



**RHYTHM**  
**VOLLEYBALL ACADEMY**

# 2025-2026 Coach Bio

**Name:** Dasia Smith

## **Professional Background:**

Former NCAA Division I volleyball player at Middle Tennessee State University (MTSU). Trained in all positions with a focus on skill development, progression, and athlete mindset. Passionate about helping players grow both in the game and in life.

## **Coaching Style:**

Direct and informative. I focus on developing the whole athlete—mentally, physically, and emotionally. I help players understand their strengths, improve their weaknesses, and build confidence in who they are on the court. I also challenge them to face reality and understand the cost of hard work—because growth doesn't happen by accident; it's earned with consistency and discipline.

## **Education:**

Master of Business Administration (MBA) – Middle Tennessee State University  
Bachelor of Science in Biology – Middle Tennessee State University

## **Coaching History:**

- Private volleyball coach for youth and teen athletes
- Group and individual skill-specific training
- Head coach and lead trainer for small to large volleyball camps over the past six years—ranging from intimate 20-player clinics to large-scale camps serving 400+ athletes
- Fellowship of Christian Athletes (FCA) Leader and Mentor – mentoring middle school, high school, and college athletes
- RVA Middle Positional Coach 2025

## **Play Experience/Accomplishments:**

- NCAA Division I Volleyball Player at MTSU
- Versatile player experienced in all positions
- Team leader known for strategic thinking, discipline, and high-level performance

## **Coaching Philosophy:**

Volleyball is a vessel that allows us to learn about ourselves and dig deep. It reveals our character under pressure, our ability to grow through discomfort, and our willingness to work when no one is watching. I coach with purpose—emphasizing personal development just as much as technical skills. My goal is to help players become confident, resilient, and self-aware, both on and off the court.

**Top Volleyball Highlights:**

- Traveling with my team to Yosemite National Park & New York — unforgettable life experiences
- The lifelong friendships and memories made throughout my collegiate journey — the wins were great, but the people made it priceless
- Defeating Auburn University 2x
- Beating nationally ranked Western Kentucky University (WKU)
- Upsetting UTEP while they were ranked in the NCAA Top 50