



RHYTHM

VOLLEYBALL ACADEMY

2024-2025 Coach Bio

Name: Mary Catherine Smith

Professional Background: I am a pediatric speech-language pathologist.

Education: I grew up in Murfreesboro and attended Central Magnet School, where I graduated in 2018. I graduated from East Tennessee State University with a bachelor's degree in Spanish in 2020 and a master's degree in speech pathology in 2022.

Coaching History:

This will be my third year coaching club; I previously coached 14s for 2 years. I'm very excited to work with 13s this year! I am also the assistant high school coach at MTCS. Prior to MTCS, I was the assistant high school coach at Central Magnet for 2 years, where we made a state tournament appearance in 2022 and a sectional tournament appearance in 2023.

Play Experience/Accomplishments:

High school

- Played varsity at Central Magnet for 5 years starting in 8th grade, was a setter and an OH
- Awards:
 - 2014: all tournament, all district, and honorable mention all area
 - 2016: all tournament, all district, and all area
 - 2017: all tournament, all district, and all region; 1 of 3 finalists for DNJ volleyball player of the year; DNJ president's cup award

College

- Setter for 2 years at East Tennessee State University
 - 2018: Southern Conference regular season champions; earned an at-large bid to the NCAA tournament with wins over Clemson, Tennessee, Duke, and Washington State, who was ranked 22 at the time
 - 2019: Southern Conference regular season champions
 - At the 2019-2020 ETSU athletic banquet, was recognized as the academic MVP of the volleyball team and as the academic student athlete of the year among all athletes

Coaching Style:

Personality wise, I am very calm, which I think is reflected in my coaching style. My goal is to create a positive learning environment of girls who encourage each other and want to be better!

Coaching Philosophy:

My coaching philosophy consists of two major values: efficiency and specificity. Efficiency/feeling like we ended a practice having made the most of our time in the gym is very important to me. Being specific with my feedback and encouraging athletes to be very specific with their goals and how they are going to get better is also very important to me!

Top Volleyball Highlights:

- 2018 and 2019 Southern Conference regular season champions while at ETSU
- Earned an at-large bid to the NCAA tournament while at ETSU
- 2022 state tournament appearance as the assistant coach at Central Magnet