



RHYTHM

VOLLEYBALL ACADEMY

Rhythm Volleyball Academy (RVA) is excited to announce the hiring of **Deanna Freise as RVA's Youth Program Coordinator**. This is an essential leadership role and program as Rhythm will introduce the game of volleyball to adolescent boys and girls throughout our community.

Rhythm's Youth Program entry level training is VolleyTots. The program will introduce various footwork patterns, agility drills, hand-eye coordination practices and other core athletic basics in a fun, player centered atmosphere for athletes ages 5-11. The tots program will be separated and tracked out by ages and abilities under the watching eye and instruction of Coach Freise. Athletes will progress into learning the fundamentals of the game along with the introduction of athletic and competitive principles to find greater enjoyment in this team sport.

As participants continue to build upon their experiences, the program will accelerate athletes into either Rhythm's club team teams (starting at 11U and 12U) or Rhythm's Training Academy (ages 12-18). For those who transition into a club travel team, Freise will transition with you!

Dee will plan, execute and supervise all Rhythm 11U and 12U club travel teams. This oversight will contribute key ingredients to the consistent and comprehensive training found within Rhythm's training outlook.

Dee's professional background in education and expertise working as Elementary Special Education Interventionist at Eagleville will greatly enhance how Rhythm not only interacts with the youngsters in our program and their parents but also establishes mentoring opportunities between Dee and our coaches.

Coach Freise has 20+ years of experience in all levels of high school, middle school, club and youth developmental programs. She is currently entering into her 9th season as head volleyball coach at Eagleville High School. While at Eagleville, she has further strengthened the program's history of competitive excellence earning multiple state playoff berths. Freise also served a 6-year stint as assistant volleyball coach at Station Camp High School. She is an alumni of Cumberland University and their volleyball program.

Dee resides in Eagleville, TN with her husband, Mike and her two children, Liza and Lane Freise.