

After playing volleyball for nearly 2 decades, Coach Trejos began her coaching career in 2008, coaching staff members at a university in Bogota, Colombia. Since then, she has been coaching volleyball players and teams, ranging from 8 years old to collegiate and professional athletes. Locally, she helped coach club volleyball for several years and began providing private lessons about 5 years ago. She enjoys connecting with the athletes and serving them better to achieve their goals. Prior to joining the BCS team this summer, Coach Trejos served two years as the Varsity Assistant at St. Stephen's Episcopal School.

*“My coaching philosophy is much the same as my philosophy for life, to approach each day with intent and purpose to be better today than the day before. My intent is to foster a positive environment that encourages each athlete to aim for perfection and commit to one another to work hard both on the court as well as in the classroom”.* In addition to physical development, Coach Trejos believes mental development is critical in overcoming challenges in sports and every other area of life.

The goal of the volleyball program is doing our best to be our best. The volleyball programs, including our varsity and junior varsity teams, have a great history of success, and the hope is to continue and further that success. *“In addition to traditional skill development, we have increased our “off-court” athlete development, focusing on improving strength, mobility, and explosiveness to allow athletes to perform at their best during the season”.*

Coach Trejos defines success as the ability to adapt to any current situation in order to improve knowledge and efficiency to achieve those goals. Most of the time, success is noticing what we already have and celebrating what we have overcome; other times, it is surrendering to the unknown, knowing there is a bigger and better success waiting for you.