





Championship Level, it's a Choice

*It's not what you're capable of, it's what you're willing to do!" -
Mike Tomlin*

BIG I Kentucky

May 16, 2023

Who is Craig Skinner?

Family
Sports
Chip
Coaching?
Megan



With a look of determination, freshman Craig Skinner (Photo by Frank Petty)



Kentucky Volleyball Philosophy

1. Community Strong
2. Complete Student-Athletes
3. Fundamentally Sound
4. High Volleyball IQ
5. Love the Game

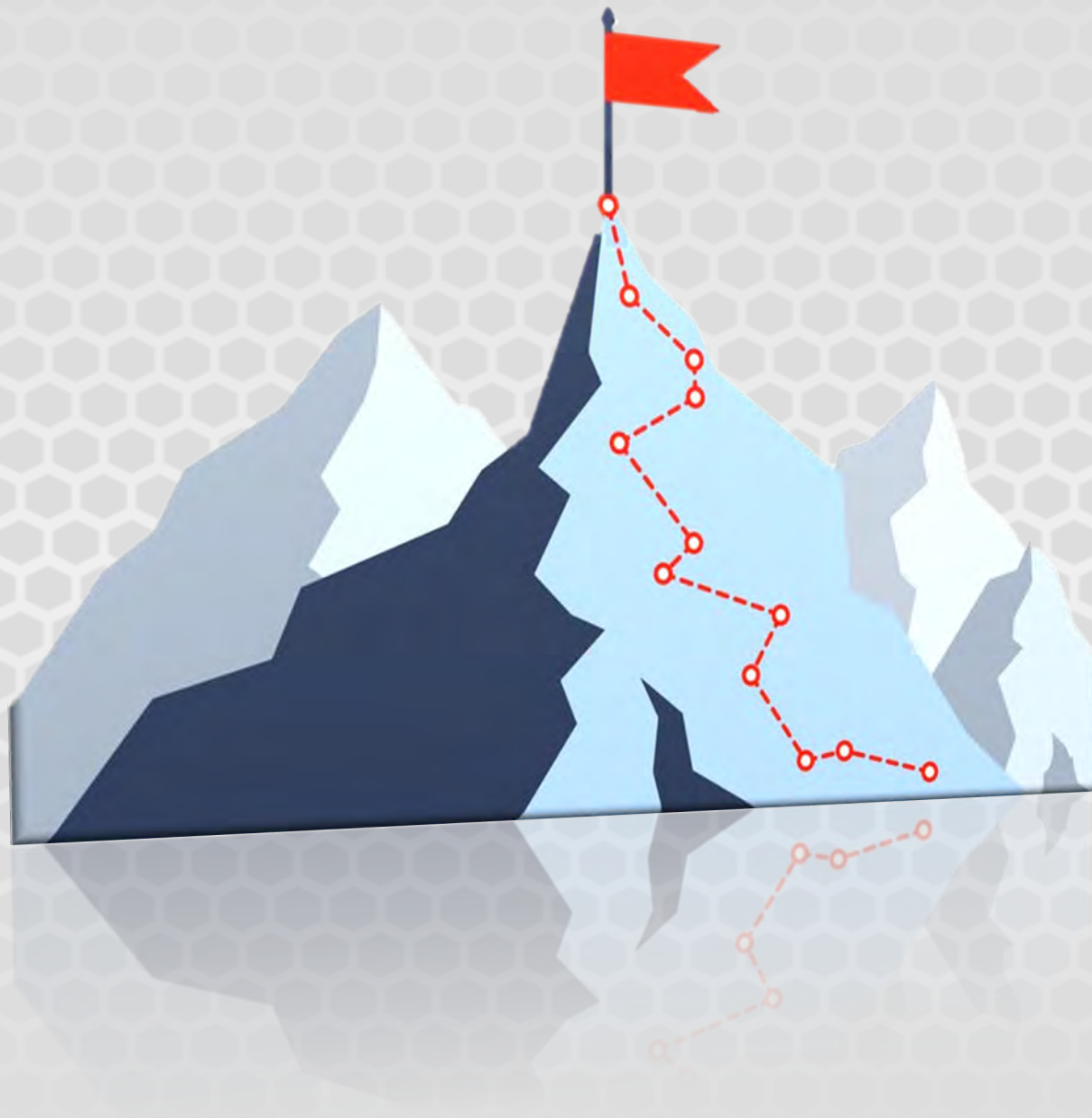


Our Identity

- West Coast Offense
- Are we going to be physical
- Will we control the ball really well
- Serving/Defense??



What I've Learned



- Overnight success? - 2004-2023
- I'm only as good as the people around me
- Start somewhere - BELIEVE
- "Talent sets the floor; Character sets the ceiling."
– Bill Belichick
- Best Players or the RIGHT players?
- CARE
- Two positions – Setter/Libero
- Change and Adapt "If you don't like change, you will like irrelevance even less!"
- Who's in your Circle?



Principles to Consider

You can't lead anyone else until you can lead yourself

Be on time – President Bush

Routine

Exercise – Mon/Tues Guy?

Eat Healthier

Leaders are Readers

Solitude

R.E.A.L. – Kevin Eastman





What are your rings?

**What choices are you
willing to make to get
them?**