

2026 AVCA Thirty Under 30 College



Macon Frey

Stevens Institute of Technology
Head Women's Volleyball Coach

Career Accomplishments to Date:

Three MAC Freedom conference championships (Stevens), two MAC Freedom Coach of the Year awards (Stevens), 6 AVCA Honorable Mention All-Americans (Stevens), 1 MAC scholar-athlete of the year award (Stevens), 2 NCAA tournament wins (Stevens), 16 MAC freedom All-Conference Awards (Stevens)

Coaching Roles:

Bridgewater College - Women's Volleyball Assistant Coach (July 2018-July 2021),
Springfield College Women's Volleyball Graduate Assistant Coach (August 2021-March 2023), Stevens Institute of Technology Head Women's Volleyball Coach (March 2023-present)

What made you decide to get into coaching volleyball?

I wanted to coach volleyball because of my love for the game, the competition and the ability to make connections with student-athletes that last a lifetime.

What are your career goals in the sport?

Achieve success at the national level in Division III and help mentor the next generation of incredible, fearless, female leaders.



Which coaches have influenced you the most?

Erin Harris (Bridgewater College), Moira Long (Springfield College), Cora Thompson (Tufts University), Alesia Bennet (Brandeis University)

What do you enjoy most about your coaching job?

Every year and season presents new opportunities and challenges. Each player and team has a different personality and different qualities. We as coaches spend most of our time trying to figure out how each team can be successful and how can we put our players in positions to contribute to the overall team success. I enjoy the competition and the creativity required each season to compete at the highest level we are able to.

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