

Emily Ross' love for volleyball began when she started playing club in the 6th grade. She grew up playing club and school volleyball in the Raleigh-Durham area from 2002-2009. After high school, she played club volleyball at UNC Charlotte from 2009-2013. Emily began coaching when she started teaching middle school in 2013. Currently, she teaches and coaches at Swansboro Middle School where she has been since 2016.

When not teaching or coaching, Emily enjoys spending time with her daughter, Hadley and their golden retrievers!