



## Lauren Shook

### Coaching Experience:

- Alliance Volleyball Club (2025-Present)
  - 2027 15 REN Head Coach
  - 2026 Head Coach of the Year, 15-18s Age Group
  - 2026 16 Premier & 13 Regional Head Coach
  - 2025 13 REN Assistant
- Fisk University, Mental Performance Coach Intern (2025-Present)
- Actyve Volleyball Club (2016-2025)
  - 2024-2025 15-Adidas Head Coach and 14-Navy Assistant Coach
  - 2024 15-Blue Head Coach, 14-Navy Assistant Coach, 16-Adidas Assistant Coach
    - USAV Nationals 3rd place – 14 American, 1st place SCVA Battle of the Bids
  - 2023 16-Adidas Head Coach, 13-Navy Assistant Coach, 14-Blue Assistant Coach
  - 2016-2022 Various teams of all ages and skill levels

### Education:

- M.A. Sport and Performance Psychology (in progress)
- B.A. Psychology (2012)
- B.A. Theatre Arts (2012)

### Playing Experience:

- MBVC (2005-2009)
- Calvary Christian HS Varsity (2005-2008)

### Personal:

- Hometown: Monterey, CA
- Was a national champion figure skater before playing volleyball
- Was a TV writer for 8 years
- Loves arts and crafts