

# 2026

## AVCA Thirty Under 30 Club



### **Jonathan Arrow**

SynergyForce VBC  
Boys Program Director & Head Coach

#### **Career Accomplishments to Date:**

Twice earned an Open Bid with our 15-1 team (hopefully a 3rd coming from AAU this year!)

Top 5 Finish at AAU in Premier in 2024.

10 Times Coached teams to Top 12 in Northern California Finishes.

Grew our Boys Program from starting with 6 teams in 2022 to over 14, while growing in competitiveness to be a consensus Top 10 club in Northern California with Open

Competing teams in each Age Group

2021 SJS Section Champion at Granite Bay High School

#### **Coaching Roles:**

SynergyForce (Since 2015)

Girls National Program Head Coach

Boys Program Director & Head Coach

Granite Bay HS (2020-2022)

Girls Varsity Head Coach

#### **What made you decide to get into coaching volleyball?**

Coaching Volleyball has been a family tradition predating even me. My Uncle, Curtis Gee, was a top High School and Club Coach in the Sacramento area, and still runs Sac Performance Volleyball to this day, and by Brother, Matt McEvoy, was one of the youngest Elite Coaches ever in Sacramento with his success at El Camino & Jesuit High Schools and with Cal Synergy Volleyball. As I grew up playing myself, I always wanted to follow in their footsteps as coaches and stewards of the game to the next generation!

**What are your career goals in the sport?**

My goals are to continue growing within SynergyForce and with the WCVBA/JVA. In addition to Coaching, I love being involved with tournament organizing and hope to delve deeper in that realm. On the coaching side, my goals with our SynergyForce Boys program are to become the preeminent Boys Program, with the best people, in our area to truly compete on the National scale.

**Which coaches have influenced you the most?**

I have a wide variety of influences. Working with Bret Almazan-Cezar, both on our Girls Side & at Granite Bay, taught me so much about intention, planning, & culture building that I still use to this day. Our late Club Director, Todd Tkachuk, is a major influence to me for his straightforwardness, relationships he built, and commitment to improvement above all (& setting the Slide More!) Despite being a competitor, I am still deeply influenced by Jason Johnson, my Juniors & HS Coach, who instilled a love for the analytical & strategic side of Volleyball to me.

**What do you enjoy most about your coaching job?**

I love being able to help our athletes find their competitive drive. As much as I love the "A ha!" moments of a skill finally clicking for an athlete, I find no greater joy than seeing our athletes cross the line from being a "player" to being a "competitor". I also love being to collaborate with coaches from different generations and volleyball backgrounds. Creativity is one of my favorite core values as a coach and I love blending different volleyball ideas together to make something new!