



Abbey West, 18-1 Head Coach

Coaching Experience:

- Heading into 21st year of coaching
- 9 years club in Southern California: *Rancho Valley, Top Gun, SG Elite (2007 Junior National Bronze Medal), Temecula (3rd at SoCal Junior National Qualifier, Top 10 SoCal Finish x 2)*
- 5 years club in Tennessee: *Alliance (2013 Top 10 finish in 18 Open, 2014 5th place finish in 13 Open, 2015 Top 10 finish in 13 Open)*
- 11 years High School in Southern California: *Ayala, Los Osos, Chino Hills, Great Oak*
- 2 years collegiate volunteer: *Mt. San Antonio, Bethel University (conference final appearance for the first time in school history)*
- 11 years USA Volleyball National Indoor High Performance: *2008 Youth National Training Team Assistant Coach, 2009 Spotlight Coach of the Month, 2015 Youth National Team Apprentice Coach, Lead Tryout Coach, Lead Evaluator, Head Coach, Associate Head and Assistant Coach for multiple programs ranging from Future Select to Junior and A1-A3*
- 2 years Head Coach at Ravenwood High School: *2017 Tennessee State Runner Up*

Playing Experience:

- 2 years junior college in Southern California
- 1 year medical red shirt at Cal State San Bernardino
- 2 years at Bethel University

Education:

- Bachelor of Science from Bethel University: University Studies with an emphasis in Biology and Psychology

Professional:

- Assistant Director at Alliance Volleyball Club

Personal:

- Married to Aaron West - Sports Specific Strength Trainer and Movement Specialist
- Owns the cutest pup you ever did see