



Sarah is in her second year coaching with CUVC and her third year coaching club volleyball! She grew up in Raleigh, NC, where she played club ball for NC Elite. She then onto Appalachian State where she played on their Club Team for 4 years as a libero/defensive specialist.

Sarah says this about her coaching style: "As much as I love defensive, my favorite thing to coach is serve receive because the first contact sets the pace of each point and the game. I love encouraging young women ultimately to be the best versions of themselves! Failure is an opportunity to learn and grow, and you can always find ways to improve, even in victories."

Sarah is a Fitness Specialist and personal trainer at the YMCA, and is very involved in her church and ministry.