

# Ashley Nalepa

## Coaching & Playing Experience

Playing 5 years collegiate:

- Ferris State 1 yr
- Jackson College 1 yr
- NMHU 3 yrs

Coaching:

2013-2017 St Thomas University Assistant/Interim Head Coach

2017-Present various high schools

Krop Boys Varsity Asst. 1 year,  
ATM Girls & Boys Varsity Head 2 years,  
MCDS Girls Varsity Head 4 years

Club - Various

2013-2023

Tribe 14U

ACVC 18U,

Nitro/DIG 18U,

Coastal Boys 17U,

NMBVB 16U, 18U

## Why do you coach?

I coach because volleyball has been a huge part of my life since I was 12, and I want to give back and mentor the next generation. By sharing my passion and knowledge, I hope to inspire young players to grow not just in the sport but as individuals, fostering teamwork, resilience, and confidence. To one day help them fall in love with the game as much as I did.

## **Fun facts about you**

I competed in the Junior Olympics beach volleyball tournament in California (2005)

I've played every position on the court in a collegiate match.

## **Coaching Philosophy or Style?**

My coaching philosophy focuses on maintaining a game-like environment in every practice. I emphasize returning to the fundamentals and teaching proper technique, all while ensuring that the experience remains fun and competitive.

I'm highly analytical and focus on the numbers; stats are facts. I carefully observe other teams' tendencies and strategically identify ways to gain a competitive edge and secure victories.