

2024

AVCA Thirty Under 30 High School



Carly Arington

Cincinnati Christian Schools
Head Varsity Volleyball Coach

Career Accomplishments to Date:

Head Varsity Volleyball Coach at Cincinnati Christian Schools (2019-present)

- Led CCS to four sectional titles (2021-2024)
- Coached three District 16 Player of the Year recipients
- 4X District 16 Coach of the Year (2020-2023)
- Coached five Cincinnati Enquirer All-City Team recipients
- Guided four athletes to play collegiate volleyball, marking the first time in school history

Assistant Varsity Coach at Little Miami High School (2017-2019)

- Contributed to three SWOC Conference championships and a 20-win season
- Coached six athletes who went on to play college volleyball

Coaching Roles:

- Air City Chicks – Assistant Coach, 15U National Club Team (2014-2015)
- Lexington United – Assistant Coach, 15U National Club Team (2016-2017)
- Little Miami High School – Varsity Assistant Coach (2017-2019)
- Cincinnati Christian Schools – Head Varsity Coach (2019-present)

What made you decide to get into coaching volleyball?

I have always loved the game of volleyball. Since high school and college, I have loved pouring into the youth of the next generation. Watching young girls grow in a skill, improve, and find joy in the work is awesome to see. After playing in college, I wanted to pour back into my old high school and be a younger coach closer to their age group. With each coaching opportunity, it has truly been a deep purpose and passion to share the love of Christ with young women and those who I encounter.

What are your career goals in the sport?

Win a state title for Cincinnati Christian! This starts with pouring into our youth and community by continuing to grow the game. Our program has been intentional in offering camps, clinics, and opportunities to younger ages from 3 years old-6th grade. I also desire to someday have a non-profit volleyball club, sponsored and fully funded where it would be at no cost to any of the players or families.



Which coaches have influenced you the most?

My top influences are my husband, Ryan Arington, and my father-in-law, Phil Arington. I admire their competitiveness, out of the box thinking, class, and gold standard with everything they do in their baseball organization, The Cincinnati Spikes. I also draw inspiration from my first high school coach, Cheryl Jones, who demanded excellence in the classroom and on the court. Her emphasis on hard work, mental toughness, and striving to be your best has had a lasting impact on me. In addition I admired my college coach, JP Rader, for his intensity, love for the game, and commitment to our team.

What do you enjoy most about your coaching job?

The relationships you make along the way. Whether with players, coaching staff, parents, families, or the school community, I believe God has placed these people in my life for a divine purpose. I find joy in seeing how these connections unfold and the impact they have. I love the moments off the volleyball court when I get to hear about my players and coach's lives, pray together, offer a listening ear, or give a needed hug. As coaches, our influence extends far beyond the game, and I strive to leave a lasting impact that goes beyond volleyball itself.

