



TO EXCEL IN OUR SPORT

THERE IS ONLY ONE CHAMPION - This is our holy grail, and every team in our championship division is seeking that same trophy. Now, we must define what winning is. In this team sport of volleyball, one person cannot win the game by his or herself. It is a team sport, so the winning is out of just one player's control. So, winning is always, ALWAYS going to be defined as doing all you can to be the best you can be Remember...Giving all, is not so far from victory.

COMPETE WITH YOURSELF - Demand more from yourself than from your teammate. This is the sign of a serious and true competitor. To excel, focus on yourself first. No matter how small or unimportant it may seem, look for ways to be better when you leave training than when you walked in, whether it be the weight room, training room, physical testing, or the court. By competing as hard as you personally can, you will also help those around you be better. Remember...Do not try to be better than anyone else, try to be better than yourself.

TALENT IS A JOB, NOT A GIFT - If you have talent, you can be good without working hard, but to be great, you must work hard. Volleyball is a hard sport to learn, so do not expect it to be easy, for it takes years to be great. People see talent in two ways -- one group sees that talent is to be developed through hard work, while others see it being something you either have or do not. Those athletes who know that skill takes time, will practice longer/have patience thru tough times. Research shows that higher performance happens with those athletes who expect to have to work long and hard to develop their talent. Remember...You have to BE, before you can DO, and DO before you can HAVE.

LEARN EMOTIONAL INTELLIGENCE - STAY IN CONTROL. Most superstars share the ability to stay in control, despite the great pressures they encountered, using their emotions effectively. They stay focused, and efficient, the mental discipline, to act decisively when it counts. Controlling frustration, anger, fear, and even confidence is an athlete's responsibility, not that of the coach. Remember...Mental toughness is much harder to master than physical toughness.

BE A TRUE TEAMMATE - One who is responsible for yourself, to your team's obligations and to your personal and team goals. You, no one else, are accountable for ALL your actions. Be honest and trustworthy to yourself, your teammates and the entire team staff. Ask when you have questions. You need to make sure that you are all pulling on the SAME end of the rope....together and strong. Remember...There is no "I" in TEAM.

TEACH YOUR COACH HOW TO HELP YOU LEARN BETTER - In the art of coaching, coaches have many colors and different paint brushes on their pallet that they can use to help you learn to be your best. It is just that each of you is unique, and for us to excel, a coach should not treat, nor teach each of you the same. Skilled coaches have learned to be consistent with each of you, but not the same. They are there for you in every practice. It is not their job to hammering you with constant feedback, but letting you learn. They will summarize feedback at times, but anytime you want to ask a technique or tactic question, you can talk to your coach who will always listen. Day or night, on the court, by phone, or even email! It is what you learn, not what the coach knows, that matters. It is our role to help you become a player who is all you can be-- without the coach -- for you are the athlete on the court of competition, and we cannot think for you as you play. Remember...You will always be your best coach, for you are with yourself 24 hours a day.

VISUALIZE YOUR GOAL - Imagine yourself doing the skills with success and power. Concentrate on visualizing doing the things necessary to win and on successfully completing those tasks. Remember...If you can see it...you can accomplish it.

COMMUNICATE - Talk and listen with your teammate and any staff helping you become your best. Share information you think will help us be our best. Silence equals acceptance, so speak out if you do not accept it. When off the court, read books and watch movies that can give you a new idea or inspiration to be great. Remember...Silence is Deadly.

KNOW YOUR ROLE - You need to understand and perform your role, just as much as you need to perform technical skills. We have a GREAT staff assembled to help you be your best...so use us. Who is on the court will be determined by on the court competition when the points are tallied. Remember...No player makes mistakes on purpose.

FOCUS ON WHAT YOU CAN CONTROL - A setter cannot control the passer, or the hitter, a passer cannot control the server. You cannot even control what your teammates say, think, or do. You can only control yourself, so focus on what YOU can do. . Forget your mistakes and focus on what you can control...the upcoming play. Focus on what to do, not your errors, and always and only let them see that you are powerful and confident. Remember...NEVER let your opponent see defeat.

THINK POSITIVE - Instead of dwelling on the just done error(s) Hitting out or missing a dig for example, concentrate on the times you have hit that same shot in, or where you need to be next time to successfully dig the ball. Remember...Negative thoughts WILL produce negative results.

FOCUS POINT BY POINT - In a related way, every match has three parts, a past, present and future. You cannot control the past, even that last rally. Nor can you control the future, so by focusing on the point at hand, playing one point at a time, you eliminate two-thirds of the worries many players have cluttering their heads as they play. Remember...What do you do NOW.

IF YOU WANT TO BE BETTER YOU MAY HAVE TO CHANGE - These changes may cause you to slide backwards for a bit of time. Pay close attention to the small successes you achieve by making these changes. Turn your wounds into wisdom. Remember...Half of all the teams will lose during a match.

BE A POWERFUL PRESENCE - Be yourself, and be proud. Stay powerful on the outside. This sport lets the opponents look THRU the net at ALL six players, not just the one they are guarding or training, and the court size, smallest of any sport, lets them SEE your body and face clearly. You must show with your actions and body language that you are powerful and looking forward to the next play. Gripping at calls, turning your back on teammate errors, hanging your head, kicking a ball, get frustrated outwardly and the like gives too much energy to every opponent, while taking it away from your teammates. Volleyball, perhaps more than any other sport, is a game of momentum. These swings often start with one singular player making a sensational play, a great dig, stuff block, hard kill or even a timely tip. Remember...Negativity gives positive energy to your opponent.

BE A LEADER ON AND OFF THE COURT - You do NOT have to be the best player to be the best leader. Captains are chosen with this in mind. You can be that someone to keep everyone going to achieve your goals. Remember...Strong armies are the result of great leaders.

READ MOTIVATIONAL QUOTES - Have a quote of the day. Write it down. Put it someplace you will see often that day. It can be a quote about the game itself, about leadership, or more general about life. Match it to your stage of the season. Remember...Tough times don't last, tough people do.

RELENTLESS PURSUIT – Remember...

Rule #1, Go for EVERY ball.

Rule #2, If the ball is too far away to reach, see rule #1.

WATCH THOSE BETTER THAN YOU - Watch videotapes of the Olympics, and NCAA Championships. Go watch levels of play higher than you compete in - the 18 and unders if a Junior Olympian, or collegiate matches, and the National Team any time you can catch them on TV or in person. Watch one player who you want to be like as they do the whole rally, by not focusing on the ball, but their actions before, during and after the rally, before during and after each contact. What are they looking at and learning to read? Why did they move to that spot before ball was hit and not some other place? Remember...There is much more learned by what is done BEFORE the ball is touched.