

2025

AVCA Thirty Under 30 Club



Taja Valmyr
IMG Academy
Assistant Volleyball Coach

Career Accomplishments to Date:

During my time at Edward Waters University, I helped lead both programs to championship success. The women's volleyball program won their first GCAC Championship, and the men's winning SIAC Regular season Co- Championship and Tournament Runner-Up in 2021-22.

Coaching Roles:

I started coaching volleyball at Jacksonville Juniors Volleyball Association Spring semester of my freshman year in college year 2015. I coached club volleyball every single year until I received the opportunity as the lead assistant coach for the women's and men's volleyball program at Edward Waters University in 2021. Today, I am the assistant coach for U18 at IMG Academy.

What made you decide to get into coaching volleyball?

I decided to coach because I truly fell in love with the sport and wanted to be around it as much as possible. It was an easy choice for me to give back to the club that made me the volleyball player I was and am.

What are your career goals in the sport?

It's not about winning for me, my career goal in volleyball is to continue to inspire all women I am able to coach. My goal is to instill positive feedback, love, motivation and everlasting confidence into athletes' lives. My goal is to make sure that athletes can win their lives outside of volleyball.



Which coaches have influenced you the most?

My coaching Influences starts with Jerry Dutcher, my high school coach who believed in me more than myself. My second biggest influence is my college coach Matt Affolder, he made me an All-American, the greatest coach in my opinion. I have a few other coaching influences such as Janice Pressley, Adis Imamovic, CJ Sherman just to name a few.

What do you enjoy most about your coaching job?

The thing I enjoy most about coaching volleyball is the impact I make every day. I enjoy smiling at my players, asking them how their day was, listening to them and filling them with positive affirmations and confidence. Coaching them on the court becomes easier when I have a better understanding where their mind is.