

LaRosa's MVP of the Week

LAROSAS MVP.COM

Rachael Adams

Mt. Notre Dame High School

This senior is one of the top volleyball players in the nation, and was selected this summer for the U.S. Girls' Youth national team. In a single year's time, Rachael was part of 3 championships – Ohio state Div. I high school championships in volleyball and basketball, and a club team (Team Z) volleyball national championship. She has played volleyball in tournaments in Mexico and China. A middle blocker, Rachael last year helped her team to a 23-5 record and the state championship with 311 kills and 382 points scored and averaged 1.28 blocks per game. She

earned many honors, including 1st team all-conference, 1st team all-city, 1st team all-Southwest Ohio district and 3rd team all-state. Rachael also played post on the state championship Cougars' basketball team. Active in community service, Rachael's favorite athlete and most-like-to-meet is Michael Jordan, and her favorite movie is "Love and Basketball." She has not selected a college.



COACH'S QUOTE -- "Rachael is an incredible athlete because of her God-given size and body structure. When Rachael walks into a gym, she turns heads. She has a 36 inch vertical and can touch 10'6. She is a dedicated player and a hard worker on a daily basis." – Donna Mechley, Volleyball Coach



Rachael Adams Mt. Notre Dame High School

SPORT(S): Volleyball-Basketball

GRADUATING YR.: 2008

GREATEST ACHIEVEMENT: "Winning 2 state championships (volleyball and basketball) at MND plus national summer team title."

BIRTHDATE: 6-3-90

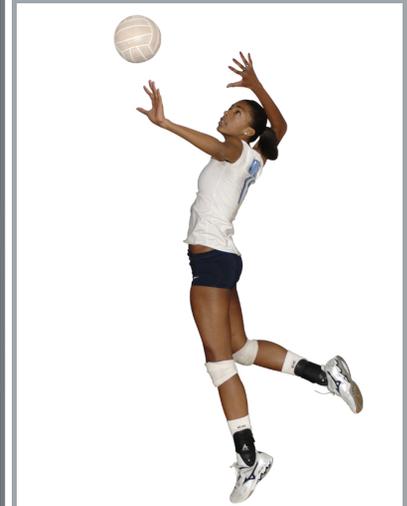
HEIGHT/WEIGHT: 6'2" - 170 lbs.

RESIDENCE: North Avondale

PARENTS: Richard & Robin

BIGGEST INFLUENCE: "My family."

FUTURE GOAL: "Be in the Olympics."



October 2, 2007