



Carolyn Postma

Carolyn's passion for volleyball ignited in high school, where she began her competitive journey as the setter for the varsity team at Miles Mac in grade 10. Transferring to River East in grade 11, she played a pivotal role in leading her team to back-to-back AAAA provincial championships in both 11th and 12th grades, helping her teams to earn a place in the Manitoba Volleyball Hall of Fame.

After high school, Carolyn took her skills to the collegiate level, being recruited to play Division 1 volleyball at Southwest Missouri State. However, she returned to Winnipeg to pursue her education at the University of Manitoba. Almost immediately, she began assistant coaching at River East, contributing to a fourth consecutive AAAA provincial championship for the varsity girls team. Throughout her university years, Carolyn coached various school and club teams, sharing her love for the game.

Her commitment to volleyball extends beyond coaching; Carolyn has a deep desire to foster skill development in young athletes. She excels at breaking down complex concepts into simple, manageable steps. Carolyn has coached her 3 children through grades 7, 8, and 9, culminating in a provincial championship with the MBCI grade 9 girls' team in 2023. Most recently, she served as the assistant coach for the 13U Winman Storm Girls team in 2024 and is eager to take on the 13U boys season.

Outside of volleyball, Carolyn earned a Bachelor of Medical Rehabilitation – Physiotherapy. Her 20-year career has involved working in medicine, ICU, hip and knee replacements, outpatient rehab, and she is currently employed at the Rehabilitation Centre for Children, focusing on pediatric therapy.

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