

2024

AVCA Thirty Under 30 High School



Jessica Stillwell

Refugio High School
Head Volleyball Coach

Career Accomplishments to Date:

Refugio Independent School District

- 2024-2025 22-16 Overall Record Area Qualifiers
- 2023-2024 15-18 Overall Record, Bi-District Qualifiers
- 2023-2024 State Track Champions

Mumford Independent School District

- 2022-2023 24-17 Overall Record, Bi-District Qualifiers Volleyball
- 2021-2022 23-17 Overall Record Volleyball
- 2021-2022 Bi-District Qualifiers Softball

Lexington Independent School District

- 2020-2021 Regional Finals Basketball
- 2020-2021 Regional Semi-Finals Volleyball
- 2019-2020 Area Basketball
- 2019-2020 State Semi-Finals Volleyball

Coaching Roles:

- 2019-2021 Lexington High School- Assistant Volleyball, Assistant Basketball- Ag Science Teacher
- 2021-2023 Mumford High School- Head Volleyball, JH Head Volleyball, Assistant JH and HS Softball- PE Teacher
- 2023-Current Refugio High School- Head Volleyball, Head JH Volleyball, JH Basketball, Assistant JH and HS Track- High School Special Education

What made you decide to get into coaching volleyball?

I chose to coach volleyball because I come from a family of coaches, where the passion for teaching and mentoring has always been a big part of my life. Volleyball is a challenging sport, requiring a unique blend of strategy, teamwork, and physical skill, and I enjoy the mental and physical test it presents. Coaching allows me to share my love for the game while helping athletes grow both on and off the court. The sport teaches valuable life lessons like discipline, resilience, and the importance of collaboration, which can be applied to many aspects of life beyond volleyball.



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

Wins will come and go, but the relationships built and the life lessons learned through volleyball will leave a lasting impression. As a coach, my goal is to guide athletes in developing not only their skills but also their character, teaching them valuable lessons about resilience, teamwork, and self-belief. While victories are important, it's the growth they experience as individuals that will have the greatest impact in the long run. The confidence, discipline, and friendships formed through the game are what truly shape them for success, both in sports and in life.

Which coaches have influenced you the most?

My parents and high school coaches had a profound influence on my decision to coach. Growing up in a coaching family, I saw firsthand how sports can teach valuable life lessons and build lasting relationships. My high school

coaches instilled in me the importance of teamwork, discipline, and resilience, shaping my love for the game and my desire to help others grow. Their guidance and mentorship showed me how impactful coaching can be, not just in developing athletes but in shaping strong, confident individuals. I want to pass on these lessons and help others experience the same growth I did.

What do you enjoy most about your coaching job?

What I enjoy most about coaching is the relationships I build with my athletes and the opportunity to mentor them through both the highs and lows. The game of volleyball itself is a passion, but it's the personal growth I see in my players that makes coaching truly rewarding. Watching athletes develop confidence, resilience, and teamwork is fulfilling, and even more so when they return years later, remembering the lessons they learned and the impact I had on their lives. Knowing I've made a difference in their journey is the most rewarding part of coaching.