



Sydney Yeomans

Head Coach 15-4 Sydney

-
- A5 14-5 Head Coach** **2017**
- Organize practice and skill training
 - Finished top 2 in regional tournaments
- A5 Strength and Conditioning Coach** **2017-present**
- **Organize training for all A5 teams**
 - **Run master coaching training**
- Lovett High School JV Coach** **2016**
- Organize team practice and skill training
 - Develop players to be strong women
- Graduate Assistant for Columbus State Volleyball** **2013-2016**
- Recruiting Coordinator/ Strength and Conditioning Coach
 - Assists in practices, practice and game preparation, team management and compliance
 - Organized and planned volunteer work, picked out and organized gear
 - Oversaw players academic performance and personal development
 - Focused in games on point scoring and serving
 - Scouted film on opponents
 - Organized and manage home tournaments and summer volleyball camps
 - Organized team spring travel
 - Helped plan and organize The Girls Initiative "Girls In the Game"
 - Alumni Relations
- Juniors Volleyball Coach, Tsunami Volleyball Club** **2014-Present**
- Head Coach- 16's (2014-2015); duties include organizing practices and teaching skills/game knowledge, and being a mentor and role model
 - Organized Individual Training
 - Head Coach-17's (2015-2016); duties include organizing practices, teaching skills/game knowledge, fundraising, organized recruiting skills videos
- Juniors Volleyball Coach, Xcel Sportsplex** **2012-2013**
- Head Coach For 13-2 Regional Team; duties included teaching skills and game knowledge and mentoring girls
- Juniors Volleyball Coach, Transylvania County Volleyball** **2010-2011**
- Assistant Coach 15-1's Regional Team; duties included assisting coach with organizing practice and motivating and teaching skills and game knowledge
- Camp Experience**
- Columbus State University Camp Director** **2013-2016**
- Organized and formatted camps
 - Planned drills and training for campers
 - Chaperoned girls in dorms and provided and organized fun activities
- Georgia Tech Volleyball Camp Instructor** **July 2014**

- Mentored and coached a local team, provided drills and taught skills to help aid in the teams future

A-5 Volleyball Camp Counselor

2006-2007, 2012-2013

- Coached and trained athletes
- Worked with players mentally and physically and got them connected with college coaches.
- Helped players being their recruiting process. (

Playing Experience

Brevard College Volleyball Team, Brevard, NC

2009-2013

- 4 year starter, DS/Libero
- Defensive player of the year 2012
- Broke record for the most digs in a 3 set match

EDUCATION:

Columbus State University (Present), Columbus, GA

- Pursuing a Master of Science in Organizational Leadership
- Current G.P.A.- 3.8

Brevard College, Brevard, NC

August 2009-May 2013

- Bachelor of Arts in Psychology concentration in Counseling
- G.P.A- 3.2