

14-1 TAYLOR ANGEL SHARES HER USA HIGH PERFORMANCE STORY

I had a great experience with USA High Performance this summer. We started with five days of intense training that I felt helped make me a better all around volleyball player. The tournament was kicked off with opening ceremonies. The guest speaker was Tayyiba Haneef-Park, part of the silver medal women's Olympic USA volleyball team. She was talking about what it takes to be a successful volleyball player/team. The USA team always has a practice that focus' on fundamentals. She said when push comes to shove and you are struggling you can revert back to fundamentals and get back on track. (Sounds like what you tell us every year hmmm!)

My team actually played up in the youth division. So we were playing against 17 year olds. I was able to play outside and opposite and held my own playing six rotations. I hope to be able to have this experience again next year. I will never forget the rush of emotion I felt when I put on the USA jersey for the first time. I hope it won't be my last.

I had a roommate from Hawaii for the first five days, Ashlee, she was so much fun. Although she did have me try some pretty odd food from Hawaii, I'd have to say that the Li hing mui and the chocolate covered macadamia nuts were my favorite.

Then for the next five days in the hotel we were given two more roommates Sophie from California and Amy from Texas. It was really fun, us four in a room together, because we were all very outspoken and had great personalities. Amy and myself were on a team together, and Ashlee and Sophie were on a team together. So it was like a rivalry in our room, but still a lot of fun together. Also there was this girl on my team, Brittany, who became a best friend to me since the first day of training. Everyone would always say, "Hey Brittany! You know you look like Janet Jackson?!" It was scary how much she really did look like Janet Jackson, although she wouldn't believe it at all.

Then the night before we moved into the hotel we went on P. Diddy's yacht, and let me tell you that was a blast! By far one of the best nights there. People were still getting to know everyone and all the USA teams were there, all age groups boys and girls. It was so much fun.

It was a lot of work, but a lot of fun at the same time. By the first session of the second day they expected to you know every ones name, in the select group, so that whole first night all everyone was doing was saying what's your name? Sorry, what's you name again? You must have gotten asked what you name was a good two hundred times that first night.

Before each session we did these warm ups that took forever, and trust me you could feel it the next day. We did bear crawls, forwards, backwards, and sideways, then we did crap walks, next was inch-worms, and last was the dead bugs (my favorite :]). Then we did a setting warm up, 200 rapid fire sets against the wall, then 50 2-ball sets against the wall, then 50 2 then 1 (high then low) sets against the wall, then 100 sets transferring from one foot to the next switching feet every ten balls but not stopping still against the wall, then one hand sets against the wall 50 each hand, then you put your left elbow against the wall step off an inch then do 50 sets against the wall then switch arms (lateral setting against the wall?), then 100 back setting against the wall, then 10 total around the world (starting lateral setting on the left and rotating to back setting then opposite lateral setting and back=1), then 10 squats while still setting against the wall (squatting as low as you could get then standing back up=1), then 10 one-legged squats (again going as low as you could go and standing back up=1) still setting against the wall, then other leg still setting against the wall, then 10 squats again still setting against the wall, then lunges 10 each leg (one foot against the wall other far back as you can go standing up, then go down as far as you can go with out touching your knee to the ground) still setting against the wall, then you lay on your back and do 15 sets while doing a crunch (setting to yourself until you get up then set against the wall then go back down on your back=1), then laying down side setting +50 (laying on your side arms length away from the wall lift feet of the ground) still setting against the wall, then other side, then laying down

back setting +50 (laying on your back feet raised 6 inches from the ground or knees bent feet on the ground or legs parallel to the wall), then super man setting +100 (laying on your stomach head and feet lifted off the ground still setting against the wall, then bananas +5 (starting laying on one side setting the rolling on to your back then to other side and on to stomach in a superman, then going back to your side, back and other side=1)...a lot for a warm up but it was really fun. Then we did triangle up downs (set up in a triangle [middle back, left front, right front] pass to yourself then going clockwise for a set time then switch directions then you just pass in a continuous triangle with out passing to yourself, then set self set clockwise same deal, then pass self set clockwise then switch directions then set self pass clockwise switch directions. While doing the to yourself then partner you say mine up mine our running to where you sent the ball saying swing *taylor* then cover, then while just one contact you just say mine out. The triangle was a favorite drill too.

I saw Lauren O'Conner a few times just in passing by so we just got to say hi, and I saw Taylor Condon and said hi, but my schedule was opposite of Lauren's so i didn't get to see her play. I also didn't get to see Taylor Condon play because my team played at the same time hers did. I was really bummed out, but me and Taylor Condon are on the same high school team and I'll get to see Lauren play this year in high school too. :)

At the end of the day i learned a lot, had a blast, and met a bunch a friends some of which will be lifelong friends of mine. :)

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> Sincerely
> Taylor Angel.
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