

Angela Rock

Associate Head Coach

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Biography

Angela Rock, a beach volleyball legend, hall of famer, and Olympian was named as an assistant coach by Todd Rogers in July of 2023 and is in her third season with the program. In the summer of 2026, she was promoted to Associate Head Coach.

In 2025, Rock helped coach the Mustangs to a second straight run to the NCAA Championships Semifinals. The Mustangs won 31 matches, tied for the most in program history. She also coached four players who were named AVCA All-Americans and 10 players who earned All-Big West honors. The Mustangs were ranked inside the top 10 all season, including a ranking as high as No. 3 and a final ranking of No. 4.

In 2024, Coach Rock's first season, she helped lead the team to the NCAA Championship Semifinals. She helped the team to win 31 games most in program history. Coached Coach Rock won AVCA's National Assistant Coach of the Year. She had five pairs earn All Big West Honors and four AVCA All-Americans, Ella Connor & Izzy Martinez, Piper Ferch, and Erin Inskeep. Ella Connor & Izzy Martinez won Big West Pair of the Year and Erin Inskeep won Big West Freshman of the Year. Along with pair Piper Ferch & Erin Inskeep setting the program record for wins by a pair in a season with 30.

"I'm incredibly excited to announce the hiring of Angela Rock as the new Assistant Coach for the Cal Poly beach volleyball program," Rogers said. "Angela brings a wealth of experience and knowledge about the game of beach volleyball as well as the college beach game. She is an Olympian, ranks in the top 20 all time in career pro beach tournament wins and has coached at the collegiate level for great programs like St. Mary's, Florida State and Stanford.

I feel very fortunate to have a person and coach of Angela's caliber coming into the Mustang beach family and can't wait to get out on the sand with her and the team this fall!"

Rock is one of the most successful players in beach volleyball history, having won 27 beach events from 1987 to 2000 while playing on both the Women's Professional Volleyball Association (WPVA) and Federation de International Volleyball (FIVB) tours. She was named the WPVA Tour's Best Hitter in 1991 after winning 12 titles.

Prior to turning pro in beach volleyball, Rock had a successful indoor volleyball career at San Diego State during which she helped lead the Aztecs to two NCAA Final Four appearances. She then joined the U.S. National Indoor volleyball team as an outside hitter. She participated in the Goodwill Games and World Championships, the 1987 Pan American Games, and the 1988 Olympic Games in Seoul, South Korea.

She was inducted into the San Diego State Hall of Fame in 1991 and the Beach Volleyball Hall of Fame in 2010.

Following her legendary playing career, Rock retired in 2000 and went into coaching. She has served as both a head coach and assistant coach at the Division I, Division II and Community College levels, with experience at The University of Alaska Fairbanks, Cuyamaca College, UC Santa Barbara, Southwestern Community College, Saint Mary's College, San Diego State, Florida State, and Stanford. She has also worked on the development side of the game coaching juniors at Rancho Santa Fe Surf and Coast Volleyball Clubs, while also training elite beach players and Olympic hopefuls.

Most recently, Rock served as the assistant coach and associate head coach at Stanford for the last three

seasons. She helped Stanford to a 76-38 record during those three years and make the NCAA Championships in each one of those years, which were the first three times in program history. She also coached seven players who earned AVCA All-American honors while she was there.

Rock is the author of Angela Rock's Advanced Beach Volleyball Tactics. She received her bachelor of science in psychology from San Diego State, her master of science in educational/instructional technology from National University, and her master of science in physical education from Azusa Pacific University.

"I'm thrilled to be a part of the Cal Poly Beach volleyball program and the community of San Luis Obispo," Rock said. I have known Todd for years and have tremendous respect for him and for his teams at Poly. Now we have the good fortune to work together with a focus on going to the NCAA Championships in 2024. Todd and I have spent hours talking about his vision for the program and I have shared mine with him and it's pretty exciting to know that we are unified.

Cal Poly is the place I want to call home and I feel fortunate to be a part of the coaching staff that has already built beach volleyball success. I can't wait to get in the sand at Swanson Beach Volleyball Complex and become part of the Mustang family."
