



RHYTHM
VOLLEYBALL ACADEMY

2024-2025 Coach Bio

Name: Allie Stranick

Professional Background:

My professional background is in medical research and clinical trials related to aging. Currently, I am a Clinical/Translational Research Coordinator at Vanderbilt University Medical Center where I manage various clinical trials relating to dementia and Alzheimer's Disease.

Education:

Bachelors in Organizational Management from Gettysburg College, and a Masters in Epidemiology from Vanderbilt University

Coaching History:

4 years club (East Coast Power and Alliance VBC) at the 14-15s level; 1-year middle school head coach

Play Experience/Accomplishments:

Played 4 years at Gettysburg College, 2x All-Conference Selection

Coaching Philosophy:

My goal as a coach is to create an environment where kids feel safe and encouraged to grow as volleyball players both inside and outside the gym. While not only learning and developing the fundamentals of volleyball, it is important to teach kids various skills to be mentally tough, embrace competition, and have a growth mindset.

Top Volleyball Highlights:

The two that come to mind are the first time I qualified for nationals as a 12 year old, and earning conference player of the week during my first week as a college volleyball player. There are too many to count though, as I have been lucky to play with some amazing girls and form unforgettable memories during my over 13 years as a player!