

MVP Featured Athlete

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Sydney Nolan

Notre Dame Academy



Northern Kentucky and Notre Dame Academy's penchant for producing outstanding volleyball players continues this season with NDA senior Sydney Nolan, an all-star outside hitter, and middle hitter/blocker. Sydney was on many pre-season volleyball all-star watch lists, including Prep Volleyball's 2023 watch list. She was an invitee to the 2022 Under Armour Next Volleyball Camp series, and is ranked fourth in the state among seniors by Prep Dig.

Sydney is a three-year varsity starter and a key cog in the Pandas '20-21 team that went 26-3 and captured the Kentucky state championship, the program's ninth state volleyball title.

Last season, the Pandas were Ninth Region runners-up, going 30-9. Sydney put up some nice stats: She had 441 kills, 83 blocks and a .433 hitting percentage. She earned numerous honors, including being named first-team all-Northern Kentucky (Enquirer) and first-team all-state. She is off to a good start this season, too: She had 21 kills, two blocks and three digs in a win over Frederick Douglass and had 10 kills, one block and one dig in a win over Beechwood. She had 26 kills-four blocks-two digs vs. Ryle and 23 kills-three blocks-two digs vs. Mercy-McAuley.

The Pandas recently returned from Chicago where they were runners-up in the prestigious Asics Challenge volleyball tournament, which featured 24 teams from six states. In the championship's final match vs. Mother McAuley, Sydney led her team in kills with 15.

A good student who is active in community service, Sydney during the summer was a member of the NKY Volleyball Club Tsunami team that was national runners-up in the U17 USA Volleyball Junior National Championships in Indianapolis. She has committed to play volleyball collegiately at the University of North Carolina-Chapel Hill.

Her favorite athlete is Michael Jordan, favorite entertainer is Jack Harlow, favorite book is Red Queen, favorite movie is Five Feet Apart and most-like-to-meet is Ryan Reynolds.



NAME: Sydney Nolan

GRADUATING YEAR: 2023

SCHOOL: Notre Dame Academy

SPORT: Volleyball

HEIGHT: 6'3"

PARENTS: Patrick & Liz

ACHIEVEMENT: Ky. State 2020 volleyball champs; making state all-tournament team

INFLUENCE: "My parents."

GOAL: Have a great career and earn a degree from UNC



"Sydney models the 'team-first' mentality, valuing relationships (on/off the court) and being the positive voice of reason, thus building chemistry that largely contributes to team, program, and personal successes."

– Leslie Litmer, Varsity Volleyball Coach.

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