



RHYTHM
VOLLEYBALL ACADEMY

2024-2025 Coach Bio

Name: Grant Harford

Professional Background: Currently coaching for Harpeth Hall as the JV head coach and assisting varsity. I also am an assistant manager at Workout Anytime.

Education: BS in Sports Management from Cumberland University

Coaching History: 14 years of coaching experience. Spent the first 5 years as an assistant for different schools in Sumner County. Then was head coach at Beech High School for 2 years. After that, I moved closer to Nashville and took the head coach job at Independence High School for 4 years. I resigned my position at Indy to explore a collegiate coaching role at Lipscomb University.. On the club side, I worked for Alliance North in Sumner County for 7 years and served as Satellite Coordinator for 2 years. I have spent the last 7 years coaching for Alliance Volleyball Club in Franklin, including last season as their 14-1 Head Coach.

Play Experience/Accomplishments: I helped revive and played for the men's club team at TN Tech for 3 years. I played nearly every position possible, but mostly played either middle or setter. I was voted team captain for all 3 years, voted MVP, and voted best offensive player.

Coaching Style: My coaching style is even keel. I am neither up nor down, I stay consistent in my demeanor. I also work to understand each team each year and meet their needs. If that means I need to be more actively involved in the match verbally, I will. If I need to focus my efforts on a more stoic demeanor, I will sit and encourage. My coaching style is best described as one determined to find what is most fitting for the team I am coaching. My job is to get the best out of them.

Coaching Philosophy: My philosophy is all about connecting the why with the how. IQ is such a huge part of sports in general. I want players to not only know how to execute a skill, but also why I am teaching it that way. I will ask them questions and they are encouraged to ask me questions. I am also a firm believer in being great at the simple things first.

Top Volleyball Highlights: Won the District tournament and Region Tournament my first year at Beech High School in 2015. District 12-AAA coach of the year in 2021. My club team finished 5th in the Freedom Division at USAV Nationals in 2023.