

# 2025

## AVCA Thirty Under 30 College



### Hannah Zuchowski

Ashland University  
Associate Head Coach

#### Career Accomplishments to Date:

- At Carthage
  - CCIW regular season and tournament champions
  - Went to the NCAA tournament all 3 years at Carthage (2017-2019) in the final year took that team to the Final Four (2019)
- At Ohio Northern
  - OAC regular season and tournament champions
  - Went to the NCAA tournament 1 time at ONU (2021)
- At Ashland
  - GMAC South Division Champions (2023) and GMAC East Division Champions (2024)
- Have coached All American's, All Regional's, All Conference and All Academic athletes at each school.

#### Coaching Roles:

- Carthage College - 2 years as the graduate assistant 2017-2019
- Carthage College - 1 year as the assistant coach - 2019 to 2020
- Ohio Northern University - 3 years as the assistant coach 2020-2023
- Ashland University - 2 years as the assistant coach 2023-2024
- Ashland University - 1 year Associate Head Coach - present

**What made you decide to get into coaching volleyball?**

My family. My mom and Aunt Jenny were both volleyball coaches when I was growing up and they always had me in the gym. Along with many car rides to and from volleyball over the years, talking with my dad, it was apparent that volleyball would forever be in my life. My whole life I have been around this game and I want to give back to the game that has provided me so many opportunities to grow as an athlete, coach and young woman.



**What are your career goals in the sport?**

Having my athletes be confident in themselves. I hope I inspire my athletes to be who they are and be proud of themselves through it all. Everyone will have bad days, and not be okay at some point but it is how we continue to press on and how we view ourselves that matter the most! Both on and off the court.

**Which coaches have influenced you the most?**

- Sharon Zuchowski, my mother and Wellsboro High School
- Leanne Ulmer, Carthage College
- Katie Kuhn, Ashland University

All 3 women have taught me how to work hard, stay focus, and be a confident leader. Their leadership has molded me into the coach I am today. I am so blessed to have work with Leanne and Katie as they took me under their wings and showed me the ropes. Very thankful for my mother for showing me this game at a young age and inspiring me to follow my passion all these years.

**What do you enjoy most about your coaching job?**

I enjoy the relationships I get to build. Coaching is such an honor and privilege especially right now with the rise in women's sports. It is so important to teach our young women to strive for greatness and never back down. I think when it clicks for them it is so rewarding to see.

