

Trent York

Junior Player Rep

Evergreen Region

USA Volleyball

Trent was introduced to the sport of volleyball at a Young Life retreat during his senior year at Sumner High School and fell in love with the sport. In 1995, he became involved with his first club team at Eastern Washington University. He played men's volleyball under USAV for seven years. During this time, he started his coaching path. In 1997, as a student assistant for Pam Parks at Eastern, Trent saw the Eagles win the Big Sky Conference, and the addiction to volleyball was set. Soon Trent became involved with USAV as a coach for Club Mt. Spokane, coaching U-14, and has coached several age groups, both in the Evergreen and Puget Sound Region since.

In 2006, Trent not only coached a U-18's team for VIP, he, along with Barb Twohig, Patty Kells, and Roland Madany, started the first boys volleyball program in almost 10 years in Spokane. Looking to build options for boys in the Evergreen Region, he was able to attend the High Performance coaching clinic in January of 2007 at the Olympic Training Center located in Colorado Springs. His goals for the 2007-2008 USAV season are to establish opportunities for both girls and boys to see national competition and to reestablish the voice of the players in the Region.

Volleyball has been and will continue to be a large part of Trent's life. He met his wife Suzanne while playing intramural volleyball at EWU. Both his sons, Braeden (5) and Spencer (1) have grown up in gyms. As an Assistant coach for Community Colleges of Spokane, Trent hopes to build his career as a collegiate coach in the Inland Northwest.