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## WHITE

### CO HEAD COACH

## **ABOUT COACH BECKY BREZEN**

I am originally from Savage, MN which is a suburb of the Twin Cities. I went to school at UW-Oshkosh and graduated with majors in both psychology and mathematics and currently teach math at Brookfield East High School. I love spending time with my friends and family. I also enjoy spending time outdoors. Hiking, biking, boating, and playing outdoor volleyball are some of my favorite activities.

## **COACHING PHILOSOPHY**

My coaching philosophy centers around a few main ideas. I emphasize the importance of a growth mindset. Players need to understand that they can always get better and improvement should be a top priority in the gym. Challenges, wins, losses, and mistakes should always serve as opportunities to learn and grow. I also believe in building strong, confident athletes who know that their coach believes in them. Fostering a positive, achievement-oriented environment is a top priority at each practice, tournament, and team activity.

## **PLAYING EXPERIENCE**

- **2010-2018:** Club Volleyball (Minnesota)
- **2018-2021:** UW-Oshkosh Women's Volleyball Team

## **COACHING HISTORY**

- I have coached 3 years of club volleyball and this will be my second year with Sting. I also currently coach the JVI Volleyball Team at Brookfield East and have coached numerous camps/leagues throughout MN and Wisconsin.

