

2025

AVCA Thirty Under 30 Club



Alissa McGuire

Triangle Volleyball Club

17 Black Head Coach / Assistant Director

Career Accomplishments to Date:

- Triangle Volleyball Club Positional Lead - Setting
- 2024 Triangle 17 Black - 3rd place at Big South Qualifier (Qualified 17 Open) & Top 25 finish at Triple Crown
- 2023 Triangle 17 Black - Top 5 finish at USAV 17 Open Nationals. Four Top 5 finishes at USAV qualifiers. Top 10 Triple Crown finish. 5 players named to JVA All National team.
- 2022 - Millbrook Varsity Volleyball 2022 NCHSAA 4A State Champions
- 2022 Triangle 16 Black - Team Inducted into North Carolina Volleyball Hall of Fame Court of Honor & Big South National Qualifier 16 Open Champion (Double Qualified 16 Open)

Coaching Roles:

- Head Coach - Triangle 17 Black (2024-2025)
- Head Coach - Triangle 17 Black (2023-2024)
- Assistant Coach - Triangle 17 Black (2022-2023)
- Assistant Coach - Millbrook High School (Fall 2022-Fall 2023)
- Interim Head Coach - Triangle 14 Black (2022)
- Assistant Coach - Triangle 16 Black 2021-2022
- JV Head & Varsity Assistant - Apex Friendship High School - Fall 2021
- Resource Coach - Triangle 15 Black 2021
- Head Coach - Synergy Volleyball Club 14's & 15's (2016-2017)
- College summer camps worked: University of Tulsa (2015-2016), University of Illinois (2022-2023), Duke (2023), University of North Carolina Chapel Hill (2024).

What made you decide to get into coaching volleyball?

If it wasn't for volleyball, I would not be the person that I am today. In college, I had a season ending elbow injury (that almost turned into a career ending injury). While I was coming back from this injury, I had to re-learn how to set after multiple surgeries and could not play for over a year. While being injured, I was able to see the game from more of a coach's perspective and realized that I eventually wanted to coach once my playing career was done.

What are your career goals in the sport?

As a positional lead, head coach, and assistant director at Triangle Volleyball club, my goal is to continue learning all I can about the sport and incorporate the trends of the game into our club. I would like to continue to take on larger roles administratively in our club and hopefully make an impact on these athletes' lives for many more years.



Which coaches have influenced you the most?

When I was growing up in the Bay Area, I was able to watch John Dunning coach at Stanford and always admired his coaching style. I also was influenced by my setting coach growing up, Katie Goldhahn. Most recently, I have been lucky to be mentored by Illinois Head Coach, Chris Tamas. Coach Tamas has really taught me so much about different aspects of the game over the past few years and continues to push me to be a better coach.

What do you enjoy most about your coaching job?

I enjoy building long standing relationships with my athletes and preparing them for the collegiate level. My coaching philosophy is that if you are disciplined, committed, and work hard consistently, success will follow. My goal is to push all my athletes to become the best overall volleyball player that can be while challenging them to be the best teammate at the same time. Volleyball is filled with teaching moments in both times of team success and failure. I will always encourage my athletes to always compete and learn to win together.

