



# 2017-2018 Alliance Coach Bio

**Name:** Allison McCoy

**Professional Background:** Physician Assistant

**Personal:** I am originally from Huntington Beach, CA. I moved to Nashville to attend Belmont University, and absolutely loved Nashville. I left for a couple years to complete grad school, but have since moved back to start my career and resume coaching!

**Education:** I attended Belmont University where I received my Bachelor's degree in Biology with a minor in chemistry. I went on to attend the Medical University of South Carolina in Charleston to receive my Master's degree in Physician Assistant Studies.

**Coaching:** I have four years of prior coaching experience with Alliance, both as a head coach and an assistant. I have coached ages 13 to 15 during the club seasons, as well as a number of various clinics throughout the years. I also coached team camps and skills-based camps during my time at Belmont University.

**Coaching Philosophy:** My biggest emphases during coaching are attitude and effort. Volleyball is a team sport, and you don't win matches by being perfect. You also don't win matches by being selfish. You win matches when you look at the five people around you on the court, and realize that giving anything less than your absolute best would be letting them down. When all six players on the court start playing for something bigger than themselves, it is truly magical. I don't expect perfection from the girls I coach, I certainly had my fair share of errors. But I do expect that when they come into the gym, they are ready to work hard and strive to be better than they were yesterday.

**Playing Experience:** I started playing volleyball in 7<sup>th</sup> grade for my middle school, and did not start playing club until high school. I have been a middle blocker since day 1, despite numerous coaches toying with the idea of me transitioning to be an outside hitter. I was a four-year starter at Belmont University (and did play outside for two matches in my career!)

**Top Volleyball Highlights:**

- The ability to play for a Division I volleyball program
- Being named team captain my junior and senior years
- Defeating Morehead State in the conference championship, becoming conference champions and advancing to play Louisville in the NCAA tournament in 2012
- Winning OVC player of the year in 2013