



**RHYTHM**  
**VOLLEYBALL ACADEMY**

# 2025-2026 Coach Bio

**Name:** Jessica Nowlin

**Professional Background:** Previous Special Education Teacher in Williamson and Rutherford County, who has transitioned from teaching to Healthcare working for a non-profit focused on equality as a financial operations manager.

**Coaching Style:** My coaching style is energetic, fun, and deeply intentional. I believe that learning should be enjoyable, so I incorporate engaging drills and a positive atmosphere to keep players motivated. I focus on explaining the why's behind skills or strategies, helping athletes build a strong understanding of the game. The most rewarding part for me is witnessing that 'lightbulb moment'—when a player truly grasps what's being asked and starts applying it with confidence.

**Education:** I have a Bachelor's Degree.

**Coaching History:**

I've been coaching volleyball in Middle Tennessee since 2015, with a brief pause to focus on my young family. Over the years, I've had the privilege of working with athletes at both the high school and club levels. My experience includes coaching at Centennial High School in Williamson County and Siegel High School in Rutherford County. On the club side, I've coached with Club West and previously with Tennessee Performance Volleyball (TPV), helping players grow their skills and love for the game

**Play Experience/Accomplishments:**

I've been passionate about volleyball since middle school and continued playing through the collegiate level. My years on the court have shaped my understanding of the game and fuel my commitment to developing players both technically and mentally.

**Coaching Philosophy:** My coaching philosophy centers on creating a fun, engaging, and purposeful learning environment where athletes feel supported and challenged. I believe that volleyball is not only a sport but a platform for building confidence, discipline, and teamwork. I strive to make learning enjoyable, and build great teammates.

**Top Volleyball Highlights:**