

# VOLLEYBALL 10 COMMANDMENTS

1. Accept and follow the rules
2. Appreciate the difference between a student and a student-athlete.
3. Be a good teammate and value those relationships.
4. Don't be a drama queen - NO DRAMA!
5. Be a person of great character and represent yourself and North with respect.
6. Give your best every day; don't settle for mediocrity ever! Don't waste time or reps.
7. Communicate – don't assume!
8. Earn and appreciate everything; never let yourself fail.
9. Be on time.
10. Compete and WIN!

