



## Amy Harris

Cascade Volleyball Club

### Coaching Experience

Carolina Storm Volleyball Club

- Assistant Coach, U17/18, 2014/15 season
- Assistant Coach, U18-2, 2009/2010 season
- In-House Clinic Coach, 2011/2012 season
- Assistant Coach, U16, 2012/2013 season
- Co-Head Coach, U16, 2013/2014 season

### Training

USAV IMPACT Certified Coach – 2009

### Playing Experience

7 years as a middle & high school player

3 years of club volleyball ball in Maryland

Geneva College, PA - NAIA Division

Recreational leagues off and on after college

### Coaching Philosophy

Positive reinforcement, praising players when desired behaviors are achieved, and a focus on learning from mistakes is the foundation of how I believe volleyball should be taught to young athletes. There are times when correction is necessary but it will be most effective when presented in an environment where the athlete knows they are valued regardless of their performance on the court. Mistakes are an unavoidable and healthy part of athletics; when viewed as a positive stepping-stone towards improved performance much of the fear of failure that young athletes feel can be minimized or eliminated. I believe in creating a safe, fun environment where each individual knows that they are free to be themselves and are encouraged to challenge themselves to be even better.

### Education

Geneva College & University of Maryland; History degree not yet completed

