Objective

To benefit A5's 11s program by helping develop a culture that focuses on principled skill development, intentional effort toward excellence, and consistent competitive performance in practice and tournaments.

Club Coaching Experience

Head Coach 11-Us, November 2021 - Present

A5 Chattanooga, Chattanooga, TN

- Grew competitive ability through high-speed, game-like practices
- Built safe team environment through emotional regulation and mindfulness practice

Assistant Coach 13-Us, November 2020 - April 2021

A5 Chattanooga, Chattanooga, TN

- Helped athletes focus specifically on fundamentals in athletic journey
- Gave concise feedback to narrow athlete's focus

Elite Assistant Coach 14-Us, November 2019 - March 2020

Metro Volleyball Performance, Athens, GA

- Co-coached team to advance to top three in all five tournaments so far
- Emphasized consistency and aggression during in and out of system rallies

School Coaching Experience

Head Coach

Normal Park Magnet School, February 2022 - Present

- Improved team's competitive advantage through focusing on motor learning and aggressive serving
- Built team culture through team bonding and individual meetings to discuss team roles

JV/ Assistant Varsity Coach

East Hamilton High School, July 2020 - May 2022

- Fostered new team culture after several coaching turnovers
- Developed practice and game plans for a wide variety of skill

Assistant Middle School Coach, August 2019 - October 2019

Westminster Christian Academy, Watkinsville, GA

- Maximized team growth through focusing on group knowledge and individual skill development
- Introduced complex concepts to enhance program's depth from early age

Playing Experience

Right Side Hitter, August, 2014 - November, 2015 Covenant College, Lookout Mountain, GA

Outside Hitter and Defender, 2010-2013

Westminster Christian Academy, Watkinsville, GA

Outside Hitter and Defender, 2010-2014

Georgia Juniors Club, Athens, GA