



Rachel Wenholz

Cascade Volleyball Club

Coaching Experience

Lakeside

6th grade head coach – 1 year

C team assistant coach – 2 years

Middle school and High school summer camps – 1 year

Training

Gold Medal Squared: 2007

USAV IMPACT Certified: 2008

Cascade Coaches Clinics: 2007, 2010

Regional High School Referee: 1995-1997

Playing Experience

Club volleyball at SoCal & High Tide Volleyball Clubs – 4 years

High school varsity team at Tri-City Christian School (Vista, CA) – 3 years

Education

University of Puget Sound, B.S. in Exercise Science