



**RHYTHM**  
**VOLLEYBALL ACADEMY**

## 2025-2026 Coach Bio

**Name:** Grace Evans

**Professional Background:** I just received my bachelors of social work from Belmont University. While at Belmont I interned at Harvest Hands where I served underprivileged K-5 students through trauma counseling, healthy living lessons, and sport camps. This upcoming year I will be a preschool teacher before I go back to school to get my masters in social work.

**Coaching Style:** I am a BIG cheerleader and extremely optimistic. I am very calm, but will be the loudest in the gym when it comes to cheering for my team. I love to push my players to be leaders, and create an environment that they thrive in. I love goal setting and encouraging my team to be player-driven.

**Education:** Belmont University 2021-2025

**Coaching History:** I coached at TPV my freshman year of college, and all through college I led all of our summer Belmont Volleyball Camps. I have also given private lessons over the past four years.

**Play Experience/Accomplishments:** I medically retired 2023 from extreme ankle issues. After retirement I took on a different role on the team and led the team in sports empowerment workshops. I met with players weekly who were struggling, and created evidence-based activities for the team to bond, instill confidence, and shake performance anxiety. Spending my last three years of college in this role has given me a natural eye to the game, and coaching.

In high school I was a four year varsity player. I was a First-Team All-Conference numerous years and earned the Best Offensive Player Award. I also led the conference in kill efficiency, top-four in kills, and kills per set.

**Coaching Philosophy:** I believe sports are a pathway to a well grounded confident individual. With my social work background, I am deep rooted in the concept of player empowerment. I want to make my players better on the court, but also a better human overall. I believe in hard work, self motivation, goal setting, and player leadership. I strive to be a coach my players can turn to in times of need and also to be their biggest cheerleader. They should always walk in the gym thinking it is a safe space, they are loved, and they are supported. I do believe in accountability, discipline, and positive self talk and believe those are all keys to a great player.

### **Top Volleyball Highlights:**

- Leading the Belmont summer camps each year
- Creating life lasting friendships through college with my teammates

-When we swept Murray State to go to the conference tournament and made a historic run there