Mental Toughness
- Studies show that within a group of athletes of equal ability, those who receive mental training outperform those who don’t almost every time. Mental skills, like physical skills, need constant practice.
- Pressure is in the brain of the beholder. Learn to view pressure as a challenge to meet rather than a threat of defeat.
- You can’t control your performance until you are in control of yourself. What you’re thinking. How you’re feeling. Most importantly, your physiology.

ESPN Play of The Week
Luis Nunez went back to serve with the Knights down 24-19 against LA Trade Tech. Nunez, went on a two point service run that forced a Tech timeout. During the timeout Coach Pratte discussed that the team should never give up and believe that Nunez can continue to go on a service run. Nunez, continued to put the pressure on by making all of his jump serves and helping the Knights win 26-24.

Quote of the Week
“I believe that everyone chooses how to approach life. If you’re proactive, you focus on preparing. If you’re reactive, you end up focusing on repairing.”
~ C. Maxwell