



**RHYTHM**  
**VOLLEYBALL ACADEMY**

## 2024-2025 Coach Bio

**Name:** Krysta Forsberg

**Professional Background:** I am the Health/Wellness and Girl's Fitness Teacher at Blackman Middle School (BMS). This is my first-year teaching! I am also the Head Girl's Volleyball Coach at BMS.

**Education:** I hold a Bachelor's Degree in Physical Education with a minor in Secondary Education. I am planning to go back to school in 2026 for a Master's Degree in Educational Leadership.

**Coaching History:** While this is my first year coaching, my academic training in physical education and secondary education provides a solid foundation for developing athletes and fostering a positive team culture.

**Play Experience/Accomplishments:** 8 years of playing experience; both with school and club volleyball.

**Coaching Style:** My coaching style is centered around fostering a positive and inclusive team environment where each player feels valued and motivated to reach their full potential. I emphasize the importance of communication, teamwork, and continuous improvement, encouraging athletes to push their limits while also supporting each other. I believe in a balanced approach, blending technical skill development with mental resilience training, ensuring that my players are well-rounded both on and off the court. By focusing on individual strengths and addressing areas for growth, I aim to create a cohesive and dynamic team that thrives on mutual respect and shared goals.

**Coaching Philosophy:** My coaching philosophy is grounded in the belief that sports are a powerful tool for personal development, not just for athletic achievement. I see my role as a coach as guiding athletes to become not only better players but also better individuals. This involves teaching the value of hard work, discipline, and perseverance, while also emphasizing sportsmanship and respect for others. I believe that success is a product of both individual effort and collective teamwork. I strive to create an environment where players are challenged to grow, supported in their learning, and encouraged to take responsibility for their progress. Ultimately, my goal is to help athletes develop the skills, mindset, and character they need to succeed in all areas of life.