

How to Be the Avidity Athlete

With our 2024 season right around the corner, many players ask, what goes into the selection of Avidity athletes? That answer, *so much!*

Most kids that walk through our doors have athletic potential, but what we're looking for at Avidity is that next level athlete. That athlete doesn't necessarily have the best volleyball skills and are far from perfect. The techniques, positions, and expertise of volleyball can be taught. Players can be developed with exposure to high level instruction and coaching that addresses both the technical and tactical parts of the game. So, if it's not just about the skills what exactly are we looking for?

Epic Work Ethic and Grit - We want to train the kids who are competing their hearts out every single time they show up on our court. Avidity athletes aren't afraid to try something uncomfortable, fail, get back up, fail again and take small steps for big gains. AVC athletes are *gritty*, hustle, are risk-takers, and light a fire on the court. These kids swing hard, sometimes hitting the back wall, sometimes hitting 10 feet, but ultimately no matter what, they are always competing. Our coaching philosophy is there cannot be reward without risk. There cannot be success without challenge. We want to know that you are the type of player who maybe isn't the most skilled, but the kid with the is going to stop at nothing to get better. We want to coach these AVID athletes.

AVID about the GAME - Our AVC coaches *are avid about volleyball* and are passionate about what this game brings to our female athletes. We coach embodying this passion and we believe that this feeling is a vital component to be successful on the court. We want the same from our athletes. We look for kids radiating positive energy, kids paying attention during drills, making eye contact with their teammates and coaches and supporting the work others are doing. We want coachable kids that are reflective of their own game and experiences and realize how to bring the best out in others. We want the athletes who are giving high fives, encouraging each other, and pushing their teammates to succeed. By simply observing our athletes behavior and personality, it becomes obvious to us who will bring something special, fun, and unique to our program. Because at the end of the day, loving the sport is why we all show up. We want to coach those AVID athletes.

Ultimate Team Players - We look for kids who truly understand what a *good teammate* looks, sounds like and feels like. These athletes celebrate hard and come on to the court full of energy and passion. These athletes show up not just for themselves, but for each other and never stop talking on the court. When their team is faced with a challenge, our AVC athletes stand up, continue fighting, and are ready and willing to do whatever it takes for one's team. Watching you interact positively and inclusively with your teammates is everything to us. We want to coach those AVID athletes.

So...we encourage all of you.. don't blend in; stand out. Don't hide; play fearlessly. Make mistakes, take risks, and leave your comfort zone. Force us to have to put our pens down for a moment, look at each other and say, "WE NEED TO COACH THIS AVID KID."

Go be an AVID athlete.