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FOR IMMEDIATE RELEASE

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Miller Exceeds 400 Kills for the Season *Davis/Durand Resident leads Keith to Regional Play*

ROCKFORD, IL – Following a third-place finish in the Northeastern Athletic Conference tournament this past weekend, Keith Country Day School junior, Rachel Miller, surpassed 400 kills for the 2009 high school volleyball season.

A resident of Davis, Illinois, Miller, 16, leads the Keith Cougars in digs and blocks. Along with Devon Chaberski, the team's lone senior, the lady Cougars are poised for a strong post-season entering today's regional play.

A starter at Keith since her freshman year, Miller is the last remaining member of Keith's 2007 state runner-up team. This season, the right-hander is averaging close to 15 kills per match and has been named First-Team NAC All-Conference and First-Team All-Tournament at Oregon, Elgin Westminister, and Harlem.

Varsity coach Lynn Cesario stated, "Rachel is one of our best players and the glue that keeps everyone focused. Because she's a talent on and off the floor, she's an exceptional leader for us."

In addition to her athletic talent, Rachel is an exceptionally well-rounded student. She has been on the Head of School's list for the past six semesters, she's the junior class VP and she has been in several Keith and Pec Playhouse performances during the last three years.

Miller is also a left outside hitter for Club Fusion, located in Marengo, Illinois.

Keith Country Day School is an independent, nonsectarian, college-preparatory school founded by Belle Emerson Keith in 1916. Located on a 15-acre campus overlooking the Rock River, Keith serves students from age three through grade 12 from the Northern Illinois and Southern Wisconsin area. The school is a member of the National Association of Independent Schools and fully-accredited by the Independent Schools Association of the Central States and the North Central Association of Colleges and Secondary Schools. More information about Keith School is available at Keithschool.com

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