



**RHYTHM**  
**VOLLEYBALL ACADEMY**

# 2024-2025 Coach Bio

**Name:** Mary Ruth Jones

**Professional Background:**

2019-2020- Nashville Sounds (Entertainment/Promotions)

2020-2021- Orange Theory Fitness Coach

2021-Present PCA PE Teacher and HS Head Volleyball Coach

**Education:**

2010-2014- Siegel High School

2014-2018- Reinhardt University (B.S. in Sport Studies with Business Minor)

2018-2020- Middle Tennessee State University (M.S. in Leisure and Sport Studies with Concentration in Marketing)

**Coaching History:**

Fall 2017-Spring 2018- Phoenix Rising Volleyball Club 14-1 Head Coach (Canton, GA)

Fall 2018-Spring 2024- MidTN Volleyball Club Head Coach (14s, 16s, 17s, 18s)

2021-Present- Providence Christian Academy HS Head Coach

Summer 2024-Present- Rhythm Volleyball Academy 16-2 AC

**Play Experience/Accomplishments:**

Setter/Rightside

3 State Tournament Appearances in HS (Final 4 Twice)

Reinhardt University 4x Athletic/All-Academic Team

AAC Regular Season Conference Champions (2017)

NAIA National Tournament Appearance (2017)

**Coaching Style:** I seek to build relationship first through being intentional with getting to know each player and how they each operate/respond best in situations

**Coaching Philosophy:**

Having a positive/empowering environment, growth mindset, and process driven approach. Effort and Attitude are two things that you can always be in control of.

**Top Volleyball Highlights:**

Conference Champions in AAC (2017)

Tennessee State Champions (2023)