

Player Bio: Kelly Strand Van Winden

- Santa Barbara High School- 3 yr varsity player
- All Conference in High School, Team Captain Senior Year
- 1981 Signed at UCSB- Voted Team Captain Sophomore Year
- Hold serving ace record at UCSB (4th all - time)
- Transferred to Cal Poly Slo, played at SLO for 2 years
- 1984 & 1985 Regional Semi - Finalists
- 1984 First Team ALL- PCAA (now known as the Big West)
- 1983-1992 WPVA player, 28 events, with highest finish 3rd in Austin, Texas.
- Played two years professional indoor volleyball with San Jose / San Francisco Goldiggers
- Played three years with Bud Lite Pro Beach Volleyball, Team Champion & Paul Mitchell
- 7x Bay Valley Conference Coach of the Year at Napa Valley College
- Head Coach Sonoma State University 9 years
- 3 x Coach of the Year NCAC (Sonoma State University)
- Founder of Napa Volleyball Club
- Private Beach Volleyball Coach for 18 years

Player Bio: Lisa Strand

- SBHS 3 year Varsity player.
- MVP Senior Year
- SBHS Grad 1981
- University of Hawaii Full Scholarship Women's Volleyball
- 1982 & 1983 National Championship team starting team-Middle Blocker
- All tourney team in 1983 National Championship match
- #4th in Service ace records (University of Hawaii)
- #9 in Solo Blocks (University of Hawaii)
- Named All American 1983
- Played Professional Beach Volleyball on WPVA 7 years
- Won biggest Beach Volleyball tourney In Japan 1990.
- First Beach Volleyball Player sponsored by Paul Mitchell Hair Care
- Played 3 years on Budlight Pro Beach Volleyball 4 Man tour.
- Captained Team Paul Mitchell all 3 years
- Coached Beach Volleyball privately in Hawaii past 10 years.



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Friends of East Beach Association (FOEBA) has renovated the East Beach volleyball courts to make sure that we continue to enjoy the best outdoor volleyball facility in the country.

Kids as well as adults learn the game here, high school teams practice, athletes discover the sport, families play for fun, and thousands of recreational players enjoy the health and vitality of this beautiful scene.

Our thanks to the Santa Barbara Parks and Recreation Department, the PARK Foundation, Santa Barbara Beautiful, and hundreds of private donors who have helped make this fantastic project possible.

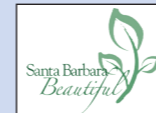
The Henry Bergmann Court, the Kathy Gregory/Kathy Hanley Court, the Karch Kiraly Court, the Paul Hodgert Court, the John Hanley Court and the Jon Lee Court have already been named to honor some of East Beach volleyball's historic best, and a court for Lisa and Kelly Strand is certainly appropriate. These courts stand as a point of pride for the entire volleyball community in Santa Barbara.

You can contribute to the maintenance of these courts by making donations to FOEBA at the address below.



FOEBA

Friends Of East Beach Association (FOEBA)
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Strand Court Dedication

May 31st, 2025
10:00 am, East Beach, Santa Barbara

Kelly Strand Van Winden – Lifelong Volleyball Player, Coach & Mentor

Kelly Van Winden's lifelong journey in volleyball began in her hometown of Santa Barbara, where she and her twin sister Lisa Strand would ride their bikes six miles to East Beach, spending entire days immersed in the game with their siblings. That early devotion to volleyball laid the foundation for a standout career both on the court and on the sand. At Santa Barbara High School, Kelly was an all-conference performer before continuing her collegiate career at UC Santa Barbara. There, she was voted team captain as a sophomore, then transferred to Cal Poly San Luis Obispo. At Cal Poly, she earned all-conference and national honors while setting school records — including an incredible .850 hitting percentage in a match against Loyola Marymount — and helping lead her team to back-to-back regional finals.

After college, Kelly played professionally for more than a decade. She competed for 5 years on the WPVA beach tour, where she consistently finished in the Top 10 and earned a third-place finish in Austin. She also played two years in Major League Volleyball with the San Jose Gold Diggers and four more seasons on the Bud Light Pro Beach 4-Person Tour, where she captained the championship team in 1993–94. Kelly began coaching in 1986 at Bishop Diego Garcia High School in Santa Barbara. Two years later, she returned to Napa and took a position at Napa Valley College, where she also co-founded the Napa Volleyball Club. In 1990, she joined Sonoma State as an assistant coach and was promoted to head coach in 1992.

Over the next decade, she led the program to success and earned three Coach of the Year honors. She returned to Napa Valley College as head coach for another 13 seasons, collecting 7 more Coach of the Year awards. During this time, she also founded the Evolve Volleyball Club, continuing her legacy of developing talent at the grassroots level. At NVC, Kelly taught Pilates and beach volleyball classes, further blending her passions for movement, fitness, and mentorship. In 2003, her love for beach volleyball came full circle when her husband, Jim — a former basketball standout at Cal Poly — built a sand court in their backyard. There, Kelly began coaching young athletes in a more personal, hands-on environment. In 2007, the couple partnered with Napa Parks and Recreation to renovate the courts at Kennedy Park.

More recently, they restored sand courts at Silverado Middle School, ensuring more athletes had access to quality playing spaces. Kelly and Jim's daughters, Adlee and Torrey, have carried on the family's volleyball tradition. Both played indoor and beach volleyball at Cal Poly SLO. Adlee was a four-year starter and standout who earned Big West Freshman of the Year, three First-Team All-Conference nods, and two AVCA All-Region Honorable Mentions. She later coached at University of San Diego and UC Santa Barbara. Torrey, who transferred from UCLA to Cal Poly, achieved All-American honors in both indoor and beach volleyball and All-Pac-12 Conference First Team and Pac-12 All-Freshman accolades. She now competes on the AVP Tour, frequently teaming up with her cousin and professional beach player Katie Spieler, while working as a Project Marketing Manager at Game Changer. With nearly 40 years of coaching experience and a deep, generational impact on the sport, Kelly Van Winden's legacy continues to grow — from East Beach to backyard courts, from collegiate championships to community sand courts — always with a passion for the game and a heart for mentorship.

Lisa Strand – Champion Player, Coach, Broadcaster & Entrepreneur

Lisa Strand's volleyball journey began in Santa Barbara, California, where she and her twin sister, Kelly, would ride their bikes six miles to East Beach, spending countless hours perfecting their game. That early passion for volleyball set the foundation for a storied career both on and off the court. A standout at Santa Barbara High School, Lisa graduated in 1981 with All-CIF honors and went on to play for the University of Hawai'i under legendary coach Dave Shoji. There, she became a vital part of one of the most dominant collegiate volleyball programs in history. Lisa helped lead the Rainbow Wahine to back-to-back NCAA National Championships in 1982 and 1983—an unprecedented run that solidified Hawai'i's place at the top of the sport. In 1982, she was named to the NCAA Final Four All-Tournament Team after helping the Wahine rally to five-set victories over Stanford and USC.

Earlier that same year, the team also won the 53rd USVBA National Championship, becoming the first collegiate team to ever hold both the NCAA and

USVBA titles simultaneously. In 1983, Hawai'i swept Stanford and UCLA in the Final Four in under two hours combined to defend their national title. That season, Lisa's exceptional play earned her All-American honors—a testament to her all-around impact and leadership on the court. Known for her versatility, Lisa was a middle blocker and passer who set school records in service aces and posted top-tier stats in blocks, kills, and digs throughout her collegiate career.

She graduated from UH with a degree in Communications and a Certificate in Dental Hygiene—a profession she pursued for 34 years. Lisa went on to compete professionally on the WPVA, AVP, and Bud Light Women's 4-Person Beach Tours, playing in 77 tournaments and consistently finishing in the top tier. Her most memorable victory came at the 1990 Salem Fresh Tokyo Open, the most lucrative event on the tour at the time. Partnering with Janice Opalinsky, the win was a heartfelt tribute to Lisa's late friend and former partner, Judy Bellomo. Her professional success also led to national endorsements from brands like Paul Mitchell Haircare Systems, Jag, Oakley Sunglasses, and PowerBar, reflecting her visibility and influence in the sport. Back home in Hawai'i, Lisa dedicated herself to coaching the next generation of athletes.

For over 20 years, she has coached both indoor and beach volleyball for players of all ages—including giving private lessons to Kenny Loggins and his family. Lisa's volleyball legacy lives on through her four children—Misty, Micah, Mehana, and Maluhia Ma a—all of whom earned collegiate volleyball scholarships. Her son, Micah Ma a, is an Olympic bronze medalist and currently competes professionally in Turkey. In addition to coaching, Lisa has worked as a sports broadcaster for over 20 years, covering both the University of Hawai'i women's and men's volleyball teams. Her expert commentary and deep knowledge of the game have made her a respected voice in a state where volleyball is cherished. Recently, Lisa has brought her creativity into the culinary world, founding Hapa Hawaiian Salts, a gourmet line of hand-crafted seasoned sea salts and specialty snacks. What began with small-batch salts has grown to include her signature Hapa Peppa finishing salt and wildly popular Li Hing Lemon Peel Gummies. From national titles and All-American honors to professional victories, family legacies, and entrepreneurial ventures, Lisa Strand continues to embody excellence, aloha, and a lifelong love for the game.