



## Mark Myers

Cascade Volleyball Club

### Coaching Philosophy

To bring enthusiasm and positive instruction that encourages players to excel beyond their comfort zones, develop consistent aggressive performances, and love volleyball as much at the end of the season as they did at the beginning – if not more.

### Coaching Experience

Cascade Clinic Coach – 2015- Present

Cascade U17/18 Head Coach, 2014-15

Cascade U16 Head Coach, 2012-13 & 2013-14 seasons

Cascade U15-2 Co-Head Coach, 2011-12

Cascade U16 Red Co-Head Coach, 2009-10

Cascade U15 Blue Assistant Coach, 2008-09

Ballard Community Center/Seattle Parks & Recreation League

- Co-Head Coach 16 (2013)
- Head Coach 12/13 (2006) (one team, 10 players)
- Head Coach 12/13 (2007) (two teams, 16 players)
- Head Coach 12/13 (2008) (two teams, 20 players)
- Head Coach 12/13 (2009) (one team, 12 players)
- Head Coach 12/13 (2010) (two teams, 18 players)

### Training

USAV Impact Certified Coach (2008)

Cascade Coaching Clinic (2008, 2009)

Gold Medal Squared (2008, 2009)

### Playing Experience

Twenty years playing competitive volleyball on several local teams. Nine time City of Seattle league champions. Played Outside Hitter and Middle Hitter. Played in many sand and grass doubles tournaments.

**Education**

Bachelors in Economics, Western Washington University (1982)

Law Degree (Juris Doctor), University of Washington (1985)