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

CHICAGO (December 12, 2012) — In its 28th year of honoring the nation's best high school athletes, The Gatorade Company, in collaboration with USA TODAY High School Sports, today announced Alex Holston of Sherwood High School as its 2012-13 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 field, distinguishes Holston as Maryland's best high school volleyball player. Holston joins an elite alumni association of past state award-winners in 12 sports, 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 state's returning Gatorade Volleyball Player of the Year, Holston led the Warriors (19-0) to a third consecutive Class 4A state championship this past season. An Under Armour First Team All-America selection as named by the American Volleyball Coaches Association, the 6-foot-1 senior outside hitter slammed 370 kills while compiling a .494 hitting percentage. Holston also recorded 153 digs, 59 service aces, 47 blocks and 13 assists. In five Class 4A postseason matches, she collected 25 kills, five digs, four service aces and three blocks in a Class 4A state title sweep of Arundel. Her 42 kills in a 3-1 victory against Walter Johnson in the state semifinals set a single-match state record.

Also a track and field standout, Holston has maintained a 3.0 GPA in the classroom. In addition to donating her time as a youth volleyball instructor, she has volunteered locally in the special education department at an elementary school and as part of multiple breast cancer awareness campaigns.

"She is as mentally tough as it gets, plays with great consistency, and loves to compete," said Sherwood head coach Brian McCarty. "She has shown time and again that she steps up during the biggest matches, and she leads her team not only with her immense talent and skills, but also through her confidence, leadership and unselfishness."

Holston has signed a National Letter of Intent to play volleyball on 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 the Gatorade high school sports leadership team in partnership with [USA TODAY High School Sports](#), 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 Gatorade Maryland Volleyball Players of the Year Megan Rosburg (2010-11, River Hill High School), Katy Buck (2009-10, Mount de Sales Academy), Bailey Webster (2008-09, Mount de Sales Academy) and Bailey Webster (2007-08, 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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