



RHYTHM
VOLLEYBALL ACADEMY

2025-2026 Coach Bio

Name:

Caroline Macander

Coaching Style:

My coaching style is detail-oriented, high-energy, and team-driven. I expect focus and effort, and I coach with the same intensity and commitment I ask of my players.

Education:

Currently studying Mechatronics Engineering at MTSU

Coaching History:

2025 : 16-2 Head Volleyball Coach at MidTN VBC

2022-2024 : Positional Coach at MidTN VBC

Play Experience/Accomplishments:

3 years of Division 1 College Volleyball at Middle Tennessee State University

High School Career

Racked up 1,375 assists, 391 digs, 92 blocks, 72 kills, and 52 aces with Mother McAuley High School

In 2020, named GCAC All-Conference Honorable Mention, IVCA All-State Third Team, and Daily Southtown Area Honorable Mention.

In 2021, named to the Metea Valley Invite All-Tournament Team, IVCA All-State First Team, GCAC All-Conference, and Daily Southtown Area First Team.

2021 State runner up

Club Volleyball

Played travel ball for Michio Chicago Volleyball Academy, finished in second place at GJNC in the National Division and was named to the GJNC All-Tournament Team.

Coaching Philosophy:

I coach and play volleyball for the younger version of myself—the girl who first fell in love with the game. That love for volleyball is what drives me, and my goal is to help younger club players build that same passion and confidence in themselves. I believe in the power of positive, constructive coaching—giving clear, specific feedback that helps athletes grow without tearing them down. At the club level, I emphasize strong fundamentals like footwork, serve receive, and consistent communication, while also challenging players to be adaptable and smart in-game. Teamwork is at the core of everything I do, because volleyball is truly a team sport. Whether it's running a quick offense, hustling on defense, or executing free ball plays, every athlete needs to be locked in and connected. I love seeing my players grow not just as athletes, but as people—gaining confidence, learning leadership, and becoming better teammates. As a coach, I strive to lead with energy, support, and dedication, creating an environment where athletes can thrive both on and off the court.

Top Volleyball Highlights:

- Illinois 4A State Runner up in 2021
- Finished 2nd place at Girls Junior National Championship in 2021
- Named all Tournament Team at Girls Junior National Championship in 2021
- Top 25 Upset against Auburn University with MTSU volleyball in 2023