# 2024 AVCA Thirty Under 30 College



Assistant Women's/Associate Head Men's Volleyball Coach

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

- Helped coach 25 players to conference player of the week awards. 5 first team all-conference selctions, 4 second team all-conference selections, 6 conference all-tournament team members (1 mvp), conference attacker and player of the year, 4 NAIA AVCA Southeast All-Region selections, 1 NAIA AVCA All-American Third Team, 1 AVCA All-American Honorable Mention.
- Helped lead TC women's volleyball to its first conference championship in school history, single season wins record (31), first NAIA National Tournament appearance.
- Helped establish and lead the first collegiate men's volleyball program in the state of AL and the only HBCU men's program competing in the NAIA.

#### **Coaching Roles:**

- 2017-2022 Head Coach (various age divisions) CRUSH Volleyball Club -Stillwater, OK
- 2018-2022 Executive Director CRUSH Volleyball Club Stillwater, OK
- 2019-2022 Head Varsity Volleyball Coach Stillwater HS Stillwater, OK
- 2022-2023 Assistant Women's Volleyball Coach Dillard University New Orleans, LA
- 2023-present Assistant Women's/Assoicate Head Men's Volleyball Coach -Talladega College - Talladega, AL



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

I had an incredible experience playing collegiate club volleyball at Oklahoma State University. The impact that my coach had on me during my time there was what interested me in pursuing a coaching career; but what actually made me decide to pursue coaching was the impact that I could make to improve the lives of others while equally growing myself daily. As a life-long learner, I believe that there's growth to be had every day and I have the opportunity to instill very valuable life-lessons into the lives of young adults.

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

My career goal is to return to my alma mater, Oklahoma State University and start the NCAA sponsored program. OSU is currently the only school in the Big XII that does not sponsor volleyball.

The longer I am in the coaching career, the more I realize that I have a unique role to play in the lives of the young adults that I work with. My biggest realization is that my purpose is bigger than my passion. My ultimate purpose and goal is to show the heart of Jesus in everything I do.

Which coaches have influenced you the most?

My collegiate club coach, Regan Sirbaugh, influenced me to pursue a coaching career and helped instill positivity and confidence into every aspect of what I do. I am also very influenced and inspired by my head coach, LaShaunda Spurgeon, who gave me my first collegiate opportunity. I get to come to work every day with opportunities to learn and grow in an environment that recognizes the value of each individual in our program. I also get to learn from someone who is grounded in her faith and believes that building good people is more important than building good volleyball players.

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

What I enjoy the most about coaching is the people and the connections I get to experience every day. I have been introduced to many different cultures and experiences and have had the opportunity to impact other people's lives as well as be impacted by so many people. I enjoy the opportunity to go through the ups and downs of life alongside colleagues and young adults who I respect and get to learn from every day. I am so grateful to be in the position I am in.

