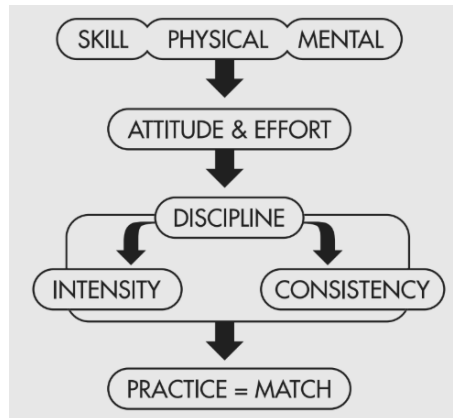


LISKEVYCH PHILOSOPHY
T.LISKEVYCH – 2020



SKILL - PHYSICAL - MENTAL

- The sequence/phases of learning volleyball in rank order of importance:
 - Skill** – acquiring all the skills/techniques needed to become the best volleyball player.
 - Physical** – getting yourself in the best possible physical condition
 - Mental** – the psychological side of the game – the higher the level, the more important this phase becomes.

ATTITUDE & EFFORT

- You control both of these. No matter where you are in your skill development, physical conditioning and/or mental state your attitude and effort are factors that you alone can control.

DISCIPLINE/INTENSITY/CONSISTENCY

- These follow from having the appropriate attitude and effort. They must be first understood and then practiced just as you would practice any volleyball skill.

PRACTICE = MATCH

- What you do in practice relates directly to your match results. You cannot execute in game conditions what you have not mastered in a practice/training setting.
- “Practice does not make perfect – perfect practice makes perfect.”

DEFINITIONS

- ATTITUDE** - The manner of acting, feeling, or thinking that shows one’s disposition, opinion, etc. The right attitude is being positive and being focused in the present moment (“here and now”).
- EFFORT** - The use of energy to get something done by exerting both body and mind. Push yourself to places that you have never been before...test your limits...break through barriers.
- DISCIPLINE** - A training that develops self-control, character, and/or orderliness and efficiency. You do what has to be done – every time.
- INTENSITY** - The quality of being intense – a) extreme degree of anything and b) great energy or vehemence of emotion, thought or activity. Always give 100% while being in control and attentive both physically and mentally.
- CONSISTENCY** - Agreement or harmony with what already has been done. Doing things the same way day to day.

ADDITIONAL STATEMENTS ON COACHING PHILOSOPHY

1. Respect for the individual – is the cornerstone of my coaching philosophy:
 - Respect and trust
 - Treating everyone with dignity
 - Treating you fairly, not equally
2. Put your energy into the things you can control. Concern yourself only with the things that you can change, don't worry about the things you can't.
3. Concept of "TEAM"
4. Positive Reinforcement
5. Reliability/Dependability
6. Delegation

MY PHILOSOPHY OF LIFE

Most important – every individual should prioritize: religion, family, vocation/career, health, values, integrity, etc. The following are twenty points below are in my view/perspective a guide to happiness and fulfillment:

1. **Dream** – dare to dream what you want to accomplish and what you want to become.
2. **Set Goals** – take time to develop and write down both short term and long term goals. Make them specific, challenging, realistic, attainable and measurable (SCRAM).
3. **Think You Can** – all personal achievement starts in your mind. You can achieve what you think you can. Believe in yourself and your goals. This will put you on a path to confidence and success. (Confidence = Success, Success = Confidence)
4. **Work Hard** – after you have set a goal work hard to achieve it. Nothing worthwhile in life comes without hard work. Learn how to work hard.
5. **Be The Best That You Can Be** – ultimately your success will be measured by how well you developed your innate gifts (God-given talents). Pursue Excellence!
6. **Don't Be Afraid To Make Mistakes** – it is natural and normal to err. This is how we learn – but it is important to learn every time you make one.
7. **Turn Negatives to Positives** – every disadvantage has some silver lining. "Turn a lemon into lemonade."
8. **Seek Meaningful Friendships** – you know that family will stick with you through good and bad times. Use the same measuring stick for friends. Distinguish between friends and acquaintances.
9. **Practice the Golden Rule** – do unto others as you would have them do to you.
10. **Be Positive** – very little gets accomplished with negative thoughts and behavior.
11. **Be Enthusiastic** – if you are not excited about what you are doing, others will not be. "Enthusiasm is contagious."
12. **Listen** – develop this skill and you will learn a lot.
13. **Do It Now** – procrastination is an obstacle to achieving your goals.
14. **Get an Education** – this is your stepping stone toward a meaningful life and career.
15. **Read** – in this era of television, Internet, and other electronic communication gadgets, set aside time to read. You will discover many hidden treasures.
16. **Embrace Health & Fitness** – take time out of every day to take care of your mind and body. Develop life long leisure skills by learning a sport skill(s) that you can practice well into old age
17. **Be A Good Time Manager** – develop a system to manage your time – daily planner, things-to-do list, set routines, etc
18. **Be Aware of the Dangers of Drugs & Alcohol** – say "no" to drugs – be careful of alcohol abuse.
19. **Learn to Manage Money** – this is an important skill to acquire. Be careful not to become a slave to \$. Remember the key to wealth is learning to save.
20. **Have Fun** – Enjoy The Things Around You – the world and life is a wondrous adventure. It has its ups and downs, but overall an extraordinary journey. Take time to enjoy each day!