



TOV ACADEMY NEWS

-----Issue II, February 17, 2017-----

What's goin' on in Academy?

Hello again TOV family! We hope you all had a nice, loving Valentine's Day. As you all know our winter session for our Youth Development programs have ended. Today, February 17th, is the last day to take advantage of the \$100 discount if your athlete wants to continue in the upcoming spring sessions.

Saturday February 18th is the tournament. Not only will we have many teams comprised of the TOV Youth Development athletes, but we will also have 28 girls from the YMCA that will also be competing in the tournament. There will be seating for all you spectators, but feel free to bring your own chairs as we are expecting a full gym. TOV will also have concessions with all your favorite snacks and lots of healthy options for breakfast and lunch!

We are very excited to see how your TOV athlete has progressed and use her volleyball skills in a team setting. We promote good sportsmanship from players and parents in the TOV gym, so please bring your loud, positive and encouraging voices to cheer on all participants.

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



Coach's Corner

Hello everyone! I, Coach J. R., had the pleasure of watching the 14 Grey team compete at Skyline the same weekend I watched that crazy Super Bowl 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!



February 17th – March 3rd Challenge

Challenge: Set to yourself 25 times in a row without stopping and catching the ball.

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!

Texas One Volleyball

1818 First Oak St.

Richmond, TX 77406

www.texasonevolleyball.org