



Name – Karen Mesa  
Team Name – 11 Karen

**Coaching Experience**

*Atlanta Extreme Volleyball Club*  
Assistant Coach 11-2 (2020 - 21)  
Assistant Coach 10-1 (2019 - 20)  
Lucky Leprechaun Champions  
Winter Warm Up Champions  
Head Coach, 15-2 (2013 – 2014)

*Discovery High school Volleyball*  
JV Head Coach (2017-2018)

*Johns Creek High school Volleyball*  
9th Grade Head Coach (2016 - 2017)  
Varsity Assistant (2015-2016)

*GA5 Volleyball Club, Suwanee, GA*  
Head Coach, 14- 2 (2017 – 2018)  
Head Coach, 14-2 (2016 – 2017)  
Head Coach, 15-2 (2015 – 2016)  
Head Coach, 15-2 (2014 – 2015)  
Head Coach, 15-3 (2012 – 2013)  
Head Coach, 14-2 (2011 – 2012)  
Spring Bash Champions  
Ice Breaker Champions

*Atlanta Boom Volleyball Institute, Atlanta, GA*  
Assistant Coach, 16 -1 (2010 - 2011)  
Assistant Coach, 16 -1 (2009 - 2010)  
Coached at various camps and personal training sessions

**Playing Experience**

*Brenau University (Gainesville, GA)*  
Team Captain for 2 years  
Most Valuable Player for 2 seasons  
Golden Tiger award for 2 seasons  
SSAC All – Tournament Team  
First Team All SSAC

*Central Gwinnett High School*  
Varsity Starter for Volleyball Team for 3 straight years  
Team Captain for 2 Season  
Most Valuable Player for 1 season  
All County Team 2 Season



**Education**

- Early Childhood Education and Leadership Specialist - *Walden University*
- Master of Education - Multiple Subject Teaching - *University of Southern California*
- Bachelors in Business Administration - *Brenau University*