

# 2025

## AVCA Thirty Under 30 High School



### **Kasey McDonald**

North Henderson High School

Associate Head Coach & JV Head Coach – Women's Volleyball

Co-Head Coach – Men's Volleyball

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

- Top 20 Finish at AAU Nationals
- 9 State Playoff Appearances
- 2 State Playoff Elite 8 Appearances
- 4 Conference Championships
- 2 Conference Tournament Championships
- Co-founder of the first High School Men's Volleyball Team in Western North Carolina
- Multiple Player of the year, All State, and All Conference Athletes
- Average Team GPA of 3.89 since 2017

#### **Coaching Roles:**

- North Henderson High School, Women's Volleyball Associate Head Coach & JV Head Coach, 2017 - Present
- North Henderson High School, Men's Volleyball Co-Head Coach, 2023 - Present
- North Valley Volleyball Club, Coach & Co-Director, 2013 - Present
- Xcel Volleyball Performance, Club Coach, 2017 - 2020
- D.W. Daniel High School, Volunteer Assistant Coach, 2014 - 2016

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

I grew up around athletics, especially volleyball, and I had incredible experiences through the sport that helped shape me into a better person both on and off the court. I was on teams that felt like family, with coaches who challenged and supported me, and I gained confidence and resilience through those experiences. Those positive moments inspired me to start coaching so I could help facilitate those opportunities for others. Coaching allows me to give back to a sport that's given me so much.

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

My ultimate goal in coaching is to continue building strong, confident, and resilient young men and women through the sport of volleyball. I want to create a positive and competitive environment where athletes grow not only in skill, but in discipline, accountability, and confidence. While I'm always striving to develop successful teams on the court, my biggest ambition is to impact lives beyond the game. Regardless of

what level I will be coaching at in the future, I want to be known for building programs centered on character, culture, and long-term growth.



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

Both my parents coached at some point in their lives, so I had the opportunity to grow up around athletics. Watching them interact with their athletes through both the triumphs and tribulations, was a huge inspiration to me. I saw firsthand how committed

they were to not only developing players, but also building character and navigating challenges with grace. That example made a lasting impression. Many of their former athletes remain close to our family, and seeing them carry those lessons into their own lives and coaching journeys reinforced my belief in the long-term, generational influence coaches can have.

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

What I enjoy most about coaching is helping athletes conquer challenges, both as individuals and as a team, and watching their growth over time. There's nothing more rewarding than seeing a player push through a mental or physical barrier and come out more confident on the other side. I love the process of building skills, solving problems, and turning small daily wins into long-term progress. Whether it's on the court or in life, being part of that transformation and watching athletes realize what they're capable of is what makes coaching so meaningful.

