Moore’s To-Do List: From Daily Goals to Big Dreams at Syracuse Volleyball

By Drew Albaugh · NCC News

SYRACUSE, N.Y. — Each day for Sydney Moore starts the same way: with a to-do list. But this isn’t just any list. Her tasks range from everyday actions like taking a shower or going for a walk to specialized goals, such as an hour of volleyball practice.

“It’s just something I do every day, a way I can get better,” Moore said. “At the D1 level, especially joining the ACC this year, if I don’t do the little things every day, then I won’t be able to play at a high level.”

Moore, a recent transfer from Cornell, was drawn to Syracuse by the opportunity to help turn around a Power Five program. The Orange finished 2-26 last season. This year, with Moore’s help, Syracuse is 15-17. Moore has done her part, leading the team in blocks.

Her volleyball journey wasn’t always smooth. In fact, she didn’t even touch a volleyball until high school.

“I played basketball all throughout growing up,” Moore said. “I was actually starting to get recruited to play basketball in college when I was switching over to volleyball. So, it was a lot in those high school years that I learned about myself.”

Even now, those moments of self-doubt still surface.

“Part of myself sometimes is like, ‘Can I do this?’” Moore said. “I’m here, I know I made the team, but can I actually do this? When I think that way, I just tell myself I need one block or one kill, and I’m ready.”

That mindset inspired Moore, a graduate student, to start a mental health podcast called “Let’s Talk About It,” which focuses on empowering athletes.

“In the last couple of years, I’ve been very active in the student-athlete space,” Moore said. “Starting the podcast was a way for me to stay involved and have my own voice in it.”

Her efforts to inspire athletes haven’t gone unnoticed. The San Diego native was named one of Glamour magazine’s 2023 College Women of the Year and received the Billie Jean King Youth Leadership Award at the ESPYs.

“I won those awards not because of my athletic performance,” Moore said. “No one asked for my stat sheet or what school I played for. I think it shows all the different things athletes are capable of that people don’t necessarily think about.”

With this being her final year of college eligibility, Moore is already thinking about the next chapter.

“I definitely want to keep playing volleyball,” she said. “I’m just not done quite yet.”

Checking off “going pro” will be just another box on Moore’s to-do list. But her biggest goal — ending gender inequity in sports — may always remain unchecked, and she’s okay with that.

“My checklist is my way of never forgetting those problems exist, and it’s my job to solve them,” she said. “Even if I know I’ll never check off that last one — because there’s always going to be more work to do.”