

# 2024

## AVCA Thirty Under 30 Club



### **Sarah Kenneweg**

Platform Volleyball Club  
Girls 18U Head Coach  
and  
Poolesville High School  
Boys Varsity Head Coach

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

The biggest accomplishment throughout each season is that the players become better people on and off the court. The players should grow into hardworking, honest and responsible young men and women. If they grow as individuals then the season is a success. On my 18U team for the 23-24 club season, 100% of the seniors continued their volleyball career at the collegiate level.

#### **Coaching Roles:**

- Platform Volleyball Club, 18s Head Coach, 2022, 2024, Present
- Platform Volleyball Club, Technical Director, 2022 - Present
- Poolesville High School, Boys Varsity Volleyball, Head Coach, 2021 - Present
- Platform Volleyball Club, 16s Head Coach, 2023
- Poolesville High School, Girls Varsity Coach, 2021
- Platform Volleyball Club, 14s Assistant Coach, 2021
- Lehigh University, Graduate Assistant Coach, 2018-2020
- East Coast Power, 12U Head Coach, 2020

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

Volleyball has been a passion of mine since I was eight and one of the ways to share that love of the sport with others is to coach. It all began when my varsity coach gave me an opportunity to work camps when I was in high school and this opened up a new passion that I continued to pursue through graduate school as the Graduate Assistant Coach at Lehigh University.

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

My goal is to never stop being a student of the game. I always want to continue to love and grow as a player and a coach. I want to continue to strive to be better and learn new ways to teach and implement new drills.



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

Fran Duvall was my coach all throughout my adolescent volleyball career. She helped shape me into the person I am today. I carry many of her philosophies with me as a coach. She has now transitioned into my coaching mentor. Jennifer Reap has been a coaching role model of mine since working at Platform Volleyball Club. She has taught me to always ask questions, never settle and to be curious.

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

One of the best things about coaching is when a player has that “ah-ha” moment and things click for them. The excitement the player gets when this moment is made is something that every coach strives to see. The second thing I love about coaching is when players show their competitiveness when the game is on the line. I love to see who is going to step up when the pressure is on, who is going to lead and be the go-to player to bring their teammates to succeed.

