

2025

AVCA Thirty Under 30 High School



Spencer Lanig
Webster Groves High School
Varsity Associate Coach

Career Accomplishments to Date:

- Webster Groves High School Boys Varsity Overall Record, 89-30
- Overall High School Varsity Coaching Record, 154-56
- 2023 State Champions, Lafayette Girls Volleyball
- 21' and '23 State Runner Ups, Webster Boys Volleyball
- 2x Conference Champions
- 3x District Champions
- 1 Player of the Year Selection
- 13 All-State Selections
- 7 All-Metro Selections
- 27 Academic All-State Selections
- 2025 Windy City Qualifier Champions, Rockwood Thunder
- USAV National Division Bid, 13's, Rockwood Thunder
- 2x Top 15 Open Division Finish, 15's and 18's, High Performance

Coaching Roles:

- Webster Groves High School Boys Varsity Associate Coach, 2021 – Present
- Rockwood Thunder VBC Girls 13's, 14's, Assistant Coach, 2023-Present
- Webster Groves High School Girls Varsity Head Coach, 2024
- Lafayette High School Girls Assistant Coach, 2023
- Kirkwood High School Girls JV Head Coach, 2021
- High Performance VBC Boys 15's, 17's, 18's, Head Coach, 2020-2023
- ACE Volleyball Lab, private trainer, 2021-2023

What made you decide to get into coaching volleyball?

My decision to coach stems from a deep appreciation for the game and the opportunity to give back to my alma mater. Volleyball has provided me with invaluable experiences—lifelong friendships, travel, and personal growth that extend far beyond the court.

I began playing in third grade and was fortunate to be raised in a family with strong ties to the sport; both my father and grandfather were influential in developing volleyball in the St. Louis area. Their legacy inspired me to share my knowledge and passion with future athletes, fostering their growth both as players and as individuals.



What are your career goals in the sport?

My goal is to become the best coach I can be. One who not only develops athletes on the court, but also helps build their confidence and positively impacts their lives. I've been blessed to be part of some incredibly talented volleyball programs; those experiences have shaped how I approach coaching today.

As my coaching journey has progressed, I've realized that while wins and losses are part of the game, it's the relationships we build that leave the most lasting impact. My goal is to help each athlete grow into the best version of themselves, on and off the court.

Which coaches have influenced you the most?

I'm deeply grateful to Ferrel and Wayne Pounds for believing in me as both a player and coach. Your guidance gave me a strong foundation in both volleyball and life. Thank you to Bryan Pischel for your mentorship and contagious passion, and to Ryan Mahl—for over 20 years, you've been the ultimate teammate and coaching partner.

I also want to thank Jerry Collins, Chris Johnson, Helen Buckley, and the Webster Groves Statesmen. Special thanks to Scott Mebruer, Scott Touzinsky, the High Performance program, and Rockwood Thunder—Gretchen Mosier, Luke Allen, Ella Brinkmann, and Jordan Berry—for your lasting influence.

What do you enjoy most about your coaching job?

What brings me the most joy in coaching is seeing players grow—not just in skill, but in confidence. Helping them become their best selves on and off the court is incredibly rewarding. My favorite moments are when things “click” and they realize they're capable of more than they imagined. Watching them push harder and commit to growth is powerful.

The lessons we learn through volleyball—handling adversity, problem-solving under pressure, and stepping into discomfort—are real-world skills. Being part of that journey, helping shape strong, confident individuals, is what makes coaching so meaningful to me.

—HIGH SCHOOL—