

Coach Lauren Burch is an Emerald Isle native and began playing volleyball at age 12 for Broad Creek Middle School. She led the Swansboro High School volleyball team to the state championships twice, won two regional championships, and won three conference championships. Burch was a two-time all-conference player, 4-year varsity middle hitter, and team captain. She also played for the East Coast Volleyball Academy in Wilmington, NC.

Coach Burch graduated from The University of North Carolina Wilmington, where she received a Division I scholarship for volleyball. She earned her undergraduate degree in Criminal Justice and Sociology. She recently received her master's degree from East Carolina University in Criminal Justice.

Burch is a competitive and passionate coach with a successful athletic background. Outside of volleyball, Coach Burch can be found running, boating, and coaching other youth sports in the community. She is married with three children.