

2026

AVCA Thirty Under 30 High School



Carlie Southland

Kalamazoo Christian High School
Varsity Head Coach

Career Accomplishments to Date:

Conference champions (2022-2025)
District champions (2022-2025)
Regional champions (2022-2025)
State Quarterfinal champions (2022-2025)
State Semi-finals champions (2022,2023,2025)
State champions (2023)
2023 Prepdig D3 coach of the year

Coaching Roles:

JV head coach, Kalamazoo Christian High School (2020-2021, 2 years)
Varsity head coach, Kalamazoo Christian High School (2022-current, 4 years)

What made you decide to get into coaching volleyball?

I wanted to coach because coaching is way more than just about volleyball- its about creating those personal connections with players and making a positive impact that will stay with them the rest of their lives. My hope and prayer for that impact is that each and every one of them can have and grow a personal relationship with Jesus Christ.

What are your career goals in the sport?

My career goals are to continue to grow the program at the school and for it to remain competitive, as well as win another state championship!



Which coaches have influenced you the most?

The coach that has influenced me the most is my former head coach (also my current assistant coach), Stan Heeres. While he taught me much of what I know about coaching and volleyball, what he most influenced me was the importance of being a spiritual leader to your players and the impact you can have on their lives. I would not be coaching today if it were not for the impact he had on my life when I was in high school!

What do you enjoy most about your coaching job?

I love seeing how the players grow, individually and as a team, from the beginning to the end of the season. You get to watch them make the changes, put in the hard work in practice, and eventually see that outcome and growth when you get towards post season.

