



# Janet Knighting



## **Coaching Experience**

2017-2018	Head Coach, A5 11-2 Qualified for Nationals Head Coach, Alpharetta HS Freshman team
2016-2017	Head Coach, A5 11-2 Head Coach, Alpharetta HS Jr Raiders "A" team
2015-2016	Ass't Coach, A5 12-2 Qualified for Nationals Head Coach, Alpharetta HS Freshman team
2014-2015	Ass't Coach, A5 11-2 Head Coach, Alpharetta HS Jr Raiders "A" team
2013-2014	Head Coach, A5 12-3 Head Coach, Alpharetta HS Jr Raiders "A" team
2012-2013	Head Coach, A5 12-2
2011-2012	Head Coach, A5 12-3

## **Qualifications**

- IMPACT Certified
- SafeSport Certified
- Attended numerous coaching clinics

## **Playing Experience**

I began playing volleyball in elementary school in Chicago, where my father worked as the Athletic Director for the Catholic Youth Organization (CYO). I fell in love with the game and continued playing into high school and as an adult.

## **Why I Coach**

I love the game and working with junior athletes to help them understand how important strong bodies and mental alertness are in the struggle to grow up and become responsible adults

## **Additional Information**

Married with two children and two grandchildren