

# Christian Sinche

## Coaching & Playing Experience

I originally started playing volleyball at the young age of 6 years old with my sister mainly playing and teaching me along the way. I truly love the sport, as I got older I played in a couple of clubs in South Florida. I played indoor volleyball throughout my high school years even assisting and helping with other volleyball programs and sports. I started coaching at NMB for almost 4 years now, coming to a fifth year this upcoming season! I have been able to work with both girls and boys ranging from 12 - 18 years old, teaching important mechanics and essential fundamentals. I have coached in multiple types of seasons at different types of levels such as Regular seasons, Mini seasons and Summer sessions at beginner, intermediate and advanced levels. I have experience in playing different types of volleyball as well ranging in indoor, beach and even grass volleyball, all essential into the sport.

## Why do you coach?

I coach solely for the reasons of giving knowledge and the helping of players, I want players to love the sport just as much as I did growing up. Coaching allows me to share my passion for the sport and see athletes develop both on and off the court not only teaching the sport but teaching important life lessons. Seeing athletes develop skills and reach goals truly makes this experience satisfying. This has not only helped the players but has also helped me as a person. Coaching is something I'm proud of doing and I'm proud of being a part of.

## Fun facts about you

My main position in volleyball is Setter. Experienced in playing between setter and libero. I also have a killer float serve. Between indoor, sand and grass volleyball, if I had to choose I would play grass volleyball. Lately grass volleyball has been the funnest for me and has been pushing me to play and learn new things. But I still love indoor and beach as well. Each has its own perks!

## Coaching Philosophy or Style?

My coaching philosophy focuses on the entirety of the athlete, physically, mentally and emotionally. Creating a positively competitive environment where athletes feel supported to take risks, learn from mistakes and grow as a whole. This can help build confidence, discipline and humbleness. Skill development, communication and accountability are also main factors that come with this style of coaching. Teamwork and believing in the process can come a long way!