

## SoV 12 Game Changers

12 “game-changing” principles that transform how athletes play and grow.

### 1. Learn from Mistakes

Every error is an opportunity to grow.

**Examples:**

- After a mistake, reset your routine and try again.
- Watch film or listen to coach feedback to see what went wrong.
- Ask questions when you don’t understand a skill.

**Why It’s Important:**

- Builds resilience — mistakes don’t define you.
- Turns setbacks into stepping-stones.
- Helps develop patience and problem-solving.

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### 2. Bring the Right Mindset

Stay positive, open, and ready to learn.

**Examples:**

- Accept feedback without frustration.
- Encourage yourself with “I can improve” instead of negative self-talk.
- Show up with energy, even after a tough day.

**Why It’s Important:**

- Creates a positive team environment.
- Helps you stay coachable.
- Inspires teammates to match your energy.

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### 3. Come Prepared

Arrive mentally and physically ready for every practice and tournament.

**Examples:**

- Bring kneepads, water bottle, shoes, and braces. (it is your responsibility not your parents)
- Eat a healthy snack before practice.
- Arrive 5-10 minutes early to get ready.

**Why It’s Important:**

- Maximizes learning opportunities.
- Shows respect for the team and coaches.
- Builds confidence by knowing you’re ready.

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### 4. Work Hard, Stay Focused

Always give 100% effort and attention.

**Examples:**

- Sprint back into drills instead of walking.
- Stay tuned in when on the bench/waiting lines.
- Push through even when you feel tired.

**Why It's Important:**

- Progress comes from consistent effort.
  - Focus sharpens performance under pressure.
  - Hard work sets the standard for the team.
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**5. Lift Each Other Up**

Encourage, cheer, and celebrate every play together.

**Examples:**

- High-five teammates after every rally and every opportunity you have.
- Cheer for effort, not just points scored.
- Congratulate someone who tries a new skill.

**Why It's Important:**

- Builds team unity and trust.
  - Boosts confidence after mistakes.
  - Creates a supportive, fun environment.
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**6. Believe in Yourself**

Confidence builds strength and success.

**Examples:**

- Step up to work with trust in your practice.
- Take a swing, even if you're nervous.
- Replace "I can't" with "I'll try."

**Why It's Important:**

- Confidence empowers performance.
  - Helps athletes take risks and grow.
  - Builds mental toughness for competition.
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**7. Take Care of Yourself**

Fuel your body, rest, and stay hydrated.

**Examples:**

- Drink water before, during, and after practice.
- Get 8+ hours of sleep.
- Eat balanced meals to keep energy up.

**Why It's Important:**

- Supports peak performance.
  - Prevents injuries and burnout.
  - Builds lifelong healthy habits.
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**8. Support Everyone**

Show kindness, respect, and inclusion to all teammates.

**Examples:**

- Encourage every player, not just close friends.
- Respect teammates' differences.
- Pick someone up when they're struggling.

**Why It's Important:**

- Creates a safe, inclusive environment.
  - Strengthens team bonds.
  - Teaches respect that goes beyond sports.
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**9. Be Loud with Positivity**

Use your voice to motivate and energize the team.

**Examples:**

- Call the ball clearly and loudly.
- Cheer for hustle plays, not just big points.
- Shout encouragement from the sidelines.

**Why It's Important:**

- Builds energy and momentum.
  - Keeps everyone engaged and motivated.
  - Communication improves teamwork.
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**10. Have Fun!**

Enjoy the game, the journey, and the moments we share.

**Examples:**

- Smile, laugh, and enjoy being on the court.
- Celebrate small wins with the team.
- Focus on enjoying the process, not just the outcome.

**Why It's Important:**

- Fun keeps players more receptive to learn.
  - Reduces stress and pressure.
  - Reminds us why we love volleyball.
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**11. Take Responsibility**

Own your effort, actions, and attitude.

**Examples:**

- Admit when you missed a play instead of blaming others.
- Take charge of doing your role in rotations, and in your improvement pace.
- Follow through on commitments (be on time, bring your gear).

**Why It's Important:**

- Builds trust and reliability on the team.
- Teaches accountability that extends beyond sports.
- Helps every player understand their role in team success.

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## 12. Honor the Game

Respect teammates, coaches, referees, opponents, and the sport itself.

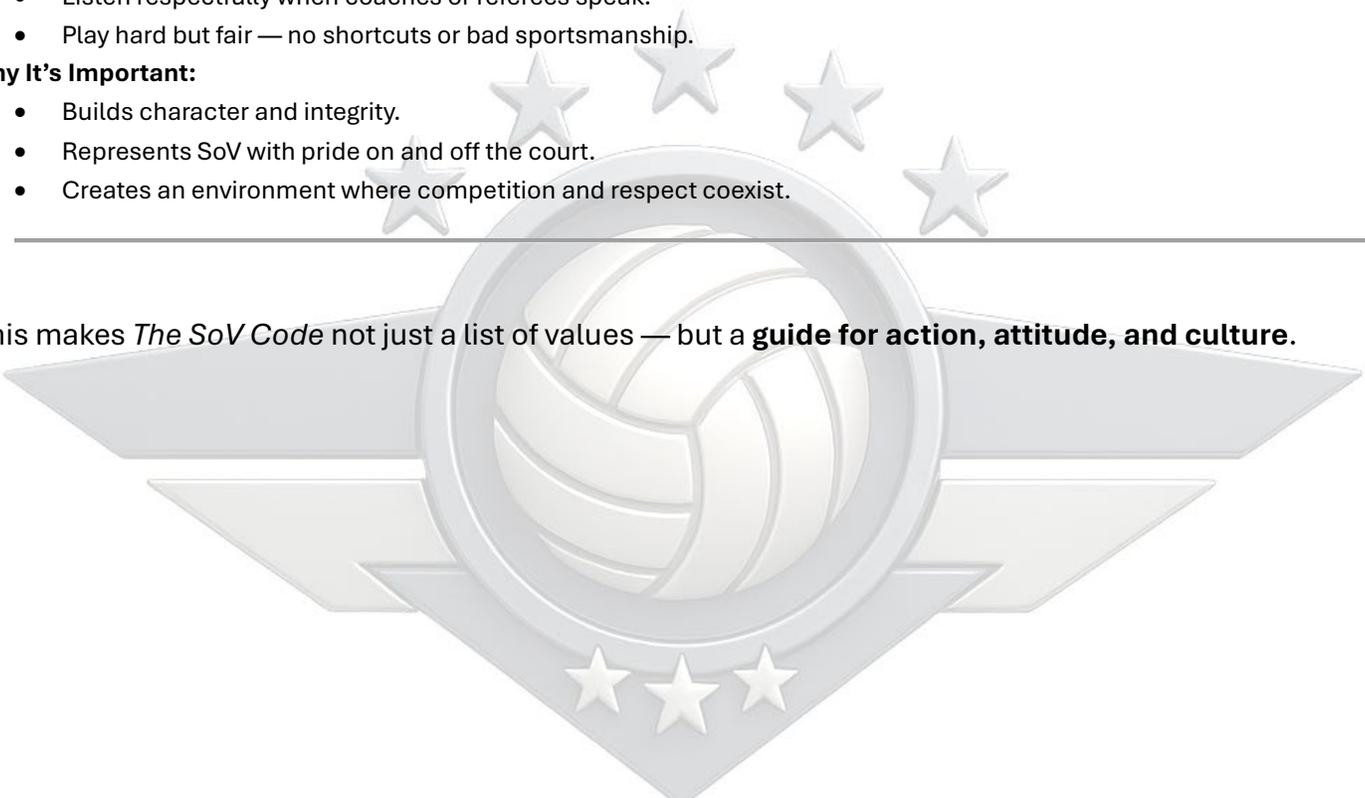
### Examples:

- Shake hands after matches, win or lose.
- Listen respectfully when coaches or referees speak.
- Play hard but fair — no shortcuts or bad sportsmanship.

### Why It's Important:

- Builds character and integrity.
  - Represents SoV with pride on and off the court.
  - Creates an environment where competition and respect coexist.
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This makes *The SoV Code* not just a list of values — but a **guide for action, attitude, and culture.**



— SoV —  
School of Volleyball

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