

Coach Bio

Coach Karen Moultrie (Coach K) was born in Elizabethtown, NC, raised in Northern Virginia and has over 20 years of experience playing and coaching basketball. Her love of basketball started when she was 7 years old; her late older brother Rashawn Moultrie influenced her to play, and she's been involved in the sport ever since. A skilled player at Garfield & Woodbridge High School (Northern Virginia), Coach K was best known for her quick scoring and outstanding defense. Her leadership skills on and off the court were recognized and earned her the "Beat the Odds" college scholarship sponsored by the Prince William County Bar Association. She graduated from Garfield Senior High School (Woodbridge, VA) and enlisted in the United States Navy. Throughout her enlistment she was awarded numerous Naval achievements and played for various military installation women's basketball leagues. She was honorably discharged and became a Federal Government employee (over 15 years of Government Services). Along her professional journey she earned B.A. Business Management, M.S. Organization Leadership and Doctorate of Executive Leadership (University of Charleston).

Coach K's coaching career is extensive. She coached youth basketball recreation teams at various military installations, winning multiple league and tournament championships. In addition, she was an assistant coach for middle/high school girls basketball teams in Chesapeake, VA. Her unwavering approach, passion, commitment and sense of pride has produced winning players and teams. She prefers a fast-paced, up-tempo "run and gun" and intense defense style play. Coach Kay believes that an important part of coaching is teaching life and leadership skills. The same lessons that apply to basketball apply in life: commitment, integrity, accountability, team player, practice, learning and working hard creates a winning attitude for the game of life. She's a devoted community servant leader and aims to provide a safe, positive, fun and nurturing learning environment that encourages student growth.