2025 AVCA Thirty Under 30 Club



lowa United

Iowa United Youth Director/121 Elite Head Coach

Coaching Roles:

I am on my third year of coaching club.

- 2022-23 Adrenaline 11's Coach
- 2023-24 Adrenaline 11's Coach
- 2024-2025 Iowa United Youth Director/ 121 Elite Coach
- Regina Catholic Education Center Assistant Varsity Coach 2023-Present

What made you decide to get into coaching volleyball?

The reason I chose to coach volleyball is a direct reflection of Lauren Hansen, Julie Yankus, and Matt Stolz. These three coaches made me the person I am today. They showed me how to coach with positivity, still strive for greatness, and work hard all at the same time. I hope to make the same impact on the next generation that they have made on me.

What are your career goals in the sport?

My career goals are to leave the sport better than I found it. I want girls to come to volleyball knowing that their coach is going to push them to be their best and support them every step of the way. I want them to know that they are loved and know they can come to volleyball and put everything else aside.

Which coaches have influenced you the most?

Lauren Hansen (club coach and mentor), Julie Yankus (head coach at SEMO), and Matt Stolz (former SEMO assistant)

What do you enjoy most about your coaching job?

I enjoy getting to be around kids who are excited about the game. Who are still learning all of the amazing and hard lessons that come with volleyball. I enjoy coming into the gym and seeing them get excited to nail a concept that they have been working so hard to get.

