

## THE TOV TRIBUNE

-----Issue II, February 10, 2017------

## What's goin' on at TOV?

Hello again TOV family! I hope you all had a fun filled and safe Super Bowl weekend. What an awesome event that our great city was able to host. We here at Texas One sort of feel like we are about to be putting on a Super Bowl of our own this weekend. We are hosting a very large 13's tournament this Saturday, Feb. 11<sup>th</sup>. Both of our 13's teams, Cobalt and Grey, will be competing in it. We are excited to have 20 teams participating, but not too excited about the clean up hehe. It will be great for the TOV name and facility to have a packed gym, so if you and or your athlete are off this weekend and don't have much going on Saturday, bring friends and family to check out the crazy volleyball atmosphere. We would love for you to come by and cheer on your fellow TOV'ers ... and we will even let you help with the best part, TEAR DOWN!

February 18<sup>th</sup> we will also be hosting a TOV festival for our Academy and Off Season program participants to close out their winter session. We take a lot of pride in our developmental programs and have seen tremendous growth! If you have or know someone who has a child wanting to start the fun and fulfilling journey of volleyball please sign up for the spring session. The spring sessions for our youth developmental programs will begin February 27<sup>th</sup>. If you have a child that is already a part of a developmental program or the club side of TOV, you will receive a 100\$ discount if you sign up before February 17<sup>th</sup>.

On another note, we have had many girls miss practice due to illness. PLEASE keep you and your athlete healthy and try as hard as possible to prevent them from getting sick. If you have a sick athlete, have her STAY HOME! If she is injured bring her to practice to watch and learn. We have done our part at TOV by disinfecting and constantly cleaning up the gym, so please do yours and make sure your athlete eats correctly, gets her vitamins and washes her hands!

## **Coach's Corner**

Hello everyone! I, Coach J. R., had the pleasure of watching the 14 Grey team compete this past weekend at Skyline. I also watched that crazy football game, as I'm sure many of you did too. When I was reflecting on my weekend, I wanted to share the very important lesson that both the 14 Grey team and the Patriots reminded me of; overcoming adversity, and playing through some not so comfortable situations. The 14's team faced sickness and last minute injury. Despite the loss of BOTH setters the girls decided to pull together and finish out the tournament with just six players. All six players had to be on the court and play every position! Not only did they learn how to overcome the situation, but they also learned how important it is to know how to do every skill and play every position. I was very proud to see one of our Texas One teams perform with enthusiasm and fight despite the tough situation they encountered! Now Sunday, we saw a little different type of adversity during the Super Bowl. The Patriots were down by a fast three touch downs and after finally getting points on the board, the Falcons again answered back with another seven points. The Patriots did not give up; they stayed in the game and chipped away at the score board. A lot of teams, especially at the club level have a tendency to do just the opposite of Tom Brady and the Patriots. Once they get 3, 4, 5 points down they begin to feel defeated, rather than turning that feeling into fight. I would like all the club girls to remember the game is not over until one team reaches 25 and that final whistle blows. No matter the score there is always opportunity to score points and change the outcome of the game!



Don't forget to show some love to all those around you!

TOURNAMENT RESULTS
15 Cobalt
-Houston Power League #2: 3-6
13 Cobalt
-Houston Power League#2: 6-0
14 Grey
-Skyline: Did not advance to bracket
13 Grey
-Fast: Did not advance to bracket 🔪 🥟 🦰
389

Texas One Volleyball

1818 First Oak St.

Richmond, TX 77406

www.texasonevolleyball.org