



## David Roast

Cascade Volleyball Club

### **Coaching Experience**

#### Cascade Volleyball Club

- Assistant coach of Cascade U17 – 2 Red (2006)

#### Sound Mind and Body Gym, Seattle

- Volleyball Program Coordinator/Head Instructor (1999-present)
- Coach/Instructor of Advanced Skills Clinics (1996-1998)

#### Adult Volleyball Education, Seattle

- Head Coach, Advanced Individual and Team Skills Clinics: coaching players and teams age 16 up (1991-1999)

#### USVBA Team Coach

- Head Coach for Women's and Men's Teams, Levels B, BB, A (1991-1996)

#### Volleyball Coaching Consultant

- Instructional consulting for coaches working with adults, high school players, and middle school players (1991-2000)
- Coaching Clinics for Corporate Volleyball Leagues and Teams (1992-1996)

#### U.S. Grant High School, Los Angeles, CA

- Assistant Coach, Girls Varsity Team, (1979-1981)

### **Training**

Bill Neville Skills Training Clinic 1995

USAV IMPACT Certified Coach 2006

UW Team Skills Clinic 2006

Gold Medal Squared 2006

## **Playing Experience**

U.S. Grant High School, Los Angeles, CA

Varsity Team, 2 years.

University of California, Berkeley

Varsity Team, 2 years (1986, Denny Kline coach; 1985, Chris Stanley coach)

JV Team, 2 years (1983-84, Ron Larson coach)

USVBA VOLLEYBALL, Seattle, WA

Men's A, AA; Coed A (1993-1998)

### Competitive Beach Play

Seaside, Oregon - Annual Tournaments (1993-1998)

Coed Doubles A: 3<sup>rd</sup> and 5<sup>th</sup> place finishes

Men's 4s-A: 3<sup>rd</sup> place finish

Played in Competitive Recreational Leagues (Indoor and Outdoor, Men's, Coed) for 25 years in Los Angeles and Seattle areas.