



Megan Keeton  
Assistant Coach 11-Lori

### **Coaching Experience**

#### **2008 – Present**

##### **A5 Coaching Staff**

Assistant Coach with Earl Kneessi on various teams, ranging from 13-1 to 15-2 ,  
2019 - 13-2 Earl, 1<sup>st</sup> SRVA Regionals, National Bid  
2018 - 13-1 Earl, Gold Medalist, Big South Qualifier 13-Open, Open Bid  
2013 – 15-2 Earl, 2<sup>nd</sup> SRVA Regionals, National Bid  
2012 – 15-2 Earl, 2<sup>nd</sup> SRVA Regionals, National Bid  
2010 – 14-2 Earl, Bronze Medalist, Big South Qualifier, National Bid

#### **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 career total blocks, currently tied for 6th  
- Currently 9<sup>th</sup> all-time - single season total blocks  
- Currently 4<sup>th</sup> all-time - 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 3rd All Time Indoor  
- Held the Outdoor Long Jump School Record from 1998 - 2000, now 3rd All Time Outdoor  
- 1994 Outdoor Metro Conference Long Jump Champion  
- 1998 Indoor & Outdoor A-10 Conference Long Jump Champion

### **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