



Laura Ann O'Sullivan
Head Coach 15-3 LA

Coaching Experience

2017 Head Coach 15-3

- Organized team practice, teaching skills/game knowledge
- Finished 2nd in Beast of the Southeast open level tournament

2016

Head Coach A5 14-4

- Organized team practice, teaching skills/game knowledge
- Finished second in SRVA regionals
- First 4's team to earn a National Bid

2015-2016

Reinhardt University Assistant Volleyball Coach

- Assists in practices, practice and game preparation
- Organizes film exchange
- Organize team travel, including hotels food and team activities

2013-2016

Columbus State University, Assistant Volleyball Coach

- Recruiting coordinator
- Assists in practices, practice and game preparation, team management, compliance
- In charge of game operations, stats, and film
- Organizes team travel, including hotels, food and team activities
- Oversees players academic performance and personal development
- Organize and manage home tournaments and summer volleyball camps
- Coordinates, plans and instructs team strength and conditioning

2014

Georgia Tech Camp Instructor

2014-2015

Tsunami Volleyball Club

- Head Coach -17's; duties include organizing practices and teaching skills/game knowledge

2012-2013

Director of Magnum Volleyball Club Augusta/16's Power Coach

- Organized team practices for Augusta teams; communicated travel information and oversaw practices, teaching skills and game knowledge while overseeing individual instruction

Augusta State University, Graduate Assistant

- Assisted in practices, practice and game preparation, team management, compliance, game operations, stats, film and recruiting; oversaw team strength and conditioning program and daily team workouts; and coordinated daily team study hall

2009-2012

Biltmore Volleyball Academy

- 2009-2010- 18-1 Assistant
- 2010-2011- 14-2 Head Coach
- 2011-2012- 13-2 Head Coach

2011-present

National Federation of Personal Trainers, Certified Trainer

Camps

Georgia Tech Camp Instructor (2014)
Columbus State University Volleyball Camp (2012-2015)
Carson-Newman Volleyball Camp Instructor (July 2011)
Trained high school players as camp instructor (2006-09) and providing individual sessions (2006-present)
Davidson College Volleyball Camp Instructor (July 2009)

Playing Experience

- Mars Hill College Volleyball team member (2009 – 2011)
- Led South Atlantic Conference in service aces (2009)
- High Point University Volleyball team member (2008 – 2009)
- West Henderson (NC) High School Volleyball varsity team member (2005 – 2007)

Education

Columbus State University..... December 2014

- *Master of Science in Organizational Leadership concentration in Servant Leadership*

Mars Hill College..... May 2012

- *Bachelor of Science in Recreation/Sports Management; Minor in Coaching/Business Administration*