

2025

AVCA Thirty Under 30 Club



Robert Penrose

Voltage VBC
Head Coach

Career Accomplishments to Date:

Coached almost 100 athletes to go play at the college level.

Coaching Roles:

- 2017-2018: Head Coach of 15 Red and 16 Blue at S.C. Boulder Volleyball Club
- 2018-19: Outside Hitter at Quincy University
- 2019-2020: Head Coach of 18 Red at S.C. Boulder Volleyball Club
- 2020-2023: Head Coach of 14-18s at Aircats Volleyball Club
- 2024-2025: Head Coach of 15s and 18s at Voltage Volleyball Club

What made you decide to get into coaching volleyball?

The sport has done so much for me, I wanted to give back however I could. I saw there was a need for high level coaches in Colorado and wanted to be part of the solution. My passion for the sport is much larger than just myself, and being able to help athletes enjoy the sport while performing at a high level is what it's all about.

What are your career goals in the sport?

I would eventually like to be at the helm of a top 20 Division 1 program, and to positively impact every athlete I get to interact and work with. I would like to change the good coaching shortage in the state of Colorado through education and enrichment.



Which coaches have influenced you the most?

I've been most influenced by Karch, Alan Knipe, Liz Kritza and Kevin Hambly. They all have a unique perspective towards the sport and are volleyball masterminds.

What do you enjoy most about your coaching job?

I enjoy the progress you can see and how it creates such a positive impact on the athletes lives. It gives them confidence in all aspects of life. Being able to see individual and team growth through the progression of the season is so rewarding. I'm grateful that I have the ability to show the kids a higher level of volleyball they haven't been taught before, so they have an upper hand when they go to their college programs.

