

2025

AVCA Thirty Under 30 Club



Grace Mize

KC Power
Head Coach

Career Accomplishments to Date:

In July 2023, my KC Power 14-1 team won a USAV National Championship in the National division in Chicago. In February 2024, my KC Power 15-1 team placed 5th at Triple Crown NIT. In 2024, my assistant coach, Crystal Whitten, and I were finalists for the LOVB Coach of the Year award. For the past 3 seasons, my teams have placed 1st or 2nd in our Power League and earned a bid from the HOA region. My favorite accomplishment is helping many of my former players pursue their own coaching careers, as well as furthering their athletic careers into college.

Coaching Roles:

- 2015-16 Highlands Performance 14-1 Assistant Coach
- 2016-17 Highlands Performance 15-1 Assistant Coach
- 2017-18 Highlands Performance 16-1 Head Coach
- 2018-19 Highlands Performance 17-1 Head Coach
- 2019-20 Highlands Performance 18-1 Head Coach
- 2020-21 MAVS 816 17-1 Head Coach
- 2021-22 MAVS 816 18-1 Head Coach
- 2022-23 KC Power 14-1 Head Coach
- 2023-24 KC Power 15-1 Head Coach
- 2024-25 KC Power 15-1 Head Coach
- 2024-25 BVNW Varsity Assistant Coach

What made you decide to get into coaching volleyball?



I grew up in a family of teachers and sports lovers. My dad, Scott, is a musician and guitar instructor. My mom, Phyllis, studied early childhood development and loves working with kids. My brother, Dylan, is a chess coach and an accomplished player. I've always been surrounded with a love for learning, teaching, and helping others. Growing up, sports was a big focal point of our family bonding time- practicing, playing, and spectating together. After falling in love with volleyball and my playing career eventually ending, becoming a coach was a no-brainer for me. It is my biggest passion.

sport?

Currently, my main goal is to learn as much as I can from all the talented coaches around me at KC Power as well as in the LOVB community. Our Club Director, Danielle Stowell, has put a lot of faith in me as a younger coach to lead some of our top teams for the past few seasons. I have grown exponentially as a coach and a person from being a part of this club. I work hard to constantly evolve as a leader and an individual so I can influence the next generation of players and coaches.

Which coaches have influenced you the most?

Molly Haggerty, Varsity Head Coach at Blue Valley Northwest High School (and former KU setter). I played for Molly when I attended BVNW, and she was the first coach in my volleyball career who made me feel important, confident, and worth investing in. I have always admired how she pushes to get the best out of her athletes while also empowering them to be strong females off the court. I am very proud to now coach alongside Molly as her Varsity Assistant Coach at BVNW. I am forever grateful to have such a solid, inspirational role model in my corner.

What do you enjoy most about your coaching job?

My favorite part about coaching is helping the athletes I work with to realize how much power is within them. Helping someone learn a new skill or fine-tune their technique is an amazing feeling; But more than anything, I love making a positive impact on their confidence and mentality. Those types of skills will transcend volleyball and impact all areas of their lives. "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — Maya Angelou