



Ava Tilden

Notre Dame Academy

Notre Dame Academy senior outside hitter Ava Tilden is a first-team all-state volleyball all-star, state champion and one of the top kill leaders in Northern Kentucky. She was on the 2023 AVCA Phenom Watch List and will play volleyball collegiately at Xavier University. She played varsity volleyball since her freshman year. Earlier this season, she was named to the 35th District all-tournament team, and was 9th Region tournament MVP. The Pandas were 9th Region champs for the third straight season but ended with a loss to Assumption in the state semifinals, denying the program an 11th state title.

Last season, Ava's junior campaign, NDA went 33-6 and finished the regular season ranked #1 in the state. The Pandas were district champs and won a second straight 9th region championship. They finished as state runners-up. For the season, Ava led the Pandas in kills with 307.

She earned numerous awards last season, including being named first team all-NKY (Enquirer) and first team all-state, plus she was named to the all-tournament teams of the district, region and state championships.

Her sophomore year, Ava was the second-leading hitter on Notre Dame's state championship team with 272 kills. The summer before her senior season, Ava was a member of the Northern Kentucky Volleyball Club team (NKYVC Tsunami) that placed fifth at the USA Volleyball 17-under national tournament in Las Vegas.

In her spare time, Ava enjoys skiing, sand volleyball and going to the gym. An academic honor student who is active in community service, Ava's favorite athlete is Kerri Walsh; favorite entertainers are Zach Bryan, Luke Combs and Drake; favorite book is Verity by Colleen Hoover; favorite movie is The Notebook, and most-like-to-meet is Michael Jordan.

NAME: Ava Tilden
GRADUATING YEAR: 2025
SCHOOL: Notre Dame Academy
SPORT: Volleyball
HEIGHT: 6'0.5"-135 lbs.
PARENTS: Chris & Amanda
INFLUENCE: "My mom."
GOAL: Win state this year; get into the Xavier Hall of Fame

"Ava has been a reliable player and teammate for us throughout her four years on the varsity squad. She has high expectations for herself while also holding her teammates to the same standard. Ava is a tremendous model for an NDA student-athlete, achieving excellence both in and outside of the classroom and in the volleyball gym."

- Jenna Litmer, Varsity Volleyball Coach

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