



2017-2018 Alliance Coach Bio

Name: Courtney Harnish

Professional Background: First Grade Teacher; Former Volunteer Assistant Coach at Lipscomb University

Personal:

- I played volleyball and graduated from Indiana University this past year and was a former coach at Lipscomb University. I grew up in Muncie, Indiana where I was always surrounded by volleyball as my older sister played and my mother was a coach. I played at Munciana Volleyball Club from age 11-18 and won two national championships. While attending Burriss High School we won two state championships and our team was National Runner-Up in 2011. Playing at Indiana, I was able to play on the biggest stage every weekend against some of the best volleyball players in the country. Volleyball has always been a way of life for me, and I am excited to continue my coaching career at Alliance Volleyball Club.

Education:

- Bachelor of Applied Health Science in Human Development and Family Studies
- Minor in Youth Development
- Current: Masters in School Counseling

Coaching:

- Volunteer Assistant Coach at Lipscomb University
- Alliance 12-2 Head Coach 2016-2017
- Head coach at Hoosierland VBC in Bloomington, IN 2012-2016

Coaching Philosophy:

- My coaching philosophy centers around hard work and discipline. I come from a background of very intense volleyball but also filled with fundamentals and breaking down the game. I truly believe that one of the best ways to become a great volleyball player is to improve individual skills, but also learn the game. With everything we do, I like to explain the "why". It is easy to go through the motions of volleyball but if one understands why they are doing it, I believe it puts them even further ahead. I do not believe in taking reps off and whole-heartedly believe that no time should be wasted in the gym. That being said, I like to have fun in the gym. Volleyball is one of the most fun sports because you get to play with a team and I believe that with high intensity, they girls will have fun.

Playing Experience: Indiana University Libero 2012-2016; Munciana Volleyball Club 2005-2012; Muncie Burriss High School 2009-2012

Top Volleyball Highlights: Competing against some of the greatest players and teams in the Big Ten Conference; Being selected as captain junior and senior year; rank 5th in most digs in a single season; one of 7 players with over 1,000 career digs at Indiana; Big Ten Sportsmanship Award 2015