

# MAVS

## MAVS 15-4 NEWSLETTER VOLLEYBALL

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

### COACH'S CORNER



Tabre & JoAnne

Another great week of working hard in the books! With this high intensity play, please make sure the girls are listening and responding to how their bodies are feeling. It's a long season and recovery is key to making it through! Ice when needed, heat when needed, etc. Most schools will still let the trainers work on the girls in the off season, so if they have something persistent, make sure they are getting it treated! Looking forward to a great season and the more we take care of our bodies, the more prepared we'll be come qualifiers!!

-Coach Jo

### WEEKLY SCHEDULE

MONDAY - 11/18

TUESDAY - 11/19

7:00-9:00PM - PRACTICE

WEDNESDAY - 11/20

THURSDAY - 11/21

7:30-9:30PM - PRACTICE

FRIDAY - 11/22

SATURDAY - 11/23

SUNDAY - 11/24

2:00-4:00PM - PRACTICE

SATURDAY - 11/30

REF CLINIC DEADLINE!!

**MARK YOUR CALENDAR !!**

SUNDAY - 12/1

MAY'S CLUB TOURNEY

### 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.

### PRACTICE SHIRTS COMING

We have just been informed that practice shirts will be here this week! Until then.....

**What to wear:  
Tuesday-White**



### HEALTH UPDATE:

Just in case you didn't know, Coach Tabre's dad had a medical issue this past week that caused quite a scare in her family. Last Monday, he was admitted to a Branson, MO hospital for an ulcer and then, on Wednesday, he suffered a stroke and was transferred to Springfield.

The update is that he is doing better and making progress each day. He is hoping to get discharged and transferred to Kansas City on Tuesday to an inpatient rehab facility where he will continue speech and physical therapy for a few weeks. Luckily the stroke was subtle (as the doctor called it) and they are hoping for him to regain most of his abilities. It will be a long road ahead but Tabre says he is definitely a fighter.

She also mentioned, that the more positive thoughts and prayers coming his way, the better! We've gotcha Tabre!

### GAME OF 20 QUESTIONS (PART 1)

THIS WEEK, WE ASKED THE GIRLS TO CHOOSE BETWEEN TWO WORDS TO DETERMINE WHICH WORD DESCRIBES THEM BEST! TEN QUESTIONS ARE ANSWERED THIS WEEK. CHECK US OUT IN TWO WEEKS WHEN THE NEXT TEN WILL BE REVEALED! FIND OUT THEN, HOW THE GIRLS FEEL ABOUT GETTING THE TROPHY FOR WINNING VERSUS SPORTSMANSHIP!!

- |                         |                             |
|-------------------------|-----------------------------|
| 1. Loud or Quiet        | 6. Country Music or Hip Hop |
| 2. Mountains or Beach   | 7. Cake or Pie              |
| 3. Dogs or Cats         | 8. Shower or Bath           |
| 4. Cereal or Bacon/Eggs | 9. Coffee or Hot Chocolate  |
| 5. Cardio or Weights    | 10. Pancakes or Waffles     |

# IN HER OWN WORDS.....



**ALEX #4**

1. Loud
2. Beach
3. Dogs
4. Bacon & Eggs
5. Cardio
6. Country
7. Pie
8. Shower
9. Coffee
10. Waffles

PARENTS:  
Julie & David



**ALEXIS #13**

1. Quiet
2. Mountains
3. Dogs
4. Cereal
5. Weights
6. Hip Hop
7. Cake
8. Shower
9. Coffee
10. Waffles

PARENTS:  
Carrie & Rick



**ALLY #24**

1. Quiet
2. Beach
3. Dogs
4. Bacon & Eggs
5. Cardio
6. Hip Hop
7. Cake
8. Shower
9. Hot Chocolate
10. Waffles

PARENTS:  
Amy & Paul



**ANNA #2**

1. Loud
2. Beach
3. Dogs
4. Bacon & Eggs
5. Weights
6. Country
7. Cake
8. Shower
9. Coffee
10. Waffles

PARENTS:  
Cami & Matt



**BELLA #9**

1. Quiet
2. Beach
3. Dogs
4. Bacon & Eggs
5. Weights
6. Country
7. Cake
8. Shower

PARENTS:  
Kara & Brock



**JESS #1**

1. Loud
2. Mountains?
3. Both
4. Bacon & Eggs
5. Cardio
6. Country
7. Cake
8. Shower
9. Coffee
10. Pancakes

PARENTS:  
Chris & Rick



**JULIE #11**

1. Quiet
2. Mountains
3. Cats
4. Bacon & Eggs
5. Cardio
6. Hip Hop
7. Cake
8. Shower
9. Coffee
10. Pancakes

PARENTS:  
Cindy & Mike



**MADDIE #18**

1. Quiet
2. Beach
3. Dogs
4. Bacon & Eggs
5. Weights
6. Country
7. Cake
8. Shower
9. Coffee
10. Pancakes

PARENTS:  
Tara & Jeremy



**PAIGE #15**

1. Loud
2. Mountains
3. Dogs
4. Cereal
5. Cardio
6. Country
7. Pie
8. Shower
9. Hot Chocolate
10. Pancakes

PARENTS:  
Debi & Nathan



**RAVEN #3**

1. Loud
2. Beach
3. Dogs
4. Cereal
5. Weights
6. Hip Hop
7. Cake
8. Shower
9. Hot Chocolate
10. Pancakes

PARENTS:  
Tonya  
Gary



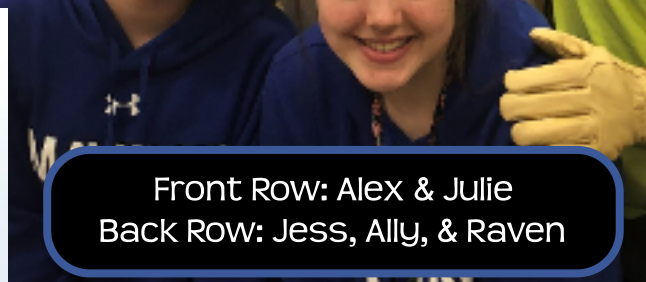


Chris, Ally & Alex(L to R)

*CHECK OUT THESE GREAT SHOTS!!!*



Tonya & Jordan



Front Row: Alex & Julie  
Back Row: Jess, Ally, & Raven



Ally & Alex(L to R)



Julie



Jess, Raven & Julie (L to R)



**BEFORE**



**AFTER**



**AFTER**



## CABINET ORGANIZING

(Tonya, Jordan (Raven's Sister), ALLY & Alex)

**BEFORE**



## MISC. SECTION ORGANIZING

(CHRIS, Raven, Julie & Jess)

**BEFORE**



**BEFORE**



**TEAMWORK!!**



**AFTER**



**AFTER**

