



RHYTHM
VOLLEYBALL  **ACADEMY**

2024-2025 Coach Bio

Name: Meggie Gradel

Professional Background: Senior Talent Marketing Associate at Kellanova (formerly Kellogg's)

Coaching Style: I'm passionate about building a relationship with each athlete as a person and a player to create a foundation of trust. I love ensuring all players have correct techniques to allow for constant growth and success at every level of their game, with consistent positive and constructive feedback. Very much a "standing" coach, who loves to celebrate the team's accomplishments, no matter how big or small!

Education: University of Kentucky, Integrated Strategic Communications

Coaching History: Started 9 years ago with a 10s team in Northern Kentucky, and 8 years with Alliance Volleyball Club, coaching ages 12 - 18. Additionally, have coached Fall & Winter league teams, assisted in trainings, clinics, and camps, and private lessons.

Play Experience/Accomplishments: 4 year player at the prestigious Notre Dame Academy, 4 year club player at University of Kentucky

Coaching Philosophy: I believe that building strong relationships with players is the cornerstone of successful coaching. By fostering connections and trust, we create an environment where athletes feel valued and can thrive.

Top Volleyball Highlights: Winning SRVA Regionals with my 12-1s in 2022, earning the top bid to Nationals, and seeing all of my players continue to thrive in their playing, school, and personal lives.