



NAME: Crystal Canady **NUMBER:** 14
HEIGHT: 5'7" **YEAR:** Sophomore
POSITION: Libero **HIGH SCHOOL:** Cedarcrest
PARENTS: Kerry & Tami Canady
NICKNAME: Crystal Pistol

MAJOR: Undecided

HONORS & AWARDS: MVP '08, Coach's Award '08, Best Passer, Best Digger '08, 2nd Team All-League

QUOTE THAT INSPIRES YOU & WHY: "Faith is being sure of what you hope for and certain of what you cannot see"—Hebrews 11:1

*This is my favorite Bible verse; it helps me to remember that as long as I have faith in God and in myself, I can accomplish anything I set my mind to.

FAV. JUNK FOOD: Green olives!

TOP 3 SONGS PLAYED ON iPod:

- 1.) "Pour Some Sugar On Me"—Def Leppard
- 2.) "Sweet Child O'Mine"—Guns N' Roses
- 3.) "Fallen Angel"—Poison

FAV. MOVIE: *Forrest Gump*

FAV. OFF TIME HOBBY (BESIDES VBALL): Horseback riding or pretty much anything outdoors

ADVICE FOR YOUNG VOLLEYBALL PLAYERS: If you're serious about playing volleyball, get onto a club team because it keeps you in shape year-round and you really improve so much more because of the longer seasons.

BEST VOLLEYBALL MEMORY: On our high school team I had the second worst vertical leap on our team, so I pretty much stuck to playing back row. One game I got put in to play right side all the way around, and I stuff-blocked one of the best outside hitters on Archbishop Murphey's team twice in one rotation. It was like the best feeling in the world. Ha-ha!