



13
GOLD
HEAD COACH

ABOUT COACH TOMMY JONAS

When not coaching volleyball I enjoy spending time with friends, family, especially my 2 nephew's! I enjoy watching and playing many different sports in my free time from Basketball, Tennis, Football and much MORE! I am excited for another year apart of Sting!

COACHING PHILOSOPHY

My coaching philosophy focuses on building a solid fundamental base that can be used to develop more complex skills as we go throughout our season and throughout the players next years. I like to create a positive learning environment where all athletes can be successful and feel valuable no matter their skill level.

FAVORITES

- **Favorite Movies:** Happy Gilmore or any Adam Sandler movie
- **Favorite TV Shows:** Prison Break on Netflix
- **Favorite Foods:** Any type of Mexican dish and I am a hard core coffee lover
- **Favorite Music:** Hip-Hop
- **Favorite Podcast:** Pardon My Take

PLAYING EXPERIENCE

- Played club at multiple clubs from 8th grade to senior year in high school.
- **2011-2013:** Waukesha West High School
 - 3 year varsity starter
- **2013-2017:** University of Wisconsin - Milwaukee
 - 4 years of club volleyball

COACHING HISTORY

- **Currently:** Pewaukee Girls Varsity Head Coach (5 Years)
- Waukesha West Girls Varsity Assistant (2 Years)
- **2021-Present:** Milwaukee Sting Volleyball Club
 - 13 Gold Head Coach (4th Year)

