

MIA DUNCAN

Mia (my-uh) Duncan joins the North Country Region High Performance Coaching Staff as the Girls U15 Blue Assistant Coach. This is Mia's first year being involved with the NCR High Performance Program, and the Region is excited to have her on board.

Mia has seven years of club coaching experience and is currently coaching with Red River Infinity Volleyball in Fargo, where she has coached 14s, 15s, 16s, 17s, and 18s. Along with club, Mia has experience coaching at the high school level with Fargo South High School.



Mia is a firm believer in practicing with intention and not just going through the motions - it's not just about getting reps but getting quality reps. She can't wait to meet the girls and grow the game of volleyball!

When Mia is not coaching, you can find her reading a book, taking photos for her photography business, or studying for grad school which she will be completing in May 2026 with a Masters in School Counseling!