

2025

AVCA Thirty Under 30 Club



Deo Boongaling

Red Rock Tri Valley
Assistant Coach

Career Accomplishments to Date:

- 2024- Red Rock 18-1s finished top 10 in the Northern California Region, Bided for Junior National's in Baltimore Maryland in Liberty division.
- 2025 - Red Rock 18-1 finished top 10 in Northern California Region, Double Bided for Junior National's in Salt Lake City for liberty and American.
- At Dominican, Deo has help coach two 2nd team all conference players in Reagan Macha and Rein Bocage.

Coaching Roles:

- California State University of East Bay - Undergraduate Student Assistant 2019-2020
- University of San Francisco - Volunteer Assistant Coach 2022-2023
- Dominican University of California - Interim Head Coach, 2023-2024.
- Dominican University of California - Assistant Coach/Recruiting Coordinator 2024-2025.
- Xcelleration Volleyball Club (Martinez California) Assistant coach/ Head Coach / summer camp director 2020-2024
- Red Rock Tri Valley volleyball Club (Bay Area, Northern California) 18-1 Assistant Coach 2024- Current.

What made you decide to get into coaching volleyball?

I began coaching volleyball because I wanted to be a positive figure and role model in a young athlete's life just as my former coaches were that for me.

What are your career goals in the sport?

My career goals are to win a junior national championship, collegiate conference championship, win NCAA Division 2 assistant of the year, become an NCAA head coach and one day own my own club. Along the way, I plan to help as many student athletes find their next home in a college program of their liking.

Which coaches have influenced you the most?

Leslie Ray and Tim Loesch. Leslie has been a mentor of mine since I began coaching club volleyball in 2020, and Tim has been a mentor for me in the collegiate realm since 2024. I work closely with both coaches on running either a club or college program and their wealth of experience and knowledge is something that I continuously soak in so that I can continue to grow and progress in my own knowledge and career.

What do you enjoy most about your coaching job?

My favorite thing about coaching volleyball is the ability to empower young athletes and help them explore and grow their passion for a sport that I love myself. Knowing I can have and leave a positive impact on a young athlete's life, just as my coaches have had on my own, I try to remind all athletes I come across to always have fun, be open to learning new things, continue to be curious and to make the most of every opportunity this sport presents them.

