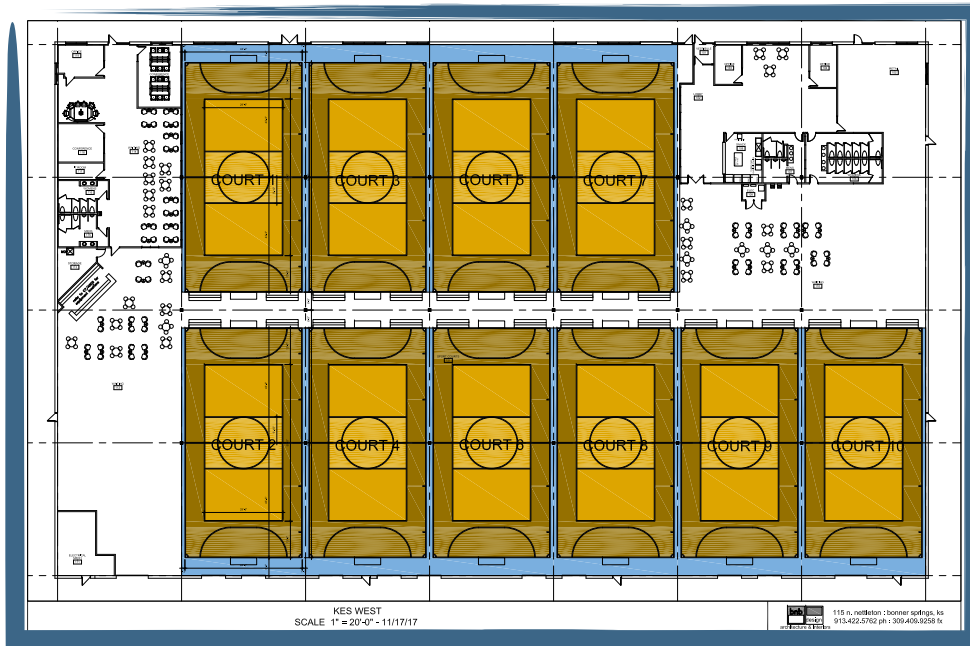


MAVS VOLLEYBALL NEWSLETTER

DEVELOPING SKILLS, CHARACTER AND SUCCESS.



RINGING IN THE NEW YEAR, MAVS STYLE!

MAVS VOLLEYBALL MOVING TO NEW STATE OF THE ART FACILITY IN OLATHE, KANSAS!

In March of 2018, MAVS Volleyball will be moving to a brand new facility, only 5 minutes from our current building, that has 10 courts, heating and air-conditioning, social lounges, food and beverages areas, a retail store and even an arcade! MAVS has partnered with Jason Bryson and the Elite Sports Group to give MAVS Volleyball the first training facility in the area dedicated to growing our players with life lessons on and off the court! This new facility will not only set us apart regionally but it will put us—our players, coaches and families—on a national level!



IMPORTANT DATES

Jan. 6: Power League for 12U, 15U & 17U

Jan. 7: Power League for 16U & 18U

Jan. 11: Setters Positional Clinic

Jan. 15: Third Installment Due for Club Fees

Jan. 18: Libero Positional Clinic

Jan. 20: Power League for 14U

Jan 21: Power League for 13U

Jan. 25: Middle Positional Clinic

Feb. 1: Pin Hitters Positional Clinic

Celebrating the Holidays, MAVS Style!

Great seeing all of our MAVS teams celebrate the Holidays together!



From the Left clockwise: MAVS 16-1 enjoying time together, 10-2 gift exchange, 14-3 sock exchange, 14-1 Christmas team games

MAVS SERVING OUR COMMUNITY

The 14-Hayes team used their artistic talents and their holiday spirit to make an impact this Christmas! Project Change has an annual Mission Snowflake event to decorate and brighten the Holidays for the kiddos at Safehome and at the The Children's Center. The girls hand cut paper snowflakes as a team so these kiddos could have their own holiday parties worthy of the movie Elf!



OFFICIALLY OFFICIALS!

At the beginning of December we hosted our first annual officiating clinic at our facility where players and coaches were evaluated as officials in R1, R2, scorekeeping and line judging positions by the experts themselves at HOA! We are extremely grateful to **HOA and Denise Jett** who is the Regional Officials Coordinator for coming out to our gym to evaluate and educate us on how to be better officials! We strive to be one of the best clubs in the region and we know that means not only having success on the court but also being great officials and positive leaders in our community.



FEATURE MAVS VOLLEYBALL PLAYER: CASSIE LEIGHTY, SETTER FOR MAVS 17-2

Cassie, a setter for our 17-Bestgen team, is also an accomplished musician. Starting in 4th grade, Cassie has been a leader in her school's orchestra program. As a freshman at Blue Valley Southwest High School, she became a part of the auditioned Symphonic Orchestra, and since her sophomore year has sat as concert mistress. Cassie also enjoys playing as a soloist, and has been recognized at both the district and state levels for the past few years. She has been taking private lessons since 6th grade. Cassie has received a "One" rating at every competition she has performed in, and this past fall took first place for the individual solo performance at the overall high school State level. Cassie has helped found a chapter of Music National Honor Society at her high school in the hopes of spreading awareness of the arts. Cassie enjoys playing at nursing homes and hospitals, and hopes to continue to influence people with her music in the coming years. Check out Cassie's performance in this video: <https://youtu.be/V7EAGu7PI-w>

WE ARE PROUD TO HAVE SUCH TALENTED YOUNG GIRLS IN OUR CLUB, LIKE YOU CASSIE! THANKS FOR BEING SO AWESOME!



MAVS SPONSORSHIPS!

We want to take a moment to THANK all of our current and local sponsors for MAVS Volleyball!

THANK YOU!

Spring Venture Group - Blue Level

Apollo Health Insurance Advisors: Liz Friedrichsen - White Level

Elizabeth Berkley Real Estate - White Level

Sports Braces - White Level

Nate Parks, Austin Home Team & Keller Williams - White Level

THESE PRICES WON'T LAST LONG SO DON'T MISS THE OPPORTUNITY TO JUMP ON THE MAVS VOLLEYBALL SPONSORSHIP BANDWAGON NOW! Prices for sponsorships will increase after moving into our new facility. We will honor all sponsorships up to that point at these prices!

We are offering three levels of our sponsorship–

WHITE: \$500/year

BLUE: \$1000/year

GOLD: \$1500/year

Each sponsorship includes an opportunity to hang a 3x5 company banner at MAVS, social media mentions and for the top two levels an inclusion on our website!

MAVS TEAM BUILDING!

Team chemistry is an important component to a team's success.

At MAVS, we (coaches) value the importance of team building activities in an effort to build team camaraderie! This past month we had several teams getting together for different team building activities but probably the most unique team activity came from the 17-3 (Brown) team who had the opportunity to learn how to do ariel silks at Learn2Fly!



MASTER MINDS OF MAVS COACHES!



At MAVS, we believe we have THE BEST COACHES in the city! We are proud to have them and love sharing all the wisdom they have to offer to everyone in our club!

For this newsletter, we are featuring Kelley Bugler—Head coach for 16-1 on Practice Planning:

Methods to Planning a Practice: As a coach, it can sometimes be tough to prioritize and plan what your team needs to focus on the most in any given week. It's very easy for me to get stuck in a routine or comfortable with a certain schedule of set of drills. While routine and repetition is necessary for developing young players, it's important to continue researching and educating yourself on new ways to introduce advanced skills and innovative ways to teach kids. I find some of the best ways to bring a new twist or training regimen into practice is to talk with fellow coaches, watch competitive volleyball, and of course, utilize the infinite amount of resources found on the internet.

With the overwhelming inundation of information available at our fingertips, I can Google "volleyball drills" and it returns nearly 11,900,000 results. It's best to have a plan in mind before you start clicking through video after video on YouTube. Have your "why", or your goal of practice, established before researching the "what" of how you will accomplish it. Whenever I struggle to create my "why" of my practice, I usually reflect back to the basics of point scoring in volleyball, which are: 1. Service Ace, 2. Transition Kill, 3. Stuff Block, or 4. Opponent Error. These four, simple concepts allow me to break down the game and evaluate from an overhead view where my team needs some attention to one of these things. From here, I can evaluate how is my team minimizing our errors? What will make us a more successful blocking team? Why don't we get on more service runs per rotation? When I break the game down into these components, it allows me to ask questions to discover specifically what drills need to occur in practice in order to accomplish our team's goals.

Our players should evaluate their practice and game performance in the same way. If they try to evaluate ALL aspects of their game it can be overwhelming. Instead, the players should choose certain components of the game and break down their performance in each of those areas in an effort to accomplish their individual and team goals.

HAPPY BIRTHDAY TO OUR AWESOME MAVS COACHES!

Megan Hayes - 1/4

Sara Slater - 1/5

Megan Kear - 1/9

Caroline Williams - 1/11

Lynette Soldani - 1/24

Lisa Robichaux - 1/31

Stephanie Durham - 1/31

COLLEGE COMMITMENTS!

2018s

Natalie Klotz - Willamette University

Mackenzie Anderson - Newman

Ally Barnhardt - South Florida

Kailea Carrier - Kansas

Ellie Chafee - Xavier

Jane Owens - Appalachian State

2019s

Ellie Bichelmeyer - Rice

Kayley Cassaday - Tulsa

Faith Hammontree - K-State

Sydney Lierz - Fresno State

Rachel Hickman - Kansas

Loren Hinkle - K-State

2020s

Ayden Bartlett - Louisville

Caroline Crawford - Kansas