



## Instinct Monthly Core Value

**'T.H.R.E.A.D.'**

**Trust, Honesty, Respect, Ethic, Accountability, Desire (Discipline)**

Starting November we will be meeting players (each coach with your own team) to talk Instinct VBC Core Value. You can ask the girls to bring poster, or quotes, or things related to the Core Value of the month, You can also create some activity for the team to go over these important topics. Have fun 😊

### **November Core Value of the Month – TRUST ‘ T ’**

#### **Team Trust Quotes**

"Good teams become great teams when the members can **trust** enough to sacrifice the 'me' for the 'we.'"

"I don't **trust** words, I **trust** actions."

"Good teams are committed to the team mission and to each other personally. Good leaders inspire and build this commitment and **trust**."

"**Trust** is knowing that when a team member pushes you, it's because they care about the team."

"When a gifted team dedicates itself to unselfish **trust** and combines instinct with boldness and effort, it is ready to climb."

"Hard work beats talent when talent doesn't work hard." -- We **trust** each other to work hard 100% of the time!

"**Trust** is like paper, once it is crumpled, it can't be perfect again."

"Learning to **trust** is one of life's most difficult tasks."

"**Trust** is knowing that when a team member does push you, they're doing it because they care about the team."

"The best way to find out if you can trust somebody is to **trust** them."



## **December Core Value of the Month is HONESTY “ H ”**

### **"THREAD" Our Core Values are woven in our Culture**

The CVOM for the month of Jan is "Honesty". During December, our coaching staff will be talking to their teams about the meaning of honesty and what it means to be honest. We would like our players to interact in these conversations and be able to provide input into these discussions regarding Core Values.

### **Honesty**

- 1. The quality or fact of being honest; uprightness and fairness.**
- 2. Truthfulness, sincerity, or frankness.**
- 3. Freedom from deceit or fraud.**

We believe embracing Core Values and discussing their importance in relation to being part of a team and a program builds character in our athletes.

## **January's Core Value of the Month – RESPECT “ R ”**

### **"thread"-ing core values into our players - on and off the court**

The month of January is here and at Instinct VBC that means a new Core Value of the Month. And while we have been busy discussing and learning about Trust and Honesty in Nov December, in January we will turn our attention to respect.

We often hear or use the word 'Respect', but what does it really mean in an athletic or volleyball sense? Why should we care about respecting others or earning someone's respect? These are great questions and our goal for February is for all of our players, parents, coaches, referees, and even our competitors to understand how to give respect and be respectful.

Respect is to honor or hold someone or something in high regard or esteem. It comes in many different fashions; for example, you can respect a player for their skills, work ethic, desire or even their ambition. You can respect physical items such as equipment and facilities by helping to keep our building clean. Positions of authority, like a referee or your coach should be respected. And lastly, you can earn respect from your teammates or coaches for working hard or provide leadership.

We hope you engage in the dialog of Respect this month, and we look forward to hearing your feedback.



## **February Core Value of the Month – ETHICS “ E ”**

### **ETHICS are thread through our culture!**

It is hard to believe February is here and it is time for a new Instinct VBC Core Value of the Month. If you recall the acronym for our Core Values being 'T.H.R.E.A.D.', we have past through **Trust, Honesty, and Respect** in February, that means the 'E' takes center stage.

There are several options we could have chosen for our 'E' this month: Excellence, Effort, Equality or even Empathy, all positive traits, but we believe teaching our athletes about "doing the right thing" conveys the 'E' most appropriately. Therefore, our 'E' for February is., **E t h i c s**.

Ethics are rules of behavior based on ideas about what is morally 'good and bad' or 'right and wrong'. More simply put, ethics relate to doing what is morally right, even when no one else is watching. This may be easy to say, but in a competitive world, people are often faced with temptations that made temporality cloud their decision-making and cause their moral compass to point in the wrong direction.

This month, we will be engaging in the discussion of ethics and what it means to be ethical. What happens if you encounter a situation where someone may not be acting ethically? How can we encourage our players, coaches and staff to have their moral compass pointing north?

At Instinct VBC, we are striving to have our program develop athletes with sound volleyball skills and high character. We firmly believe having an understanding of what is ethical and 'doing the right thing' is a key element to achieving this goal.

## **March Core Value of the Month Accountability “ A ”**

### **Work Hard or Stay Home - it's rooted in Accountability!**

The THREAD core value for the month of **MARCH** is ACCOUNTABILITY.

“The only people that can ruin a relationship or make a relationship work are the two people in it” Rob Liano

It is easy, at times, for parents to view the club, coaches to view their players and teammates to view each other as “things”. The “club” annoyed me; the team didn’t perform up to my expectations, my teammate failed. Whether for 4 months on a Metro teams, 5 months on a Wild or Wild Black team 6-7 months on a Wild Gold much of the success and failure of each of these mini organizations can be traced back to the ACCOUNTABILITY accepted by each involved individual. The “clubs” administration is made up of individuals who are ACCOUNTABLE to adhere to the contractual obligations and written promises made to each parent and player at Instinct Volleyball Club. The parent and players responsibility to the organization and



it's coaches is to read and abide by the written contracts and policies they accepted when they signed up. If as individual parents, players, administrators and coaches we are ACCOUNTABLE to each other that relationship should work.

Just as parents look to the club to be ACCOUNTABLE to fulfill its responsibilities and vice-versa, each player to their coach and each player to their teammate must also accept ACCOUNTABILITY. "Work hard or stay home" may be a platitude but it's meaning is rooted firmly in ACCOUNTABILITY. Just as coaches are ACCOUNTABLE to properly train and manage their team each player is ACCOUNTABLE to show up for practice and scheduled matches prepared to "work hard". If a player chooses to be more ACCOUNTABLE to an interest outside the team or if a coach does not feel ACCOUNTABLE to his/her team and their parents this relationship and the team may fail.

If, however, all of us are ACCOUNTABLE to each other, willing to "Work hard or stay home" and be there to do so, the club, the parents, the coach and the team can perform to the best of their ability. If and only if everyone feels ACCOUNTABLE.

#### **April Core Value of the Month Discipline, Desire " D"**

Head Trainer Cilene core value, she calls "2 D - Discipline, Desire "  
Having discipline and do what you train for, listen to coaches' advise during matches, do the simple things right, follow the rules

" Discipline is the bridge between goals and accomplishment "

" Motivation keeps you going, but discipline keeps you growing "

"Self-discipline is when your conscience tells you to do something and you don't talk back."

Desire, (or Hustle, Fire, Fight) you can do all.

"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

"What you lack in talent can be made up with DESIRE, hustle, and giving 110 % all the tme"

