

2025 AVCA Thirty Under 30 College



Melanie Hughes

Lake Forest College
Head Coach

Career Accomplishments to Date:

- 2022 AVCA Division III National Assistant Coach of the Year
- 2022 SCIAC Coaching Staff of the Year
- 3x SCIAC Conference Champions, 2x Final Four appearances, 2x NCAA Regional Champions
- 2024 Named Head Coach at Lake Forest College
- 2025 AVCA Thirty Under 30 recipient

Coaching Roles:

- 2017-2019 Head Coach/Assistant Coach, Martin Luther King Jr. High School (Riverside, CA)
- 2018-2023 Head Coach/Assistant Coach, Forza 1 North Volleyball Club (Ontario, CA)
- 2021-2023 Assistant Coach, Claremont-Mudd-Scripps (Claremont, CA)
- 2024-2025 Head Coach, Lake Forest College (Lake Forest, IL)

What made you decide to get into coaching volleyball?

I decided to coach volleyball because I felt moments of fulfillment very early on in my coaching career. I have now coached girls and young women across all ages and it is such a great experience working with an athlete and figuring out new things together. Coaching volleyball has given me lifelong memories in which I have felt my most confident self and I am constantly seeing that confidence develop within my athletes.

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

My career goals in volleyball include continuing to elevate the women's program at Lake Forest College. This program is rich with history and is deserving of more conference tournament appearances, conference titles, and a trip to the national tournament.

What do you enjoy most about your coaching job?

I have formed some of my most cherished relationships through coaching and it's a big reason why it fulfills me the way it does. I enjoy collaborating with others and discussing new ideas--whether that's with my athletes, fellow coaches, or others that have supported me along the way.