

2025 AVCA Thirty Under 30 Club



Courtney Owyang-Paras

Ohlone College – Head Coach
&
Lakas Volleyball Club – Club Director

Career Accomplishments to Date:

- 1st Playoff Appearance in schools history (2016, Tennyson High School)
- 1st Place at Utah Golden Spike Grand Prix Champion (2022)
- 2nd Round Playoff Appearance since 2018 (2024)
- Coach of the Year Nominee (2024, Ohlone College)
- Top 16 in NorCal finish (2024, CCCAA)

Coaching Roles:

- Lakas Volleyball Club - Head Coach/Club Director 2013 - current
- Ohlone College - Assistant Coach (2019-2022); Head Coach (2022-current)



What are your career goals in the sport?

I am dedicated to fostering the continued growth and success of the programs I lead, with a focus on reaching new competitive milestones. At the college level, my goal is to guide our team to a state playoff appearance and ultimately contend for a championship. For club, I aim to earn a bid to USAV Nationals and compete among the nation's best. Through hard work, strategic planning, and a strong, supportive team culture, I remain confident in our potential. I'm excited for what's ahead and proud to keep making a meaningful impact on every athlete I coach.

Which coaches have influenced you the most?

My high school coach.