



**RHYTHM**  
**VOLLEYBALL ACADEMY**

# 2024-2025 Coach Bio

**Name:** Christina Saenger

**Professional Background:** Worked in Events PR/marketing in Indianapolis for 4 years... Full-time coach since 2020... Lead Camp/Program Coach at Alliance VBC, 2020-2023 and The Academy VBC, 2018-2020... Private Lesson coach, training players at all ages (5-18 years old) and levels (non-competitive to Open level)... Certified yoga instructor.

**Coaching Style:** Purpose-driven – coaches are humans leading humans, co-creating solutions with athletes through both technical training and big-picture strategy work to compete at the highest level, both mentally and physically.

**Education:** Butler University, BA in Recording Industry Studies and Strategic Communications

## **Coaching History:**

9 Years Coaching Club:

- 5 seasons at Alliance VBC, Nashville
  - Head Coach: 15-2 Molten (2023-24), 18 Local (2021-23), 12-1 REN (2022), 14-1 REN (2021)
  - Asst Coach: 17-1 REN (2023), 16-1 REN (2021), 15-2 Molten (2020), 14-3 Premier (2020)
- 4 seasons at The Academy VBC, Indianapolis – 12-16U-aged teams

3 Years Coaching School:

- In 1st year as Head Varsity Coach at Harpeth Hall School
- 2 seasons Middle School Varsity/JV coach at Lipscomb Academy

## **Play Experience/Accomplishments:**

College (Butler University, Indianapolis, IN) - Defensive/Serving Specialist

High School (Bellaire HS, Houston, TX) - Outside Hitter, 2x District Player of the Year, 3x First team all-district

## **Coaching Philosophy:**

1. Develop and maintain fundamentals
2. For the girls
3. Know the why

## **Top Volleyball Highlights:**

- 15-2 Molten (2023, 24) – Top 20 finishes at 5+ National qualifying tournaments
- 12-1 REN (2022) – First place finish at SRVA Regionals, earning National bid to USAV Nationals
- 14-1 REN (2021) – Finished 17th in Open Division at AAU Nationals