March 3rd 2014

**The Power of One**

Motivation:

1.) Motivation: The reason or reasons one has for acting or behaving in a particular way.
2.) Motivate yourself by setting up short term goals with Coach Pratte
3.) Motivate yourself by earning an award when you complete a goal
4.) Motivate yourself to do your best for SDCC, your teammates and most importantly yourself.

Circle Word of the Week:

Grit
courage and resolve: strength of character.

**ESPN Play of The Week**

In set three of the Golden West match Scott passed a perfect ball to Ian. Ian set David on a middle attack and crushed the ball for a kill. Right after the play Coach Pratte yelled, “David you deserved that hit, now continue calling for the ball and do it again”.

**Player of the Week**

David Garcia

David continues to work hard at practice and it getting better at middle attacking.

**Ironman OF THE WEEK**

Sam Gerlach

Sam continues to work hard at being a great middle!

Quote of the Week

“Hard work beats talent when talent doesn’t work hard” – Kevin Durant