

2023 – Inaugural Class

AVCA Thirty Under 30 Club



Paige Sekerak

MVSA VBC

MVSA 14 Force - Head Coach

Age: 29

How long have you been at your club? Player 8 years; Coach 5 years

Club team record 2022-23: 58-14

Career Accomplishments to Date:

Maryland high school (Poolesville HS) state champion 2008, four-year starting libero at Towson University, multiple all-conference awards in Colonial Athletic Association, Centennial Conference Champion as Graduate Assistant at McDaniel College 2016, earned bid to GJNC Championships as Assistant Coach 2021, earned bid to GJNC Championships as Head Coach 2022 and 2023.

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Coaching Roles:

- MVSA Club Volleyball Head Coach 2021-present
- MVSA Club Volleyball Assistant Coach 2018-2020
- Graduate Assistant at McDaniel College 2015-2017
- Masters Volleyball Academy 2014-2015
- Volleyball Camps:
 - MVSA Skills Clinics 2018-present
 - Gilchrist/Zanni Olney Boys and Girls Club summers 2014-present
 - Our Lady of Good Counsel Volleyball Camps summers 2015-present
 - McDaniel College Nike Volleyball Camp summers 2016, 2017
 - CHRVA High Performance Volleyball Camp 2021-present

Education: Bachelor of Science in Exercise Science from Towson University, Master of Arts in Physical Education from McDaniel College

What made you decide to get into coaching volleyball?

After I finished playing college volleyball, I struggled finding the right place to continue playing but knew I wanted to be around the game in some way. It didn't take me long to realize that coaching gives me the best opportunity to share my love of the game with young people. The game of volleyball gave me so much growing up and I want every player I come across to have a multitude of positive experiences and lessons learned through volleyball, just like I did.



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What are your career goals in the sport?

My biggest goal as a coach is to lead players to love the game for a lifetime. I would love to see my players go on to play at the next level whether it be college or professional, but nothing would make me more proud than to see previous players share their love of the game with others 20 years from now.



Which coaches have influenced you the most?

I've been lucky enough to play for and work with some incredible people and coaches. I still believe to this day that my high school coach, Fran Duvall, helped shape the player I became by teaching me mental toughness and confidence. Don Metil was my coach at Towson and he really demonstrated to me how a coach can have such a positive personal and professional relationship with their players that help them toward their next steps, whatever they might be. Coaching with MVSA has been an amazing experience because I get to see coaches, whom I respected so much as a player when I played for MVSA, from a different perspective. It only increases my respect and appreciation of them. Finally, I feel inspired whenever I see my own dad, Skip Sekerak, coach his teams and see the love he has for each and every one of his players. He puts in countless hours for his teams and his club and wouldn't trade a second of his time. I strive to have the same effect on my players that these magnificent coaches had on me.



Favorite practice drill/activity:

As a libero, I love any drill that focuses on ball control (although those aren't always the most fun for young players). One of my favorite drills recently is "Two Ball." It creates so much chaos that even my quietest teams fill the gym with communication. It is basically a regular scrimmage, except you play with two balls sent to the opposite side simultaneously. A team must win both balls in play in order to get a point. You will be amazed with which players are the ones to step up and debate points. A round of "Two Ball" always brings out intensity, communication, and fun!

What do you enjoy most about your coaching job?

I love to build relationships with incredible young people and witness the changes they go through. They can improve their skills ten-fold during a season, but the most impressive improvements come with their confidence, leadership, teammanship, and maturation. I love that I can learn just as much, if not more, from them than what they hopefully learn from me. I love being able to catch up with previous players and so look forward to catching up with my current players several years from now.

What does receiving this award mean to you?

It means so much to be nominated by my fellow coaches for this award and it's an honor to be recognized for doing the work that I am so passionate about. I'm proud to be associated with this group of impressive young coaches.

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