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**SHERWOOD HIGH SCHOOL STANDOUT NAMED
GATORADE® MARYLAND VOLLEYBALL PLAYER OF THE YEAR**

CHICAGO (December 14, 2011) — In its 27th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with ESPNHS, today announced Alex Holston of Sherwood High School as its 2011-12 Gatorade Maryland Volleyball Player of the Year. Holston is the first Gatorade Maryland Volleyball Player of the Year to be chosen from Sherwood High School.

The award, which recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the court, distinguishes Holston as Maryland's best high school volleyball player. Now a finalist for the prestigious Gatorade National Volleyball Player of the Year award announced in December, Holston joins an elite alumni association of past state volleyball award winners, including USA Volleyball players Kim Glass (2001-02, Horseshoe HS, Penn.), Kim Willoughby (1998-99, 1999-00, Assumption HS, La.) and Ogonna Nnamani (1999-00, University HS, Ill).

The 6-foot junior outside hitter led the Warriors to a 19-0 record and a second straight Class 4A state title this past season. Holston recorded 267 kills, 123 digs, 53 service aces and 42 blocks while posting a hitting percentage of .410. A 2010 Washington Post First Team All-Met selection, she had 14 kills and eight digs as Sherwood completed its second straight perfect season with a 3-0 win over Anne Arundel High in the state final.

Holston has maintained a 3.0 GPA in the classroom. The 2011 Class 4A state champion in the high jump, she has volunteered locally in the special education department at an elementary school and as a youth volleyball coach.

"Alex Holston is an all-around player who's also an athlete," said Silvia Johnson, Holston's coach with the Metro American Volleyball Club. "She's definitely the full package. She's natural, has a good ball swing, a good arm swing and she's a phenomenal blocker."

Holston has verbally committed to play volleyball on an athletic scholarship at the University of Florida beginning in the fall of 2013.

The Gatorade Player of the Year program annually recognizes one winner in the District of Columbia and each of the 50 states that sanction high school football, girls volleyball, boys and girls cross country, boys and girls basketball, boys and girls soccer, baseball, softball, and boys and girls track & field, and awards one National Player of the Year in each sport. The selection process is administered by ESPNHS and the Gatorade high school sports leadership team, which work with top sport-specific experts and a media advisory board of accomplished, veteran prep sports journalists to determine the state winners in each sport.

Holston joins recent Gatorade Maryland Volleyball Players of the Year Megan Rosburg (2010-11, River Hill High School), Katy Buck (2009-10, Mount de Sales Academy) and Bailey Webster (2008-09, St. Paul's School for Girls) among the state's list of former award winners.

To keep up to date on the latest happenings, become a fan of Gatorade Player of the Year on Facebook and follow us on Twitter. For more on the Gatorade Player of the Year program, including nomination information, a complete list of past winners, and the announcement of the Gatorade National Player of the Year, visit playeroftheyear.gatorade.com.

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