



Kelly Holmgren

11 REN Head Coach

Coaching Experience

- 15 years coaching at the High School level in MN.
- 1 year Assistant Coach at Centennial HS here in Franklin, TN.
- 20+ Years coaching at the club level in MN with M1, MN Select, and Northern Lights. Second year with Alliance VBC! 4 years coaching within the USAV High Performance programs.
- 8 years specializing in youth development 5 as a Youth Director.
- 17 years of coaching private lessons, with specific focus on biomechanical movements to develop athletes as all around efficient volleyball players. Reps don't make you a better player; proper technique with reps makes you a better player!
- The opportunities I had to experience and build relationships with the top college coaches in MN/ the Midwest is something I will continue to cherish for many years; especially now that I have moved to a new region of the country. Networking and making friendships within the budding college scene here in Middle TN has been a blessing and a new adventure as well!

Education

- Studied elementary and secondary Education, and also earned accreditation in Cosmetology and Esthiology.
- SCSU, St. Cloud Technical College, and The Aveda Institute in Minneapolis, MN

Playing Experience

- Grew up in the gym as a kiddo watching my mother coach/ lead a Varsity program at Elk River High School for 27 years. I played three years for her program in High School and then went on to the college level. My club playing years were some of favorite times of my life, where I created many friendships that I still have to this day! Volleyball has always been in my life, and now it is my career, shocking how that turned out!

Personal

- I reside in the Gulch/ SoBro neighborhood of downtown Nashville, TN. I love the atmosphere of city life and the beauty I see out my window with the downtown views. If I am not coaching, I am taking care of our space at Alliance, or my favorite pastime, sleeping. My spare time allows me to head outdoors to Lake Radnor and the other beautiful parks here in the Nashville area.