

2026

AVCA Thirty Under 30 High School



Mary Morgan Formby

Northridge High School
JV Coach/Varsity Assistant Coach

Career Accomplishments to Date:

In my first year as a head coach, the JV team finished with a 46–5 record. The team earned multiple tournament honors, including Muscle Shoals JV Tournament Champions, Husky Challenge JV Tournament Champions, Heffstrong JV Tournament Gold Bracket Runner-Up, and Boddie Tournament JV Silver Bracket Champions.

Coaching Roles:

From May 2021–2024, while playing college volleyball, I assisted with summer programming, workouts, and training at Northridge High School. I also provided private and group lessons to athletes in the Tuscaloosa community.

During this time (2021–2024), I also served as a Player Camp Assistant for volleyball camps at my university. I coached as an Assistant Club Coach with Palm Beach Juniors from December 2021 to April 2022.

Once my college career ended, I was hired as the JV Head Coach at Northridge High School (May 2025 – November 2025), where I planned practices and summer programming. I also assisted the Varsity team during matches.

I am currently a 16s National Assistant Coach with Bama Elite (November 2025 – Present), serve as a Varsity Assistant Coach at Northridge High School, and continue to provide private and group training.

What made you decide to get into coaching volleyball?

Throughout my college career, I experienced both success and adversity that shaped me as an athlete and person. During those moments, I began to recognize the importance of mentorship and leadership. When I returned home during breaks and invested in younger players, I saw how impactful guidance and encouragement could

be. Coaching became a way to use what I learned through challenges to help others grow, while also providing an opportunity to pour into athletes and share my faith through the way I lead and support them.

What are your career goals in the sport?

My goal is to develop athletes who are resilient, confident, and prepared to navigate both success and adversity. I strive to build competitive teams while also helping players grow in leadership, discipline, and character. Long term, I want to contribute to programs that value both performance and personal development, while using coaching as a platform to positively impact athletes' lives and share my faith through mentorship.



Which coaches have influenced you the most?

The coaches I played for throughout my career had the greatest influence on me. They helped me navigate challenges, adapt through adversity, and stay grounded through success. Their leadership demonstrated the importance of consistency, accountability, and investing in athletes beyond performance, which continues to shape how I coach and mentor players today.

What do you enjoy most about your coaching job?

I enjoy helping athletes grow through both victories and setbacks. Coaching allows me to guide players through challenges, build confidence, and invest in their development on and off the court. It also gives me the opportunity to pour into athletes beyond the game and reflect my faith through encouragement, leadership, and support.