



# COACH BIO

## Kristen Lundy

Kristin started playing volleyball at the age of 11 and played 7 years of Club volleyball in Pennsylvania and Maryland. She opted to not continue playing in college in order to attend Penn State University and focus on her education. She was able to stay involved in the volleyball community by working for East Coast Volleyball Championships, Inc., which is the largest volleyball organization on the east coast. Kristin has coached several 13 & Under and Middle School teams since 2004. She feels the game of volleyball should involve having fun, teamwork, and communication. She thoroughly enjoys coaching and believes a focus on both fundamentals and positive feedback are very important for the development of skills at all ages.