

2024

AVCA Thirty Under 30 High School



Preston Yong

Newton Country Day School of the Sacred Heart
Head Coach

Career Accomplishments to Date:

Newton Country Day School, Newton

- EIL Coach of the Year 2023
- Led the team to New England Class B Quarterfinals (2018, 2024) and Semifinals (2021, 2022, 2023).
- Achieved undefeated conference records in 2022 and 2023 including winning the end-of-season tournament 4x in a row from 2021-2024

Lasell University

- Contributed to achieving the best record in program history.
- Secured the first-ever conference title and NCAA tournament appearance.

Coaching Roles:

- Boys and Girls Coach: SMASH Volleyball Club, Newton | October 2015 – Present
- Newton Country Day School Head Varsity Coach 2017- Present
- Lasell University Assistant Coach 2020-Present
- Boston Latin School JV coach and Varsity assistant 2015-2020

What made you decide to get into coaching volleyball?

I was lucky enough to have incredible coaches growing up who helped shape me into the person I am. They helped me grow as a human and athlete, teaching me to find confidence in who I am. I wanted to be able to do the same for the next group of athletes and to help them learn and grow and appreciate who they are.

What are your career goals in the sport?

I want to help turn New England Volleyball into a region that competes with the best in the country. I also hope to help my athletes grow into strong and confident leaders.

Which coaches have influenced you the most?

John Cook, John Speraw, Kelly Sheffield, Jess McLeod, Richard Barton, Konst Dimov, Pat Helmas, Lucas Coffeen, Jeff Vautrin.



What do you enjoy most about your coaching job?

Seeing the growth of my athletes year after year inspires me to keep doing what I do.