



## 2017-2018 Alliance Coach Bio

Name: [Rick Hess](#)

### Professional Background:

I am currently a Teacher at page High School (Wellness/Personal Finance/Head Volleyball Coach)

2005-2015 PE Teacher/Athletic Director – Sunset Middle School

2002-2014 PE Teacher Smyrna Elem.

2001-2002 PE Teacher Wagner High School

1994-1999 CAD Operator @ E.R. Ronalds and Associates Engineer Consultants

**Personal:** I have been married for 16 years to my beautiful wife Brooke Hess and have two wonderful children Delaney-10, Cullen -7, and one on the way

**Education:** I have a bachelor's degree from WKU in Physical Education

**Coaching:** I am returning to my 13th year of club coaching, and will be head coach of the 18 Molten team. I have been playing or coaching volleyball for 26 years dating back to 1992. I have been a coach for 16 years at many different levels ranging from middle school (Sunset Middle School 5 years), to high school (Wagner High School - 1 Year, Bowling Green High School – 1 year, Ravenwood High School – 4 years, and currently head coach of Page High School – 4 year), to Men's Club team at Western Kentucky University (2 years). I played for Western Kentucky University Men's Club team from 1995-1999 as a setter/Defensive Specialist.

### Coaching Philosophy:

Players and parents would describe my coaching style as hands on, demanding, understanding, encouraging, intense, strict, and enthusiastic. I would describe myself as a coach who will get to know his players not just on the court but off as well so that I can know them better and understand when they are struggling what they need from me as their coach. My goal as a coach is to make sure that each player has a good understand of the sport but also to enjoy what they are doing. I coach volleyball simply because I love the game and I enjoy getting to know these athletes. It is always amazing to me how much athletes will push themselves to do when they are having fun or care for their team and coaches. As a coach I strive to make sure each player grows to their potential that I can get them to in a single season.

### Playing Experience:

I played for Western Kentucky University Men's Club team from 1995-1999 as a setter/Defensive Specialist.

### Top Volleyball Highlights:

- I was the assistant Coach of 3 Champions/1 Runner-Up Teams at Ravenwood High School 2010-2013
- 3rd and 5<sup>th</sup> place (2 times) Finishes at State Tournament Teams at Page High School
- Club Teams Qualified for USAV Nationals in 2010 and 2012