



Rose Egle

Volleyball Instructor

About Me

- Born and raised in NWA
- Enjoys learning new skills
- Passionate about watching and actively participating in a wide variety of sports.

Background

- High school state volleyball champion
- Collegiate volleyball athlete showcasing versatility and dedication to athletic excellence.
- Extensive playing experience in local volleyball clubs and leagues, with deep knowledge of the regional volleyball community.

Coaching

- Interest in plyometric and strength training to enhance athletic performance, focusing on explosive power, agility, and overall strength.
- Strong emphasis on developing both technical volleyball skills and physical conditioning for competitive success.
- Skilled at fostering teamwork, confidence, and mental resilience in athletes of all levels.
- Passionate about mentoring athletes and preparing them for success at the high school, collegiate, or club level.

Contact Info

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