

# 2024 AVCA Thirty Under 30 College



**Sydney Stover**  
DePauw University  
NCAA Division III  
Assistant Coach

## Career Accomplishments to Date:

### DePauw University

- 2023 NCAC Regular Season Champions
- 2023 NCAC Coaching Staff of the Year
- Have coached 2023 NCAC Libero of the Year, 3 athletes named to 1st team all NCAC, 1 athletes named to 2nd team all NCAC, and 2 athlete named 3rd team all NCAC
- AVCA Team Academic Award 2022, 2023, 2024

### Millikin University

- Coached the 2019 CCIW Freshman of the Year
- Coached 4 1st team All CCIW, 5 2nd team All CCIW
- 2020 AVCA Coaches 4 Coaches Scholarship Recipient
- AVCA Academic Award 2019, 2020, 2021, 2022

**Coaching Roles:**

- March 2022-Present- Assistant Coach-DePauw University NCAA DIII
- June 2018-March 2022- Assistant Coach- Millikin University NCAA DIII

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

Both of my parents were high school coaches growing up, watching them be the best coaches inspired me to become a coach full time. They are two of the best coaches, and I am very thankful I grew up learning from them. I was also very lucky to be coached by really amazing coaches in high school, Munciana Volleyball Club and College that inspired me.

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

My career goals are one day become a head coach. My goal every day is to be the best version of myself and lead my student-athletes to become the best students and players possible.

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

My parents Greg and Christy Unger who coached multiple high school sports, and Jessica Dygert my high school volleyball coach.

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

I enjoy getting to be a small part of our student-athletes journey through college. Seeing them grow from the person we recruited to who they have become their senior year is very special. Building relationships with my student-athletes is very important to me. I also really enjoy the strategy side of the game of volleyball, and helping find what will help our team compete at our highest level.

COLLEGE