March 11, 2014

ESPN Play of The Week

In set 3 of the OCC game, outside hitter Matt Marinho was assigned to block the right side attacker. During the set Matt dedicated towards the right side attacker and read the play nicely. Due to his hard work Matt made a stuff block to earn a point for the Knights.

Quote of the Week

“Just keep going. Everybody gets better if they keep at it,” Ted Williams #winforever

The Power of One

How to stay engaged in practice.

1.) Having a positive attitude and mind set.
2.) Having eye contact with the coach and with teammates
3.) Always asking questions when you don’t understand a certain drill.
4.) Holding everyone accountable including yourself.
5.) Bring energy to practice.

Circle Word of the Week:

Engaged

How engaged are you at practice? How engaged are you in class? How engaged are you in the community?

Player of the week

Scott Cayabyab

Scott had a lot of great passes and digs against one of our toughest conference opponents, OCC.

Ironman OF THE WEEK

Dakota Arbolado

Dakota has been working hard on and off the court, while having a positive attitude.