



# TOV ACADEMY NEWS

-----Issue III, March 3, 2017-----

## What's goin' on in Academy?

Hello friends! The new spring session of our developmental programs have started this week! If you were involved in previous sessions and have not signed up, don't worry, you can still join!

A few things that you need to be aware of:

First, our coach J.R., who is the director of the youth programs, will be out for at least two weeks due to injury. This is why you will be seeing all of our other Master Coaches getting involved. This will be good for the girls to see a variety of coaching styles. The practices will still follow the same progressive program so the athletes will stay on track with their improvement.

Secondly, spring break is coming up! All youth developmental programs will be paused for that week (March 13-17). Have a fun and safe break! If you are not traveling and your girls want to continue getting in the gym we will be having an All Skills Clinic March 14-16. You can sign up online or at the gym!

**\*Just a heads up!! we will be having a Spring Break all skills clinic. Registration is open on our website.**



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

Challenge: Alternate 1 pass to yourself and then 1 set to yourself 10 times 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**

## Coach's Corner

This week I, Coach Miri Krietemeyer, want to share with you some important lessons that I personally have learned by participating in organized team sports growing up, and that I am now trying to teach all young athletes I coach. Being part of an organized team at a young age has so many benefits for young players that they can use not only when participating in sports but in many other aspects throughout their lives. I have included some below:

**Hard work:** hard work and discipline are two of the most important tools in youth sports. When children participate in sports they start understanding that if you work hard and you are disciplined, rewards will come. Also, it is very important to remember that discipline, respect and hard work require no talent!

**Teamwork:** this is probably one of the most important lessons team sports can teach young athletes. Working as a team is imperative to the success of a team. As you grow, there are many situations where you have to work as a team in school or at work, and if you have had experiences early on it is much easier to deal with this type of situation as they come up in life.

**Leadership:** competitive team sports creates an environment where people have to work together in order to achieve their goals. Team spirit and the ability to work with others is an essential, but often overlooked, part of being a leader.

**Time management:** as we know when we grow up most of us wish there were more than 24 hours in a day. When you start playing sports at a young age you learn how to manage your time early on. They have to manage school, homework, other school activities, family events, practices and tournaments, among others, all at the same time. If they are disciplined with the help from parents, coaches and teachers all of it can be managed successfully, so when they grow up it will be much easier to manage their time because they are used to it.

Although there are many other lessons that team sports can teach young athletes, these are some of the ones that I feel are very important. These and the other many life lessons learned by young athletes participating in youth sports are a lot more important than the final score of a match!

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