



2017-2018 Alliance Coach Bio

Name: [Lauren Anderson](#)

Professional: I have been involved with volleyball for 15 years as I started playing when I was 5 years old. I am entering my second year of coaching with Alliance Volleyball Club and have also coached for one year with Illini Elite Volleyball Club. I volunteered with my hometown's youth volleyball program from 2011-2015. I have coached at numerous camps and given private lessons for the past 7 years.

Personal: I was born and raised in the small town of Mackinaw, Illinois. I have always been an active person and lived a fast-paced lifestyle. I have an older brother, Grant, who is also an athlete so my family was always at a ball game of some sort. When I was about 5 years old, I started playing every sport available in Central Illinois – volleyball, basketball, softball, soccer, gymnastics, and even floor hockey. My mom coached my volleyball teams and my dad would coach softball, basketball, and track. The support, guidance, and advice my parents have provided me over the years has molded me into the player and coach I am today. As I grew up, I stuck to volleyball, basketball, softball, and track. I excelled in all of these areas, winning multiple awards and state titles. I started playing club volleyball when I was in the 7th grade and the commitment level picked up my freshmen year of high school when I chose to give up basketball, softball, and track to focus on my volleyball career. My high school volleyball team won two IHSA state championship titles (2012 and 2014) and a third place finish (2013) in my time at Deer Creek-Mackinaw High school. I broke 5 school records in my four years of playing varsity volleyball: all-time career leader in kills, all-time career leader in digs, all-time career leader in aces, single season leader in kills, and single season leader in aces. I was named the Bloomington/Normal Pantagraph Player of the Year in 2013 and 2014 and also named the Peoria Journal Star Player of the Year in 2012, 2013, and 2014. I played on a very successful club team who was the AAU 17 Open National Runner Up in 2014 where I was named to the All-American Team. My older brother plays college baseball at McKendree University and several of my cousins have played a sport at the collegiate level.

Education: I am currently pursuing my undergraduate degree from Lipscomb University. I am majoring in Exercise Science and minoring in Nutrition and Biology.

Coaching Philosophy: I am a very passionate person and enjoy helping others reach their goals. My favorite part of the game of volleyball is how I can help my teammates get better every single day, whether it be in the weight room or on the court. I love pushing people to give their maximum effort and energy, which will in turn make the environment around them better and more competitive. As a coach, I incorporate this mindset into every practice and game we will play. There is no such thing as “wasted time” – anytime you are in the gym is an opportunity to learn and improve.

Playing Experience: I played six years of club volleyball at Illini Elite and I now play college volleyball at Lipscomb University where I have been a three-year starter.

Top Volleyball Highlights:

- Two IHSA State Championships
- AAU 17 Open National Runner-Up
- Winning two regular season and conference tournament titles at Lipscomb University
- Two NCAA tournament appearances