

JADEN WHITMARSH & DEVON NEWBERRY | UCLA BEACH VOLLEYBALL Ø<ßÐ

My name is Jaden Whitmarsh Um I was born and raised in San Diego California and I am doing my last year of eligibility playing beach volleyball at UCL A I'm Devin Newberry I am also a beach volleyball player at UCL A The first question for you Devin is what advice would you give to someone looking to get recruited Getting recruited is weirdly like the number one question I get asked from like parents and from young athletes is like how do I how do I get in the position you're in right now Like I need to know what to do Um And obviously like times have changed a ton since we were getting recruited There's so many different rules like I was committed as a sophomore that's like not allowed anymore So it's very different but there are still like some general themes that like completely are the exact same And like we also have experience like with our college coaches of seeing them actively recruit people and what they look for and what they don't So I'd say like the general stuff is like film like get so much film of yourself like more than you can imagine because you can always cut and edit the parts where you don't make your cut shaw or you don't get the play you wanted to make but you have all the information there And then I would also say it's really important to talk to people So like for me if there was a 13 year old who was texting me or in my messages saying like how do I do this And it's like a beach volleyball player like I'm going to be more than willing to give you the exact steps and just learning about the process you never know about the connections you're going to make But the most important part for me and I think for a lot of people is your attitude I could not tell you how many times I have seen and heard coaches be like hey what do you think of this girl We're thinking about recruiting her and a girl would be like no she was really rude to me like two years ago and then that's it You're done And I just think that actually I have a story about that is when I was in high school and I was already committed to UCL A my at the time beach coach went up to me and she was like Devin there's this video circulating of you It's going viral Like everyone's looking at this video and you're in the background of this girl's highlight reel with the worst attitude saying the worst things And I'm like what The only time I have ever been rude to my partner was my sister I am so sorry about that And I think about that a lot and I'm so sorry I'm sorry but that is the only time So there is not one other time You've seen me ever like

that So I was like what's going on I'm freaking out She's like the college coaches are talking about it They don't want you anymore I was like oh my God like my life's over come to find like a week later Like at first of all I'm doing Google searches like no tomorrow there's nothing that comes up with my name which is like so depressing also Side note like side that is so rude There was not one video or picture of me up on Google but so it wasn't me So she comes back and she's like oh just just so you know like it wasn't you in the video but that girl who the video ended up being of did not get recruited from all of those college coaches who saw it which I just think is like a huge testament to that had nothing to do with her skill She could have been the best beach volleyball player ever but she's sitting in the back pouting about something else and she's exed off the list It's so true Yeah you never know who's watching I think like you said attitude is one of the most important things um for getting recruited I um had this partner beach partner Um We'll call her Rebecca Rebecca was one of the best beach volleyball athletes at the time Um in high school I think she was like all American top class Everyone knew this girl Yes Um So we had been playing some tournaments together It was going pretty well and then we got partnered up for a USA tournament by our coach and Rebecca was having a really hard day and her attitude was really really bad and she was just making me feel like a terrible volleyball player and was just making me feel so small and like I really actually started to believe it and I called my mom and I was like mom like like I was sobbing I was like mom I cannot do this anymore Like I can make she's making me not love volleyball And this was very visible Like people on the beach knew about this People knew about her bad attitude and she became that girl Um And then she went to a different school to play college beach volleyball and I think she was only there for a year because of the way that she was affecting her team and team culture Um So yeah you know you want to be known as the girl that's a great teammate with a great attitude positive Um And you want to bring a light to the team you don't want to bring like a darkness or you know hatred or anything I think that's like as long as you can go through like your recruitment process and be like as positive and happy as a partner and a player as possible you're going to go to the school you want to go to it's all going to work out the way it's supposed to But if you could just continue to be a good good person throughout the whole process that's really it Um ok The next question was for you Social life versus sport How do you balance it Oh that's such a good I feel like I really didn't understand this until like halfway through college I

mean how could you But in high school um it was just it was pretty hard balancing the training schedule of practicing like almost every single day after school to then having tournaments on the weekends Saturday Sunday sometimes both days Um while also trying to have a social life with my friends um from back home and not to say that I didn't I I spent plenty of time with my high school friends and had a great experience with them but it was hard like missing those birthday parties like that thing But at the same time like just understanding it you just have to sacrifice things in order to get to where you want to be like I knew that I wanted to go to college and be the best I could Um and train for like that point in my life Um and looking back like I'm not going to remember the small little birthday parties Like I'll always have my friends from high school like they're always going to be a big part of my life and I love them to death But I also got to have this college experience and to live out my dream of being a coach beach volleyball player So how did you find the balance of like your friends who were like not in the same like sports world Were you able to like almost like explain to them or like how did they take it when it's like you're going to these beach tournaments hours away Yeah that was one of the hardest things I mean in my high school group at the time there were only probably two of us that were going to play sports in college Um so it was different like just priorities wise like they had other things going on and I had other things going on But at the same time like they knew how much it meant to me to be where I wanted to be and they were super supportive So like I had really really great friends and I still have really great friends from high school which I'm lucky to say But yeah you just kind of have to surround yourself with people who support you So it's a big thing Ok Next question is how hard should I be working to get to the D one level Oh that's a tough question Yes because I don't think I would answer the same as every other athlete would It's really true It is so subjective and this is where you really learn that life is not fair Absolutely not fair I think that in high school and when you're younger and middle school and stuff like there are people who just have this natural talent at whatever sport they play sorry sometimes But especially like in when you're younger like I got away with a lot because like when I was younger I had like a natural gift towards volleyball that like there were people on my team who are working 20 times harder But for some reason in high school at first it didn't click for me So I wasn't working as hard in high school but then you get to college and everyone is you So you have to work 20 times harder It all comes back around But I think you have to know like your pace and

you have to know who you are and where you want to be So like write out your goals write out your dreams and figure out like where do you line up to the people who are doing that right now And what steps do you have to take to get there so good It's going to be completely different for every person for me getting to where I want it to be my freshman year of college and getting to UCL A was going to be a completely different path than some other people but it always equals out And so in college I worked my butt off just to clarify in college I did end up working really hard and I still do and I'm really tired and I'm 23 and I played college So um but it's just it's a really personal thing Like it's it's tough It's a really hard balance It's also really hard mentally to see people do better than you when you are working harder but it always comes around and everything's gonna be ok It's gonna work out the way it's supposed to and try not to compare yourself That's one of the hardest things about being a college athlete and especially in a sport where it's so competitive and you're surrounded by such great athletes Like you're looking around and you're like why am I not like her Like I feel like I'm doing all the same thing but we're all different Like it's really it's someone else's success does not deter from yours And I feel like yeah take a second to drop it I love this was like a big life lesson for me going out of like high school to college Is that like when other people are succeeding that doesn't mean that like because I didn't do that I'm not still doing good at other things So but that actually leads us into the question that was for you is what should somebody's workouts look like in high school and college Yeah that again I mean it depends on your situation where you're living But I guess one of the biggest things for practicing and training is surrounding yourself with people who have either similar goals as you or people who are better you honestly because they will only make you better Um I played at Wave Volleyball Club shout out wave love those people love them Um But yeah the coaches there um and the teammates that I had there like like pushed me to the next level um and made me a better player which is so important just to like look around and like see so many great athletes that are also going on to great colleges because I saw again like what I needed to do um personally So that is really important and then also lifting in high school is really important too It's becoming huge I never did it Well I thought I was doing it which is so funny but I clearly wasn't I was working out but I don't feel like I was putting in the effort like college Exactly like college and also in practice I thought practice was so important which it so is but also how important it is to get into the weight room and to lift weight and move your body And um yeah it

was a huge wake up call getting to college my freshman year and being like ok so this is what lifting is Oh yeah so that would be my advice Um The next question is what are some tips to stay motivated motivation is so interesting because if I were to tell someone who is like younger about motivation I would one hope I take my own advice on this But I would say like motivation is one thing but also consistency is another So like staying consistent you you're not gonna have motivation every day and that's just point blank But like if you stay consistent that's how like you reach your goals and your dreams which is something I'm still very much working for But for me and like this is a big thing I learned at UCLA is motivation is like finding your why That's the best way to stay motivated is understanding like why do you do the things you do when I'm going to practice after I just stayed up all night doing homework and I'm exhausted and I just want to sleep Like why am I going to do this And it changes every day it changes every year changes every month of like why I'm doing it one day It could be because I'm about to enter national championships And I really want to win this for my seniors Another day is because I have huge dreams and aspirations in the sport and I want to push myself every day Some days It just because I can say I did it and it just changes So that's like my overall for motivation But like one of my favorite like little tips and tricks would be find like any footage of yourself or somebody else that you admire playing Like I always watch my old Florida State game because it just is the best match where you can see like my hard work just fully coming out But I also watch Misty May and Kerry Walsh's Olympic games all the time because I can feel their joy coming off of the court and I just want to like I wanna be that So it's like when I'm watching it I'm so fired up for the next day But another thing too like make a vision board and it's like super cliché and like I think it's sometimes it's gross when I say it but like you should do it because you there is nothing more motivating than seeing exactly what you want in life every day when you wake up