

2026

AVCA Thirty Under 30 High School



Cassidy Adams
Hillcrest High School
Head Coach, Girls' Volleyball

Career Accomplishments to Date:

In three seasons as head coach, revitalized the Hillcrest volleyball program, returning the team to the 4A State Tournament in year one and achieving its highest regional finish in 15+ years in year two. Led the program to a second-round state appearance for the first time in 17+ years while setting single-season program records for wins and highest RPI state tournament seeding in year two. Coached 16 All-Region athletes, including a 4A All-State Honorable Mention and 4A Senior All-Star selection.

Coaching Roles:

Club V Volleyball - Pipeline Head Coach, Prodigy Asst. Coach (2024-present)
Hillcrest High School - Head Coach, Girls' Volleyball, Feeder League Director (2023-present)
American Preparatory Schools - Feeder League Head Coach, Boys Rec Head Coach (2022)
Northern Elite Volleyball Academy - Club Coach, Asst. Club Director (2021-2024)
Hillcrest High School - Feeder League Coach (2021)

What made you decide to get into coaching volleyball?

I made the decision to pursue academics in higher education instead of playing volleyball right out of high school, but I knew I still wanted to be involved with the sport. I was offered a feeder league coaching position at my alma mater shortly after graduating and knew after that season that I wanted to be involved with transforming the programs that had shaped my career as a player. I applied for the head coaching position at Hillcrest in 2023 with this goal in mind.

What are your career goals in the sport?

I am committed to building the program at Hillcrest, with the goal of competing for a region championship and making deeper runs in the state tournament. The program has not captured a region title in more than 20 years, but we are making meaningful progress each season.

I am equally passionate about growing the game beyond our gym. By collaborating with leaders in the club space, I hope to expand access to club volleyball and create more opportunities for athletes to get involved. Building accessible community events that introduce and connect players to the sport is especially important to me.



Which coaches have influenced you the most?

My first club coach, Jason Sadang, who taught me what it truly means to be accountable to a team. Beth Launiere, who I grew up watching at the University of Utah, inspired me with the standard she set for excellence. Chris McGown, Heather Olmstead, and Courtney Thompson, who have each provided invaluable insights and shaped my approach to skill development. Reed Carlson, whose leadership inspires me to reach new levels in unlocking human potential.

What do you enjoy most about your coaching job?

I love seeing those small, 1% improvements that build over time. Sometimes the smallest adjustment can spark a lightbulb moment and completely shift an athlete's perspective. Those moments matter. When consistently practiced and reinforced, these moments help athletes grow into the best versions of themselves for their team.