



Coach Troy Helton has been tremendously successful in coaching the sport of volleyball. He started coaching in 2005 at Olympia HS and quickly became the head coach of both the girls' & boys' programs there. In just 3 years, the volleyball teams won 2 district championships, 1 regional championship and 1 State Runner-up trophy. His combined record for the '07-'08 seasons was an unprecedented 51-8, earning him the "Coach of the Year" award for both Olympia High School & Orange County.

In 2009, Helton took the head coaching position at Nashville Christian School and quickly built a winning tradition there – going 12-1 in his first season, 17-0 in his second season & winning the district championships. In 2011, he transitioned to FRA (where he currently coaches) and in his first season took the team further than any other volleyball team in the past 6 years at the school.

Coach Helton's love for the game is evident in the way he coaches. He is meticulous about practice preparation, scouting & learning everything about the sport of volleyball. Coach Helton has been instrumental in building high school & club volleyball both in Florida and now in Nashville where he serves as the Director of both the **Tennessee Volleyball Association** & the **Ethos Volleyball Club**.

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## **COACHING EXPERIENCE**

**Franklin Road Academy** (2011 - present)

**Nashville Christian School** (2009 - 2011)

- 25-1 in district competition ('09 & '10)
- 2010 season highlights:
  - 17-0 District record
  - District Champions, Regional Runners-up & Sectional Runners-up

**Olympia High School** (2005 - 2008)

- 2007-2008 season highlights:
  - 51-8 Overall Record
  - 2x District Champions & 2x Metro Champions
  - State Runners-up
- Coached 12 different players to All-County honors
- Coached the first player to win Central Florida Player of the Year in consecutive seasons

### **Honors/Roles**

- Director of the **Ethos Volleyball Club** (2010 - present)
- Director of the **Tennessee Volleyball Association** (2009 - present)
- Coach of the Year (Orange County, FL) (2008)
- Coach of the Year (Olympia HS) (2007-2008)