

# 2024

## AVCA Thirty Under 30 College



### **Krista Hendrickson**

University of Illinois  
NCAA Division I  
Assistant Coach

#### **Career Accomplishments to Date:**

- Assistant Coach for USA Junior National Team (2020)
- Assistant Coach for USA Collegiate National Team (Japan Tour -2019)
- Assistant Coach for USA U19 National Team (Norceca 2022 - Gold Medalist)

#### **Coaching Roles:**

- Assistant Coach - Indiana University 2018-2021
- Assistant Coach - University of Illinois 2022-Current

#### **What made you decide to get into coaching volleyball?**

I decided to coach volleyball because I want to give back to the sport that gave me so much. I have had amazing coaches in my life that I keep learning so much from. I have always loved the game itself but it is the relationships that I get to build with the student-athletes that makes coaching so special.

#### **What are your career goals in the sport?**

I want to coach and mentor at the highest level. I am looking forward to coaching future greats and helping them both on and off the court.



**Which coaches have influenced you the most?**

My parents were my high school and club coaches and because of that, they were my first and biggest influences and a huge reason on why I love coaching. I would also credit Jim McLaughlin, Leslie Gabriel, Keegan Cook and Chris Tamas as huge influences on me as well, not only on but off the court.

**What do you enjoy most about your coaching job?**

I truly enjoy the relationships that I have made with the student-athletes. I cherish the bond that is created when we go through hard things together. Seeing them understand a concept and apply it on the court is one of my favorite parts of coaching. I also love the in between coffee and lunch dates with them getting to know how they are doing off the court.