

### Playing Experience

NCAA Division II Varsity Volleyball at Carson-Newman College in Jefferson City, TN (2003-2007)

Varsity Volleyball at Oak Mountain High School (1999-2003)

2001 5A State Runner-Up

2002 6A State Runner-Up

Power Team at Birmingham Volleyball Club (1999-2003)

2000 Southern Region 15 & Under Champions

### Coaching Experience

Southern Performance Volleyball/Team Sting Volleyball Club (2007-present)

Director of Youth Academy (2013-present)

Master Coach (2012-present)

Head Coach for 13 Elite or 14 Elite (2007-present)

2008 Southern Region 13 & Under Runner-Up

Sting Sand Elite Coach for 12s & 14s (2013)

Varsity Volleyball Head Coach at Shades Mountain Christian School (2011)

Junior Varsity Volleyball Head Coach and Varsity Assistant Coach (2007-2009)

Mortimer Jordan High School (2009)

Oak Mountain High School (2007-2008)

Head Coach at Lakeway Volleyball Association in Morristown, TN (2005-2007)

### Additional Background

IMPACT Certified in Indoor Volleyball and Beach Volleyball

B.S. in Food, Nutrition, & Dietetics (2007)

Registered Dietitian (R.D.) since 2008 & Licensed Dietitian (L.D) since 2011

Master of Public Health (M.P.H.) from UAB in Maternal & Child Health (2011)

Certified Diabetes Educator (C.D.E) since June 2014

CPR Certification

Currently working as a nutritionist/certified diabetes educator at the UAB Department of OB/GYN