

**Dec  
2020**

**VOLLEYBALL ACE – VAS  
ACTIVEKIDS VOLLEYBALL SCHOOL HOLIDAY PROGRAMME**



SINGAPORE – The collaboration between Volleyball Ace (VB SportsWeb) and Volleyball Association of Singapore got off to a bright start with a holiday programme for participants 7-18 years-old. Categorised into two age groups, this beginner programme introduced the fundamentals of the sport – Dig, Set Spike! through fun and engaging games and activities. Everyone definitely enjoyed themselves, while gaining the confidence to become competent Volleyball players!



Do keep a lookout for future events and programmes by Volleyball Ace!

**Dec  
2020**

**“Trying to be the best Micah Christenson I can be”**



What exactly makes Micah Christenson, 27-year-old Setter of the United States national team, so good?

He was voted *Best Setter* at each of the past four international competitions he has competed in – 2018 FIVB Volleyball World Championships, 2019 FIVB

Volleyball Nations League, 2019 Olympic Qualifier and 2019 FIVB Volleyball World Cup.

Above all, a humble Christenson does not see himself as the best in the world at all. Acknowledging the presence of many other phenomenal setters, he constantly aims to be “The One”, hence he is never satisfied with his current status. He constantly desires greater achievement as he pushes himself to be the very best version of himself, and the best setter for his team.

What a great model Christenson is! His attitude is what athletes can adopt, to unleash their optimal potential in the sport!