

# Creekside High School Athletics

Dear parents and athletes,

I am proud to be the volleyball coach for Creekside High School. I have been entrusted to lead, support, teach and coach these young women and I do not enter into this role lightly.

I am entering my ninth season as the Head Coach at Creekside High School. The program has continued its improvement and strength as a competitive team in a very tough district. Winning two district titles, reaching the Elite 8 3 times, reaching the Final Four 1 time and consistent top 3 finishes in the district. I have extensive playing and coaching experience. I grew up in Nebraska and played on a State Championship Team for 4 years before I went on to play at West Virginia University. I have been on both sides of the volleyball coin. I have come from a level of high success in high school and a team that had moderate success in college. I know how to win and lose and what passion is needed to strive for more success. I have been coaching club volleyball in NE Florida for eight years, working numerous camps in Florida, Nebraska and West Virginia and was previously the Head Coach at St. Augustine HS for three years, where I was fortunate it enough to take the team to the Regional playoffs in 2006 and 2007. I use these experiences as a player, coach and person to help our future players become better over individuals and athletes.

The Creekside Volleyball program is based on pride, dedication, attitude and advocacy that not only will serve the athletes as a player, but as a person now and later.

**Pride** – I feel that making sure these girls understand that whatever they do in life, they should take pride in it. This encompasses how hard they work at practice, how they dress, how they present themselves, how they respond to adversity, how well they will do their job, be a friend/teammate, grades etc. Pride is doing everything at 100% in every task. Pride is a representation of yourself. You should not do something halfway if that is not how you want others to perceive you. Take PRIDE in yourself.

**Dedication** – If you commit to something you must dedicate yourself to the “job.” You must commit to the volleyball team, your academics, family relationships, friendships, etc. Finish what you started, do it as well as you can, understand how difficult life can be at times and work through it. If you find something is not for you, finish it to end or find an ending point. If you have PRIDE, you will find it easier to DEDICATE yourself.

**Attitude/Behavior** – I am strong believer in attitude. Each individual player is crucial to the success of our team as a whole. We as coaches hold ourselves to a certain standard and we expect each player to do the same.

We support good sportsmanship. Win or lose, un-sportsmen like conduct will NOT be tolerated! Sportsmanship – win with class, lose with class, regardless of the environment around you or the behavior of the team you are playing. Parents are expected to do the same; preparing these girls for life, not just sports. This is a life lesson. Regardless of how you may feel about a situation, (i.e. not getting a promotion, job, grant, scholarship, boyfriend, etc) how you handle yourself will speak volumes. PRIDE, DEDICATION and the right ATTITUDE will take you places and is our foundation.

**Advocacy** – speak up for yourself and your beliefs, attitudes and feelings. If you have a concern, ask someone about it. If you are concerned about your playing time, your grades, etc, ask the coach, teacher, or boss how you can do better. Communication is often the biggest hurdle for people in life. The sooner they begin learning how to advocate for themselves, the better they will be at handling life situations.

I look forward to helping your daughter grow as an athlete, student and person as a Creekside Knight.

Go Knights!

Coach Megan Bowers