

- 30 years experience playing competitive volleyball
- attended Downers Grove North High School where I played middle hitter/blocker from 1986-1990
- led the team to it's only 4th place finish in school history in the Illinois State Tournament in 1989
- played for Circus Volleyball Club in Schaumburg, Illinois
- played Varsity Basketball for 3 years and ran the 4x100 relay in track for 1 year.
- attended Division I Western Illinois University on a full athletic scholarship where I played middle hitter/blocker from 1990-1994
- ranked 19th in the nation in blocking, during my junior year
- continue to hold season and career attacking and blocking records at WIU
- graduated in 1994 with a degree in Communications Arts and Sciences and a Marketing Minor.
- 10 years of coaching experience between middle school, high school, AAU and Collegiate.
- served as a volunteer head coach for the youth volleyball team at Roebuck Hawkins recreation center for 2 years.
- In June of 2009, I assisted the Head Volleyball Coach at Virginia Commonwealth University in a three day camp here in Birmingham
- served as summer camp coach at the University of Alabama and Auburn University from 2014-2016.
- served as a floater coach for Alabama Juniors in 2009 and coached the 13-1 team in 2010.
- In 2009, served as the assistant Varsity Volleyball Coach at Thompson High School.
- In 2011, served as a volunteer assistant coach for the 7th grade volleyball team at Clay-Chalkville Middle School
- Started my journey with Alabama Performance in 2011, I have assisted with Fall training for 3 years and coached the 15 National team during my inaugural year, as we placed 3rd in the Bronze division at the AAU National Championship. I have also coached the 17's and another 15 year old team in my tenure.
- Head Coach of the Varsity Indian Springs Volleyball Team 2015-2017
- Head Volleyball Coach at Miles College for 2 years, 2016 and 2017