

Volleyball Sarah Coursen Bio

Sarah played volleyball for four years at Hilliard High School. She received an athletic scholarship to play at Eastern Kentucky University. There she received the Team Work Ethic Award and was also named to the Dean's list. Sarah then moved on to the University of Akron. In 2002, the Zips were the MAC East Champions. Sarah finished with a B.A. in Sports and Exercise Science, concentrating in Strength/Conditioning and Coaching. She made the Dean's list at Akron as well.

Sarah began her coaching career in 2001 as the freshman and assistant varsity coach at Hilliard Darby High School. From 2002 to 2005 she coached with the Central Ohio Volleyball Club and at Central Crossing High School. Sarah was head varsity coach at Westland High School from 2005 to 2007, and was a coach with Westland Volleyball Club from 2006-2007. Since 2008, Sarah has served as the assistant varsity coach at Westerville Central High School. Over the past several years Sarah has also worked with community centers and other organizations.

Coaching Philosophy:

Most memorable sports experience:
2002 MAC East Champions at the University of Akron

