



MAVS

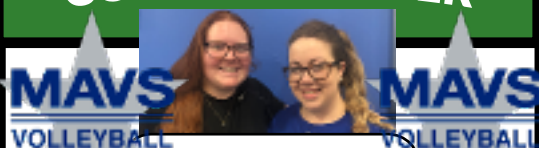
15-4 NEWSLETTER

VOLLEYBALL



WINTER 2019 | Issue 7 | Date: December 23-29

COACH'S CORNER



JoAnne & Tabre

From Tabre:

This season, I expect each of the girls to give it their all at practices and tournaments, 15's is a huge year for growth and I'm excited to see the continued improvement both individually and team wise for each of the girls. I want them to be able to finish the season having accomplished all of their goals and being a better player and teammate than what they started the season at while having fun, working hard and learning a lot along the way.

From JoAnne:

This season, I hope to see growth both on the court with volleyball and off the court. I whole heartedly believe lessons you learn while playing sports help when it comes to every day scenarios as well. I have already seen small growth on the court so I can't wait to see what they're all playing like in 5 months!

NOTE: Even though we have a tournament on Saturday, we WILL practice on Sunday, 12/29 since the facility will be closed on 12/31.

THIS WEEK'S SCHEDULE

MONDAY - 12/23

TUESDAY - 12/24

NO PRACTICE - FACILITY CLOSED

WEDNESDAY - 12/25

THURSDAY - 12/26

7:30-9:30pm - PRACTICE

FRIDAY - 12/27

SATURDAY - 12/28

SUNFLOWER SLAM

Sports Pavilion - Lawrence, KS

UNIFORM:

Black top and black socks

SCHEDULE:

Arrival

7:30am - Sports Pavilion Lawrence

Pool Play - COURT 8

8:00am - Ref

8:50am - vs. Dynasty 14-2

Game #3 - OFF

Game #4 - vs. H2 V'ball Academy 15-1

Game #5 - REF

Game #6 - vs. KC Fire Stilwell 15-1

Break

Bracket Play

SUNDAY - 12/29

2:00-4:00pm - PRACTICE

TOURNAMENT PACKING

1. All uniforms (3)
2. Ball
3. Active Ankles
4. Volleyball Shoes
5. Knee Pads
6. Under Armour socks
7. Water Bottle
8. Whistle
9. Healthy Snacks
10. Journal

TEAM PHOTOS

PLEASE download your photos and videos to our team dropsite:

<https://chrisheise.smugmug.com/MAVS-15-4/n-P4L2hk/>

THIS MONTH'S BIRTHDAYS



QUESTION OF THE WEEK

This week, it was the parents turn to answer a question!
WHAT DO YOU WANT/EXPECT FOR YOUR DAUGHTER AND HER TEAMMATES THIS CLUB SEASON?



FROM THE PARENTS:



ALEX #4

My hope for this season is that Alex continues to develop her defensive skills and quickness in the back row. I would also like to see her continue to strengthen her serve. But, most of all, my hope is that she continues to have a blast with her teammates and enjoy the sport! She is blessed with teammates who she considers great friends. They encourage her and motivate her to be a better player...this is what is most important to us!

Goal achieved! :-)

PARENTS:
Julie & David



ALEXIS #13

Strive to achieve personal and team goals. Work hard and give your best effort whenever you are on the court, but also have fun & laugh with the team.

Be supportive, confident, trust one another, and have a positive attitude. Most of all, enjoy the season!!

PARENTS:
Carrie & Rick



ALLY #24

We'd love for Ally to experience unity and joy with her team and coaches; and maybe to win a point by kicking the ball over the net. 🤔



PARENTS:
Amy & Paul



ANNA #2

Dear Anna,

For this volleyball season and beyond we want you to be tough, work hard, and have fun. Easy to do when you're playing well and winning-but more important in the face of defeat. We want you to show grit and lift your teammates and coaches up with your spirit. You control your attitude in sport and life - keep leading the way through courage, humor and the grace of character that you have within you!

PARENTS:
Cami & Matt



BELLA #9

We are excited for Bella this season. We are wanting Bella to grow as a player, we are hoping she becomes more confident as a setter and learn to hit more aggressively. We are excited for her to make new friendships with her teammates and look forward to seeing them offseason too during high school ball. We are excited for her to learn from new coaches with different coaching philosophies and just push her to be a better all-around player.

PARENTS:
Kara & Brock



JESS #1

Jess & Team:

We want you to work hard but have fun. Win games but accept losses. Stay focused but don't stop smiling! Lead your team through encouragement and humor! Make memories but forget unpleasant moments. Finally, as Dad would say,

"DO SOMETHING HEISEL!"

PARENTS:
Chris & Rick



JULIE #11

We want her to enjoy her experience, develop lasting friendships, improve her skills, drive safely (especially in garages) and most of all, have fun!!



PARENTS:
Cindy & Mike



MADDIE #18

Maddie

My hope for this season is that you enjoy every moment. Smile. Laugh. Be confident in your skills. Work hard. Learn from your mistakes. Give your best on and off the court. Let your competitive heart shine. Encourage your teammates and accept their encouragement also. Play to win but also for your love of the game. Fly as high as your wings will take you!

GAME DAY!!

PARENTS:
Tara & Jeremy



PAIGE #15

Paige & Team:

We want you to have fun. We want to see you improve as a player and person. Make new friendships and enjoy playing the game. And remember Paige...

DON'T SUCK



PARENTS:
Debi & Nathan



RAVEN #3

Raven.

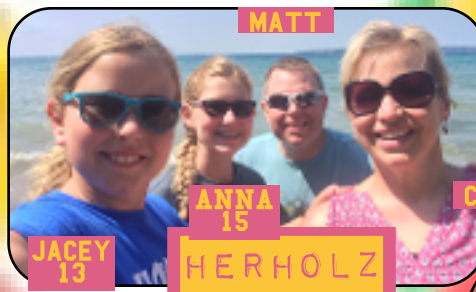
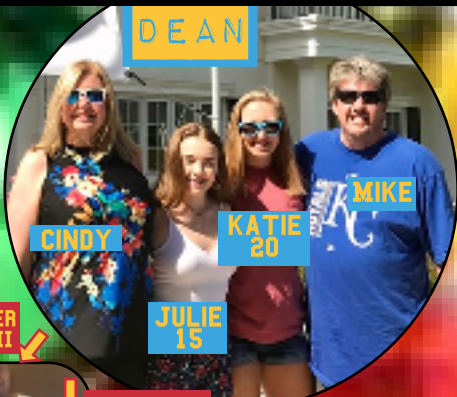
You are an amazing human being and volleyball player use your strengths for good. You see the court, you read the opponent and you hype your team. My true source of pride in you is watching you be a great friend, teammate, and human. My wish for you is to never apologize for being good, never dull your shine for someone else, and for you to know your worth on and off the court. Love you, Your Mamma!

From Dad:

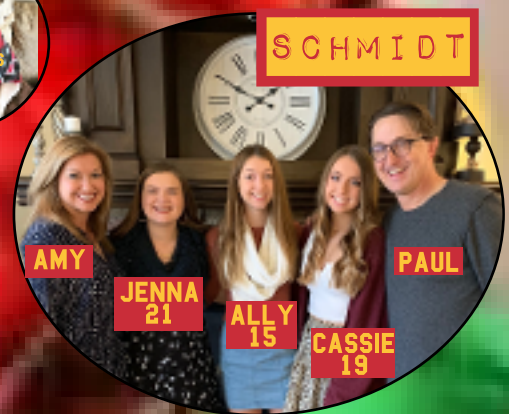
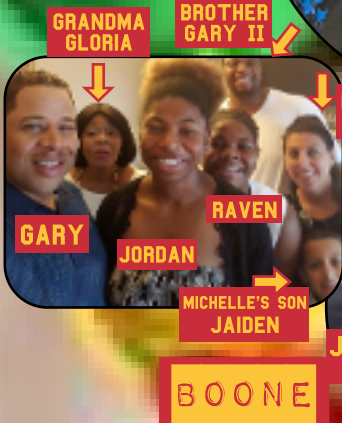
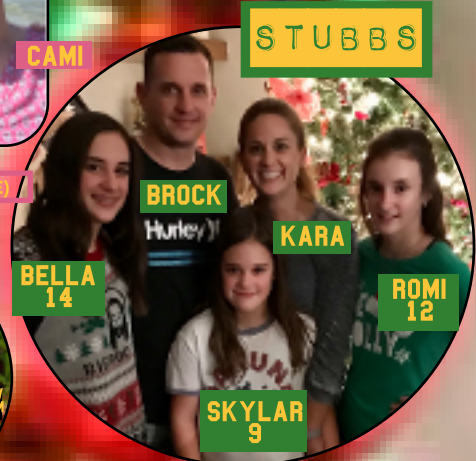
What I expect this year is for the team to grow into one cohesive unit, everyone knowing their role and working hard toward team success. I want the team to enjoy the company of their teammates and focus on reaching a common goal. Raven, I want you to continue to play with the joy you show on the court, by that big smile on your face and crazy dances you do, I can tell that you really enjoy being out on the floor with your teammates. You are quick to encourage and cheer on your teammates and display good sportsmanship. Continue to work hard, and great things will come your way.

PARENTS:
Tonya/Gary

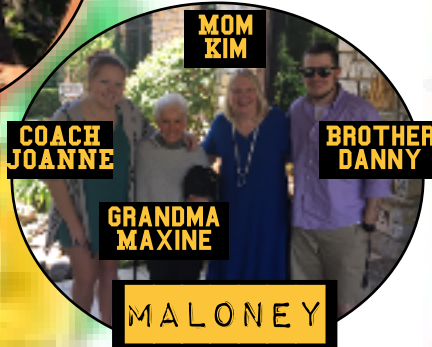
OUR TEAM, OUR FAMILY!!



NOBODY'S WALKING OUT ON THIS
**FUN OLD-FASHIONED
FAMILY CHRISTMAS**



MAVS VOLLEYBALL FAMILY EDITION



YOU HAVE SUCH A
**PRETTY
FACE**
YOU SHOULD BE ON A
**CHRISTMAS
CARD!**



NOT PICTURED: MISS JINX (CATS)