

Kate Jackson

National Champion

Kate Jackson – 5'11" | Outside Hitter / Defensive Specialist
(Indoor) | Split Blocker / Defender (Beach)

Beach Volleyball • USC Beach • Ladera Ranch, CA

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Biography

Kate Jackson – 5'11" | Outside Hitter / Defensive Specialist (Indoor) | Split Blocker / Defender (Beach)

I am a 5'11" dual-sport athlete competing at a high level in both indoor and beach volleyball. Over seven seasons with T-Street Volleyball Club and one with Spiker Beach Club, I've developed a strong technical foundation, competitive mindset, and high-level game IQ. At Santa Margarita Catholic High School, I'm a two-year varsity starter on both the indoor and beach teams—playing as an Outside Hitter/Defensive Specialist indoors, and Pair #1 Split Blocker/Defender on the sand.

My greatest strengths as a player are my consistency, versatility, and composure under pressure. Trusted by teammates and coaches, I've delivered in high-stakes moments—including national championship matches—as a reliable, six-rotation contributor who impacts both sides of the ball.

Mental preparation plays a key role in my game. I use visualization, positive self-talk, and mindfulness to stay calm, focused, and present—allowing me to perform at a high level, regardless of the situation.

I also deeply value team culture. My teammates and I regularly journal together, a practice that strengthens our connection, builds trust, and supports our shared growth both on and off the court.

My goal is to continue competing at the highest level—showcasing my all-around impact, integrating seamlessly into any system, and leading through consistency and reliability. I'm committed to excellence and constantly pushing to elevate my game in both indoor and beach volleyball.

Statement

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