Sydney Yeomans

Assistant Coach 15-2

|  |  |  |
| --- | --- | --- |
| **A5 15-4 Head Coach**   * Medaled in 75% of the Southern region tournaments   **14-5 Head Coach** |  | **2018**  **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

# 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