



# Championship Cultures

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Head Volleyball Coach

Back to Back  
2020 & 2021  
State A Champions



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## Define “Championship Culture”

My Definition of a Championship Culture...Bigger than Winning:

- ▶ Competitive
- ▶ Pursuit of Excellence
- ▶ Character Development
- ▶ Family: All contribute and believe they are a part of something special.
- ▶ My Big Focus: All athletes know they are valued beyond volleyball. Their identity is not tied to their performance!

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## Championship Culture Steps

- ▶ Surround Yourself with Winners
- ▶ Have a Clear Mission Statement & Values
- ▶ Run Organized, Efficient & Competitive Practices
- ▶ Motivate & Inspire Athletes
- ▶ Facilitate Culture Building Activities

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## Surround Yourself with Winners

- ▶ Coaching Staff: Paid & Volunteer
- ▶ Mentors: For Coaches & Athletes
- ▶ Partners: Trainers, Strength Coaches





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### Clear Mission & Values

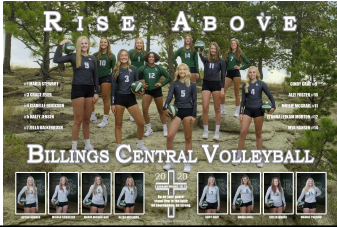
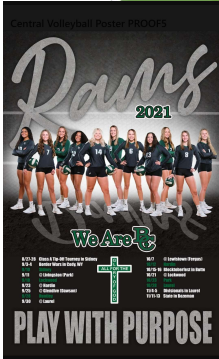
- ▶ Rams Volleyball Mission Statement: We strive to develop highly competitive and successful student-athletes by training them on the volleyball court and by challenging them to grow and develop into the best people that they can be. We desire to create an environment that stimulates players and makes them want to take part in it; we want each athlete to know they belong and have a reason to sacrifice for the team.
- ▶ Rams Pillars: Unshakeable Bedrock Principles of our Program
  - Faith
  - Family
  - Excellence
  - Integrity
  - Courage

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### Clear Mission & Values

- ▶ Core Values - established by senior leadership team, accepted by team
- ▶ Theme for each year:
  - ▶ 2020: RISE ABOVE
  - ▶ 2021: PLAY WITH PURPOSE
  - ▶ 2022: BELIEVE & COMMIT



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### Organized, Efficient & Competitive Practices

- ▶ White Board: Practice Plan & Announcements
  - 1<sup>st</sup> Things 1<sup>st</sup>- Remind athletes of the WHY
- ▶ Cooperative Ball Control Drills: Progressive Peppering to 1-Minute Pepper
  - rotate after each skill, Columbus Drill, 4-Corner Cooperative, Butterfly, X-Drills
- ▶ Always follow with Competition
- ▶ Divide Practices Differently, especially early in season: Stations by Team, Stations by Position, Olders with Youngers, Switch Partners
- ▶ FUN drills! Butt Ball, Popcorn, Knuckle Ball, Short-Court Tennis
- ▶ Conditioning - Planned, Consequence & Hidden
  - RESULT: PRIDE & CONFIDENCE

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### Motivate & Inspire Athletes

“Great leaders can either inspire or manipulate.”

- ▶ Every practice starts with a quote or bible verse on the white board.
  - PURPOSE: encourage reflection, discussion & resolution
- ▶ Communicate roles clearly!
  - TRUST: I must be trustworthy
- ▶ Help athletes with balance: school, sports, life
  - RESPECT: I must respect them as people, their time, family commitments...  
Finish practice on time!
- ▶ Instill a LOVE for the Game!
- ▶ We must be inspired ourselves! Read good books! Share good books!

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## Championship Culture Building Activities

- ▶ The Ascent Experience
- ▶ Daily Quote/Talks, Daily Check-in, Put-ups
- ▶ Rams Olympics
- ▶ Stickers for Stats
- ▶ Assign a Book over the summer
- ▶ Teambuilding activities/competitions - Halloween 4v4

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