

2026

AVCA Thirty Under 30 College



Mitchel Worthington

Oregon State
Assistant Coach

Career Accomplishments to Date:

In my two seasons as an assistant at NC State, the Wolf Pack earned 2 winning seasons and secured an NCAA tournament appearance in 2024 (their first since 2017). In my first season with Oregon State in 2025, I helped lead the Beavers to a 19-9 record finishing 3rd in the WCC. Additionally, two players earned defensive players of the week.

Coaching Roles:

Assistant Coach at NC State University from August 2023-January 2025
Assistant Coach at Oregon State University from February 2025-Present

What made you decide to get into coaching volleyball?

I have a deep love for the game of volleyball. As my playing career at BYU came to an end, I hoped to pursue a career that would allow me to stay in the game I love. As I continue to coach I have discovered a passion for teaching and building relations with the athletes. I have been influenced by my coaches throughout my playing career and hope to be a positive influence to those I now get the chance to coach.

What are your career goals in the sport?

My career goals are to continue to learn and grow with the players and coaches I am surrounded by with the ultimate goal of becoming a head coach at the collegiate level. I hope to build lasting relationships that continue beyond my years of coaching.



Which coaches have influenced you the most?

I have been most influenced by the two head coaches I have had the chance to work with, Luka Slabe and Lindsey Behonick. Luka coached me at BYU, and I learned so much from him as I began my coaching career at NC State. He has a passion for and an extensive knowledge of the game and I am grateful for him. Lindsey has a unique ability to connect with her players, and she has taught me so much about building relationships on and off the court.

What do you enjoy most about your coaching job?

I love the connections I get to make with athletes who are competitive and determined to get better in their craft. I love seeing the progress and the success in my players that comes from hard work and dedication. I also love the amazing people I get to work with everyday who share my passion for the game and desire to win while also focusing on bettering the lives of these college athletes.