



## **HOWARD VOLLEYBALL UNDEFEATED IN JUCO; NATIONALLY RANKED October 1, 2009**

The Howard Community College Volleyball Team (11-9, 5-0) is undefeated in Maryland JUCO play and has been ranked or received votes in all four NJCAA Division III Volleyball polls during the 2009 season.

Head Coach Matt Troy credits several key players with the team's success:

"Brandi Cook is one of two returning sophomores. She has a strong competitive drive, is a hard worker and team leader."

"Kristina Johnson (KJ), our setter, is the other returning sophomore. She is a floor leader who is always talking on the floor. She is outstanding at helping her teammates and has great court awareness. KJ is also a volunteer with the International Order of Rainbow for Girls, a youth club that teaches leadership, confidence, citizenship and other life skills through activities such as travel, networking and charity work."

"Carly Pruitt is a transfer from North Carolina who is a true gamer. She is an intense, quiet player who leads by example. She is always trying to improve her play."

"Marcia Bond is a former basketball player who is always working hard and learning the game. She is our most improved player."

Matt Troy is in his first year at Howard after serving as head coach for the Carroll Viper Volleyball Club out of Westminster, MD and assistant coach at Gettysburg College in PA. He was also the Frederick News Post Baseball Coach of the Year in 2007 when he coached at Linganore High School. He is also active in training programs for USA Volleyball. He succeeded Marc Moore, who was 110-70 in 6 years at Howard, including an undefeated conference record in 2006.

Student Assistant Coach Danielle Helwig is a former player at Howard (who was part of the 2006 team that won the MD JUCO). She is attending Stevenson University, where she is finishing her degree in early childhood education.

Coach Troy wanted the 2009 team to be in the top three in MD JUCO. "We knew that Hagerstown and Southern Maryland would be considered the favorites, but we wanted to be in the upper echelon of the conference. Because of the excellent chemistry and solid play of our team, I am pleased with our progress at this point of the season."