

2025

AVCA Thirty Under 30 High School



Alexander Duncan

Guilderland High School
Boys' Varsity Coach

Career Accomplishments to Date:

Established Annual Food Drives and a "Dig Pink" Game to support both a local and national charity.

Coaching Roles:

- Burnt Hills - Ballston Lake School District: Modified (Middle School) Boys Coach (2019-2022)
- Lakeside Volleyball Club (Spa City VBC): Boys 14U Coach (2019-2020)
- Russell Sage College: Men's Assistant Coach (2021-Present)
- Guilderland High School: Boys Varsity Coach (2023-Present)

What made you decide to get into coaching volleyball?

The community of players and coaches surrounding the game of volleyball in the places I have played always struck a great balance between comradery, competitiveness, and a wiliness to learn and improve. After playing club volleyball in college, I wanted to continue my connection to that culture and found opportunities to do that after moving to New York.

What are your career goals in the sport?

My hope for my coaching career and for my program at Guilderland is to create a space for players to learn the value of dedicated hard work, comradery, and high moral character, as well as for our coaches to prioritize consistent self improvement and a team first mentality. While I'd love to win a state championship, I'll always measure my success, first, by the number of alumni that stay in touch about their successes once they've graduated.



Which coaches have influenced you the most?

- Burnt Hills - Ballston Lake JV Boys Coach - Heidi Brower was a phenomenal mentor when I started coaching. She helped me find confidence in my ability to lead and resources to back it up.
- Russell Sage Men's Head Coach - Reid Hartl helped grow my knowledge of the game significantly, and working with him has been both a privilege and a pleasure.
- Guilderland JV Boys Coach - Deshawn Fleary and his ability to compensate for my weaknesses is everything I could want in a teammate. His connection to his players and consistent sacrifice is an inspiration to me.

What do you enjoy most about your coaching job?

I love the opportunity that I have to connect with athletes and help them develop skills that will serve them well in life. Being able to see the boys I coach find success in the things they work hard at, be it academics, athletics, theater, clubs, or other hobbies, and sharing the excitement with them in their unique successes is irreplicable.