



Megan Keeton
Assistant Coach 13-Earl

Coaching Experience

2017 - '18 - Assistant, 13-1 Earl, 1st Big South 13-Open
2016 - '17 - Assistant, 13-2 Earl, 3rd @ SRVA Regionals, National Bid - Minneapolis, MN
2015 - '16 - Assistant, 15-3 Earl
2012 - '13 - Assistant, 15-2 Earl, 2nd @ SRVA Regionals, National Bid - Dallas, TX
2011 - '12 - Assistant, 15-2 Earl, 2nd @ SRVA Regionals, National Bid - Columbus, OH
2010 - '11 - Assistant, 14-2 Earl
2009 - '10 - Assistant, 14-2 Earl, Bronze Medalist, Big South Qualifier National Bid - Reno, NV
2008 - '09 - Assistant, A5 15-2 Earl
1998 - 2005 Assisted at various summer camps at Virginia Tech, University of Virginia, and University of Georgia
Impact Certified

Playing Experience

4-Year Starter and Letter Winner at Virginia Tech '94 - '98 at Middle Blocker
- Finished college career 2nd all-time in total blocks
- Ranked Top 10 Career Total Blocks, Single Season Total Blocks, Ranked 4th for Career Block Solos
- Volleyball Standing Vertical Leap Record Holder since 1996 at 29"

Other Sport Experience

2-year Letter-winner, Track & Field at Virginia Tech
- Competed in Long Jump, High Jump, short sprints
- Held the Indoor Long Jump School Record from 1994-2000, now 2nd All Time Indoor
- Held the Outdoor Long Jump School Record from 1998 - 2000, now 2nd All Time Outdoor
- Outdoor Metro Conference Long Jump Champion 1994
- Indoor & Outdoor A-10 Conference Long Jump Champion '98

Education

Virginia Tech - Master of Science in Education - July 1999
Concentration in Health Promotion and Epidemiology

Virginia Tech = Bachelor of Science Human Nutrition, Foods, and Exercise, June 1998
Concentration in Exercise and Health Promotion

References:

Matt Ginipro - Head Coach Appalachian State University

ginipromj@appstate.edu