



Rachel Wenholz

Cascade Volleyball Club

Coaching Experience

Lakeside

6th grade head coach – 2 years

C team head coach – 1 year

C team assistant coach – 2 years

Middle school and high school summer camps – 1 year

Training

Gold Medal Squared

USAV IMPACT Certified: 2014

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