

2024

AVCA Thirty Under 30 Beach



Abbie Hughes
Arizona State University
Assistant Coach

Career Accomplishments to Date:

Helped ASU program go from in and out of the top 20 to consistently in the top 12.
Aided the development in young girls who are now playing volleyball in college

Coaching Roles:

- Developmental Coach with Ohio Valley Beach 2014-2022
- Stealth Beach Volleyball Club, May 2023-May 2024
- One Beach Volleyball Club, May 2024- August 2024
- Currently at Dune Beach Volleyball Club

What made you decide to get into coaching volleyball?

I have always loved the technical side of the sport and I have always wanted to give the passion I have developed to young players. For college, I had volleyball temporarily taken away due to injury after college and Kristen reached out to me to use coaching as an outlet to stay close to the sport and pass on my knowledge from experience.

What are your career goals in the sport?

I want to start playing again on a competitive level while coaching. Now that I have started college coaching I am not sure if I will ever want to stop. I want to continue to be a support system to those girls in college and high school and teach them everything I would have wished I knew.



Which coaches have influenced you the most?

Greg Ulland who started my indoor journey and pushed me to have high standards of myself, Rob Long who taught me beach and was a huge support, Kristen Rohr who helped me love the sport again and grow into the human I want to be, My dad who was my first coach for beach and indoor, Tiann Myer who gave me a new love for indoor and was there for me in high school when I needed someone the most.

What do you enjoy most about your coaching job?

I love that I can use my knowledge and mistakes I have made in the past to make the girls feel understood and heard. I also love to see hard work pay off, when they have been pushing and working and the skill and the win finally happen.