February 9 2014

ESPN Play of The Week

In set one of the LA Trade Tech match, the Knights pass the ball up nicely to Ian, who sets a quick attack to Erinn Logan. Erinn terminates the ball and records one of nicest kills for the Knights of the season.

Quote of the Week

“It’s not the will to win that matters, everyone has that. It’s the will to prepare to win that matters,” Paul Bear Bryant

SDCC Men’s Volleyball Short Term Goals

1.) Be at least 5 minutes early to every SDCC men’s volleyball event.
2.) Keep Coach Pratte and Coach Mike in the loop by documenting everything. E-mails and text messages are a great way to notify your coaching staff.
3.) Write down 5 things of way you are grateful to be part of the SDCC men’s volleyball team.
4.) Get 315 likes on our facebook page by the end of the week.

Player of the Week

Frankie Valencia
Frankie continues to work on his game outside of practice. This will help him get better at volleyball.

Ironman of the Week

Mario Martinez continues to work hard in the weight room and he is on his way to achieving his goal.

Circle Word of the Week:

Commitment
Show commitment by being on time and doing your job on the floor and in the classroom.