



THE TOV TRIBUNE

-----Issue III, February 24, 2017-----

What's goin' on at TOV?

Howdy TOVers! There is not much new going on here at the gym. We would like you all to be aware of the upcoming month of March. This is a busy month for our athletes! I'm sure you all have big plans over spring break; we will be giving the girls off of practice that week, EXCEPT FOR THAT THURSDAY (03/16) AND FRIDAY (03/17). 15's, 14's, and all 13's teams will be having practice on those days and we do have two- a- day practice planned for Thursday. 12's will not have practice at all because they are not participating in Cross Court. Please, please, please let us know early if your athlete cannot make any of these practices. These practices are very important because we will be playing in many tournaments in March including the big two day tournament Cross Court. We here at TOV want all our teams to do well and compete at Cross Court, which takes place the weekend directly after spring break (03/18-03/19).

If you do not have any plans over the spring break we are putting on an All Skills Camp March 14th-16th



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!

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!

Texas One Volleyball

1818 First Oak St.

Richmond, TX 77406

www.texasonevolleyball.org

UPCOMING BIRTHDAYS

Grace Koob Feb. 24th (13 Grey)
Eliana Zepeda Feb. 25th (13 Cobalt)
COACH KATE MORRELL Feb. 28th
Amelia Nwaka March 1st (12 Grey)
Lauren Rothe March 5th (15 Cobalt)

UPCOMING EVENTS

Feb. 25th :Power league 13 Cobalt
Feb. 26th :Power league 15 Cobalt
March 4th: TOV #4 15 Cobalt
Zone #4 12 Grey
March 5th: WSC#6 13 Grey

TOURNAMENT RESULTS

13 Cobalt
-TOV #3: 1st Place Silver bracket
14 Grey
-TAV#4: 2nd Place Bronze bracket
13 Grey
-TOV#3: 1st Place Bronze bracket
12 Grey
-AVA#2: 3rd Place Gold bracket
-Stellar#2: Gold bracket contender

TOV SPOTLIGHT

Congratulations to Hailey Kelley, who is a member of our 15 Cobalt team. She has been recognized by her school as student of the month!



Congratulations Abby Patton, who is a member of our 12 Grey team. She got 2nd place in her age group running 4 miles in an annual charity run for adoption!



6 Players have had perfect attendance since the beginning of club season. Thank you for your dedication!

Samantha Schwab (13 Cobalt)

Eliana Zepeda (13 Cobalt)

Likhita Chintalapati (13 Grey)

Kylie Swartz (13 Grey)

Lucy Nitingale (12 Grey)

***At TOV we want our athletes to excel in everything that they do. We want to encourage and promote greatness, so please share with us any achievements that TOV athletes have accomplished!**