2025 AVCA Thirty Under 30 High School



Cak Lawn Community High School
Head Girls Volleyball Coach

Career Accomplishments to Date:

- 2x SSC Red Champions (2023, 2024)
- 2x SSC Coach of the Year (2023, 2024)
- 9 School Records Season Wins (2023, 2024), Team Aces (2022, 2023, 2024), individual Career Digs (2024), individual Season Aces (2023), individual Season Digs (2022), individual Season Kills (2021)
- Record improvement: 9-22 (2021), 15-17 (2022), 27-8 (2023), 29-6 (2024)
- 2x AVCA Thirty Under 30 recipient (2023, 2025)
- AVCA Coach of the Year Super Clinic Presenter (2024)
- SSC Sportsmanship Award (2022)
- 11 All-State players, 9 Academic All-State players, 16 All-Conference players, 6 college commitments
- Expanded program from 3 teams (35 players) to 4 teams (50 players)

Coaching Roles:

- Oak Lawn Community High School Head Girls Coach (2021 Present), Boys Volunteer Assistant Coach (2017)
- Elite Volleyball Program Coach (2015 Present)
- St. Laurence High School Girls Varsity Assistant Coach (2017-2021), Girls JV Head Coach (2017-2019), Boys Varsity Assistant Coach (2020-2021)
- Michio Chicago Volleyball Academy 14 Select Head Coach (2017-2018), 13 Select Head Coach (2015-2017)
- Beverly Volleyball Club 13s Head Coach (2014-2015)
- Club DSH 17 Elite Head Coach (2013-2014)



What made you decide to get into coaching volleyball?

When I first started playing volleyball, skill development did not come easily to me, and I had to learn and truly understand the game in order to compete at a higher level. I fell in love with volleyball and wanted to instill my passion in the next generation of players. Volleyball has provided me with the greatest lessons I have learned in life, the most influential mentors, and my closest friends. I wanted to pass on these experiences and opportunities with younger players because volleyball is so much more than a sport.

What are your career goals in the sport?

I aim to help all my players grow on and off the court and provide them with lifelong memories, friendships, and lessons learned. I am also interested in developing a cost-effective club that is focused on complete player development and

promoting a passion for the game. Eventually, I would like to pursue coaching at the collegiate level for women's and/or men's volleyball, while also seeking opportunities to contribute to global popularity of the sport by coaching camps in various countries.

Which coaches have influenced you the most?

The two most influential people in my career are Anne Eastman-Kuziela and Therese Boyle-Niego. I met them when I was 12, and they have never once faltered in supporting my career as a player and coach. They have taught me countless lessons in resilience, collaboration, empathy, and much more. From them. I learned that volleyball extends beyond wins and losses. They have provided me with growth opportunities and a supportive community. Put simply, they have changed my life. I am also grateful for Ellen Yopchick's mentorship in my early coaching career - she modeled how to build a successful program.



What do you enjoy most about your coaching job?

I love mentoring young student-athletes on and off the court and having the opportunity to play a small role in such a transformative stage in their lives. It is incredibly rewarding to witness players overcome adversity, build lasting relationships, and achieve success they never thought possible. Outside of the connections formed with players and other coaches, I also really love analyzing film and statistics to develop practice plans, development goals, and match strategies.

