



2017-2018 Alliance Coach Bio

Name: [Adrienne Ramos](#)

Professional Background: I have a background in Video Production and have worked in Nashville as a Production Coordinator, Video Editor and Creative Network Coordinator for about 3 years. I also work as a manager in retail and do freelance video work.

Personal: I'm originally from Atlanta, GA and go home often to see my family, my 2 dogs, and of course for the amazing food in Atlanta! In my free time I like to play video games, take pictures, skate on my penny board, or play guitar and sing.

Education: I am currently finishing up my Bachelor's degree in Video Production with a minor in Music Business from Belmont University.

Coaching: This will be my first season coaching with Alliance. Previously, I coached a season with Ethos VBC in Nashville and then 3 seasons with A5 Volleyball Club in Atlanta, GA. I also assisted with different A5 skill camps and clinics.

Coaching Philosophy: I absolutely love emphasizing the idea of teamwork because I think it can be applied in many ways in real life situations. I was a player who was greatly influenced by how discipline in a sport can give someone so much drive in everyday life and I definitely want to share that. I'm excited to share my passion and high energy for the game with Alliance players!

Playing Experience: I started playing volleyball when I was 12 years old at A5's Suwannee Sports Academy. I became a gym rat and attended A5's VolleyPerformance skills clinics almost 4-5 days a week where I focused a lot on setting and defensive techniques. I also played for Wesleyan high school's JV and Varsity team as a setter. I then played another year for OnCourt VBC (formerly SSA) and then moved on to play with A5 Volleyball Club where I learned a lot about what playing high level volleyball really is and had the opportunity to play at AAU's in my final season. Unfortunately when I was 16, I tore a disc in my back which set me back a ton in playing so I decided to start coaching as an assistant with A5 and I've been coaching ever since.