

WASHINGTON STATE UNIVERSITY ATHLETIC HALL-OF-FAME

NAME: SARAH JANE SILVERNAIL

BORN: February 13, 1975
Location Born: Spokane, Wash.

YEARS AT WSU: 1993-96

HEIGHT: 6-1
POSITION: Middleblocker

SPORTS: Volleyball

PARTICIPANT: Yes **COACH:** No **STAFF:** No **ADMINISTRATION:** No

ADDRESS:

PHONE:

WSU ACCOMPLISHMENTS

WSU SUMMARY: Sarah Silvernail is the most honored volleyball player in Cougar history. She was a two-time All-American, the 1996 Pacific-10 Conference Player of the Year after earning Pac-10 Player of the Week honors six times in her career, and a three-time All-District VIII selection. Sarah still holds the WSU records for career kills (1,848), single season kills (649), and most kills in a match (39). Born in Spokane, schooled in Yakima and Tacoma, the 6-1 middle blocker truly was the best player in the state of Washington and was selected 1996 Female Athlete of the Year by both the Greater Spokane Sports Association and the *Tacoma News Tribune*, in addition to being a finalist for the *Seattle P-I's* Star Award. Sarah played professionally with the USPV league in Chicago and is currently playing on a pro team in Switzerland

SENIOR (1996): Selected to the USA National Team program in March of 1997...spent summer in Colorado Springs training with coach Mick Haley and former teammate Jennifer Stinson for the 2000 Sydney Olympic Games...selected **AVCA All-American**, unanimous coaches' vote for Pac-10 Player of the Year and earned All-District 8 honors...was AVCA National Player of the Week and Pac-10 Player of the Week three times...voted 1996 Inland Empire Amateur Female Athlete of Year, *Tacoma News Tribune* Female Athlete of the Year, and finalist for *Seattle PI* Star Award...led Cougars to fourth-straight NCAA appearance and first time advanced to Elite Eight...named to All-Pacific Region Tournament Team...tallied double-figure kills in 96 of 120 career matches (.800)...defeated national champs Stanford for first time in WSU history 3-1 on 10/27/96...voted team's MVP...see attached sheet for list of statistical accomplishments.

JUNIOR (1995): Selected **AVCA All-American second-team**...also earned All-District 8 honors...voted by coaches to All-Pac-10 team for third time...nominated for 1995 Inland Empire Amateur Female Athlete of Year and the *Tacoma News Tribune* Female Athlete of the Year...led the Cougars to their third straight NCAA appearance...led the team in kills (484) and her 4.69 kills per game was tied for first in conference (30th nationally)...she also hit a career-high .329 (second in Pac-10) and averaged 1.49 blocks per game (second in conference, 24th in nation)...earned Pac-10 player of the week honors twice this season...named MVP of Cougar Challenge Tournament...her 1,199 career kills is third in WSU standings...72 block solos ranks fourth and career block assists is fifth-best in WSU records...has recorded double-figure kills in 27 of 28 matches this season, and in 63 of 87 career matches...spent the summer coaching at the USA Developmental Volleyball Camps in the Midwest.

SARAH SILVERNAIL
WSU Athletic Hall of Fame
Inducted 2001

SOPHOMORE (1994): Named to All-Pac-10 team...also garnered All-West Region second team selection...kill leader for Cougars and fifth-best in conference with 4.43 kills per game average...had double-figure kills in 24 of 28 matches played including school record 35 kills against USC...her two-year career total of 716 kills is ninth in WSU career standings...two-year block solo total of 36 is sixth-highest in school annals...one of 56 players selected to participate in the 1995 U.S. Olympic Festival...won the gold medal as a member of Pacific head coach John Dunning's North squad.

FRESHMAN (1993): Selected by conference coaches to six-player Pac-10 All-Freshman team...won squad's most improved award...had double-figure kills in 11 of 30 matches played...best match of season was 3-1 win over Oregon - had career-high 23 kills, hit .488, 9 digs, and 6 blocks.

WSU CAREER STATISTICS

Year	MP	GP	K	E	TA	AT%	SA	BS	BA	DG
1993	30	98	242	136	736	.144	15	5	61	169
1994	28	107	474	187	1095	.262	23	31	78	256
1995	29	103	483	151	1009	.329	24	36	117	231
1996	33	106	649	146	1243	.405	25	26	138	282
Total	120	414	1848	620	4083	.301	87	98	394	938

HIGH SCHOOL: Attended Fife High School in Tacoma, graduating in 1993...earned first team All-Big Nine selection in volleyball, basketball and track as a **FRESHMAN** at Eisenhower High in Yakima...spikers won league and district titles...as a **SOPHOMORE** was selected to prep volleyball All-American second team...led Eisenhower to back-to-back league and district titles, and state AAA championship...also collected MVP award for the Big Nine league...tallied first-team all-state and All-American basketball honors in addition to league MVP honors...hoop team captured league and district titles, came in sixth in state AAA tournament...was leading rebounder and second-highest scorer in state...track and field season found second-place finishes in the state meet in the high jump and shot put...accorded league, district and state first team selections in track and field...missed competing entire **JUNIOR** year due to chronic fatigue syndrome...moved to Fife High in Tacoma for **SENIOR** year...coach Jan Kirk's volleyball squad won the league, district and state AA championships...Sarah named MVP in Pierce County League...again earned high school All-American second team accolades...selected volleyball player of the year in state of Washington...named to *Volleyball Monthly's* 1993 Fab Fifty Freshman Recruits list.

PERSONAL: Sarah Jane Silvernail was born February 13, 1975 in Spokane, Wash....father Chuck played tennis and basketball at Gonzaga University, is now an administrator in the Fife Schools...brother David played baseball at Columbia Basin College...older sister Christine played professional basketball in Luxembourg after a successful career Santa Clara...younger sister Elizabeth...mother Sandra Kahle is a dental hygienist...Recreation and Leisure Studies major.

SCHOLARSHIP:

COMMUNITY SERVICE:

BUSINESS: