

Kierstyn Bakker

Kierstyn has been coaching volleyball since 2007 and brings experience from both school and club programs throughout Manitoba and Ontario. She has coached both boys' and girls' teams and has worked with athletes at various stages of development. While completing her Bachelor of Education, Kierstyn served as an Assistant Coach with the Brandon University Women's Volleyball Program at the U SPORTS level, gaining valuable experience in high-performance athlete development and university-level volleyball.

Kierstyn is an Outside Hitter who represented Manitoba at the Provincial Team level from 2007–2010, serving as team captain, and competed at four Canadian National Championships. During her playing career, she earned two National Championship silver medals and two Top 5 finishes. She went on to play university volleyball at both the University of Manitoba and McMaster University, where she helped the Marauders capture the 2013–2014 OUA Championship.

As a previous personal trainer, Kierstyn brings additional knowledge in strength and conditioning, injury prevention, movement quality, and healthy training habits. She incorporates purposeful training and smart preparation into her coaching while emphasizing the importance of recovery and long-term athlete development.

Kierstyn's coaching philosophy is built around the belief that every athlete deserves respect, commitment, and the opportunity to grow. She creates an environment where athletes are challenged to improve, supported through mistakes, and encouraged to compete with confidence. She believes that hard work, positive attitudes, and a willingness to learn are key components in helping athletes reach their potential.

Most importantly, Kierstyn's goal is to develop not only better volleyball players, but better people. She strives to build athletes who are confident, resilient, accountable, and supportive teammates. Her passion is helping athletes grow both on and off the court while creating a team culture where every player feels valued and motivated to be their best.

Kierstyn is excited to share her experience, knowledge, and passion for volleyball with the WinMan Volleyball family.