



RHYTHM

VOLLEYBALL ACADEMY

2024-2025 Coach Bio

Name: Liz Waltrip

Professional Background:

Currently a full time volleyball coach after 10 years in the hospitality industry.

Education:

Bachelor of Science in the Honors College, Cum Laude, from Missouri State University; Interior Design

Coaching History:

- Heading into 10th year of coaching
- 2 years collegiate club player-coach at Missouri State University
- 7 years of club - 1 season at Team Elite St Louis, 5 seasons at Alliance VBC, and 1 season at Mid TN VBC
- 4 years of High School at Ravenwood High School

Play Experience/Accomplishments:

- 2 years collegiate women's club team - Missouri State University
- 7 years USAV club travel teams - SouthWest Illinois (Now High Performance Illinois) and Team Elite St. Louis

Coaching Style:

I like to believe that I am a multifaceted coach. I think it's important to adjust your coaching style to the team and athletes you have at any given time. Whether they need a calm presence, an encourager, a motivator, an energizer, etc., I do my best to be whatever it is they need in that moment. The overall goal is always one of growth. I tell my athletes, "we're playing the long game". Each individual game or tournament is not what matters, it's the growth we see from beginning to end.

Coaching Philosophy:

I think that relating to each athlete individually and building a relationship with them, is one of the first, and most important, steps to being a successful coach. It's important to me to find out an athlete's "why", what motivates them, and how they handle different types of feedback in order to successfully bring out their best. Then it's important that they do the same thing for each other. Creating good teammates is key to creating a great team. You can have the best skilled athletes out there, but if they don't trust each other, and can't play well together, they'll never win.

Top Volleyball Highlights:

- Founded the club team at Missouri State University & served as Player, Coach, and Club Administrator; led team to MSU's first collegiate club appearance at Nationals in Louisville, KY
- In my 4 years as a Varsity Assistant at Ravenwood, we were State Runner-Ups in 2021, had a 5 set heartbreaker at sub state in 2019, and finished 4th place at State in 2018
- In my 3 years as JV Head Coach at Ravenwood, we placed 2nd in the District in both 2018 & 2019 (No District Tournament in 2020)
- 3rd place finish as a player at Show Me National Qualifier