Kristen Linhart returns for her senior campaign after leading Wilkes in both blocks and digs a season ago.

Second-year head coach Alicia Orlowski welcomes back five players from last season’s team that posted an overall record of 6-24. All five players were starters in the Lady Colonels lineup.

Leading the list of returnees is junior middle hitter Katherine Harrington. Harrington led the team with 290 kills during her sophomore campaign. She also contributed 174 digs, 41 blocks and 29 aces. Senior middle hitter Kristen Linhart is also back after leading the team with 291 digs and 42 blocks, and chipping in 255 kills and 36 aces a season ago.

Outside hitters Katherine Simons and Julie Page also return this season. Simons, a senior, had 116 kills and 145 digs, while Page was credited with 95 kills and 116 digs during her rookie season.

Sophomore LeeAnn Seafoss will take over the setting chores after seeing time at outside hitter last year. Seafoss had 151 kills, 157 digs, 20 blocks, 51 assists and 36 aces during her freshman season.

Four freshmen will also look for playing time for the Lady Colonels. The group includes outside hitter/middle hitter Meaghan Williams, outside hitter/defensive specialist Lauren Hill, outside hitter/defensive specialist Allison Kelleher, and outside hitter Marissa Harrison.

The 3500 square foot fitness center located in the Marts Center contains 16 cardiovascular pieces, including stairmasters, treadmills, bikes and ellipticals. The fitness center also offers an extensive line of free weights and machines from Hammer Strength.

The Marts Center is regarded as one of the finest athletic facilities in the Middle Atlantic Conference. The building includes the 3,500 seat Henry Gymnasium, which serves as the home of the Wilkes volleyball team.

Completed in the Summer of 2006, the Recreation and Athletic Center includes three basketball courts that can be used for volleyball and tennis, a two-lane track, high ropes course, climbing wall, locker facilities, and a training room.

Facilities

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Marts Center

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Alicia Orlowski, Head Coach

Alicia Orlowski begins her second season as the head women’s volleyball coach at Wilkes. During her first campaign the youthful Lady Colonels fashioned an overall record of 6-24. Orlowski played her collegiate volleyball at Division I Coastal Carolina University. During her four seasons with the Chanticleers Orlowski helped the team win Big South Conference titles in both 1996 and 1998. During both of those campaigns the team earned berths in the NCAA Division I Championship field. Orlowski, who graduated Magna Cum Laude with a bachelor’s of science degree in biology and a minor in sports medicine, also served as a team captain during both her junior and senior seasons.

Upon her graduation from Coastal Carolina, Orlowski enrolled at Duke University and earned her Doctor of Physical Therapy degree in 2004. During her four years at Duke she also participated as a member of the women’s club volleyball team.

Orlowski began her playing career in West Chicago, Illinois, as a member of the Sports Performance Volleyball Club from 1992 through 1996. A five-year starter for the club, she helped the team post a record of 99-4 and a fifth-place finish in the 1996 Junior Olympic Tournament. Orlowski is currently employed as a Facility Directory/Physical Therapist at Phoenix Rehabilitation and Health Services in Kingston.

Nicole Hahn, Assistant Coach

Hahn starts her first season as an assistant coach with the Wilkes volleyball team. A four-year member of the Lady Colonels squad, Hahn is currently in her fifth year in the Doctor of Pharmacy program. As a player for the Lady Colonels from 2003 through 2006 Hahn established herself as one of the premier players in school history. She concluded her career as a four-year Starter, and earned first team District 2 Academic All-American honors in both 2005 and 2006.

Hahn also excelled in the classroom where she was a three-time member of the MASCAC Academic Honor Roll and was named the MASCAC Volleyball Senior Scholastic-Athlete in 2006. She was also selected to the ESPN The Magazine Academic All-American second team as a senior, and earned first team District 2 Academic All-American honors in both 2005 and 2006.

Julie Page, Assistant Coach

Page begins her first season as a head coach in 2006. A former member of the Lady Colonels, Page attended New Milford High School in New Milford, Connecticut and was a three-sport standout in volleyball, softball and basketball. As a three-time Member of the All-Mountain East Conference team, she was named to the All-State, All-New England and All-America second team.

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