



Kelsey Higgins, 15-1 Assistant Coach

Coaching Experience:

- 5 years individual and group training in Georgia (A5's VolleyPerformance North Georgia; Master Coach/Blocking and Attacking Coach/Nutrition Director)
- 3 years club volleyball in Georgia (GA5 in Suwanee, GA; 3rd at Big South National Qualifier as head coach of 16-1's in 2016; 13-2 head coach 2015; 15-1 assistant coach 2014)
- 3 years high school in Georgia (2 years Varsity Assistant at Mountain View HS in Gwinnett Co, Elite 8 finish 2015, Sweet 16 finish 2016; 1 year Freshman Coach at Lambert HS in Forsyth Co)

Playing Experience:

- 4 year starting middle blocker at Tennessee Tech University, under former head coach and current Alliance coach John Blair. (2012 Ohio Valley Conference Defensive Player of the Year; Top 10 in blocks per set in NCAA Division 1 2012)

Education:

- Master of Science from Georgia State University (Health Sciences; Nutrition)
- Bachelor of Science from Tennessee Tech University (Food, Nutrition, and Dietetics)

Professional:

- Registered Dietitian
- Owner of BreakThru Nutrition, LLC (private practice offering nutrition counseling and medical nutrition therapy to a variety of clients; specializing in eating disorders and sports nutrition)
- Currently work for TriStar and Vanderbilt Stallworth as a clinical dietitian

Personal:

- Married to Andrew Higgins (HS Special Education Teacher and Football Coach)
We met at Tennessee Tech and are excited to be back in our favorite state!
- I am originally from Ohio (Go Buckeyes!)
- Still playing in as many grass and indoor adult volleyball leagues/tournaments as I can!