



2016-2017 Alliance Coach Bio

Name: Abbey (Masters) West

Professional Background:

- Elementary Physical Education Teacher in California
- Operations Manager for Alliance Volleyball (2013-present)

Personal: Married to Aaron West - Strength and Conditioning Teacher for E.A. Cox Middle School, Certified Personal Trainer and Alliance Sports Performance Coach

Education: Bachelor of Science from Bethel University - Studied Biology and Psychology

Coaching:

- 17 years total coaching experience: Club, High School, USA Volleyball High Performance
- 15 club seasons in both Southern California and Tennessee: Rancho Valley, Top Gun, San Gabriel Juniors, Temecula Viper, Jackson Juniors, Alliance
- 10 high school seasons in Southern California: Ayala, Los Osos, Chino Hills, Great Oak
- 1 collegiate season: Bethel University
- 10 years with USA Volleyball High Performance Programs: Head and Assistant Coach for multiple A1, A2 and A3 programs across the country; Lead Evaluator at multiple national tryouts across the country and Apprentice Coach for 2015 Youth National Team.

Coaching Philosophy: My mission as a coach is to help young athletes grow up to become successful adults. My goal is to teach young athletes problem solving skills so they can be independent and think for themselves; to teach interpersonal communication skills that assist with creating healthy relationships; to push young athletes and scholars beyond what they think they're capable of and encourage them to reach further with every new opportunity.

I strategically plan, organize and create environments where athletes/learners feel safe to fail because those are the moments where learners acquire the most insightful, personally beneficial knowledge. I stress the importance of being a good teammate so my athletes understand and respect the importance of everyone's role on a team because one day, their "team" will be their family and coworkers. Rather than focusing solely on problems, I want to teach my athletes to simply identify the problem and then gear their focus and energy towards selecting positive solutions that lead to personal success.

I am not here to pave the road for my athletes so they only experience success. I'm here to accompany them on a journey and encourage them to create their own path; a path that highlights and builds upon each individual player's strengths while challenging them to broaden their athletic talents and address areas of need.

Coaching and the game is NOT solely about winning and will NEVER be about winning for me, regardless of what age group I coach, because I see the BIGGER picture. For me, this “game” is about how good a learner can an athlete be both on and off the court; how does an individual handle things that are out of their control, as well as, situations 100% within their sphere of influence. My role in this portion of my players’ lives is to guide the development of strong athletic skills, effective collaborative relationships, and positive communication strategies to ensure they are the best teammate they can be. When kids grow up, they don’t remember how many games they won or lost. What they remember is how people made them feel. As adults, WE have to set the example for our youth. If we want our athletes to display good character, then we ourselves need to lead the way for them. I will never ask anything of my athletes I am not willing to do myself because we are a TEAM.