

Mion (Like LION) Weldon

Coaching & Playing Experience

I have been an athlete my entire life and volleyball has been a huge part for as long as I can remember. I graduated in 2022 after playing Division I indoor volleyball (2 years at Marshall University and 2 years at Tennessee State University) and recently played Division II beach volleyball at Barry University, where I used my last year of eligibility to compete. Having played at both the D1 and D2 levels, I understand the demands of high-level competition and the dedication it takes to grow as an athlete. In addition to my playing career, I've coached athletes across multiple age groups at both Legacy Volleyball Club (2014–2018) and River Cities Thunder Volleyball Club (2018–2020). During that time, I worked with youth teams and high school athletes, focusing on skill development, strength and conditioning, and game strategy. My coaching emphasized teamwork, resilience, and confidence, helping athletes build a strong foundation for long-term growth.

Why do you coach?

I coach because I love giving back to the sport that gave me so much. My passion is helping athletes reach their potential, discover their confidence, and learn lessons they can apply beyond volleyball. Coaching gives me the chance to watch athletes grow not only in their technical skills but also in their mindset, something that's just as important in the game as it is in life.

Fun facts about you

I'm currently pursuing a dual master's degree in Sport Psychology and Business (MBA).

I walked in a New York Fashion Week show in 2023.

I bathed elephants in Phuket, Thailand.

I've been an athlete my entire life, and when I'm not coaching or training, you'll probably find me at the beach.

Coaching Philosophy or Style?

My philosophy is centered on positivity, discipline, and growth. Volleyball should be competitive, but it should also be fun, it's a game first and foremost. I encourage athletes to embrace mistakes as learning opportunities rather than setbacks. We don't dwell on errors; instead, it's always about the next point. I aim to create an environment where players feel supported, challenged, and motivated to push themselves. My ultimate goal is to help athletes develop into complete players: technically sound, mentally tough, and confident in who they are on and off the court.