



# TOV ACADEMY NEWS

-----Issue I, February 3, 2014-----

## What's goin' on in Academy?

Hello TOV family! First off, we want to thank you all for signing your athlete up to participate in our developmental Volleyball Academy or our Off Season Program. We wanted to give you a heads up about what has been "goin' on" and what will be coming up.

Up until the last two weeks of the Academy I, II and III we've been focusing on developing the basic fundamentals of volleyball; passing, setting and serving. Without these skills it would be very difficult to play volleyball at a good level. As the TOV athletes have progressed, coach J.R. and staff has begun to implement hitting and is now including developing the arm swing. In the Off Season program, TOV Staff still works mainly on developing the basic fundamentals, these will always be a part of any volleyball training your athlete will come across, but as they become more experienced we have been able to raise the level of intensity of the fundamental drills and introduce more advanced components.

To end the sessions on a high note we are throwing a TOV Winter Festival for all Academy and Off Season participants. This will be run along the lines of a club tournament with some adjustments to rules, scoring and team and court sizes to fit the level of the athletes so they can see how their skills have improved and how they can apply them in game situations. With the winter sessions coming to a close, it is important to keep your athlete conditioned and climbing that ladder of improvement. Our spring sessions for Off Season program will begin again February 21<sup>st</sup> and Academy I, II and III will begin the following week on February 27<sup>th</sup>. As you are all already a part of the TOV family we are offering a \$100 discount if you sign up for the spring session by February 17<sup>th</sup>.

\*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 club 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?

## February 3<sup>rd</sup> – February 17<sup>th</sup> Challenge

Challenge: Pass to yourself 50 times in a row without stopping and catching the ball.

Tips: 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 passes 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.

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