

Wesleyan Wednesday

Kourtney Rhoads '14

Kourtney Rhoads '14 began playing on the Team USA Handball team about a year ago and eventually picked up Beach Handball as well. The Team USA Beach Handball team had quite a “quad,” as Kourtney describes it. In July of 2019, the team won their first gold medal in “several years, possibly ever,” according to Kourtney, at the NorCA qualifier held in Port of Spain, Trinidad and Tobago.

The championship acted as a qualification event for the World Beach Games, which they recently competed in and finished in 10th place. The team will also be competing in the World Beach Handball Championships in June of 2020.



Apparently, having a knack for handball runs in the family. According to Kourtney, her mom played on the USA Team Handball team in the 1980s and played on the 1984 Olympic team. Her older sister, Jence, began playing with the team five years ago after playing basketball professionally in Europe.

Kourtney is a native of Slippery Rock, PA and traveled to Wesleyan to play basketball with her twin sister, Karly Rhoads '14, beginning in 2010. While at Wesleyan, Kourtney majored in exercise science and was an active student on campus. She was honored as a member of the Academic All-Great Midwest Athletic Conference, named to Who's Who Among Students in American Universities and Colleges and selected for the 2012 Great Lakes Valley Conference All-Tournament Team.

These days, Kourtney stays busy with Team USA and works as a remote health coach and virtual personal trainer, both of which complement her hectic travel schedule nicely. In her free time, she enjoys being outside, hiking and playing different sports that cross train well with handball like spikeball, volleyball and tennis.

When recalling her time at Wesleyan, Kourtney remembers it as “an amazing experience full of fun and growth where I also got to fulfill my dream of playing college basketball.”

**We are so proud of you, Kourtney, and we wish you the best of luck with the 2020 World Beach Handball Championships!
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