

# MAVS

## MAVS 15-4 NEWSLETTER

# VOLLEYBALL

FALL 2019 | Issue 2 | Date: November 18-24

THANKSGIVING EDITION

### COACH'S CORNER

THIS WEEK, THE COACHES HAVE DECIDED TO ANSWER THE SAME "QUESTION OF THE WEEK" AS THEIR PLAYERS



#### JOANNE:

As I have gotten older, I have really come to be thankful for time with family and friends. Having lived the past five years in S. Carolina, my time was limited in KC. I learned to really enjoy the time I had with people and not take it for granted. I am also extremely grateful for my 10 month old puppy, Koda, who's always by my side and my best friend!

As for traditions, as long as I can remember, my family has always braved the cold, rain, sleet or snow that falls on Thanksgiving day to watch the Plaza lighting. As many times as I've gone, it's still something my entire family gets excited for. We pack into the car with jackets and hot cocoa in hand (always running late) and find ourselves running down the hill along the Intercontinental to make it in time, but I wouldn't change it for anything!

#### TABRE:

Although I have many things to be thankful for, I am most thankful for my family (boyfriend and dogs included) and friends. Nothing beats going home and eating all of the delicious food while spending time with them. On that note, I am also thankful for mashed potatoes and sweatpants as they will be my life for the next week or so.

One of my favorite Thanksgiving traditions is playing dominoes with the family while we await dinner. Let's just say we are a very competitive family, even with board games



### WEEKLY SCHEDULE

MONDAY - 11/25

TUESDAY - 11/26

7:00-9:00PM - PRACTICE

WEDNESDAY - 11/27

THURSDAY - 11/28

**HAPPY THANKSGIVING**

NO PRACTICE

FRIDAY - 11/29

SATURDAY - 11/30

**REF CLINIC DEADLINE**

SUNDAY - 12/1

2:00-4:00PM - PRACTICE

### CLUB ANNOUNCEMENTS

ONLINE REF CLINICS **MUST** BE COMPLETED BY NOVEMBER 30. IF ANYONE EXPERIENCES SITE CRASHES OR NOT SAVING A COMPLETED TEST/LESSON, PLEASE CONTACT ONE OF OUR COACHES. THERE WERE SOME ISSUES LAST YEAR AND IT SOUNDS LIKE THERE MAY BE SOME OF THE SAME ISSUES THIS YEAR. FOR EACH TEAM MEMBER NOT COMPLETE WITH THE CLINICS BY 11/30, THERE WILL BE TEAM CONSEQUENCES.

### QUESTION OF THE WEEK

As we head into Thanksgiving this week, what are you most thankful for? Do you have any Thanksgiving traditions?



# IN HER OWN WORDS.....



**ALEX #4**

**THANKFUL FOR:**

family, friends,  
shelter & good health

**TRADITIONS:**

We go to Garden  
City, Kansas and  
celebrate with my  
Dad's family



**ALEXIS #13**

**THANKFUL FOR:**

the relationships I  
have between my  
friends and family.

Also for the  
opportunities I get at  
school and at  
volleyball

**TRADITIONS:**

We host  
Thanksgiving at our  
house every year.



**ALLY #24**

**THANKFUL FOR:**

lots of things! My mom  
and dad and sisters and  
my dog, Phoebe, for sure!  
Also food and naps bc I  
can't live without naps!

Also I couldn't live  
without my friends!

**TRADITIONS:**

Going to Texas! Every  
other year we go to Texas  
because my dad has  
family there. Then the  
other years when we aren't  
in Texas we host at my  
house! This year though,  
we are hosting for my  
mom's side of the family!



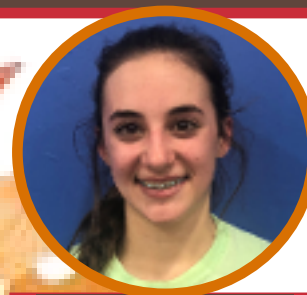
**ANNA #2**

**THANKFUL FOR:**

my family and my  
friends

**TRADITIONS:**

Going to Iowa with  
my whole family and  
doing a turkey trot  
together!



**BELLA #9**

**THANKFUL FOR:**

friends, family and  
life.

**TRADITIONS:**

Eating with family  
and making the food  
together the day of  
Thanksgiving



**JESS #1**

**THANKFUL FOR:**

being able to spend time  
with the people in my life  
and for Juan, the guy  
who painted my room

**TRADITIONS:**

My mom's whole side (16 of  
us) comes to our house and  
we do the Thanksgiving  
Day 5K Fun Run at Sprint,  
then watch the Plaza  
Lighting Ceremony that  
night and then head to the  
lake on Friday. This year  
though, it will just be my  
mom, dad, Matthew, Anna  
and me. My brother Sam  
won't even be here since he  
has to work in Colorado



**JULIE #11**

**THANKFUL FOR:**

my family and friends  
and that they're all  
healthy.

**TRADITIONS:**

My family doesn't  
have any special  
traditions but a  
traditional  
Thanksgiving for my  
family involves the  
three F's: family, food  
and football



**MADDIE #18**

**THANKFUL FOR:**

friends and family

**TRADITIONS:**

We always have  
family over at my  
house then we go to  
my grandparents  
house for Christmas  
& Thanksgiving



**PAIGE #15**

**THANKFUL FOR:**

Mrs. Danette's beans  
on the 4th of July and  
my puppy

**TRADITIONS:**

Every Thanksgiving I  
go to the Baker's  
(family friend) house  
and we eat a lot of  
food and talk. We  
also take photos with  
Bob the Turkey (blow  
up turkey)



**RAVEN #3**

**THANKFUL FOR:**

for God and my  
family

**TRADITIONS:**

Every year my mom  
would cook a ham  
just for me because  
my mom and my  
sister are  
pescatarians and  
can't eat meat.