



NORTH LAMAR ISD

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Sports News

FOR IMMEDIATE RELEASE

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Upchurch to head NL volleyball next season



Paris, Texas – During last night’s school board meeting, North Lamar ISD Board of Trustees approved the recommendation of Athletic Director **Aaron Emeyabbi** to hire **Sara Beth Upchurch** as North Lamar’s new head volleyball coach.

Upon graduation from Prairiland High School, Upchurch played volleyball for Paris Junior College. She went on to graduate from the University of Texas at Tyler and will finish her Masters with Principal Certification this May from Texas A&M Commerce.

Upchurch was head volleyball coach at Latexo ISD and then at Rivercrest ISD for the past two year. This fall she was named All-District Coach of the Year and Red River

Valley Coach of the Year. When not coaching, Upchurch likes spending time with family, playing co-ed softball and volleyball, and attending church at Calvary Chapel Paris.

"I am very excited to start this new journey at North Lamar," said Upchurch. "Growing up in Paris, I know the kind of program North Lamar has always had and I am honored to be able to keep the tradition going. As a coach, I believe that character is key to being not only a great athlete, but a great person. I strive to better our kids every day through the teaching of hard work and having a great attitude no matter what."

Coach Emeyabbi had this to say about Upchurch. "Coach Upchurch is one of the best young coaches out there. She has all the tools you look for in a coach: knowledge, compassion, work ethic, and absolutely cares about the kids. Her teams have always been exciting to watch. I believe just like North Lamar's head softball coach, Ashley Endsley, Coach Sara Beth Upchurch is the right fit for our Pantherettes."

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