

# 2026

## AVCA Thirty Under 30 High School



### **Rose Duffy**

Zionsville High School/ Monon Select  
Varsity Assistant / 12-1's Assistant

#### **Career Accomplishments to Date:**

Zionsville High School - trained the setter who led the state in assists for most of the 2025 season. Although the team did not progress into the tournament - finished the year with multiple athletes being awarded all state and all district.

Monon Select:

- 2 second place finishes (2025)
- Silver finish at bluegrass (2025)
- Gold championship to begin the 2026 season
- Second place finish at Central Zone (2026)
- Team ranked second in the hoosier region

#### **Coaching Roles:**

Zionsville Middle School - 2024 (7th Grade Assistant)

Zionsville High School - 2025 (Varsity Assistant)

Monon Select - 2024-present (12-1's Assistant)

#### **What made you decide to get into coaching volleyball?**

I had the privilege to grow up playing volleyball from elementary school and through college. I have found that it's a really special sport and I strive to make a positive impact on coaching side now that my time as a player is done.

#### **What are your career goals in the sport?**

I have many career goals in volleyball; I think what makes a good coach is never reaching your limit. But my overall goal is to be the coach that keeps players hungry for the game.

**Which coaches have influenced you the most?**

The most influential coach in my career has been Randy Gardner. He was my 16s club coach in probably my most successful volleyball year as a player. Randy was (and is) the kind of coach that had the highest expectations, but you wanted to perform and reach them because you knew he also cared about you as a human not just an athlete. I think that mindset is my biggest takeaway into every team I work with - they are more than just players.

**What do you enjoy most about your coaching job?**

Similar to previous answers, I love seeing how the girls gain confidence and love for the sport throughout the season. Yes, winning is part of the fun - but it's about the growth and development of these athletes to show them what they're truly capable of!

