



# Jessica Stern

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## Coaching Experience

### **2020-2022**

Head Volleyball Coach • STL Crossfire Elite Volleyball Club, 12 u and 13u  
Head Volleyball Coach • Living Water Academy (MO)

### **2022-2023**

Assistant Varsity Volleyball Coach • Sugar Hill Christian Academy (GA)  
Assistant Volleyball Coach • 316 Volleyball Club - 16s 1

Known as “Coach Jess,” Jessica Stern has many years of experience in head and assistant coach roles. She personally played four years of high school varsity volleyball, several years of club, and college intramurals, as well as years of recreational sand and indoor volleyball. Her club teams have been in the top 18% of the nation, almost always in gold bracket at tournaments, and winning some medals. The varsity team she assisted won State in 2023 and had a near perfect season record. Coach Jess has been married almost 25 years, has five children (ages 7-20) and two of her daughters play competitive volleyball.

## Philosophy

Coach Jess sees athletes as mind, body and spirit and the whole person should be tended to in athletic environments and endeavors. She wants to produce people of character! She believes mental toughness and fortitude are necessary both on and off the court for whatever life brings, and players need to be able to receive coaching, handle mistakes, overcome challenges, and push themselves and others to greatness. Our bodies are temples that need training and conditioning for high competition, but also need to last a lifetime and should be cared for as such. Fundamental skills are always relevant and being corrected or sharpened. Coaches are to inspire players, not tear them down, and building a culture of unity and encouragement is key. Volleyball is a team sport and there is no room for ego...we go together!

## Coach Jessica's Guidelines & Expectations

1. Have a CAN-DO attitude
2. RESPECT all coaches, players, and officials
3. Build a culture of ENCOURAGEMENT
4. Attendance is crucial. Show up, and be on time.  
(unless sick, out of town, or otherwise approved absence).
5. Practices are guaranteed. Playing time is fair.
6. We HUSTLE. We give our BEST. We don't BEAT ourselves up.  
We win & lose GRACIOUSLY.
7. Personal Responsibility > Blame Game
8. Take care of your body
9. Honesty and Communication
10. HAVE FUN!