

## **Coach Lacy Shannon**

I started playing volleyball at Homewood Middle School in 8<sup>th</sup> grade. I definitely spent most of the time on the bench but continued to practice hard and play club. I played at Shades Valley High School where I was a Defensive Specialist, and actually saw a substantial amount of court time...a big change from the previous year. I played club volleyball with Sojourners (1 year--now known as Alabama Juniors) & BVC throughout high school. I received a full volleyball scholarship to Central Alabama Community College in Alex City, AL where I was the starting setter for both years there. BVC was a huge part of that. My coach and the director even attended my official signing! I joined the tennis team my freshman year and was selected as an Academic All-American. After CACC, I received a volleyball/academic/tennis scholarship to Bethel College in McKenzie, TN where I returned to my role as a defensive specialist.

I started coaching at BVC in 2006 and have coached all levels from 12's to 16's, and multiple levels in each age division. I have been the administrative coordinator for 7 years. In 'real life' I'm a secretary and mom. Between John & I have, we have 3 of 'em—Josh (16), Cody (15), and Cheyenne (12).

Fun Non-Coaching Related Fact: I was Miss Bethel 2002—first and only pageant I have ever been in!