

Meet the Coaches



Cynammon Burns Allen is a SPSCC alum and parent. Cynammon attended American University in Washington, D.C., where she majored in Broadcast Journalism and was a four-year Division 1 volleyball player. After graduating from American University, she was an assistant volleyball coach at Loyola University Maryland. She is so excited to be reunited with her TAV teammates.

Francie Richards, a native of Arlington, Texas, is an attorney residing in Dallas, Texas. She is a graduate of the University of Oklahoma, where she earned a BS in Arts and Sciences, a MA in Human Relations, and was a varsity volleyball student-athlete. She holds a juris doctorate degree from DePaul University College of Law. Her husband, Howard Richards (former Dallas Cowboy), and son, Samson (a thespian and lover of basketball), are her sunshine on any day.



Leah Duncan is a Mansfield High School graduate and former collegiate volleyball player. She played club volleyball at TAV before continuing her volleyball career at Rice University and Morehead State University on full athletic scholarships. Leah later graduated from the University of Texas at Arlington and is now an attorney. She's excited to be back in the gym coaching alongside two of her former TAV teammates and sharing their love of volleyball with the

next generation. Outside of work, Leah loves traveling, spending time with her son, and cheering him on at his baseball games.