



## Dianna Ehley

Cascade Volleyball Club

### Coaching Experience

Cascade Volleyball Club, Co-Head Coach U15 Red, 2009-10

Cascade Volleyball Club, Asst Coach U12, 2008-09

Lake Youngs Elementary with Herman Chin, Asst. Coach 6th Graders - 2007, 2008

Kent Parks League Soccer and Basketball 4th and 5th Graders, Coach Helper - 2003, 2004, 2005

### Training

Gold Medal Squared Certified - 2010

USAV Impact Certified - 2008

Cascade Coaching Clinics - 2008, 2009

### Playing Experience

6th and 7th Grade:

University of DE Volleyball Camp 1 week each summer - Coach Barbara Viera

8th-12th Grade: University of DE Volleyball Camp, Penn State Volleyball Camp - 2 weeks each summer

High School (1985-1989): 9th Grade - Most Improved Player JV: 11th Grade - Most Improved Player Varsity

9th -12th Grade - USVBA Practice and Tournaments during off-season (all year round)

12th Grade - Co-Captains with Teammate Terry Pedrotti, 1st Team All-State, 1st Team All Conference

11th-12th Grade - Jr Olympics Off-Season Practice and Tournaments (met Karch Kiraly!)

12th Grade - Trip to Russia with my Jr Olympics team for 2 weeks for tournament play with teams from California, Canada, Washington and Russia (and sightseeing of course)

College: Varsity my Freshmen year at University of DE - Coach [Barbara Viera](#); Helped team to semi-final match.

Diagnosed over-rotation of right shoulder / had to redshirt next season. End of volleyball career. During the summers following, I would play in some of the Cuervo Beach Tournaments for fun. I have mainly played Outside Hitter but learned to hit Off-Hand as well. My strengths are placement of the ball, defense and serving.

### Coaching Philosophy

You get back what you put into it. This goes for the players as well as myself. I will encourage my players to visualize the game they want to play and to adjust accordingly with G.M.S. coaching. Improvement takes patience and determination from both the athlete and their coaches. Energy, excellence and enthusiasm are the "Three E's" I will stress during practice and tournaments. I believe in positive attitudes and unconditional teamwork. My belief is when the girls walk into the gym, they leave the day behind and enjoy the opportunity they have to practice, play and to be coached well.

### Education

University Of DE - 1989 & 1990