



Rachel Wenholz

Cascade Volleyball Club

Coaching Experience

Cascade Volleyball Club

- U13-1 Head Coach 2016-2017
- U13-1 Head Coach 2015-2016
- U13-1 Assistant Coach 2014-2015

Lakeside

- JV assistant coach – 1 year
- 6th grade head coach – 2 years
- C team head coach – 2 year
- C team assistant coach – 2 years
- Middle school and high school summer camps – 1 year

Training

- Gold Medal Squared
- USAV IMPACT Certified
- Cascade Coaches Clinic

Playing Experience

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

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

Education

University of Puget Sound, B.S. in Exercise Science , Class of 2013