



17

BLACK

ASST. COACH

ABOUT COACH AMANADA ARMSTRONG GABERT

I have worked for the Alzheimer's Association as the SEWI Walk to End Alzheimer's Director for 11 years. I love to do projects on and around my house, go antiquing, read, adventure outdoors, hang out around a bonfire, and of course play volleyball.

COACHING PHILOSOPHY

As a coach, I believe in developing well-rounded athletes who are capable of excelling in various situations and positions on the court. My approach is to challenge players to expand their skill sets so they can adapt and perform at a high level, no matter the circumstances they face in a game. I aim to provide athletes with the tools and techniques they need to maximize their potential. By structuring practices to closely mimic game situations, I help players build the confidence and decision-making skills necessary for success in competition. My practices are designed to be dynamic and focused on preparing athletes for real-game challenges. Motivation is another key aspect of my coaching style. I use positive reinforcement to encourage progress and build confidence, but I also believe in setting high standards. When needed, I take a tough approach to push athletes beyond their comfort zones, fostering resilience and growth. Ultimately, my goal is to cultivate strong, adaptable, and confident players who can rise to any challenge on and off the court.

PLAYING EXPERIENCE

- **2003-2006:** Milwaukee Sting Volleyball Club
- **2006-2009:** University of Maine Volleyball Team, D1
- **2010:** Quinnipiac University Volleyball Team, D1

COACHING HISTORY

- **2009-2011:** IREVA High Performance, New York
 - Coach and Assistant Coach, Ages 13 - 18
 - Camp and Nationals
- **2011-2011:** Waukesha West High School
 - Head JV Girls Volleyball Coach
- **2013-2016:** Catholic Memorial High School (4 seasons)
 - Head JV Boys Volleyball Coach
- **2013-2014:** West Bend Power
 - Head 17-Black Girls Volleyball Coach
- Husson University (DIII) - Bangor, Maine
 - Assistant Coach
- **2021-2023:** Midwest Penguins
- Head Coach, 5-6 Graders

