



# TREY GAREY

## BASKETBALL COACH

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208-421-4666

# The Garey Beginnings



## PLAYING CAREER

Pacific Lutheran University  
NCAA DIII  
Tacoma, WA  
2018-2023



## EDUCATION

Pacific Lutheran University  
Bachelor of Science  
May 2023  
Major: Kinesiology  
Minor: Coaching & Sports  
Psychology

# Career Mentors



**Chad Murray**

Head Men's  
Basketball Coach,  
Pacific Lutheran University  
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**Dr. Colleen Hacker, Ph. D.,  
FNAP, CMPC**

USA Olympic/Paralympic  
Committee  
PLU Professor of Kinesiology  
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**Matt McLeod**

Assistant Director of Player  
Development,  
Point Guard College  
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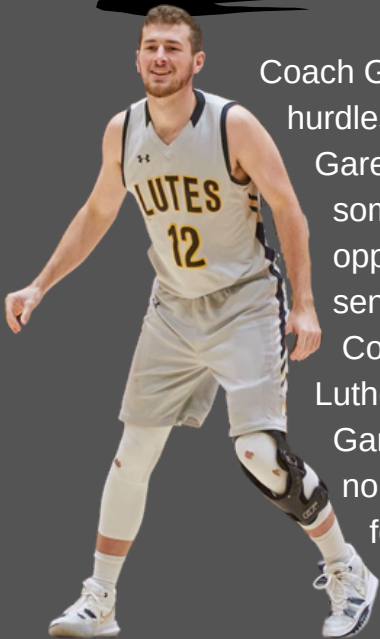
**Chad Songy**

Head of Curriculum and  
Director Development,  
Point Guard College  
e: chadsongy@pgc.com  
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# Coach Garey Checks the Boxes

- ✓ Experience with hosting unofficial and official on-campus recruiting visits/events
- ✓ Efficient with Synergy film software - experienced in breaking down film to compile clips for scouting reports
- ✓ Sports Information Department game day set up
- ✓ Assisted with fundraising campaigns
- ✓ Uniform inventory and care
- ✓ Player skill development - specifically with guard play - at collegiate level and with PGC
- ✓ Social Media output and graphic design experience
- ✓ Practice planning and practice supervision, including offensive, defensive, and conditioning sessions

# Why Coach Garey?



Coach Garey is a young, up-and-coming coach that has battled and overcome multiple hurdles throughout his career. During his junior year in high school, Coach Garey tore his ACL and broke both bones in his right arm. This significant injury, to some, could have been career ending. However, Coach Garey saw it as an opportunity to overcome an obstacle and battle to get back on the floor for his senior season - which he did, making it all the way to the State Championship.

Coach Garey went on to achieve his dream of playing college basketball at Pacific Lutheran University, a Division III institution in Tacoma, WA. Unfortunately, Coach Garey was again hit with a dose of adversity when he tore his other ACL and was no longer able to stay on the floor consistently. He faced this challenge, and again found ways to overcome - but this time in the role of a "student coach". He supported the coaching staff in a variety of on-court and administrative areas.

He was able to help with practice planning and supervision of practice and individual sessions when the coaching staff could not be present due to COVID-19 related restrictions.

He found a love for being involved in another side of the game, from skill development to practice instruction and gameday planning. This passion led him to start training at Point Guard College (PGC) as a PGC Basket Instructor. In this role, he was able to help develop and teach skills as well as provide specific feedback to his athletes. He consistently encouraged athletes to maintain high expectations and standards in their training. In 2021, he was promoted to PGC Director Candidate & Director in Training. In this new role, Coach Garey teaches curriculum in a classroom setting to over 100 athletes, which includes breaking down film clips to aid in visual demonstrations of techniques and skills to athletes. He also manages, facilitates, and develops basket instructors to optimize athlete development. Through this role, he is able to build a championship level of energy, spirit, and communication during every court session, and develop relationships with coaches attending these sessions.

Coach Garey's experience as a player, as a student coach at PLU, and as an Instructor/Director at PGC, has allowed him to gain the necessary experience and knowledge of the game needed to be a successful coach. Coach Garey has overcome adversity multiple times throughout his life, which helps him show younger athletes how to fight through injury and find ways to contribute when you can't be out on the floor at game time. His perseverance, leadership, and willingness to put players before himself are what coaching is about - three attributes that Coach Garey has proven to bring wherever he goes.

