

Meet **COACH** Tay



COACH TAY brings nearly a decade of experience in volleyball as a player, coach, and leader, with a passion for helping athletes develop not only their skills on the court, but also the confidence, mindset, and mental strength needed to succeed.

Tay's playing career began with Durham Attack and Aurora Storm, where she competed at the provincial and national levels, earning back-to-back National & Provincial Gold Medals. She also represented Region 4 with Team Ontario at the Ontario Winter Games, earning a silver medal. Finishing her club career off with the Northumberland Breakers, she was awarded the Team's Leadership and Coaches Award.



Her collegiate career continued at Seneca College, where she played libero and quickly made her mark. During her rookie season, Tay was named an OCAA First Team All-Star, finished 2nd in the OCAA with 230 digs, and was Seneca Women's Volleyball Rookie of the Year. The following season, she earned OCAA Second Team All-Star honours, finished 4th in the OCAA with 198 digs, and was named Team MVP.



Tay's coaching background spans both competitive and developmental volleyball. She completed the Ontario Volleyball Association Advanced Development Beach Coaching Session and worked with the Seneca Women's Volleyball program as both a Team Manager and Assistant Coach.

For Tay, volleyball is about more than just becoming a better player — it's about helping athletes become stronger, more confident, and more resilient people.

WE'RE EXCITED TO BRING TAY'S EXPERIENCE, ENERGY, KNOWLEDGE, AND LOVE FOR THE GAME TO THE NEXT GENERATION OF OUTSIDERS ATHLETES!