

SOUTHVIEW VOLLEYBALL PHILOSOPHY

To Play Here:

1. Commit to work hard.

Give 100% all of the time. Develop good habits in practice. Don't settle for being average.

2. Commit to becoming a smarter player.

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

3. Put the team before yourself.

Believe in your teammates. Selfish people can self-destruct an entire team. Team unity is vital. Understand you need each other in order to succeed.

4. Have a winning and positive attitude.

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

To Stay Here:

1. Be responsible.

Get your homework done. Use your time wisely. Get with your teacher if you need extra help or accommodations. Be on time. Participate with team functions. Be responsible for your game.

2. Be respectful.

Respect your coach and teammates. Moody people are rude and disrespectful. Your actions on and off the court are a reflection of the entire team.

3. Be honest.

Can I trust you? Can the staff, your teammates? Always tell the truth. Always do the right thing.

4. Be loyal.

Never talk about your teammates behind their backs. Backstabbing will kill the team. Keep team issues within the team. Be willing to confront your coach with issues.

To Be Successful Here:

1. Be coachable and communicate with your coaches and teammates.

Accept criticism. Don't take it personally. Commit to the philosophy. Follow instructions the 1st time. Talk TO your coaches, not about them. Communication is key.

2. Have great leaders, eager followers and role model players.

Lead by example all of the time. Do what is best for the team. Respect and respond to your leaders. Everyone has a role – accept yours.

3. Influence your opponent.

Be in control. Set the tempo. Disrupt their offense with your defense. Control the net. Make smart choices.

4. Be consistently motivated.

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