



SMH Hires Aldredge as Volleyball Coach

NATCHITOCHES, La. - St. Mary's High School announced the hiring of Stacey Aldredge as the new girls' head volleyball coach Wednesday afternoon.

Stacey Aldredge comes to SMH after coaching volleyball for the last seven years at the collegiate level as Associate Head Coach at Northwestern State University.

Aldredge, out of Houston, Texas, came to Natchitoches in 2011 to play for the Lady Demons under co-head coaches Hugh and Steph Hernesman. Aldredge, remembered by Lady Demon fans as her maiden name of DiFrancesco, ended her Lady Demons' career in 2014 with a Southland Conference Tournament Championship and the first postseason berth in program history.

Aldredge also earned All-Louisiana and All Southland Conference while at NSU. She was also inked as the LSWA and Southland Conference Freshman of the Year.

She concluded her career as Northwestern State's leader in kills (1,318) and total attempts (4,683). She also owns the top two seasons in program history in total attempts (1,390 in 2011; 1,244 in 2012).

After graduating with a Bachelor of Science degree in Child and Family Studies, Aldredge remained involved with volleyball, serving as a volunteer assistant coach at Clemson University and helping begin the program at nearby Natchitoches Central High School in 2016 before joining the staff at Northwestern State and earning her master's degree in Sports Administration.

In May of 2019, Stacey married Justin Aldredge, a Natchitoches native and former NSU All-American tight end. They welcomed daughter Finnley Jo to the family in July of 2023.