



Laura Ann O'Sullivan  
Head Coach 12- LA

### Coaching Experience

**2022-2023**

#### **Head Coach 12-1**

- 1<sup>st</sup> place finishes Sunshine, Big South Qualifiers
- Gold Medal AAU Nationals 12 Open, Gold Medal USAV 12 National

**2021-2022**

#### **Assistant Coach 18-1/**

#### **Head coach 12-7**

- 1<sup>st</sup> place finishes Music City, FL Girls 18s, Southeast, and MEQ Qualifiers
- 2<sup>nd</sup> place finish at NEQ
- Ranked #1 in 18 Open

**2018-2021**

#### **Head Coach 15-2**

- 2019 Finished 2<sup>nd</sup> at NEQ in 15 USA
- 2020 Finished 5<sup>th</sup> at Sunshine Qualifier
- 2021 Gold Medal AAU Nationals 15 Premier, Gold Medal USAV Nationals 15 USA

**2017-2018**

#### **Head Coach 15-3**

- 2017 Finished 2<sup>nd</sup> in Beast of the Southeast in open
- 2018 Finished 5<sup>th</sup> in AAU/ 13<sup>th</sup> in USAV Nationals

**2016**

#### **Head Coach A5 14-4**

- Finished 2<sup>nd</sup> 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, planned and instructed team strength and conditioning

**2014-2015**

**Tsunami Volleyball Club- Columbus GA**

- Head Coach -17's

**2012-2013**

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

**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*