



# Madison Inferno Volleyball Club

## Coach Profile: Sam Heiman



### Coaching Philosophy:

My coaching philosophy emphasizes effort. I'm not as concerned with immediate results if there is a good level of effort being put forward. Progress comes with time and practice, but if there is no effort then there is no chance for progress. Along with effort, I think everyone regardless of skill level benefits from practicing the basic fundamentals. Games are won and lost with serving and serve receive. Work outside of practice (weight lifting, nutrition, rest & recovery) are necessary to be an elite athlete.



### About Me:

I grew up in Madison. I went to Madison East High School and played both volleyball and baseball. I love to bike around Madison and play beach volleyball in the summer. I am very excited to give back to and teach the next generation of volleyball players about the sport that I love!

**"Hard work beats talent when talent doesn't work hard"**

### Volleyball Playing Experience:

- 4 years at Madison East High School
- **Big 8 Conference Player of the Year**
- 1<sup>st</sup> Team All-Conference
- 2<sup>nd</sup> Team All-State
- Club Volleyball at Madison Elite and Milwaukee Volleyball Club
- 1 year at Milwaukee School of Engineering

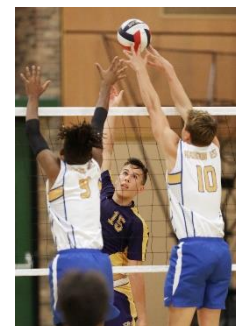


I am a very approachable guy who understands High School problems, the recruiting process, what it takes to play volleyball at the collegiate level. I'm always just a text or phone call away if any players or parents have any questions.

I was in the player's shoes not too long ago so I have a good perspective to answer questions. I also have lots of personal workout, nutrition, recovery and mental training experience that I would be happy to share to anyone who is interested.

### Coaching Experience:

Helped coach the youth skill clinics through the volleyball program at Madison East High School for 2 years (2017 & 2018). I also had significant leadership opportunities as a two-time Varsity Captain in two different sports (Volleyball & Baseball).



### Favorite Volleyball Moment:

Playing at the Boys Junior National Championships (BJNC) two years in a row with my Club team. We played and competed with the best athletes in the country both in Phoenix and Dallas.

