



# 18-2

## HEAD COACH

### **FUN FACTS ABOUT JO MELIUS**

I start each morning with positive affirmations and quotes. I run Ragnars for fun!

### **COACHING HISTORY**

- 20 years coaching
  - JV/Varsity GIRLS
  - Youth Gr 5-8 GIRLS
  - Club ages 12-18 BOYS/GIRLS

### **FAVORITE VOLLEYBALL MOMENTS**

- Watching athletes evolve both on and off the court over the years is something I find as the greatest achievement!
- **2024:** Playing in the BOYS 18 National Championship match.

