

# 2024

## AVCA Thirty Under 30 Club



**Trey May**

Absolute Volleyball Academy of Texas  
15U  
Head Coach

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### Career Accomplishments to Date:

- 2018 Southland Conference Championship (SFA)
- 2021 NCAA Top 10 Ranking - (#8) 2.01 Aces Per Set (USC-Upstate)
- 2021 Assisted USC Upstate to 5th Place Finish in Big South Conference
- 2021 Assisted USC Upstate to Conference Tournament Appearance
- 2021 Conference Record of 10-6 (.625) (USC-Upstate)
- 2021 Home Record of 8-1 (.888) (USC-Upstate)
- 2020 Assisted 16 Attack to 3rd Place Finish at USAV Nationals (AVA)
- 2019 Founder of Lumberjack Men's Volleyball Club (SFA)
- 2023 Coached 17 Attack to 9th Place Finish at AAU Nationals (AVA)
- 2024 Overall Season Record of 48-18 (.727) (AVA)

### Coaching Roles:

- Absolute Volleyball Academy of Texas - National Travel Head Coach, Program Director, Master Libero Trainer
- University of South Carolina Upstate - Assistant Coach, Recruiting Coordinator, Director of Operations
- Stephen F Austin State University - Student Assistant

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

I decided to coach volleyball simply because I fell in love with playing the sport at a young age. During P.E., the boys would go outside and play football or more "traditional" sports while the girls stayed in and learned volleyball. At this age, the "traditional" sports that they boys were playing did not interest me as I was a competitive gymnast for most of my childhood. I was fortunate enough to have a P.E. coach, Heather Atkinson, who introduced me to the game and protected my love for it by creating a safe space for me to explore.

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

My overall goal is to always positively impact as many young athletes through the sport as possible. In addition, I want to win a National title, coach collegiately again, and work with our USAV National Teams in some capacity.

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

Some coaches who have influenced me the most would be Angela Quillen, Deborah Haynes, Heather Atkinson, Ramonda White, Greg Neece, Katy Garza, Lauren Ellison, Chaz Hulett, Jerry Lynch, Haley Sincere, Michele Morales, and Rachael Douglas. I would also like to give a special mention to my parents, Jennifer Hughes; Derrick Hughes; and James May. Without them coaching me through life, I would not be where I am today. I am extremely blessed and grateful to know great coaches who are even better people. Thank you all for everything you have done for me throughout my coaching career.

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

What I enjoy most about coaching are the relationships and friendships you get to build with the athletes, their families, and other coaches. I take pride in our slogan at AVA, "#AVAFamily" because I truly believe that is the magic behind it all.