

2024

AVCA Thirty Under 30 Club



Jessica Vredevoogd

Michigan Volleyball Academy
12U-15U

MVA Director of Operations and Head 21 Rise Coach

Career Accomplishments to Date:

- Won Grandville's only second district title in history in 2021
- Got the honor of coaching her sister for 4 years in high school (Zoey Dood and now she plays at UVA)

Coaching Roles:

Have been coaching at MVA since 2017, Have coaches 12U, 15U, 17U. Till Present
Coaches High School Volleyball at Grandville High School. 2018-Present

What made you decide to get into coaching volleyball?

I decided to coach volleyball because I enjoy teaching others the game I enjoy playing. It is so much more rewarding helping the future volleyball players improve, enjoy the game, and see the results and goals they want for themselves come to life.

What are your career goals in the sport?

My career goals aren't necessarily tangible. Yes, I would like to win every game but sometimes that just doesn't happen. I hope the players that I coach continue playing the game at a high level. They love the game even more when I'm done coaching them, and I'm not the coach that causes them to stop playing. I hope they learn sacrifice, how to work as a team, how to be selfless on and off the court, and how to strategize and find a way to win no matter the cards you are dealt.



Which coaches have influenced you the most?

Some of the coaches that have influenced me the most are my college coaches. Rob Beam, Claire Galli, and Eric Lindstrom. I wouldn't be half the coach I am today without them at Oakland. I also look up to Mayme Vlietstra who I had twice while I played at MVA and now get to coach by her side at MVA. I probably wouldn't have continued to play volleyball or be in the volleyball world if it wasn't for her.



What do you enjoy most about your coaching job?

I enjoy watching my players conquer their goal. I enjoy being another person they can come to if they need to chat about school, friends or family and being that safe space for them. I enjoy watching them understand what is being coached to them and being able to add it to their game. There is so many rewarding things to coaching that go beyond winning, even though everyone wants to win of course.

