

Volleyball is truly one of the things I love most in life. I began playing volleyball at a very young age, and continued on through college. As a freshman in high school, I made the varsity team where I was able to challenge myself and gain valuable skills. When I was a senior, I was recruited by the head volleyball coach at Hamline University in St. Paul, MN, where I eventually completed a BA in English. An injury my freshman year, though, halted my playing days, but I knew I would still remain dedicated to the sport I loved and vowed to continue on through coaching.

In my graduate work at UW-River Falls, I was given the opportunity to be the JV coach with Clear Lake schools where I was completing my student teaching. Once I received my teaching certificate, I obtained a teaching position at Siren Schools, where I spent four years as an English teacher as well as the Assistant Varsity/JV coach.

I have coached my oldest daughter through 5 years of volleyball in Cumberland Schools Youth Spring League, and enjoy watching her and her teammates develop as players. I also provide lessons to my high school-aged niece to help improve her hitting power and agility on the court.

I began my head coaching position for women's volleyball at UW-Barron County in 2009, and again in August of 2015 and it has been incredibly fulfilling. I am always excited to see how the players develop both individually and as a team. Our season typically starts in mid-August and during this preseason time, we focus on strength training and agility – completing drills that help players to jump higher, hit harder, and move quickly from play to play – to prepare us for our month and a half season. The State tournament, near the end of October in Wisconsin Dells, is always fun and challenging.

Our Fall 2016 team placed 2<sup>nd</sup> overall in our region for the regular season, and placed 3<sup>rd</sup> in our bracket at State. Three players from the UWBC Chargers received all-conference awards, one received Defensive Player of the Year, and another received Setter of the Year.

I look forward to the seasons to come, and welcome any players and coaches to contact me with any questions or comments.

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