy/Liceo Scientifico Niccolo Copernico
14	Jamie Bissmeyer	L	5-5	Fr.	Virginia Beach, Va./Salem
16	Ashley Peroe	OH	6-1	RFr.	Virginia Beach, Va./Kellam
18	Jordan Daniel	L	5-6	Fr.	Virginia Beach, Va./First Colonial
21	Olivia De Jesus	MB	6-0	RFr.	West Hempstead, N.Y./Sacred Heart Academy





# VOLLEYBALL

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# FRED CHAO - Monarch Head Coach



Fred Chao was announced on January 29, 2018 as the first-ever volleyball coach at Old Dominion University.

“We feel very fortunate to attract a coach with the charisma, integrity and knowledge that Fred Chao possesses. Coach Chao was the unanimous choice by everyone on our selection

committee after he vividly articulated his vision and plans for a nationally prominent future for ODU women’s volleyball,” Selig said. “I am confident our University and local community will embrace Coach Chao and support his efforts to successfully launch our women’s volleyball program in the fall of 2020.”

Chao spent the last two seasons at Duke, helping the Blue Devils to back-to-back winning seasons. This year the Blue Devils defeated No. 5 Pittsburgh, giving the Panthers their first loss of the season, and earned a berth to the NCAA Tournament.

Prior to joining the Blue Devils, Chao spent two seasons as an assistant coach at Virginia Tech.

Chao’s resume includes over 20 years of coaching experience. He served as the head men’s volleyball coach at George Mason (1999-2015) while simultaneously working as an assistant coach with the Patriots’ women’s volleyball team (1998-2004).

“I would like to thank President John R. Broderick, Athletic Director Wood Selig and Associate A.D./Senior Women’s Administrator Ragean Hill, for entrusting me to build the very first volleyball program at ODU. I would also like to thank the search committee and all the warm and passionate people I met throughout the process. Everyone is excited to have volleyball at ODU, and the level of commitment to the program is evident,” Chao said. “I am grateful for all the players, coaches and administrators who have been part of my coaching journey which ultimately led to this incredible opportunity. Finally, I would like to thank my wife, Dana, and my children Keira and Kylar, for their constant encouragement and support. We are thrilled to join the Monarch family.”

A three-time Eastern Intercollegiate Volleyball Association (EIVA) Coach of the Year, Chao guided the George Mason men’s team to 15 consecutive EIVA Championship Tournament appearances. The Patriots advanced to the finals five times and compiled a 246-204 overall record in Chao’s tenure.

Prior to taking the helm at George Mason, Chao worked as an assistant women’s coach at the University of Maryland Baltimore County from 1997-98.

In addition to his collegiate coaching experience, Chao has worked diligently with youth teams and camps at the local, national and international levels. He coached some of the top boys’ players in the nation at the 2002 USA Volleyball Development Camp and was as an assistant coach with the 2005 USA Junior Men’s National Team, traveling to India for the World Championships. Chao also directed the USA Boys Development Camp and was the head coach of the USA Boys and USA Girls Youth A2 Programs.

A native of Silver Spring, Maryland, Chao received his bachelor’s degree in psychology with a concentration in physiological psychology from George Mason in 1994. He completed his master’s degree in educational psychology with a concentration in learning, cognition and motivation at Mason in 2014. Chao played collegiate volleyball at Pepperdine University before completing his career at George Mason.

Chao and his wife, Dana, have two children: daughter Keira and son Kylar.

## Fred Chao Career Head Coaching Record

Year	School	Record
1999	George Mason	8-13
2000	George Mason	9-16
2001	George Mason	20-7
2002	George Mason	17-9
2003	George Mason	16-10
2004	George Mason	17-8
2005	George Mason	19-10
2006	George Mason	22-6
2007	George Mason	12-10
2008	George Mason	20-8
2009	George Mason	14-16
2010	George Mason	8-19
2011	George Mason	17-11
2012	George Mason	13-17
2013	George Mason	15-12
2014	George Mason	14-14
2015	George Mason	14-14
	<b>Career Record</b>	<b>264-204</b>



*PLAYER FEATURE*

**#11**

Hometown: **Massa, Italy**  
Height: **6-2**  
Major: **M.S. Exercise Science**

**PERSONAL:** Chose ODU for the campus, the people in the program and the proximity to the beach.. Pursuing a masters degree in exercise science.

“Alessia will be the ‘veteran’ of our young squad. She has played at a high level in her home country and brings a calmness that will benefit us. The combination of her skill and experience will help us establish our performance level quickly, and she will add consistency to the team.” - Fred Chao on Sgherza



## PLAYER FEATURE

Hometown: **San Diego, Calif.**  
High School: **Cathedral Catholic**  
Height: **6-1**  
Major: **Finance**

# #9

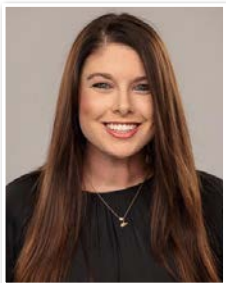
**PREP :** The Monarchs first student-athlete from California, Atilano was a two-time Union Tribune Scholar-Athlete at Cathedral Catholic High School. She helped lead her team to winning the Durango Tournament and won four-straight league championships. An all-tournament selection, Atilano and her squad took third at Junior Nationals. Off the court, Atilano earned honor roll four times through her high school career.

**PERSONAL:** Daughter of Sarah and Adrian Atilano... Has two brothers, Vincent and Dominic and two sisters, Siena and Felicity... Studying finance.

# MONARCHS vs MARSHALL

## SUNDAY, MARCH 21 & MONDAY, MARCH 22

ODU VOLLEYBALL CENTER



Head Coach  
Ari Aganus



### ABOUT THE THUNDERING HERD

Ari Aganus is in her second season as Marshall's head coach. In her first season, Aganus led the Herd to an eight-win turnaround from the previous season. Overall, the Herd recorded a 18-9 record and a 9-5 mark in C-USA action in 2019.

For 2020, the Herd was picked second in the C-USA East Division. Redshirt senior Ciara Debell was named to the All-Conference USA First Team in 2019 and named to the second team in 2018.

#### General Information

Location: Huntington, W. Va.  
Enrollment: 13,631  
Nickname: Thundering Herd  
Colors: Kelly Green & White  
Conference: C-USA  
President: Dr. Jerry Gilbert  
Athletic Director: Mike Hamrick  
Home Court: Cam Henderson Center

#### Coaching Staff

Head Coach: Ari Aganus  
School Record: 18-10 (2nd Season)  
Career Record: 18-10 (2nd Season)  
Assistant Coaches: Tyler Kanelos, Jake Aganus, Charlie French

#### Team Information

2019-20 Record: 18-10  
Conference Record: 9-5

## 2021 MARSHALL ROSTER

No.	Name	Ht.	Pos.	Yr.	Hometown (Previous School)
2	Sydney Lostumo	6-0	S	Sr.	Gilbert, Arizona / Fresno State
3	Olivia Fogo	6-0	OH	RFr.	Louisville, Ky. / USC Upstate
4	Zoie Holley	5-11	MB	Jr.	Pickerington, Ohio / Embry-Riddle
5	Hayley Delor	5-8	S	RSO.	Marysville, Mich. / Urbana University
7	Sarah Schank	5-8	L/DS	Jr.	Naperville, Ill. / Naperville Central
9	Meagan Camden	5-6	DS	So.	Kenova, W. Va. / Spring Valley
11	Megan Taylor	6-0	OH	So.	Paintsville, Ky. / Paintsville
12	Alyssa Evans	6-1	MB	Fr.	Berea, Ky. / Madison Southern
13	Macy McElhaney	6-2	MB	Jr.	Beaver, Pa. / West Virginia University
14	Riley Winslow	5-6	DS	Fr.	New Albany, Ind. / New Albany
16	Destiny Leon	6-3	MB	Sr.	Bon Air West Arouca, Trinidad / San Jacinto College
17	Ciara Debell	6-2	OH	RSr.	Ocala, Fla. / Florida Gulf Coast
21	Anna Calcagna	6-2	OH	Fr.	Saint Charles, Ill. / St. Francis HS

# MONARCHS vs WKU

## FRIDAY, MARCH 26 & SATURDAY, MARCH 27

ODU VOLLEYBALL CENTER



Head Coach  
Travis Hudson



### ABOUT THE HILLTOPPERS

Travis Hudson, who has been at the helm of the WKU program since 1995, has led the Hilltoppers to 10 conference championships (5 - C-USA, 5 - Sun Belt) and has made 12 appearances in the NCAA Tournament. Hudson has 23 winning seasons in his 25-year career, as he has 21 seasons with 20 or more wins. He also helped produce nine All-Americans.

The Lady Toppers are the reigning 2019 C-USA Champions, boasting a perfect 14-0 mark in conference play and 32-2 overall record. The Lady Toppers achieved 30 wins for the eighth time in the last 10 seasons. The Hilltoppers season ended in the second round of the NCAA Tournament, falling to Louisville.

#### General Information

Location: Bowling Green, Ky.  
Enrollment: 19,461  
Nickname: Hilltoppers  
Colors: Red & White  
Conference: C-USA  
President: Dr. Timothy C. Caboni  
Athletic Director: Todd Stewart  
Home Court: E.A. Diddle Arena

#### Coaching Staff

Head Coach: Travis Hudson  
School Record: 543-215 (26th Season)  
Career Record: 543-215 (26th Season)  
Assistant Coaches: Craig Bere, Jessica Lucas

#### Team Information

2019-20 Record: 32-2  
Conference Record: 14-0

## 2021 WKU ROSTER

No.	Name	Ht.	Pos.	Yr.	Hometown (Previous School)
1	Paige Briggs	5-10	OH	So.	Ortonville, Mich. (Lake Orion HS)
2	Nadia Dieudonne	5-8	S	Sr.	Louisville, Ky. (Xavier)
4	Avri Davis	5-10	OH	So.	Spring Hill, Tenn. (Summit HS)
5	Lauren Matthews	6-0	MH	Jr.	Indianapolis, Ind. (Lawrence HS)
9	Taylor Bebout	5-11	S	Sr.	Decatur, Ind. (Bellmont HS)
10	Jennifer Rush	5-11	OH	So.	Granville, Ohio (Granville HS)
11	Ashley Hood	5-6	DS	Jr.	Morris, Ill. (Morris Community HS)
12	Hallie Shelton	6-1	OH	Sr.	Lexington, Ky. (Henry Clay HS)
13	Shannon Keck	6-3	MH	Fr.	Newark, Ohio (Newark Catholic)
15	Kayland Jackson	5-11	RS	Sr.	Indianapolis, Ind. (Warren Central HS)
16	Cameron Mosley	5-7	DS	Fr.	Louisville, Ky. (Manual HS)
17	Sam Canner	6-1	MH	Fr.	Piedmont, Ohio (Buckeye Trail HS)
18	Logan Kael	5-7	DS	Sr.	Knoxville, Tenn. (West Florida)
20	Katie Isenbarger	6-0	MH	Jr.	Zionsville, Ind. (Zionsville HS)

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