



2017-2018 Alliance Coach Bio

Name: [Meggie Gradel](#)

Professional Background: Meggie has been involved with volleyball for about 17 years when she began playing for her grade school at the age of 8. She is entering her second club season of coaching with Alliance, after moving to Nashville last October from Northern Kentucky. She has coached a total of three years prior to starting with Alliance. Outside of coaching, Meggie is a Corporate Recruiter for Gresham, Smith and Partners, a Nashville-based Architecture and Engineering firm.

Personal: Growing up in a competitive and sports-minded family, Meggie was a multi-sport athlete. Although she excelled in softball, soccer, swimming and volleyball, it was swimming and volleyball that Meggie pursued competitively throughout high school. She was a Varsity swimmer all four years, as well as Varsity volleyball player, where they won the District Title all four years, and the Regional Title and State berths three of the four years. She also played club volleyball for seven years. Meggie's competitive nature stemmed from her father, who was a State Champion swimmer as well as swimming collegiately. Her competitive streak continued through college, where she played on the University of Kentucky Women's Collegiate Club team, where they secured a bid to National's all four years. Meggie continues to play competitive sand volleyball locally and in the Cincinnati area.

Education: Meggie received her Bachelor's of Science in Integrated Strategic Communication with a minor in Business Management from the University of Kentucky in 2015.

Coaching: Regional Black 13-4

Coaching Philosophy: Meggie's coaching style would be considered to stress equal parts of competitiveness and teamwork. She believes a team should strive to practice how they would want to play in a game, and always give 110%. Meggie understands that hard work, determination and positive attitudes create winning teams, and strives to instill those qualities on and off the court. She is a firm believer that the lessons learned on the court can help mold and create strong ethics and values in the athletes she coaches.

Playing Experience: Meggie played varsity for Notre Dame Academy, a power house volleyball program in Northern Kentucky. Plagued by various injuries, she continued to play Libero/DS for the Women's Collegiate Club Volleyball team at the University of Kentucky all 4 years.

Top Volleyball Highlights: Meggie's proudest volleyball highlights could come down to securing a bid to Collegiate Club Nationals all four years. She believes her biggest accomplishments are those in which the team succeeded as well (although she has won the "Most Competitive" and "Most Spirited" award multiple times).