

Megan Thorsen

// Volleyball Coach

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> SUMMARY

Volleyball coach with 6 years coaching high school and club teams and a former college setter at the University of Nebraska at Omaha. Leads 2 club teams through practice planning, serve receive and rotation systems work, using video analysis and match statistics to set goals. 11 players coached have joined college programs.

> SKILLS

- Skill Development • Practice Planning • Serve Receive • Rotation Systems • Video Analysis
- Match Statistics • Player Evaluations • Strength and Conditioning • Communication • Leadership

> EXPERIENCE

Volleyball Coach

11/2022 - Present

Heartland Juniors Volleyball Club

Omaha, NE

Club coach for 16U and 17U national-level teams in a 600-player club with a January to June season.

- Coach 2 teams of 11 players through 3 practices a week and 12 tournaments, including 2 national qualifiers.
- Rebuild serve receive patterns each season, raising team pass average from 1.9 to **2.3** on a 3-point scale.
- Record match statistics in a team app and share video analysis clips with each player after tournaments.
- Guide 11 players through college recruiting, sending film and emailing more than 40 college coaches.

Assistant Volleyball Coach

08/2020 - 10/2022

Elkhorn Valley High School

Elkhorn, NE

Varsity assistant and head JV coach for a Class A girls volleyball program of 30 players.

- Coached the JV team to a 22-6 record in 2021 and 24-4 in 2022.
- Planned skill development stations for 30 players in daily practice, focused on passing and serving.
- Ran player evaluations at tryouts for 55 athletes and shared written notes with the head coach.
- Supervised offseason strength and conditioning, 2 sessions a week for 25 players.

> EDUCATION

Bachelor of Science

05/2020

University of Nebraska at Omaha

Omaha, NE

Exercise Science

> CERTIFICATES

IMPACT Coaching Certification

10/2022

USA Volleyball

SafeSport Core Training

10/2022

U.S. Center for SafeSport

First Aid, CPR and AED

09/2025

American Red Cross