Laura Ann O’Sullivan

Head Coach 15-2 LA

# Coaching Experience

# 2018-Present

# Head Coach 15-2

* 2019 Finished 2nd at NEQ in 15 USA
* 2020 Finished 5th at Sunshine Qualifier
* 2021 Gold Medal AAU Nationals 15 Premier, Gold Medal USAV Nationals 15 USA

# 2017-2018

# Head Coach 15-3

* Organized team practice, teaching skills/game knowledge
* 2017 Finished 2nd in Beast of the Southeast open level tournament
* 2018 Finished 5th in AAU/ 13th in USAV Nationals

# 2016

**Head Coach A5 14-4**

* Organized team practice, teaching skills/game knowledge
* Finished second in SRVA regionals
* First 4’s team to earn a National Bid

# 2015-2016

**Reinhardt University Assistant Volleyball Coach**

* Assists in practices, practice and game preparation
* Organizes film exchange
* Organize team travel, including hotels food and team activities

# 2013-2016

**Columbus State University, Assistant Volleyball Coach**

* Recruiting coordinator
* Assists in practices, practice and game preparation, team management, compliance
* In charge of game operations, stats, and film
* Organizes team travel, including hotels, food and team activities
* Oversees players academic performance and personal development
* Organize and manage home tournaments and summer volleyball camps
* Coordinates, plans and instructs team strength and conditioning

**2014-2015**

**Tsunami Volleyball Club- Columbus GA**

* Head Coach -17’s; duties include organizing practices and teaching skills/game knowledge

# 2012-2013

**Director of Magnum Volleyball Club Augusta/16’s Power Coach**

* Organized team practices for Augusta teams; communicated travel information and oversaw practices, teaching skills and game knowledge while overseeing individual instruction

# Augusta State University, Graduate Assistant

* Assisted in practices, practice and game preparation, team management, compliance, game operations, stats, film and recruiting; oversaw team strength and conditioning program and daily team workouts; and coordinated daily team study hall

# 2009-2012

**Biltmore Volleyball Academy**

* 2009-2010- 18-1 Assistant
* 2010-2011- 14-2 Head Coach
* 2011-2012- 13-2 Head Coach

# 2011-present

# National Federation of Personal Trainers, Certified Trainer

# Camps

A5 Camps (2016-Present)

Georgia Tech Camp Instructor (2014)

Columbus State University Volleyball Camp (2012-2015) Carson-Newman Volleyball Camp Instructor (July 2011)

Trained high school players as camp instructor (2006-09)

Davidson College Volleyball Camp Instructor (July 2009)

# Playing Experience

* Mars Hill College Volleyball team member (2009 – 2011)
* Led South Atlantic Conference in service aces (2009)
* High Point University Volleyball team member (2008 – 2009)
* West Henderson (NC) High School Volleyball varsity team member (2005 – 2007)

# Education

**Columbus State University**……………………………..…………………………………........................................ December 2014

* *Master of Science in Organizational Leadership concentration in Servant Leadership*

**Mars Hill College**.................................................................................................................................................................... May 2012

* *Bachelor of Science in Recreation/Sports Management; Minor in Coaching/Business Administration*