



# 2017-2018 Alliance Coach Bio

**Name:** Alexandra Sealy

**Professional Background:** I have coached at Alliance for three years, and am in my first season at Father Ryan HS.

**Personal:** I graduated at Friendship Christian School. I played college volleyball for two years, my first year at Jefferson College in Hillsboro, MO and my second year at Lander University, in Greenwood, SC. Now, I am at MTSU. I love to paint and spend time with my puppy!

**Education:** I study Art Education at Middle Tennessee State University

**Coaching:** 2016-17, I assistant coached the 14-3 team and have coached multiple training camps here at Alliance. I am the Freshman coach at Father Ryan HS.

**Coaching Philosophy:** I would consider myself a very technical coach, especially now with going through surgery and rehabilitation for my shoulder. The reason why I want to coach is for the love that I have for the game. The transition from a player to a coach is something that I always have looked forward to and knowing that the knowledge that I have gained is now being passed on is an incredible feeling. I love to see the development that happens in athletes.

**Clubs:** Played and coach for Alliance

**Playing Experience:** 4 years of high school at Friendship Christian School, 6 years at Alliance, 5 AAU Nationals appearances through travel ball, 1 JO Nationals, 1 year of junior college volleyball, 1 year of DII Volleyball.

**Top Volleyball Highlights:** I would say that my most memorable volleyball moments would be winning the 2011 and 2012 State Volleyball Championships at Friendship Christian. I received all tournament team 3 years in a row and an All District MVP award my senior year.