



THE TOV TRIBUNE

-----Issue IIII, March 10, 2017-----

What's goin' on at TOV?

Howdy TOVERS! We would like you all to be aware of this month. This is a busy month for our athletes! I'm sure you all have big plans over spring break; we will be giving the girls off of practice that week, EXCEPT FOR THAT THURSDAY (03/16) AND FRIDAY (03/17). 15's, 14's, and all 13's teams will be having practice on those days and we do have two- a- day practice planned for Thursday. 12's will not have practice at all because they are not participating in Cross Court. Please, please, please let us know early if your athlete cannot make any of these practices. The practice times are as follow: Thursday 10:30 am - 12:30pm (ALL TEAMS) 1:00 pm- 4:00 pm (ALL TEAMS) Friday 10:30 am- 12:30 am. We will be having the Spring break clinic if players want to register just for the first two days of the clinic you can do that online or call the TOV gym!

Coach's Corner

This issue's coach's corner is brought to you by the NCAA. Recently there have been many incidents involving current college athletes and recruits losing their scholarship opportunities because of their social media content. PARENTS, it is so important to monitor your athlete's content and educate them on how accessible it is and the risks they take posting personal material. Not only are athletes losing their athletic scholarships, but traditional student who have qualified for academic scholarships can also be rejected if they are posting undesirable content. So even if your TOV athlete is not looking for an athletic scholarship, social media can still harm their chances at getting into a school, getting a job, and many other opportunities. So here is some advice you can share with them:

If you have social media accounts, you should get them cleaned up ASAP so they don't cost you hits to your reputation that can ruin the rest of your life. Here are some things to consider:

#1 Keep the profile name appropriate! Your profile name on Twitter, Facebook, Instagram and even your email should not contain profanity, sexual innuendo, and implications of drug use or alcohol abuse or your tendency to party. First and last name are safe. Don't call yourself SexyKitten05 or HotStud15. Just don't. This may impress someone you're trying to get with, but will be a huge detractor to admissions.

#2 Be mindful of what images you post and pose for! Not only do you need to be careful about what images you share, but

also what pics you allow to be taken of you that may get tagged on Facebook and viewed. Making out, hoisting red Solo cups, flipping people off and bikini selfies should be avoided. If you are caught on camera, ask that the images or video be deleted and confirm they are before they are posted and out of your control.

#3 Be conservative in what items you like and share! You may find a racist or homophobic cartoon hilarious, but sharing it on social media can make you look like an intolerant extremist. Sharing videos, images or posts of a sexual nature, that endorse drinking or drug abuse or anti-social behaviors should also be avoided. Colleges and scholarship providers want to know they are investing their time and money into serious students.

#4 Keep your opinions out of the fringes! Hot headed political extremism, intolerant religious views, condemnation of other races, religions or sexual orientations are all poor fodder for your social media accounts. It's fine to debate with your friends, but posting way left or right-wing musings can cost you big.

#5 Be sure you keep as much as you can private! Adjust your privacy settings as high as possible on all social media accounts so that casual browsers cannot access your posts. Require approval before you can be followed and don't share with contacts of contacts. But even if you restrict access, still don't post willy nilly. Also, limit what other people can post to your pages, block photo tagging and delete anything inappropriate from friends that have posted on any of your social media walls.

#6 Go back and clean house on all accounts! Go back through all posts and clean them up and delete any that are questionable. Some social media accounts can be shut down and all posts deleted. If you don't want to sift through, delete the account and start over. Facebook keeps old accounts archived, so you will have to clean that one up. Don't try and use dummy accounts because they can be traced to you and make you look sneaky or dishonest.

#7 Stay safe by inviting your family over! One of the best ways to keep your social media G or PG rated and safe for admissions counselors, scholarship judges and future employers is to share with your family. If you aren't comfortable posting something for your dad, grandma and favorite uncle to see, it probably shouldn't be posted. Think of your social media walls as glass houses that anyone can see into and judge you at will.

UPCOMING BIRTHDAYS

Cindy Tchouangwa 3/14 (13 Cobalt)
Megan Wittig 3/24 (13 Grey)
Samantha Henry 3/29 (13 Grey)

UPCOMING EVENTS

March 11th: Spike Sport 12 Grey
March 18th-19th: Cross Court 15 Cobalt, 13 Cobalt, 14 Grey, 13 Grey

TOURNAMENT RESULTS

15 Cobalt
-Houston Power League #3: 3-0
-TOV: 3rd place Gold bracket
13 Cobalt
-Houston Power League#3: 3-0
13 Grey
-Willowbrook:
12 Grey
-Zone:

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