



TRIANGLE VOLLEYBALL CLUB  
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# PRESS RELEASE

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## TRIANGLE VOLLEYBALL CLUB ANNOUNCES 2010 CLUB TEAMS

**MORRISVILLE, NC, NOVEMBER 16, 2009:** On Monday, November 16<sup>th</sup> *Triangle Volleyball Club* officially introduced its 2010 club membership at its 8<sup>th</sup> Annual Signing Day Celebration. Over 450 attended the celebration which began with a parade of student-athletes and the ‘signing’ tradition established with the founding of *Triangle* in 2002. Avery Striebel ’10, the longest standing *Triangle* member student-athlete (6<sup>th</sup> year) opened the evening’s presentations by welcoming student-athletes and their families and sharing about her *Triangle* experience. Dr. Kevin Speer addressed the injury prevention benefits of *Triangle’s* state of the art playing surface and newly installed orthopedic subfloor and spoke to athletes and parents about additional ways they can work to minimize the risk of injury when competing in elite athletics. Alumnae speaker and new Assistant Director, Logan Striebel ’04 spoke of the impact *Triangle* has had in her life and her choice to return to *Triangle* as a full-time staff member. The night also featured team and Tri-pod activities for student-athletes.

Over 350 student-athletes participated in *Triangle* tryouts during October and early November. *Triangle* has expanded its 2010 team slate by one team to include 19 competitive teams at age levels ranging from “12 & under” to “18 & under”. With 192 student-athletes on the Club’s 2010 roster, *Triangle’s* growth represents an increase of 6% over the 2009 season. *Triangle’s* 2010 membership is comprised of student-athletes from ten counties in the Triangle area. Players represent 84 different area elementary, middle and high schools. The numbers of returning student-athletes to new student-athletes are 108 and 84, respectively.

“We are looking forward to an exciting and successful 2010 season,” stated *Triangle’s* Executive Director, Casey Caram. “The installation of our new orthopedic subfloor combined with the expansion of our administrative staff will facilitate further development and enhancement of our proven training program. We’ve worked hard to create greater depth in our club and we fully expect to see a measured increase in the competitiveness of all our teams from Black to Silver.”

*Triangle* teams compete both regionally as part of the Carolina Region of U.S.A. Volleyball (USAV) and nationally in National Qualifying events and tournaments such as the Monument City Classic, Capitol Hill Classic, AAU Junior Nationals and the USA Junior National Championships. *Triangle Volleyball Club* is also a partner in the operation of the Mid-Atlantic Power League which allows all *Triangle* national teams additional opportunities to compete against elite teams on the eastern seaboard.

Triangle Volleyball Club announces 2010 Club Membership

Triangle's 2010 membership roster is as follows (alphabetical order):

Jasmine Aguinaldo .....	Cary, NC	Nia Doaks .....	Raleigh, NC
Carolyn Albright .....	Raleigh, NC	Christina Dorismond .....	Cary, NC
Martha Van Alford .....	Raleigh, NC	Tara Dotzauer .....	Raleigh, NC
Bridgette Allen .....	Littleton, NC	Brenna Doyle .....	Chapel Hill, NC
Brandi Anderson .....	Holly Springs, NC	Emma Dubinski .....	Raleigh, NC
Olivia Aschman .....	Cary, NC	Terra Ecker .....	Chapel Hill, NC
Allyssa Astorino .....	Raleigh, NC	Anna Eckstein .....	Durham, NC
Carli Astorino .....	Raleigh, NC	Rachel Edwards .....	Raleigh, NC
Brianna Belicic .....	Apex, NC	Jill Edwards .....	Raleigh, NC
Gabrielle Benda .....	Raleigh, NC	Katja Ehlers .....	Pinehurst, NC
Cassidy Bennett .....	Cary, NC	Maggie Evans .....	Chapel Hill, NC
Elizabeth Bialkowski .....	Raleigh, NC	Michelle Fadool .....	Raleigh, NC
Hannah Blackburn .....	Chapel Hill, NC	Natalie Ferrell .....	Franklinton, NC
Megan Blunden .....	Chapel Hill, NC	Molly Fields .....	Cary, NC
Mackenzie Boston .....	Timberlake, NC	Catherine Fitzhenry .....	Raleigh, NC
Lauren Brand .....	Raleigh, NC	Sarah Flannagan .....	Cary, NC
Baylee Bridgland .....	Wake Forest, NC	Morgan Fontaine .....	Chapel Hill, NC
Briley Brind'Amour .....	Raleigh, NC	Courtney Fowler .....	Durham, NC
Jessica Browndorf .....	Raleigh, NC	Mia Fradenburg .....	Durham, NC
Madison Bugg .....	Apex, NC	Emi Gaal .....	Raleigh, NC
Kiley Burns .....	Raleigh, NC	Kelsey Gabel .....	Mebane, NC
Megan Buscher .....	Wake Forest, NC	Gabby Gilbert .....	Raleigh, NC
Katherine Carlton .....	Cary, NC	Sydney Gilliam .....	Cary, NC
Elizabeth Carlton .....	Cary, NC	Allison Gillioz .....	Apex, NC
Supriya Caton .....	Fuquay Varina, NC	Clarke Glendenning .....	Raleigh, NC
Grace Cho .....	Raleigh, NC	Kylie Grandy .....	Rolesville, NC
Kristen Clay .....	Durham, NC	Amanda Grandy .....	Rolesville, NC
Laura Clayton .....	Durham, NC	Megan Gravley .....	Cary, NC
Melissa Cochran .....	Knightdale, NC	Lindsay Grigg .....	Durham, NC
Morgan Cochran .....	Mebane, NC	Emmi Grubbs .....	Raleigh, NC
Toyosi Coker .....	Raleigh, NC	Laura Guadagno .....	Apex, NC
Holland Corcoran .....	Holly Springs, NC	Madison Gunning .....	Chapel Hill, NC
Robin Cornel .....	Raleigh, NC	Megan Gwynn .....	Cary, NC
Fiona Cunningham .....	Chapel Hill, NC	Ryan Haar .....	Raleigh, NC
Olivia Daley .....	Raleigh, NC	Isabel Hardy .....	Raleigh, NC
Destini Darden .....	Raleigh, NC	Kristen Harris .....	Apex, NC
Morgan Dean .....	Raleigh, NC	Sarah Harrison .....	Pinehurst, NC
Elle Derouin .....	Raleigh, NC	Erin Harwood .....	Cary, NC

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Gabriella Hernandez .....	Cary, NC	Keely McKinley.....	Raleigh, NC
Ashley Hiester .....	Cary, NC	Andie McKinnon.....	Hillsborough, NC
Jennifer Hines .....	Apex, NC	Bess Mercer.....	Raleigh, NC
Mary Neil Hodl.....	Raleigh, NC	Isabelle Miller .....	Raleigh, NC
Sydney Holland .....	Durham, NC	Abby Miskew .....	Morrisville, NC
Samantha Horn .....	Durham, NC	Emily Moushegian .....	Apex, NC
Gwen Howell .....	Raleigh, NC	Shaylyn Murphy .....	Apex, NC
Meg Howell.....	Raleigh, NC	Leila Mustafa.....	Raleigh, NC
Emily Hulbert.....	Cary, NC	Sarah Nacouzi.....	Raleigh, NC
Megan Hutzenbuhler .....	Raleigh, NC	Kylie Nelson .....	Morrisville, NC
Elizabeth James.....	Wake Forest, NC	Haleigh Nelson.....	Cary, NC
Anna Jamieson .....	Chapel Hill, NC	Brittany Northcutt .....	Greensboro, NC
Britni Johnson .....	Durham, NC	Awele Nwaeze .....	Raleigh, NC
Ashley Jones .....	Raleigh, NC	Elva Daniella Ochoa.....	Cary, NC
Sasha Karelov.....	Raleigh, NC	Lindsey O'Connell .....	Cary, NC
Alston Kearns .....	Apex, NC	Kiera Olson .....	Durham, NC
Sarah Kelly .....	Raleigh, NC	Jenna Page .....	Apex, NC
Courtney Kendall .....	Cary, NC	Sophia Palles .....	Raleigh, NC
Alysa Kennedy .....	Chapel Hill, NC	Mireille Pardon .....	Chapel Hill, NC
Katherine Kerns .....	Durham, NC	Mimi Patterson.....	Chapel Hill, NC
Jocelyn Keung .....	Cary, NC	Julianne Peters .....	Fuquay Varina, NC
Zoe Klein .....	Raleigh, NC	Victoria Phillips.....	Durham, NC
Ayn Kosco .....	Cary, NC	Rachel Powell.....	Wake Forest, NC
Olivia Kosco.....	Cary, NC	Joanna Powers.....	Raleigh, NC
Mandie Kramer .....	Cary, NC	Erin Quinn .....	Morrisville, NC
Rachel Kuhn.....	Cary, NC	Kaitlin Quinn .....	Morrisville, NC
Kathryn Larrabee .....	Raleigh, NC	Claire Radford .....	Raleigh, NC
Sarah Lawrence .....	Raleigh, NC	Karson Ratliff .....	Wake Forest, NC
Quincy Leech .....	Chapel Hill, NC	Mackenzie Reaves .....	Holly Springs, NC
Karlie Long .....	Roxboro, NC	Payden Reed .....	Cary, NC
Meredith Long .....	Wake Forest, NC	McKenna Reed .....	Chapel Hill, NC
Hayden Lundahl .....	Morrisville, NC	Kayla Resco.....	Wake Forest, NC
Ellie Lupton .....	Raleigh, NC	Renee Rightmyer .....	Raleigh, NC
Kayla Madia .....	Cary, NC	Missy Roberson.....	Raleigh, NC
Kelsey Mann.....	Wake Forest, NC	Amy Robertson.....	Raleigh, NC
Lucy Marr.....	Chapel Hill, NC	Daria Robinson.....	Durham, NC
Melissa Mayfield.....	Apex, NC	Lydia Rooth.....	Raleigh, NC
Savanna McCall.....	Chapel Hill, NC	Cha'Mia Rothwell .....	Raleigh, NC
Maddie McCallie.....	Durham, NC	Juliana Rube .....	Raleigh, NC
Emma McClymont.....	Hillsborough, NC	Jasmine Schmidt .....	Holly Springs, NC

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Erica Schumann .....	Cary, NC	Lauren Tharrington .....	Cary, NC
Claudia Schweighardt .....	Raleigh, NC	Lorin Thomas.....	Raleigh, NC
Genna Simpkins .....	Cary, NC	Kimberly Thompson.....	Raleigh, NC
Kathleen Slay .....	Raleigh, NC	Victoria Vucich .....	Morrisville, NC
Amber Smith.....	Cary, NC	Christina Vucich .....	Morrisville, NC
Moriah Smith.....	Durham, NC	Caroline Wang .....	Cary, NC
Annie Snyder.....	Holly Springs, NC	Elise Watson.....	Cary, NC
Camden Spade.....	Raleigh, NC	Catherine Weiser .....	Chapel Hill, NC
Casey Speer .....	Durham, NC	Rachel Weisz .....	Cary, NC
Kira Speer .....	Durham, NC	Hannah Westervelt.....	Cary, NC
Phoenix Spivey .....	Louisburg, NC	Grace Wiener .....	Durham, NC
Laura Stammen.....	Raleigh, NC	Victoria Williams .....	Raleigh, NC
Kati Stammen .....	Raleigh, NC	Olivia Williams.....	Durham, NC
Allison Stone.....	Raleigh, NC	Taylor Williams .....	Chapel Hill, NC
Avery Striebel .....	Raleigh, NC	Lauren Willoughby .....	Cary, NC
Moriah Tavana .....	Apex, NC	Cheyenne Wood .....	Angier, NC
Maddie Taylor .....	Chapel Hill, NC	Ashley Zdelar .....	Cary, NC
Alex Taylor .....	Chapel Hill, NC	Mary Beth Zirker.....	Raleigh, NC

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*Triangle Volleyball Club*, a 501(c)(3) non-profit organization, was founded in 2002 and is dedicated to the education of student-athletes through excellence in the sport of volleyball. *Triangle* is equally committed to growing volleyball in North Carolina and has expanded its programs and offerings, leading the way for NC junior volleyball. *Triangle Volleyball Club* is a member of the Carolina Region of USA Volleyball, the national volleyball organization of the U.S. Olympic program.

For more information contact Sherry Fadool, Director of Marketing & Development, *Triangle Volleyball Club*, 919.544.9400; [www.trianglevolleyball.org](http://www.trianglevolleyball.org); [www.carolinaregionvb.org](http://www.carolinaregionvb.org); [www.usavolleyball.org](http://www.usavolleyball.org).