

## KEY DEFINITIONS

1. **Discipline** - Doing what has to be done, even when you don't want to do it.
2. **Intensity** - Giving 100% effort both on and off the court.
3. **Consistency** - Doing things correctly the same way day-to-day.
4. **Confidence** - Knowing you are able to do it.
5. **Motivation** - Desire to accomplish a specific goal.
6. **Effort** - Doing the best that you can.
7. **Responsibility** - Doing what is right.
8. **Initiative** - Moving into action before being asked.
9. **Perseverance** - Completing what you start.
10. **Caring** - Showing concern for others.
11. **Teamwork** - Working with others.
12. **Common Sense** - Using good judgment.
13. **Problem Solving** - Putting what you know and what you can do into action.

**"No gaps" between our expectations and accomplishments!**



## Player Guidelines

Upon becoming a member of the volleyball team, each player is expected to accept certain responsibilities that are a part of their participation in the volleyball program.

1. I will keep in mind, at all times, that I am representing not only myself, but my team, my school, and my community. I will never make fun of or ridicule a member of another team. Excessive gesturing only demonstrates my lack of character. If I need to prove a point, it will be done on the court through my play. In the end, that is what has the last say.
2. I will never argue with a teammate. That only undermines what we are trying to achieve together. I will help my teammates for I realize “nothing positive happens in volleyball without an assist from a teammate.”
3. I will not pout on the court. Pouting is a sign of immaturity and allows the opponent to take advantage of my team. My team needs me to be focused on our common goal to work together in harmony with each other so as to perform as a dependable and stable unit.
4. I realize that the coaches have personally selected me to be on this team. The coaches believe I am capable of performing the skills and successfully demonstrating the tactics of volleyball. I realize that I will make mistakes. I will take criticism from my coaches in a positive manner. I will learn from my mistakes and each day continue to improve my skills and use of tactics. Daily, I will make a positive contribution to my team’s successful achievement of its goals.
5. I will work to be a dependable player and teammate. I will be 15 minutes early for or definitely on time for every volleyball function. I realize that being tardy to a volleyball function could cause me to lose playing time during a match. Continued demonstration of tardiness or absenteeism may cause me to be dismissed from the team.
6. I will always leave a place I enter the same way I found it or better. I will clean up my mess and assist my teammates in cleaning up the team site, locker room, gymnasium, school commons, bus, restaurant, or visiting school.
7. I will assist the coaches and my teammates with responsibilities such as loading equipment, setting up and taking down volleyball equipment, shagging balls, and any other duties or chores that I see needs to be finished.
8. I will give my best effort at all times on the volleyball court and in the classroom. I am capable of being better than I was yesterday.
9. I realize that the players who are playing on the court are considered the best choices for our team to win the match that day. I will always be prepared to enter a volleyball games and make a positive contribution. Everyone has a role in this program. Everyone shares in the victories and defeats.

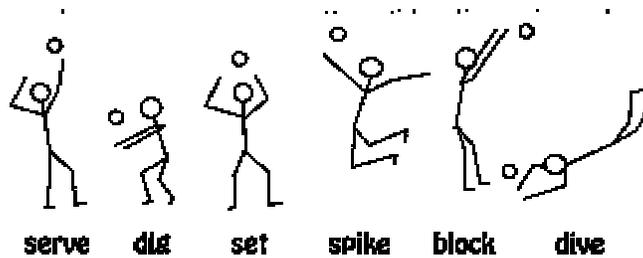


## Volleyball Practice Expectations

1. No barrettes, gum, or jewelry. These are not allowed during games. Therefore, they are not allowed at volleyball practice. T-shirts, short, well-fitted shoes (with shoes laced and tied), and kneepads are required for volleyball practice and games. Kneepads are protective devices against knee injuries such as cuts, scrapes, and bruises. Players needing trainer assistance for taping, etc. are expected to arrive early for practice or a match to receive the necessary assistance and will not be late for practice or a match. Players not wearing the proper safety equipment as specified by a coach, trainer, or doctor **WILL NOT PRACTICE or PARTICIPATE IN A GAME.**
2. All players are expected to attend all required practices and volleyball matches (with the exception of illness or family responsibilities) and demonstrate the courtesy of being to all practices, meetings, games, trips, etc. on time. If you are going to be late for practice, contact the coach **BEFORE** your appointment. Unexcused absences can be a cause for loss of playing time or dismissal from the team. Please remember, we cannot teach you the volleyball skills you need to know if you are not at practice. If you do not demonstrate, at practice, the required volleyball skills you need to make a positive contribution to the team, you will likely not play in the volleyball match.
3. Everyone will take constructive criticism as an opportunity to improve their skills. No one is being “attacked” personally. We have a great deal of personal intensity and enthusiasm for coaching volleyball. There will be times when our intensity and enthusiasm will be at very high levels. As these levels increase, sometimes so do our voices. We do not intentionally try to hurt your feelings. We will intentionally help you and your team become better volleyball players. Any complaints, see your coach after practice to express your thoughts. This is your right. We will listen and respond to your questions.
4. All players are expected to come to practice with a proper mental attitude. Each practice session is designed to help the individual athlete and the team to improve their volleyball skills. All players will work during practice to improve their skills and also encourage and help other team members during practice and games.

### **PRACTICE THE WAY YOU WOULD PERFORM IN A GAME!**

NOTE: You need to understand that should you have a problem with the above expectations, your playing time will be limited.



## Attention Volleyball Players

# Ten Steps To Help Your Coach Help You

Ask the vast majority of volleyball players what was the difference during that one practice, game or season when they played their best and the answer is universal; *“I was really having fun then!”* Yet many times they overlook one of the key reasons that time was so enjoyable, their coach, the one in control of the whole situation, was having fun *too!*

Let's face it: Your coach is a human being. Yes, believe it or not, that person who makes you condition, gets on you when you mess up, and disciplines you if you really mess up has feelings too. Whether they admit this to your team or not, it does matter to them how they are treated by their players. In order to truly understand this, you must realize why someone coaches in the first place. For the vast majority of coaches it is very simple: They love the game and they love teaching it to young people. It's fun for them. Think about it, why else would they devote their time and effort to a team?

Some also feel coaches are “just in it to win.” Yes, there isn't a coach alive who doesn't enjoy winning more than losing. However, many experienced coaches will tell you their most enjoyable season was not the year they had their best team - or even their best record. Why? Because many times those same teams that achieved so well caused the coach so many headaches both on and off the court that most of the fun of a successful season was ruined for them. I can honestly say myself that my most enjoyable season as a coach was not the year I had my best team. So if it's the winning that motivates people to coach, what's left? Simply their love of the game and the opportunity to have fun doing something they love! Now let me ask you this: Would you have fun if the players you were in charge of were constantly causing problems and treating you poorly? I seriously doubt it! I always make a point to impress on my team at the start of every season, “If your coach has fun - you will too!” What can you and your teammates do to ensure you coach is having fun working with your team? Try the following ideas and see if it doesn't bring a smile to your coaches' face, (and a boost to your level of play):

1. Personally set a goal to be the first one in the gym before every practice or game. - Coaches love it when their players get in the gym early, and those who straggle in “just on time” or a few minutes late impress no coach.
2. Always volunteer to help set up the nets. If this task is done, start warming up early. - Your coach has many important jobs to take care of every day for your team. Do not make them waste time doing things you can do for them - they will greatly appreciate it!
3. Always greet your coach with a cheerful smile. - Doesn't it give you a good feeling when you are welcomed pleasantly? Your coach is no different. “Treat others as you want them to treat you.”
4. Always run everywhere in the gym during practice. When the team is called together, set a goal to be the first one over to the coach each time. All coaches love hustle and enthusiasm and hate the opposite.
5. Always look directly at your coach when they are speaking. - This shows respect and an eagerness to listen, learn and cooperate.

6. Never talk when your coach is speaking. - This is very disrespectful and no one enjoys being “dissed”. Besides, *how can you possibly be listening if you're talking yourself?*
7. Make every effort to do what the coach is asking for at all times. - That is all any coach expects of their players- to do their best.
8. Never question the correctness of your coach’s instructions or strategy in front of others. - This is usually viewed as being disrespectful and puts your coach on the defensive in front of everyone. Nothing good can come of this.
9. If you do have a question, respectfully ask the coach one-on-one during a break or after practice. - You'll get a much better response to your inquiry and your approach to the situation will be appreciated.
10. Learn what your coach likes to talk about besides volleyball and make an effort to chat a little when appropriate. - Everyone likes it when others show an interest in what they enjoy.

I'm sure some players will respond to these ideas by saying, "*Why should I help my coach help me? I'm already working hard - and besides -its their job to help me!*" That's very true. What everyone must realize is, people work harder at any task or job when they are enjoying themselves doing so. This is just human nature.

Do the “little things” suggested above and see for yourself if your coach doesn't start having more fun working with you and your team, and thus start doing “those extra things” the whole team really appreciates. Then watch as you find yourself and the others putting out that extra effort consistently, playing not only harder but better, and enjoying it! In addition, you'll be learning a set of behaviors all “true athletes” possess and use on a daily basis. This approach really is a “win-win” situation for all involved. Good luck having fun!!

## **Tips For Thinking Your Way To A Kill**

1. Use a three-step approach. See where the block is.
2. If the line is open, use it.
3. If the seam between the outside blocker and middle blocker is open, hit the ball between them.
4. The hard angle can be driven 15-20 feet off the net in the opponent’s court.
5. If none of the other options is open, try to deflect the ball out-of-bounds off the blockers’ hands or arms.
6. Use tipping and off-speed shots with care.

# Cue Words for Volleyball Skills

## SERVING:

- Step with left foot (left foot start forward)
- Low toss/lift
- Follow through and point towards target

## HITTING:

- (Right)-Left-Right-Left footwork
- Small to big steps/slow to fast
- Throw hands high
- Wrist snap (top spin)

## PASSING:

- Wide base
- Feet to ball early
- Short stop posture
- Thumbs together, wrists down, elbows locked
- Freeze platform to target

## BLOCKING:

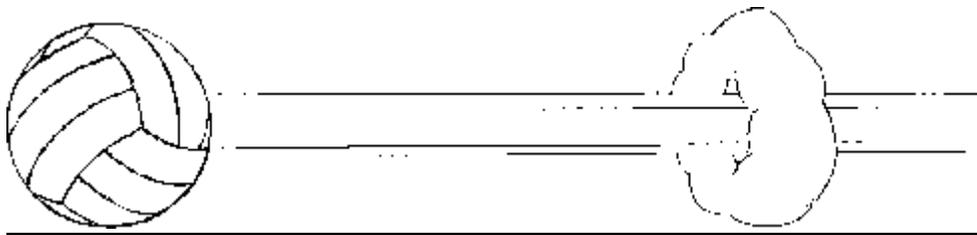
- Legs flexed
- Hands high
- Eyes on ball
- Front hitter
- Reading skills
- Fingers surround ball

## SETTING:

- Feet to ball early
- Right foot forward
- Square up to front target
- Hands in the shape of the ball
- Superman extension

## DEFENSE:

- Get low
- Be stopped at contact of ball by hitter
- Maximum pursuit
- Communication
- Platform to target
- Floor skills (rolls, sprawls and dives)



# Improving Your Teams Serve Receive

## Follow the Cues from the Server and the Ball

Train your passers to focus in on the following “cues” from the server and their serve receive skills will improve dramatically!

1. **Where are the server's hips and shoulders squared to?**
  - ⇒ All servers square to the direction they are going to attempt to serve the ball.
2. **Where is the server stepping with their front foot?**
  - ⇒ Just as when an athlete throws a ball- they will step in the direction they are attempting to serve.
  - ⇒ *\*When facing a server who doesn't step, simply focus in on where their front foot is pointing.*
3. **As they begin to serve, where is their serving arm moving towards?**
  - ⇒ Again, just as when throwing a ball, the servers serving arm will begin forward in the direction they are attempting to serve.
  - ⇒ Switching the focus to the ball:

Once the server contacts the ball, passers must immediately pick up on the following “cues” from the ball:

1. **Speed** - How fast is the ball traveling?
  - ⇒ It will only slow down from the time it leaves the servers hand
  - ⇒ If it comes out slow, it's going to be short!
2. **Spin** - Is it top spinning?
3. **Height** - How high above the net is the ball traveling?

By learning to pick up on these three cues and their possible combinations, the passer can predict the balls course and react to its flight more quickly.

### ***-Examples of possible cue combinations:***

1. **Fast, low, and top-spin:** The ball will dive quickly toward the end of its flight. It will be medium in depth at best.
2. **Fast, high, and top-spin:** The ball will be deeper and may come down by the back line.
3. **Fast, high, and floating:** The ball will be deeper, and may be out.
4. **Slow, high, and floating:** The ball will be shorter, coming down further up in the court than thought.
5. **Fast, low, and floating:** The ball will be medium to long in depth, and may go long.

## Tips For The Dink, Deep Line, Deep Angle, and Cut Shot

1. Dinks:
  - Arm swing should slow at last instant
  - Wrist snap should be in slow motion so ball travels upward and barely over the net
  - Top spin will help the ball fall in bounds
2. Deep angle/Deep line:
  - Aim about three feet from sideline and end line
  - Use slow arm swing and top spin
  - Hit ball squarely so it doesn't sail sideways
  - Deep angle gives hitter 40 percent more court to work with
3. Cut Shot:
  - If the ball is a clock, hit it at 1 or 2 o'clock to make it go left
  - At contact, snap wrist over and around the ball
  - Let the wrist do the work

## Three Ways to Win

### **1. NO CALL – BALL FALL**

Two players go to pass the ball at the same time. Who should take it? The rule is, whoever calls “Mine” first passes it. Make sure you yell loud enough that the people in the stands hear you.

What happens if you both call for the ball at the same time? Whatever you do, don’t pull away! The other person might back off too, and the ball will fall between you. Just continue to go after the ball aggressively. If the other person gets there first, back her up and offer reassurance with a “Yours!” call.

### **2. WATCH THE BOTTOM OF THE BALL**

Watch the bottom of the ball whenever you dig or pass it. By watching the bottom of the ball, you can get your arms underneath it more easily, and it gives you a split second longer to get your platform in the right position and control the dig.

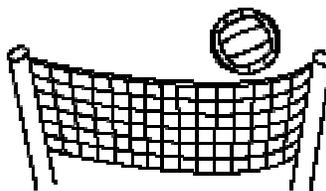
### **3. DEFINE YOUR STYLE**

There isn’t one right way to perform a volleyball skill. There are fundamental guidelines: be balanced, move through the ball to the target, stay behind the ball on a spike. But what skill performance boils down to is your success rate. Remember, we all have different body shapes, sizes, strength, and flexibility. These dictate how we look when we play. Don’t be afraid to do things in your own unique way. It doesn’t really matter how you do it, just get the job done.



## Defensive Principles

1. Defense is a learned attitude; a philosophy: We shall go for any ball. There will be no excuses for **NOT** pursuing any live ball. Even if the ball looks like it will go out-of-bounds, we will follow the ball.
2. Always play the ball in front of you.
3. Lean into the attack, but don't rush it.
4. Every defense will be a perimeter defense.
5. Play "on help" (play position so that teammates are on the court side of you.).
6. Cross-court defender plays facing opposite sideline.
7. When the hitter goes up, diggers get down.
8. Defense Sequence:
  - a. **STARTING** position
  - b. **READ** the developing play
  - c. **ADJUST** position
  - d. **FINAL** court position
  - e. **FINAL** body position
  - f. **BALL** is attacked
  - g. **RETRIEVAL** or ball pursuit
9. All defenders must know second contact responsibility.
10. At least 2 blockers on a ball.
11. If the blocker in front of you is involved on the block, you cover tip.
12. Defender's job is to sacrifice self to save the ball under any conditions.
13. Off side blocker automatically covers tips to middle of court.
14. Back row defenders establish court position by keying on the blocker's movements and adjust accordingly.



## Pre-Match Warm Up

Before a match starts, each athlete on the team should go through a warm-up routine to prepare for competition. Often there are time and court access constraints that demand that the warm-up is concise and effective. Therefore, as a part of preparations for competition, the team should practice the match warm-up activities. Practicing the warm-up will make the athletes feel comfortable with the routine and able to execute it easily.

Generally, a warm-up for a match should consist of the following elements:

1. **Raise the body temperature** to a working level. Usually this is accomplished with a light run.
2. **Stretch.** This is done to prevent injuries.
3. **Volleyball Ball Skills.** This will usually involve the athletes doing a basic ball handling drill, like pepper, a drill involving attack, a drill involving reception, and some serving.

It will take a minimum of 20 minutes to properly complete this type of warm-up. If the playing schedule of the competition provides less than 20 minutes on the court the coach should complete the first one or two elements before gaining access to the court.

## Pre-Match Coin Toss (Choice of Side or Serve)

During the warm-up, the court, the ceiling, and the area surrounding the court should be evaluated to determine if playing on one side of the court has an advantage over the other side.

A team should choose first serve if:

- The opponents are poor in serve reception.
- It has a safe and effective serve.
- Both teams are equal.
- It has a good defense and may score first points from defensive play.

A team should choose side if:

- One side of the court gives some advantage, or the other side of the court gives some disadvantage such as lighting, clearance above and around the court, dark background, sun glare, etc.
- At the beginning of a rally scoring game (the team on the offense is always at the advantage.)

While warming up, during opening ceremonies, and introductions, coaches and players must give a convincing demonstration that they intend to leave the court as winners.

Just before the players take to the court, the coach calls the players together and gives the last advice and orders.



## **ON THE BENCH** - By Larry Bock and Mark Pavlik

(How to make the most of your time while you're there, and how best to avoid it)

In almost every career, we're asked at some point to be substitutes, reserves, backups, specialists, benchwarmers, pine riders, shock troops, the Posse. Whatever it's called, being named second or third-team outside hitter is not quite the same experience as when you are told to "get out on the floor" as a starter.

The nature of the game dictates that many people on volleyball teams have roles other than what they ultimately desire. There are several ways to respond to the challenge of coming off the bench, some good and some bad. Here are a few keys to make your position as a substitute a positive and meaningful one for you and your team.

### **YOUR ROLE IN PRACTICE**

If you don't know what or how you are supposed to be contributing to the team, pin down the coach. Most of these people actually have a reason in mind for your athletic existence and will jump at the chance to share it with you. Think in the short term and recognize what the coach perceives as the most realistic objectives for you.

For example, extensive visualization of yourself blocking match point for the gold medal at the Olympics, then riding the shoulders of your teammates to the medal podium, would not be nearly productive for a scholastic back row specialist as picking up a ball and practicing consistent, tough serves. Know your role on the team and then practice what you will be asked to do.

Recognize that in a match situation, each ball contact you make as a sub will have MAJOR impact. When you practice, maintain this same mentality. Make each of your serves, attacks, digs, passes and blocks with great confidence. You will likely be appearing in some matches when things are going poorly and the team needs something done to change momentum, so you must do a little better than the person you have replaced. Also recognize that you will be pushed in and then pulled out of matches. Prepare in practice to make an immediate, positive impact on the court at the coach's beck-and-call (not your own.) In practice, work a little harder and concentrate a little better than everyone else on making a maximum contribution in a minimum amount of time.

### **YOUR ROLE IN MATCHES**

When the coach finally sees the light and inserts you into a match, be aware of the mood on your side of the court. If confusion is observable, your role is to calm things down by appearing confident and remaining calm even though you may feel like your stomach has relocated to your throat.

On the other hand, if you are entering the athletic equivalent of the morgue, start some good, positive, court talk. Also, make concerted efforts to move without the ball (position switches, attack coverages, base-to-read movements) in a way that gets everyone on the court instinctively doing the little things with you.

Remember that as a sub, you don't have the luxury of quietly settling into the match over a long period of time. Your job is to immediately eliminate mistakes. The importance and quality of your first few contacts will be intensely magnified. It is vital that you be ready to play at all times while waiting on the bench. Backcourt specialists must be prepared to immediately make a tough serve, pass a hard serve or dig a tough spike. Front court players should see themselves making that great block or killing the ball

on the attack on the first play that they are on the court. Setters should plan to set smart and good upon entry.

### **YOUR MENTAL APPROACH**

There is no question that staying in the game mentally is tougher for players on the bench than for players on the court. There are ways to keep yourself involved that will ultimately benefit you and the team.

First, use your vantage point to get to know your opponents. Recognize tendencies and then share these with your teammates and the coaches. If you are a hitter-blocker try to observe the opposing setter's tendencies in each rotation.

Secondly, know your own team. Scout your team in a match the same way you are seeing the opposition. Especially if you are the backup setter, watch your own team's tendencies. Talk with the starting setters and let them know if they are becoming predictable and where the optimal first side out attempt is in each rotation.

Everyone on the bench should be supportive in their talk and actions. Positive "bench talk" is as important as "court talk" for setting the mood of the team.

As a substitute, you have a real challenge to block out the negative feelings. Maybe your biggest challenge as a sub will be to alter some of your personal short-term goals to fit into the team's goals. Also recognize that even after a few bad ball contacts, a player has to immediately block out the past and be positive. Like a pinch hitter, think that you want your next ball contact to decide the outcome of the match.

### **YOUR PHYSICAL APPROACH**

To be physically ready when the coach asks you to play is one part of your role as a specialist or backup. Anticipate the situations when you will most likely be called upon. If the person in front of you on the depth chart is obviously tired, is suddenly attacking the ball at unusual paths, or has gotten caught up with the official's call, you might expect the coach to call upon your services.

Recognize and anticipate those situations where the coach has required your presence on the court in the past. Are you a person who gets your team jacked up? Or are you a player with the ability to calm people down?

Above all:

- **STAY WARM:** Keep your legs going, your fingers flexing and your feet active.
- Be aware of and have supportive body language. Slouching absent-mindedly on the bench and rolling your eyes at the action on the court will do little to support the team or your case for being a starter.
- Look like you are ready to play. Coaches do look to see who is into the game mentally and appears physically ready to take the court.
- When you enter a game inspire confidence by being and looking confident.
- When you leave a game, come out as fired-up as when you entered.

## CONCLUSION

In a team sport every player has to find a way to individually get the job done while still maintaining a team concept. For subs, this role is more difficult than for starters. It becomes necessary for you, and maybe only you, to know when you have completed your specific assignment. For instance, backcourt specialists might establish a personal goal not to be scored on while they are playing. Or they may always strive to out-point the opponent during the segment of a match (or practice) when they are on the court. By all means have plenty of positive conversations with yourself.

Become the best player on your team at the things you can control:

Make practice your turf. Try to win at everything, including any running. If the starters go 25 steps, you go 26. If they go fast, you go faster. If they get dirty, you get dirtier. If everyone else works for 90 minutes, you bust for 91 minutes. Prove in practice that you know what it takes to compete and strive to be the toughest, smartest, coolest player on the court at all times. Make the team realize your appearance into a game will carry with it an all out effort, supreme confidence and unyielding competitiveness that you show in practice.

In matches, know the game plan and your opponent. Give the starters your heart and soul when you are on the bench and know with every ounce of your conviction that you are the person the team wants on the court at 13-13. Have total and absolute faith in yourself, forget your mistakes, and never, give up.

### **HOT TIPS for being a good substitute:**

Your role in practice

- Realize what the coach expects.
- Practice what you will do in a game.
- Make maximum contribution in a minimal amount of time.

Your role during matches

- Know the mood on the court.
- Give your team what it lacked.
- You don't have time to settle into the match. There is no room for mistakes.

Mental Approaches

- Watch the opponent. Learn its tendencies.
- Watch your team. Pay attention to trends.
- Keep the bench together. Bench talk is as important as court talk.

Physical Approaches

- Anticipate when the call to play may come.
- Keep warm.
- Look like you're ready to play.



## **TO PLAY HERE:**

### **1. COMMIT TO WORK HARD**

- Accept it. Make it a habit.
- You develop good habits in practice.
- Don't settle for being average.

### **2. COMMIT TO BECOMING A SMART PLAYER**

- Understand the game.
- Think quickly on your feet. Make good decisions.
- Outsmart the opponent.
- Have poise under pressure.

### **3. PUT THE TEAM BEFORE YOURSELF**

- Give to other people. Selfish teams self-destruct.
- Understand you need each other.

### **4. HAVE A WINNING ATTITUDE**

- Believe in yourself. Play with confidence.
- Don't let fear of failure hold you back. Avoid dwelling on mistakes.
- Talk positive.

## **TO BE SUCCESSFUL HERE:**

### **1. BE COACHABLE AND COMMUNICATE WITH YOUR COACHES AND TEAMMATES**

- Accept criticism. Don't take it personally.
- Commit to the team's philosophy.
- Follow instructions. Execute the game plan.
- Talk to your coaches, not about them.
- Communication takes two people.
- Learn to separate the person from the student and from the athlete.

### **2. HAVE GREAT LEADERS, EAGER FOLLOWERS AND ROLE PLAYERS**

- Lead by example all the time.
- Do what is best for the team.
- Give to other people. You must give in order to receive.
- Respect and respond to your leaders. Everyone will have a role ... accept yours.

### **3. INFLUENCE YOUR OPPONENT**

- Be the team in control – set the tempo.
- Disrupt their offense with your defense.
- Control the net.
- Make smart hits.

#### **4. BE CONSISTENTLY MOTIVATED**

1. Be a good practice player.
2. Keep your focus and concentration.
3. Be mentally ready for each practice and each match.

### **TO STAY ON THE TEAM:**

#### **1. BE RESPONSIBLE**

- Graduate from high school.
- Go to class. Be on time. Stay off the ineligible list.
- Get tutoring if you need it.
- Be at all workouts and team functions.
- Plan ahead and talk to your teachers & coaches if your schedule gets too full. Mature people are responsible people. Be responsible for your game.

#### **2. BE RESPECTFUL**

- To your teammates and coaching staff.
- Moody people are rude and disrespectful. Your actions are a reflection of your team and school.
- Treat other people the way you want to be treated.

#### **3. BE HONEST**

- Can the coaching staff and your teammates trust you? Always tell the truth.
- Do you know right from wrong? Do what is right.

#### **4. BE LOYAL**

- Never talk about your teammates behind their backs. Backstabbing will kill us.
- Keep team problems and issues within the team.
- Be willing to confront issues.

**BUMP  
SET  
SPIKE**

# HOW TO SPOT A WINNING VOLLEYBALL PLAYER!

A WINNING VOLLEYBALL PLAYER says, "Let's find out!"

A WINNING VOLLEYBALL PLAYER makes commitments!

A WINNING VOLLEYBALL PLAYER says, "I'm good and I'm going to work to get even better!"

A WINNING VOLLEYBALL PLAYER is humble in victory!

A WINNING VOLLEYBALL PLAYER listens!

A WINNING VOLLEYBALL PLAYER learns from those people who demonstrate superior skills and knowledge of the game!

A WINNING VOLLEYBALL PLAYER does more than what is asked of him!

A WINNING VOLLEYBALL PLAYER respects the abilities and efforts of the other players!

A WINNING VOLLEYBALL PLAYER displays sportsmanship no matter what the outcome of a contest!

A WINNING VOLLEYBALL PLAYER demonstrates responsibility for more than just her play!

A WINNING VOLLEYBALL PLAYER says "I made a mistake and I will make-up for it!"

A WINNING VOLLEYBALL PLAYER encourages her teammates!

To win, you must be willing to do those things that no one else is willing to do!

To be a CHAMPION, you must be willing to do those things that you do not want to do!!

