



November Knights Report

As the leaves turned from green to a cascade of colors and we await the first snowfall we were privy to a wonderful Volleyball season. From the standpoint of the Athletic Board, the participation and engagement of our student athletes is paramount, but we also were privileged to see some great success on the courts as well. Whether it was within the Metro Volleyball Conference or the Seton tournament or the Pumpkin Smash (along with any other tournaments our teams competed in), the level of effort and energy is at an all-time high! But the most amazing aspect to league play has to be the work our parent volunteers provide who really make these days go as smoothly as they do. It could be their effort working the concessions, or it is the families who selflessly handle the admissions table even for games where they don't have children participating. To all the parents who come down from the stands and step in to be a line judge, it makes a difference. We have seen the commitment from our parents every weekend at St Joes and the effort makes such a dynamic impact for our student athletes. Thank you!

Although my time associated with the Waukesha Athletic Board has been short, my time in Athletics has spanned 2 decades. In my experience I can attest that there is no community who provides and or commits more to their student athletes than Waukesha Catholic. Some may have the similar commitment, but I am here to tell you that the athletics here are un-matched, and that is because of you. As we drive through Fall and Winter approaches, I know our Basketball teams will carry over that same energy and compete at the highest level in the Notre Dame/Don Bosco League.

With Basketball splits I wanted to be sure to emphasize how valuable it is to have enough participants to have splits in some cases. The chance to play and participate is the most effective way to grow as a student athlete, and there is no substitute for being on the court. Many schools would prefer to have larger teams in order to simply win, but in my personal experience with my own 7th Grade B team this past fall and watching how we operate at Waukesha Catholic regarding all of our teams, I can attest to the value of seeing our players having the chance to participate.

As I wrap up my thoughts on how great October was, I want to send a special thank you to Coach and Athletic Director Bill Serb, as well as everyone on the Seton Committee who have invested so much time and energy into the Seton Tournament. This Tournament is the creme de la crème of Volleyball tournaments and this year's event was no different. Finally, thank you to Kate and TJ Goodheer for their tireless effort and commitment to our annual Bags Tournament! As always, this event is full of energy and excitement and that is a testament to Kate and TJ's efforts.

From the Sidelines:

“This season I had the opportunity to coach the 5th grade girls’ volleyball team. 5th graders have a vast range of skills, from those who have never touched a volleyball before to those with experience. While the athleticism of my girls varied, their coachability and team spirit did not. Each girl worked hard to improve for their team. 5th grade volleyball is notoriously known for ‘if you can serve you will win’. We were fortunate to have a few solid servers from the start, but by the end of the season all my girls could serve and half now doing overhand. They achieved this through hard work and determination.

At the start of the season I also introduced the concept of positions, which most thought we were crazy to do. This led to the girls having more interaction with the ball and 3-hits and required them to really work as a team. Now while 3-hits isn’t always the best in 5th grade, often leading to more errors than points, it helped pull the team together as they worked to get it over. And every time they got to cheer ‘bump-set-spike it, cause that’s the way we like it’ it energized them.

Ultimately, we went on to have a winning season, 10-0 for the regular season, losing only a few sets. We took home a 1st and 2nd place finish in our tournaments. The girls’ improvement all around was remarkable and they are all excited for next season. And I have to admit, so am I!” - Coach Julie Brock



