

# 2025

## AVCA Thirty Under 30 High School



**Mary Kate Beck**

Wren High School  
Varsity Assistant coach

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

#### **Coaching Accomplishments (Past 3 School Ball Seasons):**

- Served as a key member of the coaching staff that secured 2 State Championships.
- Named a “Thirty Under 30” award recipient during my time as JV Head Coach.
- Currently receiving a second “Thirty Under 30” recognition, marking two selections within just three school ball seasons.

### **Coaching Roles:**

- Wren High School JV Head Coach: 2022-2024
- Wren High School Varsity Assistant Coach: 2024-Present
- Carolina One Volleyball 16 Elite Assistant Coach: 2023-2024
- Carolina One Volleyball 17 Elite Coach: 2024-Present

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

Coaching volleyball is my passion because it allows me to support athletes not just physically and tactically, but mentally—where they often need it most. High school is a challenging time, especially for young women who face intense self-doubt and are often their own harshest critics. My goal is to be a constant source of encouragement, someone they know is always in their corner. Beyond developing strong players, I strive to help shape good people—confident, kind, and resilient. I want to be the coach they trust, someone they feel safe coming to for support, advice, and unwavering belief in their potential.

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

I'm fortunate to already be living my dream—coaching at Wren High School, where the community is incredibly close-knit, and at Carolina One Volleyball, where the coaching staff feels like family. I'm currently pursuing my Master's in Coaching Education with a specialization in Mental Performance Coaching. Once I complete my degree, my goal is to earn certification in Mental Performance Consulting. I want to use that knowledge to better support my current athletes, helping them grow both mentally and physically. Long-term, I hope to expand my impact by working with athletes across the country in the area of mental performance.

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

The coaches who influenced me most were my club coaches at Carolina One. They pushed me to become the best athlete I could be and played a major role in helping me get recruited to play in college. Their belief in me shaped my athletic journey. However, who I've become as a coach has also been shaped by learning from coaches I didn't want to emulate. In high school, I had a coach who didn't truly see or care about me. That experience inspired me to become the kind of coach athletes can always count on.



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

What I enjoy most about coaching is the joy of witnessing everything finally click for an athlete who has been working hard to master a skill. That moment of realization and confidence is incredibly rewarding. Beyond the technical side of the game, I truly love helping shape these young women into leaders—on and off the court. Watching them grow in character, resilience, and self-belief is one of the most fulfilling

parts of coaching. My greatest hope is that these girls leave the sport not just as better athletes, but as future world changers ready to make a difference.