

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.

What inspired you to begin coaching volleyball?

Volleyball has always been a significant part of my life. Growing up, access to quality coaching and clubs was limited, which made it harder for young athletes to truly develop their potential. That experience inspired me to become a coach who could offer high-quality training at an affordable rate. My goal is to create opportunities for every player to fall in love with the game the way I did.

What do you enjoy most about coaching?

What I love most is being able to do this alongside my family. Coaching allows me to stay close to the people I care about most—something that's rare in many professions. Being able to bring my kids to work and share these moments with them is incredibly special. I also truly enjoy connecting with athletes from all backgrounds and feeling like I'm making a meaningful impact in their lives—both on and off the court.