



Rachel Wenholz

Cascade Volleyball Club

Coaching Experience

Cascade Volleyball Club

- U13-1 Head Coach 2018-19
- U14-1 Head Coach 2017-18
- U13-1 Head Coach 2016-17
- Summer Camp Coach 2016
- U13-1 Head Coach 2015-16
- U13-1 Assistant Coach 2014-15

Lakeside School

- Assistant Varsity Coach 2018
- Head JV Coach 2015, 2016
- Head Middle School Camp Coach 2016
- Head 6th Grade Coach 2014, 2015
- Assistant JVC Coach 2013, 2014

Special Olympics USA Games - Seattle 2018

- Volleyball Skills Clinic Coach

Coaching Philosophy

My goal is to foster a love of the game of volleyball in my players. I aim to use volleyball as a way to teach valuable life skills that extend beyond the volleyball court. In order of importance and priority, I focus on fun, development, and competitiveness with my teams. As a coach I highly value and look for communication, commitment, and competitiveness in my players. I believe volleyball provides a unique avenue to confront failures and difficulties and learn how to overcome adversity both on the court and off.

Training

- Gold Medal Squared
- USAV Impact Certified
- Positive Coaching Alliance Certified

Playing Experience

- Outside Hitter for Tri-City Christian School's Varsity Team 2006-2008
- Outside Hitter for High Tide Volleyball Club 2008-2009
- Outside Hitter and Middle Hitter for SoCal Volleyball Club 2005-2008

Education

- University of Washington, M.Ed. Intercollegiate Athletic Leadership, Class of 2018
- American College of Sports Medicine, Certified Personal Trainer
- University of Puget Sound, B.S. Exercise Science, Class of 2013