

Port Orange Volleyball Newsletter

Reminders:

- Developmental program starts back up in February
- No jewelry or gum at practices and competition per AAU & USAV guidelines
- Farm to Table Movie Night fundraiser tickets are on sale now.

Tournament Play Starts in January

Tournaments are about to start and while they are exciting and fun, at times they can feel overwhelming for parents and sometimes players. Here are some tips to survival:

1. Attendance at practice is critical. If a player doesn't practice, they will not be able to perform on the court. Players are expected at every practice. There is no "I" in team. It takes every player to make their best effort for a team to play their best.
2. Parents should be using the Sports Engine app and their child's team group chat. These will help parents and players know details about tournaments such as where to meet, play times, etc.
3. Please read the handbook (or listen to the audio) found on the website for valuable information.
4. Any questions regarding using the Sports Engine app, parents' team group chats and/or the handbook, please contact Coach Valle or Director Dawn Rank.. portorangevolleyball@yahoo.com



Movie Night at the Farm

Bring friends and join us for a night of "fun"draising at this unique farm-to-table event. If you have never been to one of Green Flamingo Organics' Movie Nights, you are in for a treat.

The whole evening is filled with surprises and super delicious food prepared with farm fresh ingredients for you to enjoy.

Bring a blanket, some camp chairs and pick a hay bale table to set up your picnic dinner and enjoy the family-friendly movie on a 24ft screen. Tickets are \$35.50/person and seating is limited. Order online now at:

<https://www.eventbrite.com/e/movie-night-on-the-farm-tickets-54116593187>

Vision Boards

Dream and you will achieve or so the saying goes. Turns out the saying is true. Making a vision board is not just a fun "Pinterest-like" activity. Vision boards are proven to be an effective tool to help individuals develop and reach their goals. How do they work? By putting your vision board in a location you will see daily, you are doing short visualization exercises throughout the day.

Olympic and professional athletes have been using vision boards for years. In a scientific study, researchers found that "brain patterns activated when a weightlifter lifts heavy weights are also similarly activated when the lifter just imagined (visualized) lifting weights."

While a player at any age can create a vision board, we highly encourage our high school players create a board and adjust through their high school career as needed.

Examples of questions to answer on the vision board:

- What do I want to be when I grow up?
- What education and experience are required?
- Which colleges are you interested in and do they offer programs for your dream job?
- Do you want to play volleyball in college?
- What are the differences between the different divisions? (Div I, Div II, NAIA and NJCAA)

