



Renaissance Volleyball Club

About Renaissance

Renaissance Volleyball club capitalizes on making their athletes the best they can be. My tasks as a coach at RVC were to write team plans for my own team, help run practices efficiently, set up/takedown when necessary, and coach my own volleyball team. I also did private lessons to get more coaching experience outside of what I was doing. Also, travelling to tournaments on weekends for my team was a big portion of my time spent there. We also practice at Greentree Sportsplex which is 20-30 minutes away from RMU.



Here is the practice gym where we practice on pictures 1 and 3, picture 2 is the entrance to the coaches office space.



Pictures 1 and 3 show the exterior of the Practice facility, picture 2 is where all *Renaissance* teams work out (lift/conditioning) during their practice block.

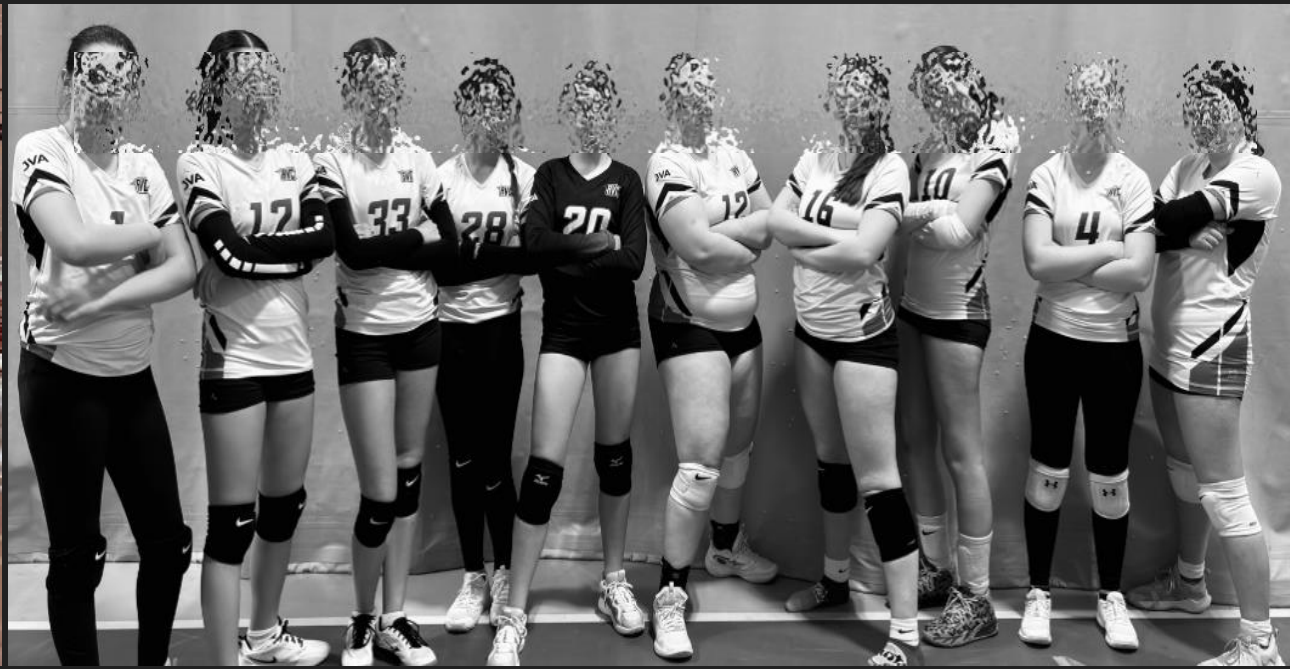


The Girls first 14's club tournament! Our finish was 4th in Bronze.



Team dinners/bonding





Some pictures after our first official win as a team! We ended 2nd in bronze this tournament.



The girls huddling up mid match (something we taught that is important after each point)!



Following trends with my team by making clips (something used in club to spread positivity from one team to another)!

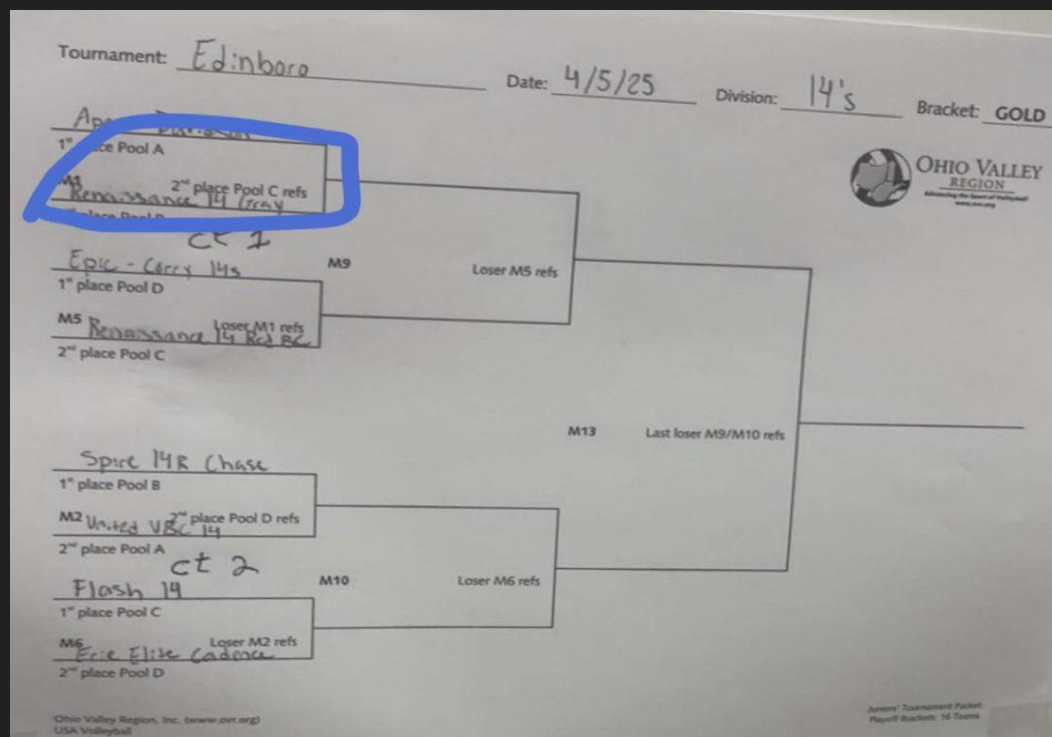


Site: Edinboro University of Pennsylvania: McComb Fieldhouse

Date: 2025-04-05 Division: 14R Court: 2 Pool: B

Teams	Matches Won	Matches Lost	Sets Won	Sets Lost	Set %	Points	Finish
SPIRE/Club Ashtabula Volleyball - Spire 14R Chase (G14CAVS13OV)	11		11111				1
Octane - REBELS (G14OCTAN7WE)	1	11	111	1111			3
Renaissance - Renaissance 14 Gray (G14RENAS4KE)	11	1	111	111			2
Precision Volleyball Academy - Precision Raptors (G14PRCSN1OV)		111		1111			4

	Match 1 1 vs. 3 (2 refs)		Match 2 2 vs. 4 (1 refs)		Match 3 1 vs. 4 (3 refs)		Match 4 2 vs. 3 (1 refs)		Match 5 3 vs. 4 (2 refs)		Match 6 1 vs. 2 (4 refs)	
Set 1	25	13	25	20	25	17	25	15	25	14	25	16
Set 2	25	19	25	7	25	18	19	25	25	12	25	11
Set 3							12	15				



Tournament Bracket and Pool layout- This tournament was also our first gold appearance!

Takeaways

Overall, this experience was extremely helpful to get my foot in the door of the coaching/sport psychology realm. I learned a lot from my supervisor, coworkers, and the girls I coached. This experience was very worthwhile and if you have knowledge about volleyball, or have played, this would be a great experience for you. (If you have free weekends for the most part.)