

A GAME CHANGER

Coach Stuart motivates and inspires players

In volleyball, athletes have a court, a ball and a team. But the Lady Falcons volleyball team also had a secret weapon—award winning coach Stuart.

“Coach Stuart is an amazing coach and an amazing person in general,” eighth grader Han Vo said. “She was very laid back and calm and gave me a lot of tips on what to do in certain situations.”

Although Vo has been playing club volleyball, Stuart was able to show her how to play in front row better. When athletes play “club volleyball,” they play for an outside, private team.

“She is super funny and, literally, the coolest person I know. I could talk to her about anything and she would have great advice,” Vo said.

Stuart has been coaching for 20 years, 14 of them at Fulmore. She learned to play volleyball from her soccer coach and her sister, who was a setter. She

follows the five c’s: character, competence, connections, confidence and caring. They help motivate her as a coach. Although volleyball is her favorite sport to coach, she also said she enjoyed coaching basketball this year.

“I get to see people going from feeling they can’t do it, widen in progress, and realizing they can. It’s my favorite thing about coaching,” Stuart said.

Sports are a lifestyle for Stuart and she likes to share that passion and the experience with her students, peers and family. One year her teams were overall city champs and they’ve won zone champs nine times.

“I practice what I preach and I think being understanding and knowing how to guide students to find that passion is truly what I love to do,” Stuart said. “You practice how you play is our motto.”

•*Mariah Duron*