



# 2017-2018 Alliance Coach Bio

**Name:** Brianna D'Errico

**Professional Background:** Brianna D'Errico has been involved with volleyball for about 22 years since she started playing at the age of eight. She is entering her third year of coaching with Alliance Volleyball Club after moving to Nashville from upstate New York in 2012. She had coached a combination of four years comprising of one year at Ithaca College as a graduate assistant and three years at VolleyFX Volleyball Club based out of Rochester, NY. Brianna is also the Director and one of the core coaches for Alliance's Performance Training Program.

**Personal:** Growing up in an athletic family and having a passion for sports herself, Brianna was an all-around athlete. She was a competitive gymnast for 13 years where she won countless awards, including State and Regional Medals, and was selected as one of six gymnasts to represent New York State in the Regional competition where they won the Gold Medal. Although Brianna played club volleyball outside of school throughout her middle and high school years, she played Varsity Soccer, Basketball and Track at Byron-Bergen High School where she won many Sectional Titles across all three sports starting as a sophomore. Brianna has been blessed with two parents and a younger sister who all share the same love and passion for volleyball. Her mom Cindy, was one of her first volleyball coaches and is currently the Varsity Volleyball coach at Brianna's alma mater, Byron-Bergen and coaches multiple teams for the Rochester, NY based club, VolleyFX. Brianna's dad David is presently one of the top ranked volleyball officials in the State of New York and also coaches for VolleyFX. Brianna's younger sister Alyssa D'Errico played at Penn State University as the starting libero and was part of the 2011 graduating class that won 4 National Championships her freshman through Senior years. After playing three years professionally, she was the Assistant Coach at the University of Louisville for two years and is now the assistant coach at the University of Dayton in Ohio.

**Education:** After receiving her bachelor's degree in 2009, Brianna served for one year as a graduate assistant volleyball coach and ran the team's strength and conditioning program. She received her master's degree in Human Performance (combination of exercise science and sport psychology) in the winter of 2011. Brianna is also a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) with approximately ten years working in the Sports Performance industry.

**Coaching:** Mizuno 13-1

**Coaching Philosophy:** Brianna's coaching style would be considered one of tough love. She wants to see her players be the best they can; to grow and develop. She understands that the determination to succeed, among other variables, is coupled with responsibility and accountability in and out of the gym. As a few of her former coaches have influenced Brianna, she strongly believes that volleyball is an avenue through teaching life lessons on and off the court.

**Playing Experience:** Brianna decided to pursue volleyball in college and played two years at Monroe Community College before transferring to and graduating from Ithaca College.

**Top Volleyball Highlights:** A few of Brianna's highlights are when she earned all-conference and all-region honors in 2006 while at MCC. She was also named to the all-tournament team at the conference and regional championships. As the captain of the team her sophomore year, Brianna is very proud to say they made school history as being the first team to win the Regional Tournament and play in the National Tournament for NJCAA. She transferred to Ithaca College and played volleyball for two more years, serving as a team captain and being named the college's volleyball Sportswoman of the Year as a senior.