- Played volleyball growing up in San Diego, California at club and high school level
- Graduated with bachelors degree in Exercise Science from Brigham Young University in 2004
- Volunteer volleyball coach at YMCA 2015-2017
- Attend Church of Jesus Christ of Latter-Day Saints
- Helped start volleyball program at Pelham Recreation Center in 2018 and went on to create a
 Pelham Pride club team that same year. This led me to find Alabama Performance and I
 haven't looked back. I am grateful to be a coach for the best program in the state.
- AP Coach 2019-present. AAU, JVA, AP, AHSAA certified
- I coach because of the love of the game and the love of the girls. Volleyball helped shape me as a person and gave me life lessons that helped me to be a mom.
- My husband, Steve, and I have six kids, five boys and one girl. My oldest is serving a mission for our church in Saltillo, Mexico. My daughter, Camryn, plays for Alabama Performance. Your daughters will know my younger boys by the time the season ends, if they don't already.