



THE TOV TRIBUNE

-----Issue I, January 27, 2014-----

What's goin' on at TOV?

Hello TOV family, these past couple of weeks the TOV staff has been establishing a new culture. As many of you know, we have sent home a binder for all of the players with material that will help them understand what we expect from a TOV athlete. TOV is not only a place for our players to come and enjoy volleyball, but it is also a place where they can come and prepare for the next level. The TOV staff knows how and what to demand from each and every player that is willing to invest their time, attention and maximum effort to become the best volleyball player they can be. An athlete may have all the potential talent in the world but without discipline or work ethic that talent cannot be fully tapped into. So parents, players, family members, caretakers, and friends please help encourage all of the TOV family to buy into our culture and as an individual, team and organization we can all be truly successful! If there are any questions about the binders and the content inside feel free to ask. Also, remind the players that they will be asked for their practice pledges throughout the season starting next week.

CONGRATULATIONS! Coach Vladimir and his wife Anastasia had a baby girl, Eva. Eva was born January 22, 2017 at 6:50 a.m. at a whopping 7lbs and 20 inches. For all you mommas asking for pictures, it is Russian tradition to wait 40 days to show your baby so stay patient!

Coach J.R. wants all TOV athletes to know how important a good warm up is as he recently injured his calf demonstrating some agility.

Coach's Corner

This week I, Coach Kate, shared a very important message to the girls on what it means to be a good teammate. Many athletes, especially at the younger age, get caught up in the "drama" of being on a team. They all want everyone to like them, they don't want to step on anyone's toes and they especially don't want others to talk about them behind their back. One of the most important lessons I learned as an athlete was not only do you have teammates on a sports team but in life as well. If at a young age athletes can learn how to work well on a team, it will make dealing with "life teammates" that much easier. Our athletes need to

understand that not everyone on the team is going to be *besties*, but everyone does need to be on the same page working toward the same goal. I gave a paper to all the girls with some characteristics of a good teammate. My hope is that you (our TOV family) will encourage your TOV athlete to adopt those characteristics.

Trustworthy

Encouraging

Accountable

Mentally tough

Mindful of others

Authoritative

Team oriented

Example



A good teammate is someone who can be **TRUSTWORTHY** on the court by showing her coaches and teammates that she will do whatever it takes to help the team reach their ultimate goal. A good teammate does not have to be your friend, but must be friendly on the court by **ENCOURAGING** their peers, holding them **ACCOUNTABLE** as well as being able to hold themselves accountable. They must be **MENTALLY TOUGH** by taking constructive criticism from their coaches and fellow volleyball players. A good teammate is **MINDFUL OF OTHERS** by treating them with respect, just as they wish to be treated. They must be **AUTHORITATIVE** when it comes to demanding the best from themselves and their teammates, and they will put the team's needs first over their own, making them **TEAM ORIENTED**. Lastly, a great teammate is one who leads by **EXAMPLE**, actions speak louder than words! You all have the choice of what kind of teammate you want to be. What impression do you want to leave upon spectators, your coaches and most importantly your teammates?

JANUARY BIRTHDAYS

Coach Miri Jan. 4th
Skylar Skrabenek Jan. 4th (12 Grey)
Halle Ham Jan. 10th (15 Cobalt)

UPCOMING EVERNTS

Power League 15's Cobalt Saturday, Jan. 28th
Power League 13's Cobalt Sunday, Jan. 29th
Fast Tournament 13's Grey Saturday, Feb. 4th
Skyline Tournament 14s Grey Saturday, Feb. 4th

TOURNAMENT RESULTS

15 Cobalt
-Houston Power League #1: 3-0
-TOV Tournament: 1st Place Silver bracket

RESULTS CONTINUED.....

14 Grey
- Willowbrook Tournament: Silver bracket contenders
-TOV Tournament: Bronze bracket contenders
13 Cobalt
- Spike Sport Tournament: 1st Place Gold bracket
- Houston Power League #1: 3-0
13 Grey
-Spike Sport Tournament: Silver bracket contenders
- Willowbrook tournament: 1st Place Silver bracket
-Woodlands Rev. Tournament: Gold bracket contenders
12 Grey
-Texas Advantage Tournament: Gold bracket contenders
-Spike Sport: Silver Bracket contenders