

2026

AVCA Thirty Under 30 High School



Lexi Holland
Freeman High School
Head Volleyball Coach

Career Accomplishments to Date:

As a head volleyball coach, I have led my program to four district final appearances and two state tournament appearances, including a Class C2 State Championship. I recently earned my 100th career win and was honored as the AVCA Region Coach of the Year.

Coaching Roles:

Freeman High School - Head Volleyball Coach (began in 2021)

What made you decide to get into coaching volleyball?

I decided to coach volleyball because of the impact my own coaches had on me and the relationships they built that went far beyond the court. I wanted to create that same environment for my student-athletes. One where they feel valued, challenged, and supported. Building a program from the ground up, establishing a strong culture, and watching athletes grow in confidence and character has been incredibly rewarding. Coaching allows me to combine my love for the game with my passion for mentoring and investing in young people's lives.

What are your career goals in the sport?

My career goals in volleyball center on continuing to build a program that makes a lasting impact on my players. While competitive success is important, my greater goal is to develop confident, resilient young women who carry the lessons of teamwork, discipline, and perseverance into every area of their lives. Ultimately, I want my players to leave the program not only as better athletes, but as stronger leaders and people.



Which coaches have influenced you the most?

The coach who has influenced me most is my college coach, Mary Young. Her passion for the game was unmatched and contagious. She pushed us beyond what we believed were our limits, teaching us resilience and mental toughness. She cultivated a love for the game in a way no other coach had, and that standard continues to shape how I lead my own program today.

What do you enjoy most about your coaching job?

What I enjoy most about coaching is building meaningful relationships with my athletes and walking alongside them as they grow. The wins are special, but the daily moments matter most to me. Watching young women gain confidence, develop resilience, and realize their potential both on and off the court is incredibly rewarding. Being a small part of their journey and knowing the lessons learned through volleyball will impact them far beyond the game is what makes coaching so meaningful to me.

— HIGH SCHOOL —