



# Karen Arndt

## Head Coach 13 Karen

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### Coaching Experience

#### **A5 Volleyball 2007-2023**

- Bronze Medal AAU National Championships 13 Open (2023)
- Gold Medal AAU National Championships 13 Open (2022)
- Bronze Medal USAV National Championships 13 Open (2019)
- Gold Medal USAV National Championships 14 National (2017)
- Bronze Medal Triple Crown National Championships (2023)
- 12 times Qualifier Medalist (+4 times double/triple-qualified)

#### **High School Varsity Head Coach**

- State winner of 2016 championships (Marist HS)
- State runner-up of 2014 championships (Walker HS)
- 4 time coach-of-the-year honors
- Area champions all 4 years at Walker School, 2 years at Marist
- Regional h.s. coach for Wyoming Junior Olympics team (2<sup>nd</sup> place finish)

### Playing Experience

#### **High school**

- 4-year starter
- All-state setter, Bear Creek High School, Lakewood, CO

#### **College**

- Scholarship to Idaho State University; played collegiately

### Education

Idaho State University

- Bachelor of Arts in Elementary Education
- Bachelor of Arts in Early Childhood Education

Concordia University, Bronxville, NY

- Masters of Divinity
- Bachelor of Arts in Elementary Education

Concordia University, Bronxville, NY

- Masters of Divinity

*Retired from teaching in 2021.*