

SHALIYAH RHODEN | PROVIDENCE VOLLEYBALL

Hi I'm Sheila Rodin and I played volleyball at Providence College um in high school Um it's all about just like putting in that extra work um at a young age So just getting into the gym for like extra reps like whatever you feel like is your weakness needs to end up being your strength Um so at the time I would say like um hitting was like a big thing that I was really working on um as a young athlete and just being able to get in the gym with an another coach or whatever just scheduling time to get um a lot of extra reps and really um developing up my game Um Yes So I would say the best advice is just honestly just trusting the process Um sports is such a growth um like opportunity to just be a better uh player a better person So just trusting the process and every step of your career is probably the best advice that I've gotten and just knowing that all the hard work does pay off and um but it just takes time So just trust in the process is a is the best piece of advice that I've gotten I am a undersized hitter so I'm 58 and usually um you see at least people that are at least 5 10 and above um planning my position Um so being recruited um I feel like I thought I had a disadvantage because a lot of coaches just like to look for height at first because you know that stuff you just can't teach Um but something that I knew that I had to get over just like having that disadvantage So just really training on my vertical and getting it to a decent um way where I can jump and um attack the ball at a good um height where at least I had a disadvantage but being able to work and just getting my veral up Um I think it's something that I really overcome based off of um having that disadvantage Um our club did really good at just showing us that being recruited is more more than your skill It's about your personality and how you carry yourself Um So just like knowing that you never know who's who's watching you So um that was like my mindset like going at tournaments or going to college camps um being the loudest one in the gym um out hustling other people like will take you further than actually your skill So um I would say that is like the best advice I can give to somebody is just being who you are but showing a little more in a different aspect like calling the ball louder or shagging the ball first Um it really stands out and then it catches like a coach's eye and then eventually they'll see how you play And I think that's like a huge thing to do when you're getting recruited So I would say um because you're going to if you're going to be a student athlete going to a school where the coaches truly care for who you are outside of your sport Because um at least for young women athletes

and volleyball like I feel like our sport only takes us so far Um So when I was looking for a college I just wanted to go somewhere where I felt welcomed and if something were to happen to me like getting hurt where I knew I wasn't gonna be treated any kind of differently Um So I feel like that's like something to really look out for when you're doing a recruiting is am I gonna be taken care of Um because you are away from home even if you're close or far Um That's like a big thing to tone in on um in my process of picking Providence College So I'm from Texas and Providence is in Rhode Island So it's completely different Um but the team like their chemistry was really nice So it just really felt like home coming here Um So I just feel like just feeling welcomed is like really important in getting and picking up like the school that you want to go to Um and yeah so I came here and I love the girls coaches and um yeah it's great A lot of the time It's just doing your film um really tuning in on like what the other team does um is a huge advantage in going into the games Um now that I'm going into my fourth year going back to old film of like how um the other team plays against me personally has really helped um me find out different ways I can score or certain people I can target and I think that's such a huge thing like um just watching film and just really knowing um maybe what you did wrong or what you did right in a certain game Uh And what can like work um and give you that advantage against a team that may seem really challenging but everybody has a weakness So just trying to find someone else's weakness is really powerful when playing the game Um My freshman year in high school I was on varsity as a 13 year old Um So I was really young going in Um So something that I wish I knew is that it's ok to be a young leader Um I kinda was um approached to be a captain my sophomore year in college and um I felt very intimidated by that because there were a lot of upper class men Um So just knowing at a young age that you can be a leader and if you have like certain characteristics people will follow you and don't shy away from that leader spotlight just embrace it and um people will have your back Um So I wish I knew that as a freshman in high school because um I didn't realize how much I touch people Um And so I just wish I kind of like tuned into that a little more and really realize how much of an impact um I make to other people So yeah I think that's something I would give myself some advice to freshman year So some advice I would give to um young um high school athletes Um it just enjoy the moment and just enjoy your sport enjoy your team everyone who is around you just really enjoy it because um it will come to an end and it comes faster than you know

it so just really being in the moment and the hard practices and the hard games the easy games um it's really fun The sport should be enjoyable enjoyable So um just really live in the moment and um take it all in every step the heart the good and the bad Just take it all in Yeah So um nil I think is a great space for athletes Um um so I think our school has done good connecting us with open doors and through there um I've been able to work with a lot of different brands um and just like how you present yourself through those brands and how you work with those um with different companies and different people um can develop this like relationship where um they keep coming back for more So I've worked with a brand called um Halle Hair and um I at first it starts off really simple like just do this like little video Um But then they added me to their ambassador team which is really cool um Just to be able to post content for something that's so fun Um So yeah I just think it goes with like being an athlete like having developing relationships with your team and stuff like that translates into even nil and just um being a great um like representation for the company is really important And so um yeah I think it's a great opportunity and it's really fun to do and just use us as um a way to show other people's brands and their um like what they are inspired of and just being able to use this It's a really cool platform and I think it's really