

2024

AVCA Thirty Under 30 Club



Kristen Falcinelli

Seattle Juniors
U17 Head Coach

Career Accomplishments to Date:

- Academy of the Holy Cross: WCAC Runner-Up (2018,2019), undefeated in the WCAC (2020)
- Metro Volleyball Club of DC: Metro 14 East Top 8 in CHRVA Club Regionals (2021)
- Seattle Preparatory School: 9th in Washington State 3A Championships, 2nd in Metro League (2022)
- Puget Sound All-Stars: PSR Youth Team 2nd Place in the Youth National Division at All-Star Championships (2022)
- Everett Community College: Ranked in the NWAC top 10 for 10 consecutive weeks with the highest ranking at #5 (2023)
- Seattle Juniors: PSR Freedom Bid Earners (2024), 3rd Place in 17 American at the Pacific Northwest Qualifier (2024)

Coaching Roles:

- 15 Sky Head Coach, Maine Juniors Volleyball, 2017-2018
- 16s Assistant Coach and Club Setter Coach, Virginia Elite, 2018-2019
- 14 East Assistant Coach and Club Setter Coach, Metro Volleyball Club of DC, 2019-2021
- Assistant Varsity Coach, Academy of the Holy Cross, 2018-2021
- Co-Director, Founder, and Coach, Blue Crabs Beach Volleyball, 2020-2021
- Assistant Varsity Coach, Seattle Preparatory High School, 2022
- Head 17s Coach, Seattle Juniors Volleyball Club, 2021-current
- Travel Team and Camp Coach, Puget Sound Region All-Stars, 2022-current
- Assistant Coach, Everett Community College, 2023- current



What made you decide to get into coaching volleyball?

Before I started coaching, I worked as a peer tutor at my college. I enjoyed teaching and working directly with students to help them reach their goals. After helping a friend coach her club setters, I realized I could bring value into the volleyball world outside of playing by using my teaching skills to fill the void of knowledgeable setter coaches. Very quickly, I found that I love helping athletes learn valuable life skills and work to be the best versions of themselves.

What are your career goals in the sport?

Currently, I am coaching year-round (club and college) while pursuing my PhD. I am continuing to explore coaching opportunities with the goal that I will be able to run my own successful program in the future, whether that be at the club or collegiate level.



Which coaches have influenced you the most?

Dave Geiser, who I had the privilege of both playing for and coaching with at the Academy of the Holy Cross. He helped develop me into a leader and has been an excellent example of what a coach should be.

Karol L'Hereux, my college coach at the University of New England. She gave me the perspective of coaching athletes as whole people and not just as volleyball players.

James Suh, who I have worked with in the PSR All-Star Program. He has taught me so much about coaching the mental side of the game.

What do you enjoy most about your coaching job?

I love helping athletes develop both mentally and physically as players and seeing their confidence grow as they achieve both their individual and team goals on and off the court. I enjoy seeing players grow as people and develop life skills that will help them be successful far beyond their volleyball careers.

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