

2025

AVCA Thirty Under 30 High School



Kaylee Gilchrist

Vestavia Hills High School
JV Head Coach and Assistant Varsity Head Coach

Career Accomplishments to Date:

- Winning Season for Vestavia JV 2024 season - 20-3, 3rd place in Juanita Boddie and Metro Tournament
- Create a safe environment where kids can make mistakes, learn, and be challenged to make growth on and off the court.

Coaching Roles:

- NASA South 16/17s - Assistant Coach - Springs 2017-2018
- John Carroll HS- Assistant Varsity coach Falls 2022-2023
- Birmingham Beach - Court coach - Spring/Summers 2022-current 2025
- ABOVE Volleyball Club - Head coach - Spring 2022-current 2025
- Vestavia High School - Head JV and Assistant Varsity - Fall 2024 and 2025

What made you decide to get into coaching volleyball?

I have always loved sports and competing. Volleyball was a way I was able to complete and share my talents. I played Volleyball since second grade and continued playing through College at UAB. I have always wanted to be able to share my love of volleyball with others. I enjoy seeing the "spark" in their eyes as they learn the game. Being able to share my knowledge and see players feel a sense of accomplishment and success drives me to continue to coach.

What are your career goals in the sport?

I want continue to learn as much as I can about the game of volleyball. I want to help players achieve not only their tangible goals on the court but also their goals in life. I want to help players develop higher level of thinking so that they can feel confident on the court. I also want to foster the love of volleyball in each player I coach.



Which coaches have influenced you the most?

I have been influenced by many coaches that have either coached me or that I have coached with. One of the first coaches to influence me is Donnie Alleman. He taught me that knowledge and understanding the game is Key to success. Next, Ashley Hardee taught me that having a good rapport goes a long way. He also taught me that keeping it simple helps develop faster learning. Lastly, Joe Alaimo and Jodie Alaimo have influenced me to keep things fun! Players learn best in a positive and fun environment.

What do you enjoy most about your coaching job?

I love being apart of a player's experience. I enjoying teaching the skills of volleyball and developing them into great players and people. I love seeing them smile and have fun with the sports they play with their friends. I also love the community Volleyball brings together from all aspects of life. It has created many great friendships and experiences for me.