



NEWS RELEASE

RETURN OF BROWN HELPS VALLEY CHRISTIAN MAINTAIN VOLLEYBALL STRENGTH

PHOENIX, AZ (July 20, 2009) – Dust off the floor and put up the nets. Arizona’s high school volleyball season will be here before you know it.

Another exciting year is expected, with a number of top players returning as seniors.

One of the best is Chandler Valley Christian’s Chanel Brown, a 5-foot-9 outside hitter and setter who was *The Arizona Republic’s* Small School Player of the Year as a junior after leading her team to the Class 2A semifinals.

After a lengthy recruiting process, Brown gave her college commitment to the University of Florida in December. She returned to club play after that and recently participated in a summer camp at Florida.

Now she can concentrate on helping Valley Christian attempt to win a state title under coach Molly Stark.

“We lost only one senior and have five seniors back this year. We’ve played together a long time and have really come together as a group,” Brown said.

As important as the game is, academics carry even greater weight, according to Brown, who has a 3.75 grade-point average (out of 4).

“Academics are very important. You have to be able to have a balance,” she said. “Athletes are capable of getting some amazing opportunities in college, but you wouldn’t have those if you don’t keep up your grades.”

Brown isn’t certain of a major at Florida, but she is leaning toward elementary education because she would like to be a coach. Broadcast journalism and sports management also are options she is considering.

The camp at Florida featured some of the school’s other recruits. Brown also attended in 2008.

Fundamentals were the main focus. Brown has been an outside hitter for most of her career, but was recruited by Florida and other schools as a setter. She has been putting a lot of work in that area.

“You have to have a lot of leadership skills, similar to what a quarterback does in football,” Brown said. “You have to have a lot of court awareness, try to think ahead and anticipate the next play, read the opposing blockers and defense.”

Gainesville, Fla., is a long way from the Phoenix area, family and friends. A recruiting pitch from Florida star quarterback Tim Tebow helped, but Brown said she knew Florida was the right place “as soon as I stepped on campus. It is where I knew God wanted me to be. I’m at peace with my decision.”

As the school year and volleyball season get closer, Brown is trying to spend some quality time with family and friends. She has helped younger players at volleyball camps and has continued her workout regimen that includes a lot of work in the weight room.

Proper nutrition also is important. That is one thing she stresses to the younger players.

“I’m not a big fan of greasy foods,” she said. “It is very important when you are active like this to maintain proper eating habits. You usually have six meals, your three main ones and snacks, but eat smaller portions so you can digest properly.”

She has fueled up and is ready to go. So are her teammates.

“We have the heart, desire and determination. We’re hungry for a state title,” she said.

Have a Story Idea:

The AIA is looking for story ideas on member high schools, including its student-athlete, coaches and administrators. Have a story that you think should be shared with the AIA community? Email your idea to Don Ketchum at dketchum@aiaonline.org.