



# RHYTHM

## VOLLEYBALL ACADEMY

Rhythm Volleyball Academy (RVA) is thrilled to announce the hiring of Quanshell “Quan” Scott as **RVA’s Training Academy Supervisor | Lead Trainer**. Quan is a long time contributor to Middle Tennessee volleyball as a standout player at Middle Tennessee State University (MTSU), then an assistant coach at MTSU and impactful coach/trainer in the junior volleyball community.

Most recently, Quanshell Scott was the Assistant Head Coach for the Tennessee State University (TSU) volleyball program. In her first year Scott assisted the TSU Volleyball team to one of the best starts in program history with a 8-1 record. Scott also aided the Tigers to 3 consecutive preseason tournament Championship titles and a National debut in 3 categories: (1st) Assists Per Set, (2nd) Digs Per Set, (1st) Kills Per Set. Scott is active in training the middle blockers/hitters and team defense. She trained middle blockers into both ranking in Top 10 in Blocking and Attacks in the Ohio Valley Conference, OVC Offensive Player of the Week honors, All Tournament Team Selections, and Tournament MVP honors.

Prior to TSU, Scott spent three seasons at Florida International University serving as the First Assistant Coach and Recruiting Coordinator. While with FIU, Scott assisted the Panthers to a Conference USA Tournament appearance in 2015 solely developing the middle blockers/hitters and team defense. She trained the middles to All Conference USA honors, 2nd Team All Conference honors, and Overall Conference USA rankings for block solos and block assists.

As noted earlier Scott served three years at Middle Tennessee State University as a First Assistant Coach and Recruiting Coordinator where she was instrumental in the Blue Raider program with recruiting and developing the technical training of student athletes. She helped the Blue Raiders to a Conference USA Tournament appearance in 2013, Sunbelt Conference Tournament appearance in 2012, and also a Sunbelt Conference Championship in 2009 as a Volunteer Assistant Coach. Scott trained the middle blockers/hitters to the AVCA Central All Region Team, 2nd Team All-Sunbelt honors, and Sunbelt All Tournament honors in 2009.

Coach “Q” spent her first full time collegiate season with the South Dakota State Jackrabbits in 2010. She helped lead the team to the Summit League Conference Tournament for the first time since 2007. She, like that of MTSU and FIU, was involved in the middle blockers/hitters and team defense. She trained the middles towards achieving Summit League Player of the Year, All Summit League honors, Summit League Offensive Player of the Week, and Summit League Women’s Athlete of the Month in 2010.

Scott's additional coaching experience includes head coaching and master coaching the Norwegian 2nd and 3rd Division teams in Steinkjer, Norway, Memphis Metro Volleyball Club, MidTN Volleyball Club, Rutherford County Juniors Volleyball Club, and Starlings Volleyball Club where she was responsible for training, developing, and preparing student athletes for success in the scholastic and club courts. Scott served as a Club Director and Master Coach for the Florida Suns/Sons Volleyball Club in Davie, FL making club history as the only girls team to receive a bid to the USA Volleyball Junior Nationals in Milwaukee in 2016. She also served as a Head Coach for the Rutherford County Juniors Volleyball Club in Murfreesboro, TN, making club history as her 18-1s team won the Gold Club Division in the SRVA Championships in Alabama in 2013.

As a player, Scott enjoyed a devoted professional career overseas in Croatia, Finland, Norway, and Romania, receiving MVP honors and ranking in overall points, blocks, service aces, and attacks. Scott also had a decorated collegiate career at Middle Tennessee. Among receiving First Team All Sunbelt Conference Selections and Sunbelt Academic Honor Roll Selections, she is the only Blue Raider in history to have earned a spot on three consecutive All-Sun Belt Tournament teams leading the Blue Raiders to the program's second and third NCAA Tournament appearances in 2006 and 2007. The Bakersfield, Calif., native was especially important in 2007, hitting .380 and averaging 1.05 blocks per game to help lead MTSU to a 35-3 record and an appearance in the Sweet Sixteen. Scott continues to rank in several records to include kills, hitting percentage, blocks, and service aces at MTSU.

Scott holds a Bachelors of Science in Psychology from Middle Tennessee State University and two Masters; a Masters in Science in College Student Affairs from Nova Southeastern University and a Masters in Education in Sport Administration at Tennessee State University. In 2014 she was a recipient of the American Volleyball Coaches Association (AVCA) Minority Coaches Scholarship, and is a member of the AVCA.

Scott resides in Lebanon, TN and is expecting her first child!