2024 AVCA Thirty Under 30 College



Career Accomplishments to Date:

- Two MIAA conference championships
- 2019 D2 National Runners Up
- Coached a 2 time all American setter (D2)
- Patriot League Tournament champs (first time in a decade) with a trip to the NCAA tournament in 2021
- Coached 2 setters to MAC accolades, and 5 all MAC players.

Coaching Roles:

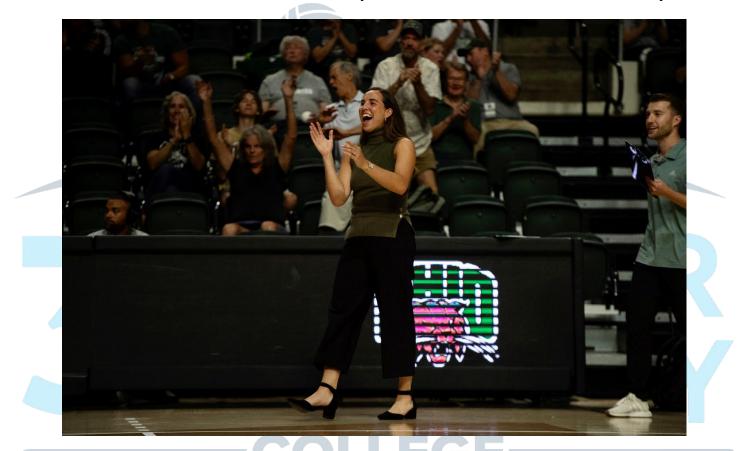
- University of Nebraska Kearney: Graduate assistant 2018-2020
- West Point: Assistant Coach 2020-2022
- Ohio University- Assistant Coach 2022- Present

What made you decide to get into coaching volleyball?

The biggest influence in my decision to coach was Kirsten Bernthal Booth at Creighton University. She always told me I would be great at it, but never believed her until I started. After realizing when my athletic career had ended that I couldn't stay away from the sport that had given me so much, I fell in love with coaching at Kearney realizing I could help teach and mentor girls from all my past experiences, and to help them realize that volleyball is an avenue to so much more in life than the sport itself.

What are your career goals in the sport?

I love growing in all aspects of the game and getting to assist and learn from some of the best coaches in the world but ultimately I would love to be a head coach someday.



Which coaches have influenced you the most?

I've learned SO much from every coaching experience I have had, and even as a player. Kirsten Booth has taught me how to be a strong female that leads with love and compassion. Rick Squiers has taught me the ins and outs of the coaching game and how to bring joy into what we do. Alma Kovaci Lee taught me how to coach and develop young female leaders and to do so with grace. And Geoff Carlston has taught me how to allow my personality to shine through my coaching and to be my authentic self.

What do you enjoy most about your coaching job?

I love the relationships I get to build as a coach. From other coaches on the recruiting trail, knowing each one of my players on a deeper level, and establishing relationship with recruits on their journey, I get to connect with and share experiences with awesome

people. Especially with my own players, I love watching them grow as humans more than athletes, helping them develop skills and most importantly confidence to know they will be prepared for whatever life throws at them after graduation.

