



2016-2017 Alliance Coach Bio

Name: Abbey (Masters) West

Professional Background:

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

Personal: Married to Aaron West - Certified Strength and Conditioning Specialist at Franklin Strength

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

Coaching: *Current/Most Recent:* Head Coach at Ravenwood High School, USA High Performance Select A1 Assistant Coach

- 18 years total coaching experience: Club, High School, USA Volleyball High Performance
- 16 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
- 11 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: As a coach, I'm here to help young athletes grow up to become successful adults. My job is to aid athletes in 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. My job is to teach and encourage a growth mindset.

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.

Playing Experience: Finished playing career at Bethel University

Volleyball Highlights: Bronze at JO's for 16s, beating an undefeated TStreet team at 15s, 5th at AAUs for 13s