

Mid-Hudson Board of Volleyball Officials
Inspiration in Volleyball Award Nominee 2024

Cadence Meltz-Highland Husky Volleyball- Libero/DS-Senior Class of 2025

The highlights of Cadence's inspirational merits are:

- **Integrity**-Whether it's giving proper credit for other players accomplishments, acknowledging her own mistakes, or putting safety and quality first, Cadence exhibits integrity at all times.
- **Great communication skills**-Leaders must motivate, instruct and encourage the other players on the team to foster success. Cadence is not only an active communicator but also a good listener. Taking information from her team mates and acting on their thoughts and concerns.
- **Loyalty**- Cadence understands that true loyalty is reciprocal. She expresses that loyalty in tangible ways that benefit the member of her team. She ensures that all team members have the training and resources to be successful. She stands up for team members in crisis and conflict.
- **Responsible**- Cadence is always attentive, prepared, and punctual at both practice and during matches. She prioritizes her commitment to her team and is always ready to help and train those in need.
- **Leadership and Character traits**-Cadence is honest, respectful, kind and patient. She treats adults and team members with fairness and compassion. She consistently makes good judgment decisions and problem solves effectively when conflict occurs. She is a role model and an inspiration to her peers.

Community Service-Cadence has volunteered her time with the following organizations:

- SPCAC- Hudson Valley Animal Sanctuary
- The Kelle Trinity Project Cam's Corner-supplies for cancer patients and families
- Philadelphia Shelter for Men- provided personal hygiene products
- Hope on a Mission HOAM-serving food to the homeless

Cadence plans to continue her volleyball career at D3 SUNY Oneonta, majoring in Exercise Science with a minor in Coaching.