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### HEAD COACH

## ABOUT COACH JC BRUNS

I have either played or coached volleyball since 1994. I am married with 3 daughters who all play for Sting and Menomonee Falls HS. I enjoy binging a good show on Netflix or Hulu. I am a middle school associate principal and a Chicago sports fan, so yes, I'm a sucker for punishment.

## COACHING PHILOSOPHY

I think I bring a nice blend of competitiveness and fun to the volleyball court. I try to inject my sense of humor into coaching to lighten the mood when the going gets tough. But my goal is to develop players physically and mentally so that they not only thrive on the court but off it in all aspects of life.

## PLAYING EXPERIENCE

- **High School:** Waukesha North
- **College:** Played 4 years at UWEC for their mens team
  - 2nd place finish - club nationals in 1998

## COACHING HISTORY

- Head Coached for 17 years at Menomonee Falls High School.
- 9th year coaching at Milwaukee Sting Volleyball Club
  - I have coached all different levels
    - 10s-14s, 15s & 17s

