

# BEHIND THE NET with COLEMAN McDONOUGH | EPISODE 1 | ALEX KNIGHT & MERRICK McHENRY

<https://silosolo.com/371443>

## Summary

This Silo talks about the struggles and challenges faced during the season, particularly related to school and the quarter system. It also covers the team's aspirations to win the national championship again, the reasons for choosing UCLA for volleyball, and the contributions of the USA volleyball pipeline and experience in the summers to the players' growth. The main takeaways from their struggles and experiences at UCLA include learning to reach out for help, realizing that there's more to them than just being a volleyball player, and not letting a bad practice affect moods outside of volleyball. They emphasize the importance of mental toughness and resilience as well as the value of teamwork, cooperation, communication, and competitiveness under pressure. They also stress the need to balance school and sports as a student athlete and the importance of being optimistic about the future.

## Silo sample questions

- What have you learned from all of your struggles and experiences at UCLA?
- What is it going to take for your team to win the national championship again?
- Why did you choose UCLA for volleyball?
- What were the struggles and challenges faced during the season, particularly related to school and the quarter system?
- How has the USA volleyball pipeline and experience in the summers contributed to your growth and aspirations?

## Topics

struggles

national championship

UCLA choice

school challenges

USA volleyball pipeline

## Key Takeaways

- The main takeaways from their struggles and experiences at UCLA include learning to reach out for help, realizing that there's more to them than just being a volleyball player, and not letting a bad practice affect moods outside of volleyball. They emphasize the importance of mental toughness and resilience as well as the value of teamwork, cooperation, communication, and competitiveness under pressure. They also highlight the need to balance school and sports as a student athlete and the importance of being optimistic about the future.

- To win the national championship again, the team must avoid complacency, work twice as hard, maintain mental toughness, respond effectively to setbacks, and play one-point volleyball. They emphasize the need to be mentally tough, respond well to critical moments, and

collect different experiences throughout the year to use them as learning opportunities. They also stress the importance of not letting a bad practice affect moods outside of volleyball and not letting setbacks affect future performance.

- The reasons for choosing UCLA for volleyball include the culture of excellence on and off the court, the coaching staff, the historic winning culture and program, the location in Los Angeles, and the academic side of UCLA. They also mention the opportunity to be part of the number one public university in America, the number one men's volleyball program with 20 national championships, and the ability to experience the culture and lifestyle in Los Angeles.

- The struggles and challenges during the season included balancing school and sports, especially during midterms and finals week. They mentioned the difficulty of taking midterms on the road during critical matches, highlighting the academic workload and the need to find time and place to study during travel. They also emphasized the quarter system and the pressures it adds compared to the semester system, especially with three midterms and three final seasons.

- The USA volleyball pipeline and experience in the summers have contributed to their growth by providing valuable lessons, experiences, and confidence. They emphasized the opportunity to represent their country, compete against top players, and learn from athletes who have more experience. They also highlighted the perspective gained from traveling across the world, interactions with athletes from other countries, and the inspiration and learning from Olympians' dedication and work ethic.

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