

# 2024 AVCA Thirty Under 30 College



## **Katelyn Totherow**

Regent University  
NCCAA Division I

Head Men's and Women's Volleyball Coach

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

- 2023 NCCAA South Regional Championship
- 2023 NCCAA South Region Coach of the Year
- 2023 NCCAA South Region Player of the Year
- First National ranking in school history
- First ever berth to the NCCAA National Championships
- 2 National Players of Week
- Two 1st team All-Region players, four 2nd team all-region players
- NCCAA Scholar Team Award and AVCA Team Academic Award 2023

### **Coaching Roles:**

- 2016-2018. Lenoir-Rhyne University: Graduate Assistant
- 2018-2020. University of Virginia's College at Wise: Assistant Coach
- 2020- Present. Regent University: Head Women's Volleyball Coach
- February 2024- Present. Regent University: Head Men's Volleyball Coach

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

My desire to see athletes be successful both on and off the court is what led me to coach. Volleyball has brought me so much joy and introduced me to so many wonderful people that I also want to share that joy with the players I am privileged to lead every day.

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

My first career goal is to create and run a faith-based volleyball club with scholarship opportunities available to athletes without the traditional income needed to play club ball at a high level. In running my own club, I hope to share the Gospel and my love of volleyball while educating young athletes on what it takes to be successful at the next level.



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

- Vickie Denny (Bob Jones University) has been a source of encouragement and a wealth of knowledge for me ever since 2021.
- Kara Matthews (Randolph College) is my closest confidante in all things pertaining to volleyball and navigating being a head coach.

- Tom Houser (Star Volleyball LCC) was the first person who saw my potential in the world of volleyball.
- Tammy Bowles (Westover Christian Academy) was my first volleyball coach and the person who made me want to be a coach.

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

My favorite aspect of being a coaching is seeing my athletes be successful. The thrilling moment when they connect on a skill for the first time or when they do something that they did not believe they would ever be capable of doing. I love looking into the players I'm blessed to coach and seeing their potential and helping them maximize it. I also deeply enjoy building relationships with my players that last much longer than their time within my program.

