

FOR IMMEDIATE RELEASE

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**Post's Skylar German Headlines NCAA Division II Conference
Commissioner's Association All-East Region Volleyball Team**

WEST HAVEN, Conn. –Post University's senior middle hitter Skylar German was named the East Region Player of the Year, headlining the 2016 NCAA Division II Conference Commissioner's Association (CCA) All-East Region Volleyball Team.

The top seed in the upcoming East Region Championship, NYIT, landed two student-athletes on the All-Region First Team, while American International, Post, Caldwell and Philadelphia also earned multiple selections across the first and second teams.

German, a repeat First Team selection from 2015 and the Central Atlantic Collegiate Conference Player of the Year, headlines a seven-member first team which also includes the Player of the Year from the Northeast-10 Conference and the East Coast Conference in outside hitters Diva Rivas-Reyes (American International) and Ashley Drzymala (Daemen). Joining Rivas-Reyes and Drzymala to round out a trio of outside hitters on the first team was Adelphi's Melissa Rigo, while NYIT's Rachel Guida joined German as the second middle hitter/blocker on the first team. American International's Mercy Rivera and NYIT's Allison Fowler complete the first team selections earning spots in the libero/defensive specialist and setter positions, respectively. Fowler joins German in earning All-Region honors for the second straight year after being named to the second team in 2015.

The second team selections included outside hitters Courtney Wensel (Philadelphia), Chase Wassel (Holy Family) and Katrina Janssen (Caldwell), middle hitters/blockers Corinne Justus (Philadelphia) and Kelsie Blue (Georgian Court). Rounding out the second team are libero/defensive specialist Jessica Mitchell (Caldwell) and setter Brianna Root (Post).

Sports information directors from NCAA Division II East Region schools and conferences selected the two CCA All-Region teams. The process concludes with All-American selections announced in December. This is the first year the Division II Conference Commissioner's Association has sponsored the NCAA Division II Volleyball All-Region and All-American teams.

The Division II CCA encourages and promotes Division II athletics and high standards of sportsmanship as important elements of higher education. The CCA is a key communications link among the conferences as they discuss views, policies and regulations that impact Division II intercollegiate athletics and works closely with the NCAA as a communications channel to NCAA Division II member colleges and universities.

2016 Division II Conference Commissioner's Association NCAA Division II Volleyball All-East Region Team

First Team

Pos.	Name	School
OH	Diva Rivas-Reyes	American International
OH	Melissa Rigo	Adelphi
OH	Ashley Drzymala	Daemen
MH/B	Skylar German*	Post
MH/B	Rachel Guida	NYIT
L/DS	Mercy Rivera	American International
S	Allison Fowler**	NYIT

Second Team

Pos.	Name	School
OH	Courtney Wensel	Philadelphia
OH	Chase Wassel	Holy Family
OH	Katrina Janssen	Caldwell
MH/B	Corinne Justus	Philadelphia
MH/B	Kelsie Blue	Georgian Court
L/DS	Jessica Mitchell	Caldwell
S	Brianna Root	Post

East Region Player of the Year: Skylar German, Post

* 2015 D2CCA East Region First Team Selection

** 2015 D2CCA East Region Second Team Selection