

DUNWOODY HIGH SCHOOL VOLLEYBALL TEAM PHILOSOPHY

Volleyball played well is a thing of beauty. Few athletic endeavors require as much teamwork; rarely does a sport reward hard work so completely. Athletes who study the game and apply the lessons learned relish every opportunity to practice and play. Spectators who watch competitive volleyball for the first time are easily hooked.

Your Dunwoody coaches love volleyball. They are committed to you as students, as athletes and as young women. It is their goal to provide every opportunity for you to become as good as you want to be. More important, they strive to help you and your teammates become the best team you can be.

THE TEAM COMES FIRST

As a Dunwoody volleyball player, you agree that the team is paramount. Your individual goals and your team's goals do not necessarily conflict, but when they do, you accept that decisions are made for the good of the team. Successes are sweeter—setbacks sting less—when they are shared.

That said, the best way to improve your team is to improve as an individual. **Competition is not just healthy, it is mandatory.**

RULES HELP OUR TEAM RUN SMOOTHLY

Each player must decide if she buys into our system and is willing to commit to this team. Every rule is for the benefit of the team, and you have to decide, in advance, whether you want to follow them. If not, you should not be a part of the team.

OUR TEAM THRIVES ON TRUST AND RESPECT

You must trust your coach and your teammates, and behave in a way that earns their respect. You must do everything reasonably necessary to make yourself and your team better.

OUR ATHLETES LEARN TO BE COACHABLE

There is often more than one way to do things correctly. In some cases, however, your coaches will select a specific strategy for the benefit of the entire team, even if it may not seem to benefit a particular individual. You must be willing to make changes according to your coaches' suggestions. If coaches seem to be "riding" you, it is usually because they think you are capable of a higher level of performance.

OUR TEAM WORKS HARD

Winning matters. But winning is hard. There is nothing easy about becoming great.

Everyone wants to win, but few make the sacrifices to do it. No one will give you anything in life, you must earn it. You cannot cut corners. If, for example, you don't have a consistent, powerful serve, you should work long and hard to get one.

OUR TEAM HAS BALANCE

To balance academics, athletics, work and family, you must plan ahead and make difficult choices. The choices you make will affect your future opportunities. Choose wisely.

ON OUR TEAM, BENCH TIME IS PLAYING TIME

As a Dunwoody volleyball player, you maintain the same focus and enthusiasm whether you are between the lines or on the bench. You accept that playing time is decided by the coach for the good of the team in the circumstances of the moment. You know that Dunwoody's bench is its secret weapon: every player has her head in the game at every moment, and is ready to come in at any opportunity. That said, **you have a big say in your playing time.** Dunwoody coaches establish objective standards, and those who score highest on those standards will get the most time in matches.

OUR TEAM WILL BE SUCCESSFUL

Your coaches want you to know that almost any obstacle can be overcome with hard work. Commitment, perseverance and responsibility will be rewarded.

OUR TEAM HAS FUN

Volleyball is one of the most fun sports in the world. You know you've chosen the right sport if you simply can't wait to get back in the gym, and absolutely love stepping on the court with your friends and teammates every chance you get.

OUR TEAM PASSES IT ON

As you move through high school, share your new skills and insight with new or younger players. Be generous with your time. Consider helping at the middle school or club level as an assistant coach or referee. Dunwoody Volleyball has a strong tradition and a proud history. Be an active and involved Dunwoody alumnus.