



# THE U REVIEW

*The latest news from the United Sports Academy.*

## IN THIS ISSUE

### MVP AWARDS

### 7V7 FLAG FOOTBALL

### BASKETBALL SEASON

### SOCCER GROWTH



## MVP United Receives Prestigious Award

*Written By: Sioux City Award Program*

MVP United has been selected for the 2022 Best of Sioux City Award in the Sports & Recreation category by the Sioux City Award Program!

Each year, the Sioux City Award Program identifies companies that we believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Sioux City area a great place to live, work and play.

Various sources of information were gathered and analyzed to choose the winners in each category. The 2022 Sioux City Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the Sioux City Award Program and data provided by third parties.

The Sioux City Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Sioux City area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value.

The Sioux City Award Program was established to recognize the best of local businesses in our community. Our organization works exclusively with local business owners, trade groups, professional associations and other business advertising and marketing groups. Our mission is to recognize the small business community's contributions to the U.S. economy.

# MVP Club Director Receives JVA Club Service Award

The Best of Sioux City isn't the only award MVP United received these last two months. We are excited to celebrate MVP United Club Director, Rick Pruett, on his 2021 JVA Junior Club Service Award!

The JVA is pleased to [announce the 15 individuals honored with the 2021 JVA Junior Club Service Award.](#)



This award recognizes the dedication and loyalty of the coaches, club directors and administrators of JVA member clubs who have been active in junior volleyball for at least 20 years. *"Coaches are the lifeblood of our sport. They put in endless hours that often go unrecognized, so we are proud to be able to shine a light on these individuals who have dedicated not only their time, but their heart as well. It is impossible to tally the number of young people they have had an impact on. A huge 'thank you' from the JVA for your service."*

Rick Pruett has served 29 years in club volleyball, with notable accomplishments including: AAU 18U National Championship in 2015, five Top 10 finishes at AAU Junior Nationals, Board Member at Great Plains Volleyball Region, an average of 30 wins/season for the 29 years he has coached. He has been an integral part in growing the current club from 9 teams to 20 teams. Current Head Volleyball Coach at the College of Saint Mary in Omaha, NE which is ranked Top 10 in the country. Has helped 83 club athletes to date continue their playing careers at the collegiate level. Led Dakota Valley High School team to South Dakota State Championships in 2013 and 2016. Has a 479-308 record as a high school and college coach. All while driving 170 miles 2-4 times per week to coach club!

# Bat Demo in Scheels Batting Cages

Sioux City Scheels Experts hosted a bat demo in our batting cages in preparation for the upcoming baseball and softball seasons!



# 7v7 Flag Football

Our United 7v7 Football Teams had their debut last month in the Siouxland Expo Center! Our High School squad came out on top with a 47-32 win over the Tri-State Tridents and our 5th/6th Grade team battled hard against some tough competition! It has been a joy to see this program grow so quickly. 7v7 has opened up a lot of possibilities for our athletes to continue getting quality reps year-round. Coach Ben Oberle speaks on the subject:

"I am really excited about the work that has been put in by our athletes as 7v7 football takes some big steps the Midwest. While I was coaching at North, I noticed there was a disconnect between our football players and coaches during the off-season. My former

college teammates who came from warmer climates had the opportunity to train all year and were often better prepared when season came than I felt I was and others who were from the Midwest. Let me emphasize that I am not saying our guys need to play football year-round and be fully engulfed in the sport, but having some more accessibility to the game was the goal with this 7v7 league. My plan became simple with what the United Sports Academy offers and the space we have can provide during the off-season. I began conversing with local 7v7 coaches that were doing similar things throughout Des Moines, Sioux Falls, and Omaha to name a few. These programs were producing high-level football athletes who were excelling not only in their high school football programs, but also in other sports. I wanted to replicate what these programs do and keep our kids in Siouxland. We have a great talent pool and great kids who want to excel. We don't have to let them go to 2-3 hours away to have this opportunity. These 7v7 teams are my plan to compete against these larger city teams and to help have our Siouxland athletes succeed not only in football, but in life."





# Girls' Basketball Season

United Basketball wraps up their 2021-2022 Winter Season and gears up for the 2022 Spring/Summer Season with tryouts happening throughout February and March for athletes in third grade all the way through high school.

"We had a very successful winter season at United. The continued growth of our athletes each season and the dedication of our parents to their daughters' success had been outstanding. We are committed to help young athletes develop on and off the court, and I



can't wait for our spring/summer season to get our older athletes back in the gym after their school seasons. We have some amazing coaches who care about our players and I am excited for our growth in the future," states United Basketball Director and Coach, Sheila Adams.

Last year, United's high school teams were ranked high in Prep Hoops rankings (an elite league in the Midwest). You can follow the upcoming season [by visiting basketball's tournament calendar](#).



# United Soccer Growth

From lessons to leagues to tournaments to more! United Soccer has been in full swing and is not slowing down!

We are extremely grateful for our coaching staff. Our February sessions kicked off with a total of 51 players from ages 8 to 18. It was an excellent start to the February sessions. United Soccer Technical Director Armand states, "I am extremely grateful to have these coaches on our team. Their soccer backgrounds and experiences makes them very valuable assets to the United Soccer team. They understand what player development really is. They all connect extremely well with the players which makes the athletes enjoy the challenges set to them. We will continue to offer more and more opportunities to the Siouxland Soccer community."



## Turf Director Coaches Elite Athletes in Miami

United Turf Director and Coach, Ben Oberle, spent a week in Miami coaching the nation's top football prospects! Oberle was the Director of The Podyum All-Star Bowl, an elite collegiate invite-only game held annually where NFL, CFL, Indoor, and international scouts attend the 3-day showcase to evaluate the 100 elite prospects selected from all levels of the NCAA (FBS, FCS, DII, DIII, NAIA).



# MVP United Sets Foundation for the 2022 Season

It is no secret that team sports require a lot of dedication. Which is why MVP United chose to implement their own Challenge Coins for this season. Challenge Coins are meant to bear an organization's insignia or emblem and be carried by the organization's



members. Traditionally, they might be given to prove membership when challenged and to enhance morale.

MVP United chose the words: Commitment, Character, and Confidence. This idea was implemented through a Challenge Coin Ceremony where members of the Sioux City 185th Air Refueling Wing and Navy Petty Officer, Cale Smith, came to talk about the importance of a Challenge Coin and how we can utilize them within our volleyball club!

## MVP United 15 Red will Compete in Vegas this April

Our MVP United 15 Red squad will venture out of the Midwest to Vegas for a three-day qualifying tournament this spring. This is a USA Volleyball National Qualifying Tournament. If the team places in the top 3, they will earn a bid to the 2022 USAV Junior National Championships in Indianapolis this June! This tournament will provide some great exposure to different clubs the team does not normally play against regionally.



# Upcoming Events

**PRICING**  
 10-20 ATHLETES \$12-\$14/SESSION  
 20-30 ATHLETES \$10-\$12/SESSION  
 30+ ATHLETES \$8-\$10/SESSION  
\*PRICING DEPENDS ON DAYS PER WEEK TRAINING

**TEAM TRAINING**

**UNITED EDGE**

**WHAT'S INCLUDED**  
 ONE EDGE SESSION PER WEEK (YOUR OWN EDGE COACH & EDGE TRAINING TIME), PROGRAMMING SPECIFIC FOR YOUR SPORT (STRENGTH OR SPEED). YOU CAN ADD ONE SESSION PER WEEK FOR AN ADDED FEE. THRIVE GYM MEMBERSHIP FOR ATHLETE FOR \$20. FAMILY THRIVE GYM DISCOUNT OF 10% ON GYM MEMBERSHIPS

\*MUST COMMIT TO AT LEAST 4 WEEKS OF TRAINING.

REGISTER | [WWW.USPORTSACAD.COM](http://WWW.USPORTSACAD.COM)  
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300 CENTENNIAL DRIVE, NORTH SIOUX CITY, SD

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**March 12**  
 GRADES 5-6 (12U) DIVISION  
 MAX OF TEAMS 8 / DIVISION  
 2-GAME GUARANTEE  
 MAX OF 10 ATHLETES / TEAM  
 LOCAL OR TRAVEL TEAMS

**\$200/Team**  
 DEADLINE TO REGISTER IS MARCH 5

**7V7 FLAG FOOTBALL TOURNAMENT**

300 CENTENNIAL DRIVE, NORTH SIOUX CITY, SD

REGISTER FOR 7V7 FLAG FOOTBALL  
SHOWDOWN



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