

# FAVORITE QUOTES

Nelson shares | volleyball | life lessons

[www.lvclub.org](http://www.lvclub.org)

“Providing a humanistic approach to training ... not only the development of fundamental skills and strategies but also the life lessons learned beyond the court.” ~ Ruth N. Nelson

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“Old School Ideas Make It Happen and become NEW School Methods.” ~ Ruth N. Nelson

“Enthusiasm is contagious.” ~ Ruth N. Nelson

[www.brvc.weebly.com](http://www.brvc.weebly.com)

“Love what you do, do what you love. for as long as you love it.” ~ Ruth N. Nelson

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**“Live today like there is no tomorrow!” ~ Ruth N. Nelson**

“If you forget where you started, it becomes more difficult to see where you need to go.” ~ Ruth N. Nelson

“If you have not utilized all players in competition, then you have NOT properly prepared and trained them in practice for competition.” ~ Ruth N. Nelson

“Everyone matters...because everyone contributes.” ~ Ruth N. Nelson

“Motivation is something you create within your heart.” Ruth N. Nelson

The journey makes the trip worth all the hard work. ~ Ruth N. Nelson





**“Life can be challenging ... but happiness is simple to find!” ~ Ruth N. Nelson**

“Positive and consistent communication between parents and players is vital to success!” ~ Ruth N. Nelson

“Without knowing and respecting the history ... there is no future” ~ Ruth N. Nelson



“You are what you are TODAY because of what you have done yesterday.” ~ Ruth N. Nelson

You asked my advice, but were you really ready to hear the answer? ~ Ruth N. Nelson

“Making a difference in someone’s life is what life is really about.” Ruth N. Nelson

“You never know when a few sincere words can develop into a life lesson.” Ruth N. Nelson

“If you have not demonstrated your best efforts during practice, then you have NOT properly prepared prior to practice.” Ruth N. Nelson

“No one knows what you don’t know; tell them if you want them to know” ~ Ruth N. Nelson

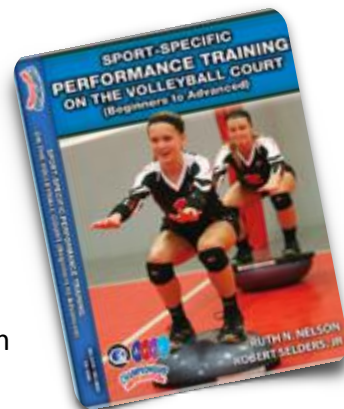
“Success is not determined by how many wins you have but by what goals you have accomplished in the process.” ~ Ruth N. Nelson

It is only worth something if you first listen and then apply what you have learned! ~ Ruth N. Nelson

Mentoring is critical for each player to develop their abilities and achieve the next level. ~ Ruth N. Nelson

The minute you walk in the gym, you must be prepared to give a little more than you think you can! ~ Ruth N. Nelson

“When you feel that you just cannot go one-step further, remember those that will never walk, run or play.” ~ Ruth N. Nelson





**Once you set your mind to do something ...anything is possible! ~ Ruth N. Nelson**

"Achieving excellence is ONLY one step away from success." ~ Ruth N. Nelson

"Your passing is only as good as your weakest server." ~ Ruth N. Nelson

"Dreams become a reality when you decide to believe in yourself." ~ Ruth N. Nelson

"Your level of play is only an extension of how well you have trained." ~ Ruth N. Nelson

"Assume every ball is coming to you, and you will always be ready to execute the skill." ~ Ruth N. Nelson

"Serve to score points not just to put it in play." ~ Ruth N. Nelson



Excellence doesn't happen by accident, either on the court or in the classroom, " ~ AVCA Executive Director Kathy DeBoer

"Accountability begins when you realize that you must take the first step." ~ Ruth N. Nelson

"Each player must give up just enough individuality to become a true team player and realize the TEAM matters first." ~ Ruth N. Nelson

"Each situation has a positive outcome as long as you realize you still have time to learn." ~ Ruth N. Nelson

"Defense is pure discipline ... sacrifice your body and enjoy the experience!" ~ Ruth N. Nelson

"Sharing knowledge is part of the process of being a great trainer, a great coach and a great player." ~ Ruth N. Nelson

"Volleyball is a graceful sport, each move and each jump flows into the next." ~ Ruth N. Nelson

"Becoming the best you can be ...comes only after you have respected what your parents have given you." ~ Ruth N. Nelson

"You are only able to be the best after you realize what you don't know and then go after it." ~ Ruth N. Nelson

"Every practice is an opportunity to measure myself towards reaching my potential." ~ Penny Lucas-White





"You don't know, if you don't GO." ~ Valerie Armstrong

"Don't measure your improvement based on others. Keep your focus on your own goals." ~ Sarah Peterson

"A positive mental game and working hard is the key to success!" ~ Bridget Depperman

"It is just as important to play a mental game as it is a physical game." ~ Meredith Mosley

"People are meant to better one another." ~ Scout Wonsang

"Becoming a complete player means striving for excellence in the following variables: attitude, work ethic, mental toughness, coachability and fundamental skills." ~Ruth N. Nelson



"Being able to analyze, correct and execute individual fundamental skills that are biomechanically sound allows one to perform at the highest level." ~ Ruth N. Nelson

"To seek criticism is to seek improvement." -Kelsey Morrison

"What you put into it is what you get out of it." -Kelsey Morrison

"Drills are for reinforcing skills." Ruth N. Nelson



College-Bound Coaches Network



**"Sometimes you just have to power through it." ~ Marykate Marshall**

"Life lessons make this world a better place and each of us better people." ~ Ruth N. Nelson

"Play each point as if it is match point, and you will enjoy the sport!" ~ Ruth N. Nelson

"You are as great as you want to be, ambition will get you farther than talent." ~ Kelsey Morrison





*“Life is shorter than you think; spend your time wisely by helping others with no regard for possible gain.”*

*- Ruth N. Nelson*



**BYOP**  
Bring Your Own Parent™



**GO**  
**KIDS**  
YOUTH SPORTS™



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# DISCIPLINE...DISCIPLINE... DISCIPLINE...DISCIPLINE...

What do you think it takes to have a successful program or team? The answer is quite simple ... each player must give up just enough of her individuality in order to become a true TEAM PLAYER and realize that the TEAM matters first!!



TEAMWORK is critical to becoming a great TEAM. T is for "together" to work, to have common goals (personal and team); E is for "everyone" which must exhibit energy and enthusiasm at all times; A is "achieves" because of working together with positive energy; M is for "more" by rising above all challenges and obstacles that we allow others to put before us; W is for "work ethic" which there is no shortcut when focusing on hard work; O is for

"opportunity" which arises at every practice, every game, as each new opportunity enables us to get better; R is for "respect" for yourself, your teammates, your coaches and your parents; K is for "knowledge" which is the result of working together to achieve more .. establish this through a good work ethic, taking advantage of every opportunity, respecting everyone and putting all this together to develop the best Team ever.

Please remember – it is about enjoying playing this wonderful sport and having FUN. This only happens when you have made the commitment of becoming a TEAM PLAYER...there is no "I" in TEAM. But there is always time to get better...

**Nelson Motto: I promise to always discipline myself so that i can make a difference in this program and my team!**



## Do-Over's...i wish i could have!

Learn from every situation, every point, every set, every match, every practice, every training session, every travel trip and every moment that you have smiled and had FUN!

