

McLouth High School Volleyball

Head Coach: Katie Jensen

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Assistant Coach: Kristin Church

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Core Values

-The best programs are built on character skills. Focusing on these skills will give our team the best chance of success. Even more important, they will give each player life lessons and tools to help them succeed outside of sports.

Coaches and players will focus on applying, developing and living these values in every minute, every day, every practice and every game.

Values that define our team

1. Hard working
 - Always give your best effort.
 - Do more than what is expected of you.
 - Be passionate.
 - Be enthusiastic.
 - Be proactive- don't take the back seat- initiate and get things done.
 - Focus
2. Honest
 - Be honest and trustworthy.
 - Be someone that can be relied upon.
 - Show integrity in everything you do.
 - Be responsible.
 - Be a role model on and off the floor.
 - Look people in the eye while communicating.
3. Selfless
 - Work together.
 - Look to help others, with nothing expected in return.
 - Develop friendships, relationships and respect for others.
 - Make teammates better-lead by giving.
 - Show unity- team first. WE not ME.
4. Resilient
 - Never give up.
 - Play through your mistakes- no pouting/complaining.
 - Use mistakes to improve.
 - Stay the course- always try again; harder; smarter.
 - Never quit on a play!

5. Grateful

- Be grateful and thankful for what you have.
- Be appreciative.
- Show gratitude. Be aware of the people around you that go out of their way to help you.
- Enjoy the process.

Rules

Only one rule- that our core team values are demonstrated all the time. On AND off the court. Someone is always watching/looking up to you.

Summer Plans!

Weights - 3 X a week. I will be checking attendance with the coach.

Open Gym – 2 X weekly, Monday/Wednesday starting 06/03/2019 5-7 PM

Littles Camp-

August 5-8 9-11 AM

HS players- required to show up and work kids camp

This summer is going to be crucial for us. Please get in the gym/weight room as much as you can.