



TOV ACADEMY NEWS

-----Issue III, March 20th, 2017-----

What's goin' on in Academy?

Happy first week of Spring! I hope everyone had a nice spring break and is refreshed to "spring" back into the routine of things. Academy will start back up like normal this week. Coach J.R. is also back in action! Thank you to those who attended our Spring Break Clinic, we had a great outcome and saw A LOT of improvement. Sorry for the late newsletter but like most of you, we had a busy spring break weekend with the big Cross Court tournament. It was held at George R. Brown convention Center and hosted over 700 teams! We had a great turnout, our 15 and 13 Cobalt teams finished in the top 10 of their division, our 13 Grey finished in the top 1/3 of their division and our 14 Grey did an excellent job and improved a lot as the tournament went on!

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.

March 20th – March 31st Challenge

Challenge: Pass to yourself standing then pass to yourself kneeling, try to get 10 in a row.

Tip 1: Have your athlete practice at least twice a week during the 30 sec. or 1 min. between watching T.V. or doing homework. Have them try to get as many sets in a row as they can. Write down the highest number for them to see and the next days they practice make it their goal to beat that previous number.

Tip 2: As your athlete completes, and receives more challenges write them down in a goal journal. There is something satisfactory about checking something off of your goal list. This is also a way to help your athlete become self motivated. To make it even more fun and personal have your athlete decorate their journal!

*Keep working on the previous challenges! **#1: Pass to yourself 50 times**
#2: Set to yourself 25 times
#3: Pass yourself set yourself

Texas One Volleyball

1818 First Oak St.

Richmond, TX 77406

www.texasonevolleyball.org