

2026

AVCA Thirty Under 30 High School



Rachel Murphy

Scott County High School/Alpha Performance Volleyball
Head Coach

Career Accomplishments to Date:

2017 JV Mid-South Conference Champions
2021 JV Mid-South Conference Champions
2024 Central Zone Gold Runner-Up 15 Club Division
2025 Central Zone Gold Runner-Up 17 Club Division
2025 E-Town MLK Invite 1st Place Gold Bracket 17
2026 St Louis President's Day Classic Gold 3rd Place 17 Premier Division

Coaching Roles:

Georgetown College - Head JV Coach - July 2017-April 2025
Scott County High School - Head Varsity Coach - April 2025-Present
Alpha Performance Volleyball - Head Coach - December 2022-Present

What made you decide to get into coaching volleyball?

After playing collegiate volleyball, I was not ready to give up the sport that had been apart of my life for 11 years. Volleyball had given me so much discipline, resilience, confidence, and lifelong relationships that coaching was the natural next step because it allowed me to stay connected to the game I love while giving back in the same way my coaches poured into me.

What are your career goals in the sport?

My career goal in volleyball is to continue to help build a program that is consistently competitive and fundamentally strong. I want to develop athletes who are not only skilled and prepared for the next level, but who also understand accountability, leadership, and teamwork for the real world. I want to continue to develop them both

personally and athletically, preparing them not only for success in competition but also for success in life beyond the game.



Which coaches have influenced you the most?

I have been blessed with many influential coaches throughout my years of playing and coaching and am forever grateful to all of them.

Christina Coleman and Shannan Gassman have been some of my biggest influences - Christina, my high school coach and the one who gave me my first coaching role at Georgetown College and Shannon, my college coach, who believed in my potential at the next level. They shaped me as a player and mentor, and their example continues to guide how I coach today.

What do you enjoy most about your coaching job?

What I enjoy most about coaching is the relationships I get to build with my players. Being able to connect with them, understand what motivates them, and support them both on and off the field is incredibly rewarding. I love watching their growth—not just in skill, but in confidence.

HIGH SCHOOL