

# 2024

## AVCA Thirty Under 30 High School



**Abigail Hogan**  
Union Grove High School  
Girls Volleyball Head Coach

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

I've achieved 62 career wins in three years as the Varsity Head Coach at UGHS, where I am also the youngest head coach in the school's history. I've had the privilege of coaching seven athletes who now play collegiate sports, five of whom continue in volleyball. My experience spans multiple levels, from middle school to high school and club volleyball. I prioritize athlete development, leadership, and a strong team culture that fosters commitment and growth. This year, I'm leading the strength and conditioning program for national-level club athletes, promoting both athletic performance and holistic well-being.

**Coaching Roles:**

I have coached 5-12th grade athletes for the past 5 years. Varsity Head Coach - Union Grove High School (2022-2024), JV1 - Union Grove High School (2021), JV2 - Union Grove High School (2020), 7 & 8th grade Head Coach - Union Grove Elementary School (2023), Wisconsin Juniors Club Volleyball Head Coach (2022-2024).

In addition to my head coaching role at Union Grove High School, I have coached club volleyball at Wisconsin Juniors Volleyball. I'm also a dedicated personal trainer and will guide the strength and conditioning program for the high school national program athletes for the 2024-25 season at Wisconsin Juniors. My dedication to coaching and fitness extends beyond my professional work as a volleyball coach and into my profession as a High School Physical Education Teacher.

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

I decided to coach volleyball because I fell in love with the game during my youth and early adult years. Volleyball was a passion I enjoyed personally, and when I could no longer play competitively, I felt inspired to share it with the next generation. Coaching allows me to help athletes develop their skills, overcome challenges, and accomplish hard things, both on and off the court. I believe being part of a team fosters resilience, teamwork, and a sense of community—values that build life skills and experiences lasting well beyond the game.

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

My goal is to impact the volleyball community by helping athletes reach their full potential, fostering a love for the sport, and promoting lifelong health. I aim for the Broncos to secure a conference title and ultimately qualify for State, while continuing to grow the future Bronco program. Off the court, I'm working toward a master's degree to deepen my coaching expertise. I am dedicated to building a supportive, growth-oriented team culture that develops strong leaders on and off the court, prioritizing personal and athletic growth for sustained success.





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

While I don't have one specific coach who has influenced me the most, the people in my life have shaped me into the coach I am today. My mom, Elizabeth, taught me responsibility and how to effectively teach others. My athletic director, Dave, has consistently supported my coaching and program, offering invaluable encouragement. My boyfriend, Tyler, understands that coaching means long days and late nights, and his unwavering support is essential. These individuals—my family, friends, and coworkers—have all impacted my journey and helped shape my coaching philosophy.

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

What I love most about coaching is helping athletes develop their skills, overcome challenges, and accomplish hard things, both on and off the court. Watching them grow throughout high school—not just as athletes but as individuals finding themselves, building relationships, and connecting with teammates and coaches—is incredibly rewarding. I also love coaching those thrilling, point-for-point matches where every touch matters and the energy in the gym is electric. Seeing players stay focused under pressure, knowing one play can change the game, is an experience I truly cherish as a coach.