

Here is a collection of articles, quotes, statements or essays about attitude.

Attitudes

by - Rev Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church or a home, *a player, a team or an entire club**.

The remarkable thing is we have a choice everyday regarding the attitude we embrace for that day. We cannot change our past. We cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one thing we have, and that is our attitude.

I am convinced that life is 10% of what happens to me and 90% of how I react to it.

And so it is with you... we are in charge of our ATTITUDES.

Rev. Charles Swindoll

* I added the "a player, a team or an entire club" to Rev. Swindoll's list. I think he would have included those last three if he were speaking specifically about volleyball, or any other sport.

How Can a Recruit Impress You? What makes you say, "Wow"?

Question asked of John Dunning - Head Coach Stanford University Women's Volleyball

If they can do things physically, that attracts everybody's attention. Whether it's a libero that has great strength and great vision. Whether it's a hitter that plays higher and hits harder than everybody else. Whether it's a passer that just has amazing feel. Those things attract everybody's attention.

Then there's the kid who, in the huddle at a time out, is paying attention to what's going on and doing what they can do to help themselves and their teammates go to the next part of the game in a positive way. Verses having bad body language that affects everybody negatively, or rolling their eyes because they've heard it for the thousandth time. Those things never impress anybody when you see them.

Volleyball is a game that's repetitive and happens in a very small space and you really influence each other. You're either a giver, or taker, and if you're helping in a positive way, that's a great thing. We all watch for that.

When you sit down and just watch players playing, what do you notice, what attracts your attention?

Question asked of Greg Whitus - Recruiting Coach - University of Tennessee Women's Volleyball

Your body language is huge. How you carry yourself, how you present yourself on and off the court to your teammates, coaches and opponents. What you do after you make a mistake... If I could talk to every club kid that is playing out there right now - I don't mind, I see kids, players, prospects making mistakes on the court all the time - and I like that because what I want to watch is what are you doing right after you make that mistake.

I don't care if you hit the ball line and hit it out by three feet. I want you to turn to your setter and go "Give it back to me right now." and then finish!

That is more than a ten foot kid to me.

100%

How do you give 100% effort

What does it mean to give 100%?

This may be a little silly, but here's a little mathematical formula that might help you figure out how to give 100% effort:

If: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

is represented as: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

Then:

K-N-O-W-L-E-D-G-E

$$11+14+15+23+12+5+4+7+5 = 96\%$$

Which is a great place to start...

H-A-R-D-W-O-R-K

$$8+1+18+4+23+15+18+11 = 98\%$$

gets you pretty close.

But to get all the way there, you need your best -

A-T-T-I-T-U-D-E

$$1+20+20+9+20+21+4+5 = 100\%$$