



**Immediate Release**

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### **Catholic Central Names New Coach to Lead Cougar Volleyball Program**

**GRAND RAPIDS, MICH.** — Catholic Central High School has selected Michelle Gary as head volleyball coach. Gary’s diverse teaching and coaching background made her the best person to lead the Cougar Volleyball program.

Gary succeeds Heather Abram, who resigned after four seasons at Catholic Central. Michelle, a 2001 graduate of Catholic Central played volleyball for four years at St. Mary’s College before going on to coach for several different club programs. From 2008-2009, Gary served as the Head Freshmen Coach and Assistant Varsity Coach at Godwin Heights High School. She received her elementary teaching certification from St. Mary’s College and went on to teach in the Chicago area before heading back to Grand Rapids to accept a teaching position in the Godwin Heights School District.

“Michelle will bring with her great character, experience in our school community and volleyball program,” said Steve Passinault. “She is the right person to continue the tradition of educating young women in our volleyball program to grow in spirit, mind, and body.”

Coach Michelle Gary stated, “I feel very fortunate to come back to my high school that has such a rich tradition in faith-based academics and athletics. I am very excited to come back to Catholic Central and work with the students-athletes. It is a very special opportunity to work where I grew up and have so many friends and family that support me and my dreams of leading the Cougar Volleyball program.”

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**Source:** Todd Kolster, Catholic Central High School Athletic Director, (616) 233-5805