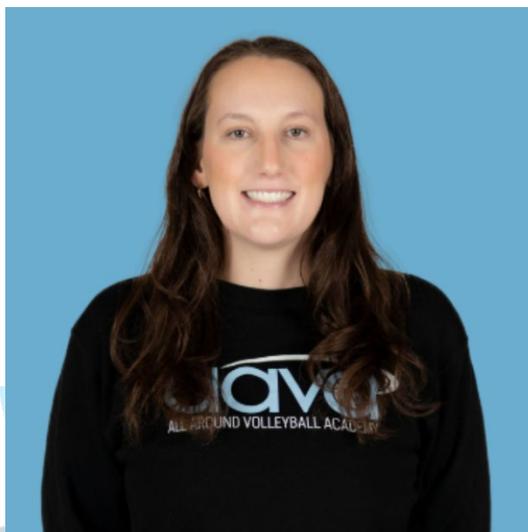


2026

AVCA Thirty Under 30 Club



Emma Adams

All Around Volleyball Academy
Club Director, Owner & 12-1 Storm Head Coach

Career Accomplishments to Date:

My club coaching career accomplishments are:

Sending the OJVA 12-2 team to Nationals due to high standing in region (2021)

Winning the Willamette Valley Classic with the OJVA 12-2 team (2023)

Recording the highest 2's teams finishes at both the 12U and 14U levels

Winning MLK Seattle with the AAVA 12-1 team (2026)

My high school coaching career accomplishments are:

JV teams going undefeated in league all three seasons

Finishing in the top 10 of 6A all three seasons with the varsity team

Coaching Roles:

Tigard High School (Aug 2017- Nov 2018)

-JV2 Head Coach

Central Catholic High School (Aug 2019- Nov 2025)

- Assistant coach of JV (2019-2021)

- Head coach of JV (2022)

- Assistant coach of Varsity (2023-2025)

Oregon Juniors Volleyball Academy (Nov 2017 - May 2025)

- Head coach of 12-2 (2019-2025)

- Head coach of 14-2 (2025)

- Head coach of 12-3 (2017-2018)

- Assistant coach of 14-1 National (2018), and 14-3 (2019)

All Around Volleyball Academy (Nov 2025 - Present)

- Club director & owner

- Head coach of 12-1 Storm

What made you decide to get into coaching volleyball?

I always loved playing volleyball, but I discovered my passion when I started coaching in high school. That's when I realized the impact a coach can have on young athletes, especially young female athletes. Volleyball is more than a sport—it's a vehicle to teach life skills like working toward goals, advocating for yourself, being a great teammate, and pushing through adversity. My goal as a coach is to help athletes grow not only as players, but as people, and to teach them that being a good human always comes first.

What are your career goals in the sport?

This year I accomplished a major goal by opening AAVA, growing a summer program into a club with 12 teams—but we're just getting started. As a coach, my goal is to win CEVA 12U Regionals and earn a bid to USAV 12s Nationals. As a director, my goal is growing the club the right way by prioritizing strong culture and quality teams. We awarded over \$50,000 in scholarships this year, and continuing to expand that fund is a huge priority. Ultimately, my long-term goal for AAVA is to have its own permanent facility.



Which coaches have influenced you the most?

I've had the privilege of coaching alongside many incredible coaches throughout my journey, and each has influenced me in different ways. Some have had a particularly lasting impact. Jeannette Lee taught me the technical side of coaching and how to truly connect with athletes as people. Wendy Stammer was pivotal in my development as a player and later gave me my first coaching opportunity in college. Kalani Efstathiou showed me how to coach high-level athletes with calm leadership built on trust and mutual respect. Sheena Raffaele pushed me in high school while believing in me even when I doubted myself.

What do you enjoy most about your coaching job?

I enjoy getting to be part of my athletes' journeys beyond volleyball. While I may only coach them for a season or two, the relationships often last much longer. It's a privilege to watch athletes grow up, pursue their passions, and go on to accomplish amazing things in life. Coaching 12s is particularly fun because you get to witness many "aha" moments. Whether it's getting their first overhand serve over the net, or realizing they're capable of more than they thought, those moments are unforgettable.