



# 15 WHITE ASST. COACH

## **ABOUT COACH ASHTYNNNE FRAHM**

I moved to Milwaukee in the spring from Omaha, Nebraska. I graduated from Concordia University Nebraska in December 2023 with B.S. in Accounting and Finance. and enjoying hanging out with friends and family, working out and reading in my free time.

## **COACHING PHLOSOPHY**

My coaching philosophy focuses on developing athletes who love the sport, emphasizing player growth both on and off the court. I value trust, hard work, a positive attitude, and having fun, while creating a respectful environment where mistakes are viewed as learning opportunities. My goal is to help players improve every day, preparing them for the next level by fostering leadership, teamwork, and communication skills.

## **PLAYING EXPERIENCE**

- **2010-2016:** Nebraska Elite Volleyball
- **2016-2020:** Omaha Volleyball Club
- **2020-2023:** Concordia University Nebraska Volleyball Team

## **COACHING HISTORY**

- **2021-2023:** 15s coach at VCN
- 1st season with Milwaukee Sting Volleyball Club

