

Rosa Medrano

Coaching & Playing Experience

I am an energetic and passionate coach with over a decade of coaching at the club, middle school and high school levels. Originally from the Dominican Republic, I have a strong background as both a player and coach. Since 2016, I have been part of the coaching and administrative staff at NMB Volleyball Club, where I help develop athletes on and off the court. I previously coached at Rock Bridge High School in Missouri, Miami Select Volleyball Club, and Miami Country Day School where I currently coach middle school. My playing career includes representing the Dominican Republic national team, winning silver medals at the NORCECA U18 and U20 championships, and competing internationally in beach volleyball. I played college volleyball at Miami Dade College, earning multiple All-American and MVP honors, and continued my career at the University of Missouri-Columbia. I continue to stay connected to the sport by coaching in the Dominican Republic during visits and remain committed to developing the next generation of volleyball players through discipline, skill-building, and a love for the game.

Why Do I Coach?

I coach because of the life lessons and opportunities that this sport has given me. Volleyball has shaped who I am, and I want to pass that on. I love this game, and I hope to inspire others to love it just as much.

I coach to give young athletes the chance to experience the beauty of sports—teamwork, discipline, resilience, and joy. My goal is to help each player grow into the best volleyball player and athlete they can be, both on and off the court.

Fun facts about you

1. I give nicknames to my nieces and nephews 🤔
2. I'm obsessed with my plants 🌿
3. I dislike guava but love guava jelly 😋
4. I put Christmas decorations on in early October 🎄 🧑🏻

Coaching Philosophy or Style?

I believe in coaching with a focus on effort, discipline, accountability, fun, positive energy, and teamwork. I expect players to always try their best, stay focused, and take responsibility for their actions. We learn from mistakes and support each other. We keep things fun and bring good energy every day. Volleyball should be something we enjoy. Most of all, we play as a team. We win together, grow together, and have each other's backs on and off the court.

My goal is to help players become better athletes and better people.