# COACH



## JOANNE & Tâbre

So proud of the girls (last weekend)! We have our first tournament win of the season under our belt and I can tell the girls are ready for more. Seeing the relationships these girls have on and off the court is so great! Even though we had 3 girls playing postions they typically do not, every person on the team stepped it up in one way or another to make sure that we were still able to play our game and take care of business.

-Coach Tabre

**MONDAY - 1/17** TUESDAY - 1/18

7-9pm - PRACTICE

**WEDNESDAY - 1/19 THURSDAY - 1/20** 

7:30-9:30pm - PRACTICE

FRIDAY - 1/21 SATURDAY - 1/22 **SUNDAY- 1/23** 2-4PM - PRACTICE

MAVS 15-4



**OPPONENT** 



### **KNVBC SWEETHEART CHALLENGE**

## POOL PLAY

KNVBC 15-5 - (W)25-13, (W)25-16 SE ELITE 15-2 - (W)25-11, (W)25-15 TOPEKA SAINTS 14-2 (W) 25-16, (W)25-16

<u>BRACKET PLAY</u> HAYS 15-1 - (W) 25-21, (W)25-14 KNVBC 14-1 - (L)24-26, (W)27-25, (W)15-12

FINISHED1STOUTOF12 TEAMS!!



# COACH LUNCHES

## SignUp ( **Genius**

1/11- PL Qualifier - Herholz

1/18 - MLK - Ward

1/19 - MLK - Stubbs

1/20 - MLK - Schmidt

<u>2/16 -KNVBC Sweetheart Challenge</u> <u>- Boone</u>

2/29 - Centerline - Heise

3/28 - Show Me - Bell

3/29 - Show Me - Garraway

3/30 - Show Me - Brown

4/5 - Sunflower Slam - Heise

4/18 - Regionals - Dean

4/19 - Regionals - OPEN

Click on the link below to sign up:

https://www.signupgenius.com/go/9040848aaaf2da31-purchase

WE HAVE HAD A LOT OF SNOW DAYS THIS YEAR! ASSUMING YOU ALL LIKE SNOW DAYS!



TELL US YOUR FAVORITE
ACTIVITIES TO DO ON
SNOW DAYS, IF YOU ARE
THE RARE KIND WHO
WOULD RATHER GO TO SO YOU DON'T SCHOOL HAVE to MAKE UP DAYS At tHE END OF tHE YEAR, LET US KNOW ABOUT THAT TOO!

(SPOILER ALERT: NO ONE SAID THEY WOULD RATHER TO GO SCHOOL)!

# SEASON SCHEDULF

12/15 - CARDINAL PREMIER WARMUP William Jewel College - Liberty, MO

> 12/28 - SUNFLOWER SLAM Sports Pavilion - Lawrence, KS

1/11 - POWER LEAGUE QUALIFIER Sports Pavilion - Lawrence, KS

1/18-20 - MLK TOURNAMENT Bartle Hall - KC, MO

2/16 - KNBVC SWEETHEART CHALLENGE

St.Mary's High School - St. Mary's, KS

**CENTERLINE INVITATION** 

Centerline - Blue Springs, MO

**NSHINE CLASSIC** Orange County Conv. Center - Orlando, FL

Bartle Hall - KC, MO

Sports Pavilion - Lawrence, KS

Location: TBD

# OWN WORDS



I LOVE SNOW DAUS!!! My favorite activity is hanging out with friends and sleeping in!



My favorite things to do on a snow day are watch Netflix, Hulu, I like to FaceTime my friends and just chill at home.



I like to hang out with friends and sometimes go in the snow. Depends on my mood! Or a movie and hot coco is always a relaxing day!!



My favorite snow day activities are either sledding or watching a movie with hot chocolate.



On snow days I like to watch Netflix, clean and hang with my friends if I can



PARENTS: KARA \$ BROCK

PARENTS: JULIE \$ DAVID







PARENTS: CAMI \$ MATT



My favorite activities to do on snow days are lounge around and watch Netflix, hang with family and friends, or go sledding!



My favorite thing to do on snow days is to lay in bed and watch tv or read.



I love snow days! I usually hang out with my friends and sleep in!



PARENTS: PARENTS: TARA \$ JEREMY DEBI \$ NATHAN



I like to go sledding with my friends and sleeping on snow days!!! I love getting a break from school and just relaxing with my family as well!



food.

PARENTS: TONYA GARY

PARENTS: CHRIS \$ RICK







With multiple girls playing positions they typically do not (Ally, Julie and Anna) and succeeding at them, and the rest of the team stepping up to support them in many ways (LOVED this), the choice this week was a tough one. After looking through the stats and thinking back to what we saw on the court, Julie Dean was chosen.

Julie had a great day (last weekend)! From our 5 matches, Julie made up 24% of our teams 50 aces, 18% of our teams 117 playable serve receive balls, 10% of the teams 96 kills and 12% of the teams 196 playable digs. Awesome job Julie and great job to the team



With two local tournaments left and three qualifiers, I think the wins from (last week) will help with our team's energy and confidence to succeed in our future playing dates.

The girls have been hard at work focusing on speeding up their game with some free ball plays, more aggressive serves & hits and passing the ball closer on the net, it was great seeing that in play (last week) and we are excited to continue working on this to make it even more effective for future toumaments

A few quick stats to show the improvement include: 33% of the teams 295 swings were kills, with 9% hitting errors. 82% ouf our digs and 91% of our serve receives resulted in a ball to the setter!!

-Coach Tabre

