



Chester Uchida

Cascade Volleyball Club

Coaching Experience

Cascade Volleyball Club

- Coaching Manager – 2014 - Present
- Mentor Coach – 2007/8
- Mentor Coach – 2006/7
- Head Coach, U13-1 Blue – 2005/6 (3rd in Region)
- Head Coach, U13-1 Blue – 2004/5 (3rd in Region)
- Hiawatha Community Center
- Head Coach, Girls 12/13 Seattle Parks & Rec League 2000-2003 (1st or 2nd place finishes each year)

Training

USAV CAP1 Certified Coach - 2009

Gold Medal Squared – 2005

USAV IMPACT Certified - 2004

Cascade Coaches Clinics - 2008, 2009

Playing Experience

Various Leagues (throughout the year) – 1992 – Present

Men's 6, Co-ed 6, Reverse 4

Indoor/Outdoor

USAV Teams -- 1996 - 1998

Coaching Philosophy

I'm a big fan of the Gold Medal Squared system used by Jim McLaughlin (UW) and other NCAA championship and Olympic Gold Medal coaches. Jim is a fantastic role model for coaches in the region: always prepared, a student of the details, teaches the players to understand the game and think for themselves, and every player has a fair opportunity to earn playing time through hard work at practice.

Education

University of Washington, Bachelor of Science in Mechanical Engineering - 1990