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ATHLETE SPOTLIGHT-ZOE WESTLUND

Class of 2021 - Setter/DS - Committed: Manchester University

College Commit, Club Volleyball Intern, Club Volleyball Coach, Future College Coach, Outstanding Young Woman and Volleyball Player. If Zoe Westlund was an entry in Webster's dictionary, these would be a few of the definitions following her name, along with perseverance, work ethic and never give up. She began her volleyball journey in 7th grade and while she didn't make the team, in Zoe fashion she trained for that season with the goal of making her 8th grade team! Zoe made the team and with a smile on her face shares, "I spent most of my time shagging the ball, but I was hooked." Throughout her high school career, coaches told her she was too short to be a hitter, not fast enough and not good enough to make the team my sophomore year. "It was hard when I was told I was not good enough" Zoe shared. "My junior year I was told I offered more to the team than my

skills as a player and I might not get much playing time, but I was a leader. Did Zoe give up? Absolutely not! "I love the sport so much and there were coaches who believed in me and told me I was a good volleyball player. I never stopped believing in myself, and didn't want to quit because there were others who didn't believe in me. I had to do something about it and it only gave me more motivation to prove I could succeed in this sport".

Zoe realized firsthand that coaches can have a huge impact on a young person's life and she was determined to find out more about the nuances of coaching, from training to managing to goal setting. Unlike your average teenager who would 'google' key phrases, she made the decision to reach out to college coaches at all levels. "With my coaching project, I wanted to learn more about how to be a coach, so the best way to learn about coaching is to learn from the best. I emailed 20 coaches, at all levels, Manchester, Stanford, IU, Creighton, Michigan and more. I created a script with questions like; How did you start coaching? How did you know? What are some things I need to do re: leadership, being able to read the player, communication etc.?"

Zoe spoke with Kevin Hambly (Stanford Head Coach), Denise Corlett (Retired Stanford Assoc. HC) Steve Aird (IU Head Coach), Kirsten Booth (Creighton Head Coach), Mark Rosen (Michigan Head Coach), Heather Hayes (IU Kokomo) and retired Ball State Head Coach & Muncie legend, Steve Shondell. She credits Shondell as her 'more intriguing' interview and took three pages of notes. "It impacted me a lot on how I approach the athletes with different scenarios in a positive manner and how I still have to learn more about having healthy relationships and being a role model."

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Zoe's view on coaching, "I knew I wanted to change the world somehow and I found coaching, and fell in love with it. I get so much energy from the athletes and in pushing them to do their best in a positive way. I like explaining drills and techniques." She adds, "I learned a ton of Munciana drills, I listened to our top coaches on how to break down drills and got a lot from Phil Leswing and Kim Baker on explaining drills to the younger athletes."

Zoe's view on her time in our gym, "I love the Munciana atmosphere and feel like every day I am learning something new. I work hard for the athletes on and off the court and for the whole environment." Zoe is not only a Munciana Indy athlete, she assists our coaches at all levels and interns in our office with Janet Berg. She thrives on organization and shares, "there is so much to know about how a club runs and I am excited for the opportunity to learn."

"At the beginning of my senior year I didn't think I could play at the next level. But, because I love the sport so much, and was having such a positive experience in club, I began reaching out to smaller schools. The Manchester Head Coach was one of the coaches I reached out to in my 'coaching project' and it began there. When I was on campus I felt so accepted and truly felt that they wanted me there! I never gave up!"

Zoe adds, "I am very excited to play in college especially in DIII because I know they all want to be there!"

On March 11, 2021, Zoe signed with Manchester University!

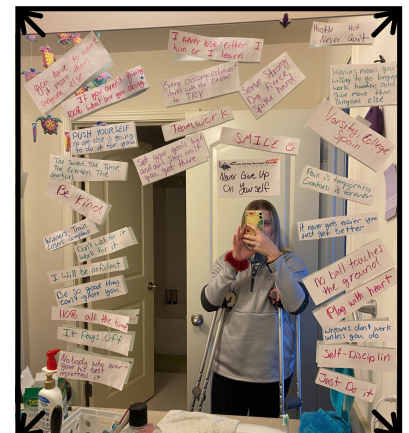
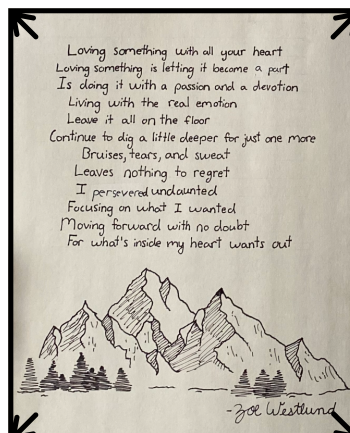
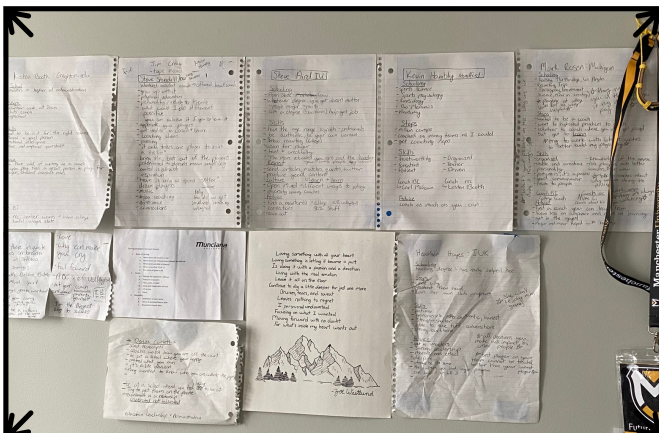
In closing, I asked her, 'what advice she would give her 'freshman self'? "Advice to my freshman self...don't worry about anyone else...don't worry about others opinions...I took a lot of things personally that I shouldn't of...Just because you are not great at something now...doesn't mean you won't be in the future!"

Timeless, words of wisdom from an extraordinary young woman!

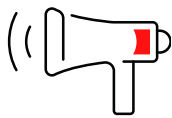


Zoe Westlund, her parents - Cheryl and Grandon Westlund, Phil Leswing-Club Director, Kevin Owens-Coach, Tony Orecchio-Coach and Thomas Treadway-Agility Coach

Zoe focused on words of encouragement through times of doubt! Check out her mirror, walls and the inspiring poem she authored. We cannot wait to see what the future holds for Zoe Westlund!



MARCH SHOUT-OUT



TEAM HIGHLIGHT-13R Silverbacks

"The Silverbacks are such a fun team to watch and coach. The team has plenty of personality for sure! But it also has a great work ethic and a commitment to getting better. Many of the players take advantage of MPT and the extra reps have really made a difference. Their hard work has paid off as they've won a couple of times this season and are competing in every match. They've become a team that can attack from anywhere on the court. When they get behind, their heads don't drop, they just make the necessary adjustments and fight their way back. They're currently working on refining their offense. They'll soon be running slides and a few other plays when in system. They look forward to finishing strong during the last part of the season." **Tony Orecchio - Silverbacks Coach**



COLLEGE PREP PROGRAM
Munciana
VOLLEYBALL

SAVE
THE
DATE

APRIL 19-7PM ET

14U-18U ATHLETES & PARENTS

'An Athlete's Struggle'

Nutrition and the Female Athlete

VOLLEYTOTS

JULY 12-15
9AM-10AM
AGES 4-8

- 4 DAY CAMP
- INTRO TO THE SPORT
- FOCUS ON SKILL & MOVEMENT
- BALL MOVEMENT & BALL WORK
- HAND-EYE DEVELOPMENT
- TONS OF FUN!
- \$50 PER ATHLETE

MINI-VB

JULY 12-15
10AM-11:30AM
AGES 8-12

- 4 DAY CAMP
- LIGHTER BALL
- SKILL DEVELOPMENT
- GROUP PERFORMANCE
- 3 CONTACT DEVELOPMENT
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- TONS OF FUN!
- \$75 PER ATHLETE

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athletes!



2021

**SUMMER
CAMP
HIGHLIGHT**

Volleytots & Mini-VB

BALL CONTROL
JUNE 7-8

SERVING
JUNE 7-8

ATTACKING
JUNE 9-10

SETTING
JUNE 9-10

ALL SKILLS
JUNE 28-30

BALL CONTROL
JULY 19-20

SERVING
JULY 19-20

VOLLEYTOTS
JULY 12-15

MINI-VB
JULY 12-15

ATTACKING
JULY 21-22

SETTING
JULY 21-22

BACK TO SCHOOL
JULY 26-29

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