



# Sabrina Rodgers

## Assistant Coach 14 - Helen

### Coaching Experience

#### **Mental Sport Performance Consultant(2020 - present)**

- Works with volleyball players, teams, parents, and coaches on mental skills for peak sport performance
- Clients Include:
  - Georgia State University, Stevens Institute of Technology, Morningside University, Barry University Women's Basketball Team, A5 Volleyball Teams, North Cobb Varsity and JV Teams, Iowa Rockets Volleyball Teams, Individual Collegiate and Youth Players



#### **A5 Volleyball - Assistant Coach 17-Jing (2018 - 2020, 2022 - 2023)**

- #1 Nationally Ranked Team (2020, 2023)
- 1st Place Northern Lights Qualifier (2023)
- 1st Place Triple Crown (2020)
- 1st Place NEQ Qualifier (2019)
- AAU Nationals Top 5 Finish (2019, 2023)
- 5x Qualifier Medalist

#### **Tribe Volleyball Club - Assistant Coach (2021)**

- AAU Nationals Gold Bracket Finish

#### **Barry University - Volunteer Assistant Coach (2020 - 2021)**

#### **Oglethorpe University - Assistant Coach (2019 - 2020)**

- Responsibilities include: recruiting, game management, travel coordination, academic meetings, statistical analysis, Hudl video analysis, NCAA administrative functions, and helps plan and execute individual, small group, and team practices.

#### **Agnes Scott College - Interim Head Coach and Assistant Coach (2018 - 2019)**

- As a solo staff member, responsibilities include: recruiting, planning and carrying out all team practices, administrative functions, academic meetings, video analysis, statistical analysis, budgeting, and game scheduling.

#### **Western Kansas Elite - Head Coach 17-2 (2018)**

#### **COLAVOL - Assistant and Head Coach (2014 - 2016)**

#### **Iowa Rockets Volleyball Club - Head and Assistant Coach (2014 - 2018)**

- 2nd Place USAV National Championships (2018)
- Lead Camp Coach (2014 - 2019)

## **Playing Experience**

### **Fort Hays State University (2018)**

### **Columbus State University (2014 - 2017)**

- Top 10 in conference for aces (2016)
- Conference All-Academic Team (Volleyball and Track, 2015 - 2017)

### **Iowa City High School Varsity (2012 - 2014)**

- State Championship Runner up 5A (2013)

### **Iowa Rockets Volleyball (2006 - 2014)**

- 1st Place Show Me National Qualifier
- Top 3 Medalist USAV National Championships (2011, 2014)

## **Education**

### **Barry University (2020 - 2022)**

- Master of Science - Sport, Exercise, and Performance Psychology - 4.0 GPA
- Focused on performance enhancement, motor learning, and multicultural counseling

### **Georgia State University (2018 - 2020)**

- Master of Science - Sport Administration - 3.95 GPA
- Capstone Research Project focused on NCAA Division III recruiting factors
- Focused on athlete management, culture of sport, and sport organizational behavior

### **Fort Hays State University (2017 - 2018)**

- Bachelor of Science - Psychology - 3.48 GPA
- Focuses on counseling, social, biological, and cultural psychology

### **Columbus State University (2014 - 2017)**

- Presidential Honor Roll (2015 - 2017)