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Tricia Melfy Named Head Volleyball Coach

Posted by Stephen Batcher, sports information director on Friday, Aug. 14, 2015



The University of Minnesota, Morris has announced the hiring of Tricia Melfy as head volleyball coach. Melfy comes to Morris with 17 years of volleyball coaching experience at the high school, community college, club and university levels, assisting at Minot State University last season.

“I am extremely excited to take over the Minnesota Morris volleyball program,” said Melfy. “My philosophy and vision align well with Division III athletics and particularly well with Morris. I believe that our athletes are students first and that our success will come from a commitment to excellence and a strong foundation of great character and community.”

“Tricia brings a wealth of coaching experience to Morris and we are looking forward to what that will mean for the future of Cougar volleyball,” said Athletic Director Jason Herbers. “Her experience and philosophy match what we are looking for at Minnesota Morris and believe it will produce champions on and off the court.”

The Cougar volleyball program continues to excel on the court, winning 20 matches each year for the past three seasons. In 2013 the Cougars went 13-1 in the Upper Midwest Athletic Conference (UMAC) and won a share of the regular season conference title. Melfy is aware of this success and is committed to ensure it continues.

“We will have a goal to win the UMAC in my first season this is something that is achievable with the great talent returning in 2015,” she says. “The climate is competitive, driven, focused and hungry. I will make practices and training rigorous. Going to the next level will come when we speed up our offense, develop relentless defense, and train harder and faster than we ever have. I will challenge, motivate and prepare our players to achieve excellence. We will win, and we will win the right way.”

Melfy won't be content with just winning the UMAC, “the long-term goal is to make deep runs into the NCAA DIII tournament and eventually compete for the National Championship.” She adds that “goals also include having a graduation rate of 100 percent and to provide a very rewarding, complete and memorable experience.” The Cougars are still in search of their first trip to the NCAA tournament but have been within a match of doing so each of the last two seasons.

Prior to her work at Minot State, Melfy was the head volleyball coach at Campo Verde High School in Gilbert, Arizona for five years, building a program that was competitive at the state tournament. Melfy was the All Arizona Volleyball Coach of the Year In 2012 and 2013. As the Mesa Community College (Mesa, AZ) head volleyball coach, she turned the program around from winning 10 matches total in three previous years to four consecutive seasons with 20 or more wins. Mesa earned playoff appearances in three of the four years and Melfy was named the Arizona Community College Volleyball Coach of the Year in 2003.

Melfy has coached and led club programs with the Spiral Volleyball Club (Chandler, Ariz.) and Eclipse Volleyball Club (Gilbert, Ariz.) In addition, she has taught, coached track and field coaching and coordinated international volleyball tours to Australia and China.

Melfy knows what it takes to compete at an elite level. Before picking up a whistle and a clipboard, she was a two-time All-American at Arizona State University in the heptathlon, and twice qualified for the United States Olympic Trials. She was also an All-American heptathlete at Mesa Community College. Melfy found her passion for volleyball competing on Mesa's Regional Runner-up Mesa volleyball team.

Melfy earned her bachelor's degree from Arizona State University in exercise science and physical education and her Master of Education from Northern Arizona University in Educational Leadership. She states, "I believe that sport is a means to an end. What it takes to win a championship on the court is what it takes to win in life. I believe the teachings and requirements of education and sport provide all the tools needed for our student athletes to be successful individuals with tremendous character."

The University of Minnesota, Morris is a public liberal arts University that provides a rigorous undergraduate liberal arts education, preparing its students to be global citizens who value and pursue intellectual growth, civic engagement, intercultural competence, and environmental stewardship.

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