

GEL MHS VOLLEYBALL

Coach Dennison

G- Get along. It is important to care for one another and to treat each other with respect at all times.

E- Earn your spots in life. Work hard on and off the court. What you do when no one else is watching is what makes you the best at whatever you pursue.

L- Leadership. You will represent Morgantown High School and how you carry yourself will be a reflection of your team and your school.

M- Motivation. Praise yourself for well-accomplished tasks and cheer your teammates' successes.

H- Honesty is the best policy. Be true to yourself at all times. Do not do to others what you would not want them to do to you.

S- Stay focused on the task at hand. Keep up with your schoolwork and practice hard because perfect practice makes perfect. You will play like you practice and warm-up.

V- Victory comes first from within. Think like a winner, act like a winner and you will be a winner. Just remember to remain humble and count your blessings.

O- Outrageous people make a difference. Take chances, step outside your comfort zone, learn from your mistakes on the court, it will make you better.

L- Laughter is the best medicine when it comes to not sweating the small stuff. Don't let stress stop you from accomplishing your goals.

L- Love yourself and know you are a gift to the world, to your family and friends and to this team.

E- Enjoy the game, you worked hard to get to play so be ready at all times.

Y- Yell for your teammates. Even when you are not on the court you have a critical role. Wish them well and it will come back to you. Yell and want the ball; it will prevent injury and embarrassment.

B- Be yourself!

A- Academics should be a number one priority.

L- Listen to your teammates. Constructive criticism is a good thing. Know when to help!

L- Listen to your coaches!