



2017-2018 Coaching Bio: 17-1 Mizuno Asst

Name: Karlee Lursen

Professional Background: Assistant volleyball coach at Belmont University. This will be my first season coaching the team but have previously worked in the athletic department.

Personal: I grew up in Minnesota where my parents still live and my older brother lives in Seattle. I have lived in four states in three years and love to travel and play volleyball whenever I get the chance.

Education: I graduated from Southeast Missouri State University in May of 2013 with a Bachelor of Science in Mass Communication emphasis in multi-media journalism, and continued my education at Belmont University where I received my Master of Sport Administration in May of 2016.

Coaching: This will be my first season at Belmont and at Alliance. I was the Director of Volleyball Operations at Illinois State this past year where I also coached the top 18s team at Illini Elite. I have also coached 6th grade at Oak Hill School, 16-1s at Minnesota One Volleyball Club and spent a season at Hamline University, a division-3 school in Minnesota.

Coaching Philosophy: I had a lot of energy and enthusiasm as a player and have always been very passionate about giving back to a sport that I love and gave me so much. I look to bring that energy, enthusiasm and passion to the court as a coach. I played multiple positions throughout my career (outside, right side and libero), which gives me a well-rounded skill base to coach from.

Playing Experience: I began playing volleyball in 2nd grade and started traveling club ball at the age of 12. I played at Northern Lights for five years (13-1, 14-1, 15-1, 16-2 and 17-1) during all but my 16s year my teams played in Open at AAU's, and qualified for USAV nationals all five of my years there. My 18's year I switched to M1 in which we qualified for open at USAV Nationals in Miami. I started on varsity at Eastview High School for three years and helped lead my team to the State Championship in 2008. I was blessed to play Division 1 volleyball for four years at Southeast Missouri State University where I spent time at outside, right side and defensive specialist.

Top Volleyball Highlights: My 16-2s year at Northern Lights my team placed 3rd at Northern Lights Qualifier and Colorado Crossroads while losing to the 16-1s in the championship at regionals. AAU Nationals, I was named to the All-Tournament team. Playing in the State Championship in front of 1000s of fans my senior year and being named to the All-Conference team. We won both the Mideast Qualifier and Northern Lights qualifier in open my 18s year. Started senior year in college 8-0 in conference and finished 2nd overall.