

2025

AVCA Thirty Under 30 College



Alyssa Gage

Trevecca Nazarene University
Assistant Coach/Recruiting Coordinator

Career Accomplishments to Date:

Since Gage's arrival, the volleyball program has seen a dramatic turnaround. In her first season, the team improved from a 7-21 record to 16-17, earned a conference tournament berth, and produced the GMAC Freshman of the Year. By 2022, the team tied its NCAA DII era record with 21 wins and reached the G-MAC Finals. In 2023, she was named Assistant Coach of the Year. In 2024, she led middle blocker training, helping Trevecca become the top blocking team in the Gulf South, with two players breaking the single-season block record and earning multiple GSC and tournament honors.

Coaching Roles:

Trevecca Nazarene University: Assistant Coach 2019-2021, Assistant Coach/Recruiting Coordinator 2021-2024, Associate Head Coach April, 14th 2025

What made you decide to get into coaching volleyball?

I started coaching volleyball because I wanted a grad degree and I wanted to scratch the itch of wrapping up my volleyball playing career... simple as that. But somewhere between the practices, the matches, the late nights, and the grind, I fell in love with it. The competition lit a different fire in me than it did when I was a player. I love teaching and mentoring young women. Coaching became more than a stepping stone. It became something that I love to do every single day.

What are your career goals in the sport?

My goal is to become a head coach of a program (at any level) and make it as successful as I possible can. From bringing home championship trophies to seeing my players walk across the stage for graduation. I want to be able to make an impact on the young women in the program, but also impact the university that I will wear across my chest.

Which coaches have influenced you the most?

- Emily Moore: Trevecca Nazarene University
- Mary Wise: University of Florida
- John Cook: University of Nebraska

What do you enjoy most about your coaching job?

I love game days. It's the butterflies in your stomach that remind you how much you want it. It's the hours of preparation, the strategy, the repetition. It's the grit you dig into when things get tough. And at the end of it all, it's the thrill of winning. Every second of the grind brought you here. This is why you love competition. This is why you show up. This is why I coach volleyball.



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