



RHYTHM

VOLLEYBALL ACADEMY

Rhythm Volleyball Academy (RVA) is pleased to announce Rakel "Rocky" Hankins to our coaching staff as head coach of our 172 team. Currently she is completing her 1st season at Stewarts Creek High School as Assistant Coach and being a long time assistant coach at Rockvale High School.

A newcomer to Middle Tennessee in 2015, Rakel found her way into the close knit volleyball community in our area.

The Alabama native accepted a scholarship to play volleyball at Kentucky State University. After a successful 3-year stint in Frankfort, injury took away her 4th year of eligibility. "Rocky" is still a top ten record holder in kills per season. Rakel finished her degree in business administration with a specialization in Marketing from the University of North Alabama. Then relocated to Tennessee.

She found volleyball through various adult leagues in our area but discovered a strong calling to continue the maturation of Tennessee volleyball via coaching. She volunteered her time at Sportscom recreational leagues for multiple years before joining Alliance Volleyball Club in 2019 then serving a 4 year stint at Mid TN VBC.

Rakel is a Customs Lead for Amazon. She is still a regular in various sand, indoor and grass leagues in the area. Also in her spare time she is learning 3 different languages (mandarin, korean, and italian)!

Coach Hakins discussed her coaching philosophy as such...

Every player is unique so I typically like to coach with openness and creativity to make sure that players are growing in their skills and in their love for the game.