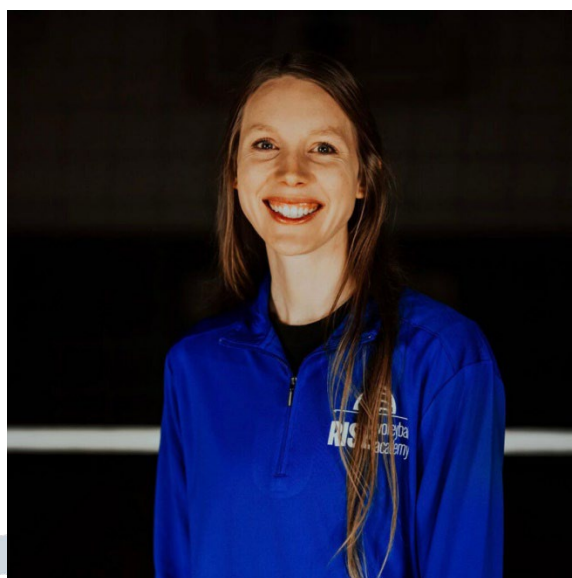


2024

AVCA Thirty Under 30 Club



Heidi Lee

Rise Volleyball Academy
10u-18u Regional-National
Club Director/Head Coach

Career Accomplishments to Date:

- Lead University High School Varsity team to a 25-7 season and state run in 2019
- Ranked top 10 in the Ohio Valley Region with club team in 2020, 2021, 2022
- Placed 5th at Northeast National Qualifier with 14 American in 2021
- Placed 3rd at Northeast National Qualifier with 15 American in 2022 and 16 National 2023
- Started Rise Volleyball Academy in 2024 with 15 teams, 5 of our 1s teams ranked #1 in WV for the season
- Helped place multiple athletes with college programs to continue playing post-high school Started Rise Athletic Training in 2019 and helped West Virginia become the fastest growing volleyball state in the nation between years 2019-2022. Rise Athletic Training runs multiple programs throughout the year including developmental and elite clinics, private lessons, strength/conditioning, summer prep camps, fall youth leagues and winter/spring travel leagues. All of which have provided athletes more opportunities for self-growth and younger athletes to begin in the sport.

Coaching Roles:

- Volunteer coach for youth camps in high school 2010-2014 - Pocatello, ID

- Freshman coach at Thomas Jefferson High School August-November 2018 - Denver, CO
- Head coach at 303 Volleyball Academy 17 Colorado American November 2018-April 2019 - Denver, CO
- JV head coach and Varsity assistant coach at University High School June 2019-November 2019 - Morgantown, WV
- Head coach at Morgantown Volleyball Club 13 Regional (2020), 14 American and 15 Regional (2021), 15 American and 16 American (2022), 16 National and 14 American (2023) - Morgantown, WV
- Started own club Rise Volleyball Academy 2024 - Morgantown, WV
- Head coach at Rise Volleyball Academy 17 National and 15 National (2024) - Morgantown, WV



What made you decide to get into coaching volleyball?

During high school I loved seeing young kids pick up a volleyball for their first time. The joy I felt when they accomplished a skill was indescribable, I knew then that I loved the sport too much to not have it as a constant part of my life. I couldn't imagine my life without volleyball and I wanted to help other young athletes feel a sense of pride and self-confidence.

What are your career goals in the sport?

First and foremost, I want to keep creating a safe place for kids to play the sport they love. In addition to that, when starting a new club with my husband Spencer and friend Kelly, we set the goal to put West Virginia on the national map. We tackle every season with the goal to see our teams compete and perform on the national stage. Personally, I want to see our club grow to be the #1 club in our region and consistently send teams to the national tournaments.



Which coaches have influenced you the most?

My final 3 coaches in high school- Kolay Sutton, Brianna Koompin and Lori Lee- fostered my love for volleyball the most! These 3 coaches were always in my corner and pushed me to not only be the best volleyball player I could but also to become a quality human being. They loved me more than I could've asked for and they helped me realize volleyball is so much more than a sport. In coaching, Erik Rhee my club director in Denver taught me to see the game from a new perspective and how to teach the game effectively.

What do you enjoy most about your coaching job?

The biggest joy from coaching comes from seeing kids accomplish something new. I love seeing young athletes go through the entire process of learning new skills and then executing during game time. The look on their faces when they turn to the sideline in celebration of all their hard work. I love to be a part of that process and to see their self confidence grow!

