

MAVS

MAVS 15-4 NEWSLETTER

VOLLEYBALL

WINTER 2020 | Issue 10 | Date: JANUARY 20-26, 2020

COACH CORNER



Joanne & Tabre

SEE BELOW FOR A "TWISTED"
"QUESTION OF THE WEEK" FOR THE
COACHES

COACH LUNCHES

**SignUp
Genius**



1/11 - PL Qualifier - Herholz
1/18 - MLK - Ward
1/19 - MLK - Stubbs
1/20 - MLK - Schmidt
2/1 - Rock Chalk - Brown
2/16 - Midway Meltdown - OPEN
2/29 - Centerline - Heise
3/28 - Show Me - OPEN
3/29 - Show Me - OPEN
3/30 - Show Me - OPEN
4/18 - Regionals - OPEN

Click on the link below to sign up:

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

NEW TOURNAMENTS POWERLEAGUE REPLACEMENTS

ADD THESE NEW TOURNAMENTS TO YOUR
CALENDAR:

2/1 **ROCK CHALK VOLLEYHAWK**
(ROBINSON GYM, LAWRENCE)

2/16 **MIDWAY MELTDOWN**
(SPORTZONE, TOPEKA)

2/29 **CENTERLINE INVITATIONAL**
(CENTERLINE, BLUE SPRINGS)

WEEKLY SCHEDULE

MONDAY - 1/20

TUESDAY - 1/21

7-9PM - PRACTICE

WEDNESDAY - 1/22

THURSDAY - 1/23

7:30-9:30PM - PRACTICE

FRIDAY - 1/24

SATURDAY - 1/25

SUNDAY - 1/26

NO PRACTICE TODAY!

QUESTION OF THE WEEK

(WARNING: IT IS A
LONG QUESTION!)

DO YOU HAVE ANY IDEAS
OF WHAT YOU WANT TO
DO AFTER HIGH SCHOOL?

(WORK, TRAVEL, COLLEGE,
MISSION WORK.....?)

IF YOU PLAN TO GO TO
COLLEGE, DO YOU HAVE
IDEAS OF WHAT COLLEGE
OR PART OF THE COUNTRY
YOU WANT TO GO? WHAT
DO YOU WANT TO STUDY?

FINALLY, DO YOU HAVE A
DESIRE TO PLAY
VOLLEYBALL IN COLLEGE?

TOURNAMENT RESULTS

MAVS 15-4

25

20

OPPONENT

MLK TOURNAMENT 1/18-20

SATURDAY, DAY 1

IOWA POWER FLEX RED (W)25-9, (W)25-12

LEGACY JUNIORS 15 (W)25-12, (W)25-10

UPVBC 15 (W)25-9, (W)25-18

SUNDAY, DAY 2

OK CHARGE SOUTH 15-1 (W)25-16, (W)25-13

HIGHLANDS 15 ROX (L)13-25, (L)18-25

MAVS 816 15-2 (W)21-25, (L)19-25

MONDAY, DAY 3

INVASION 14-BLK (L)21-25, (W)25-8, (L)13-15

FINISHED 19TH OUT OF 56 TEAMS

PARENT INPUT

A FEW SUGGESTIONS FOR INTERESTING ITEMS
TO INCLUDE IN THE NEWSLETTER HAVE BEEN:

- SPORTS AND HEALTH TIPS FROM OR FOR THE PLAYERS
- SPECIFIC STATS FROM GAMES-EVENLY SPREADING THE LOVE, OF COURSE
- MOTIVATIONAL STORIES FROM PLAYERS THAT HAVE MADE IT IN THE VOLLEYBALL WORLD
- BACK STORIES ON THE COACHES (OR KATHY/LEE) VOLLEYBALL CAREERS
- POSITIONAL NOTES
- TEAM CAPTAINS FOR THE UPCOMING WEEK

THANK YOU TO THESE PARENTS FOR THEIR
SUGGESTIONS. I RAN THESE IDEAS BY THE
COACHES AND YOU WILL SEE A FEW OF THESE
IDEAS IMPLEMENTED IN THE NEWSLETTER THIS
WEEK.

LOOK FOR THIS STAR =  NEW

IF YOU HAVE AN IDEA OF SOMETHING YOU
WOULD LIKE TO SEE INCLUDED IN OUR
NEWSLETTER, PLEASE DON'T HESITATE TO
EMAIL CHRIS' (CHRISHEISE@ME.COM) WITH YOUR
IDEAS.

IN HER OWN WORDS.....



ALEX #4

After high school I want to go to college and maybe travel!! I am not sure what college I want to go to but I want to do something that helps other people. I either want to do something with special needs people or I want to be a nurse.

I am not sure if I want to play volleyball in college.

PARENTS:
JULIE & DAVID



ALEXIS #13

After high school I want to go to college somewhere in California or I might just stay in Kansas. I want to study Anesthesiology.

I think it would be fun to play volleyball in college so I'm looking into that too

PARENTS:
CARRIE & RICK



ALLY #24

After high school, I would like to go to college. I feel like going to KU because my sisters both go there and also I would be close to home! I feel like it would be a lot of fun to have a job in sports med or physical therapy.

And for college volleyball, I feel like it would be a great experience and really fun, but I'm not sure if I will play in college or not!

PARENTS:
AMY & PAUL



ANNA #2

After high school, I plan to travel a lot and go to college! My dream college is Michigan or Colorado State and I don't know what I want to study yet!

If I get the opportunity to play volleyball in college, I would take it, but if I don't, that okay too!

PARENTS:
CAMI & MATT



BELLA #9

I want to work, travel & go to college after high school. I want to go to college somewhere on the Atlantic coast so I can study marine biology. I would love to visit Brazil or go to the Bahamas someday.

I do want to play volleyball in college too.

PARENTS:
KARA & BROCK



JESS #1

After high school, I don't really have a specific plan. My goal is to become some sort of writer. Like a script writer. I also love video editing so I may go to college for something like that. I have also always wanted to be a vet. I would want to go to the U of Iowa.

As far as college volleyball, most likely not but IDK yet.

PARENTS:
CHRIS & RICK

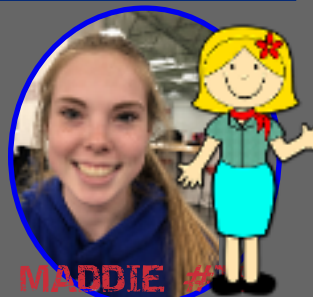


JULIE #11

I want to go to college after high school. I would stay close to home and probably go to KU or OU. I might want to study psychology or journalism.

I don't want to play volleyball in college

PARENTS:
CINDY & MIKE



MADDIE #14

After high school, I want to go to college. I don't know where I want to go. After college, I want to either go into the medical field or be a teacher.

I want to play college volleyball.

PARENTS:
TARA & JEREMY



PAIGE #15

I want to go to college at Stanford or Baylor. I want to go into veterinary studies and end up becoming a veterinarian!

I don't want to play any sport in college and would prefer to go and just have fun!

PARENTS:
DEBI & NATHAN



RAVEN #3

After high school, I don't know where I want to go but I know that I want to be a doctor when I grow up and I will live with my sister because both of us want to live together and we will probably live by a beach of some sort.

Yes, I want to continue volleyball in college

PARENTS:
TONYA
GARY

Lesson of the week

JESS WORE THE WRONG COLOR ON SATURDAY (MOM'S FAULT). SHE ALSO DIDN'T BRING ALL HER JERSEYS WITH HER (THAT ONE'S ON JESS). WHEN TABRE SUGGESTED THAT EVERYONE JUST CHANGE INTO THE ONE COLOR JESS HAD WITH HER, IT WAS DISCOVERED THAT SEVERAL OF THE GIRLS ONLY BROUGHT THE JERSEY THEY WERE TOLD TO WEAR THAT DAY! AFTER SOME CREATIVE TAPING BY THE TEAM, JESS WAS ABLE TO WEAR ALEX'S JERSEY (WAY TO GO ALEX) FOR THE FIRST GAME UNTIL THE CORRECT ONE ARRIVED (VIA HER NOT-SO-PLEASED FATHER).

LESSON: DON'T LISTEN TO CHRIS EARLY IN THE MORNING & REMEMBER TO BRING ALL JERSEYS TO TOURNAMENTS!!

COACHES "TWISTED" QUESTION OF THE WEEK

SINCE OUR COACHES ARE PAST THEIR FRESHMAN YEAR OF HIGH SCHOOL BUT MUCH NEARER TO IT THAN THE PARENTS, I ASKED THEM TO THINK BACK-IN-TIME THIS WEEK WITH THIS QUESTION:

DO YOU REMEMBER WHAT YOU THOUGHT YOU WANTED TO DO AFTER HIGH SCHOOL? WHAT YOU WANTED TO MAJOR IN? WHERE YOU WANTED TO GO TO COLLEGE? AND IF YOU WANTED TO PLAY COLLEGE BALL? JUMP FORWARD TO TODAY. HOW DID THOSE THOUGHTS FROM YOUR FRESHMAN YEAR PLAY OUT?

When I was a freshman in high school, I was getting a lot of outside pressure on me from family on what to major in while in college. Luckily, I was in a program called AVID that some schools in the area have. It really helped me prepare for college and take into account what my family was suggesting but also follow what I was wanting to do.

My freshman year volleyball wise I was indecisive about playing at the next level. At that time, there were not many informational meetings about recruiting offered so I didn't know much about the process. Looking back at it now (even though my skill level was dramatically higher my senior year) I wish I began the recruiting process earlier. I also wish I did not pass of JuCos. In high school I thought JuCos were a joke but after working for a D1 program I quickly learned we target a lot of JuCo athletes to transfer up. While this knowledge was not given to me when I played, I try to share it with any high school athlete in the recruiting process. Also remember to keep connected with all coaches: club, high school, ones that recruit you because you never know who they know!! Volleyball world is SMALL!

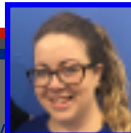


When I was a freshman in high school, my goal was to go to college for some sort of architectural or civil engineering and play volleyball. Where I went didn't really matter to me my freshman year. As I got older and started getting approached by colleges, I was focused on Air Force Academy, Illinois, Wichita State and Missouri University of Science and Technology.

After my first visit to Missouri S&T, I knew it was the right fit for me. It had the environment I was hoping for, I meshed well with the current team and coaching staff, it had the majors I was interested in and, as an added bonus, it wasn't too far from home.

I was majoring in Civil Engineering, until going into my junior year. After taking an internship over the summer, I realized it was not the right fit for me (bit of advice, take internships as soon as you can to see if you like the actual job, not just the idea of it and learning about the material). I then switched my major and ended up graduating with an Engineering Management degree along with Business and IST minoring in mathematics. Since I took all those courses previously.

Now that I've been out of college for 4+ years, I'm happy with my choices and where I ended up. I'm at a job that I love, have a great boyfriend of 4 years, I'm near the majority of my family and friends and get to coach a great group of girls with awesome supportive families!



NEW

FEATURE PLAYER/S OF THE WEEK

Each week, after a tournament, the coaches will pick one or more players they would like to feature as our player or players of the week. They will highlight the reasons why the player was chosen and will share some stats

ALLY
SCHMIDT

Ally really stepped it up this weekend, playing Middle instead of her typical Right Side.

Having 49 swings and 40.1% of them being kills, as well as getting 6 point scoring blocks plus a lot of touches, she stayed aggressive and made a big impact on the court!

-Tabre

JESS
HEISE

Jess took command with her serves over the weekend.

Of the 69 serves she attempted, 32% of them were aces! She also set 53% of our 96 kills as a team and was second in digs made at 34! Way to go Jess

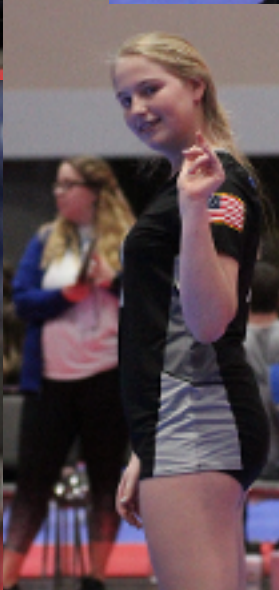
-Tabre



CHECK OUT THESE GREAT SHOTS

Jan 18-20,
2020

MILK TOURNAMENT





STARTING THIS WEEK, THE COACHES WILL EMAIL EACH PLAYER'S STATS TO THE PARENTS, THE FORM WILL LOOK SIMILAR TO THE EXAMPLE BELOW. TABRE KEEPS TRACK OF THESE BUT, PLEASE BE AWARE, SHE CANNOT CATCH EVERYTHING AS SHE DOESN'T WANT TO MISS ACTUALLY SEEING THE GAME. SHE TRIES TO GRAB HIT ATTEMPTS, KILLS, BLOCKS, DIGS, SERVE RECEIVES, SERVES & ACES AS WELL AS BALL HANDLING, SERVE AND HITTING ERRORS. WHAT IS IMPORTANT TO LOOK FOR? ACCORDING TO TABRE, THE MAIN FOCUS IS EFFECTIVENESS. ARE THE HITS EFFECTIVE?...DO THE MAJORITY OF THE HIT ATTEMPTS LEAD TO KILLS OR DOES THE PLAYER HIT IT 20 TIMES AND ONLY GET 3 KILLS? SAME FOR PASSING OR SERVES. WITH THE CONTACTS THE GIRLS ARE GETTING, ARE WE MAKING THE MOST OUT OF THEM? THE COACHES HAVE USED THESE STATS TO SHOW THE SETTERS WHO THEY ARE SETTING IN GAMES AND IF THEY ARE MOVING THE BALL AROUND, AS WELL AS WHO IS HAVING A GOOD DAY VS. A-NOT-SO-GOOD-DAY. THINGS TO TRY AND HELP THEM MAKE SMART DECISIONS WHEN THEY ARE SETTING.

Description of columns in the tables	
Column Header	Description
Points Played	The number of points played.
±	While the player was playing, the difference between points scored by the team and points scored by the opposition.
Scored	The number of points scored. Equals one half of the shared blocks plus kills, blocks and aces.
Scored minus Errors	The net points scored. Equals points scored minus, service errors, serve return errors, hitting errors, blocking errors and ball handling errors.
Swings	The total number of attacks. Equals the sum of kills, errors and hits not resulting in points.
Kills	An attack that terminates a rally and results in an immediate point or sideout. All of the following should be counted as a kill: Setter dumps 2nd contact over the net to the floor. Spiker hits ball over net to floor or off 1st defender for point. Blocker hits the net on spike attempt. On serve receive 1st ball is passed over the net to the floor untouched. Spiker hits ball off the blocker and it is not returned. Blocker spikes overpass to the floor for a point. (This looks like a block; it is a kill.) Note that there are several situations in which the hit would not be recorded as an attack except that it results in a kill (e.g. dig to kill and serve reception to kill).
Hit Err	An unsuccessful attack where the hitter's attempted attack results in a point or sideout for the opposing team; common examples include hitting the ball out of bounds or into the net. A block by one team is an attack error by the other team. Hence, one team's blocks can never exceed the other team's attack errors.
Hit Pct	A measure of how efficiently an attacker can end a rally (get kills). Hitting percentage is determined by subtracting an attacker's hitting errors from their total kills and dividing that number by total attempts.
Blk	The number of solo blocks.
Blk Asst	Two players working in unison to deflect an attacked ball at the net, back to the hitter's side.
Blk Err	Any action made by a blocker that results in a point for the other team. For instance, touching the net or a block by a back row player. This does not include simply getting booted. A blocking error is a call made by an official that ends play.
Asst	Awarded when a player passes, sets, or digs the ball to a teammate who attacks the ball for a kill.
Dig	The act of passing a forcefully hit ball, usually the player has to get close to the floor to pass it well. According to the AVCA, there can only be a dig if there was an attack.
Ball Handl Err	Any time the official calls a double hit, a thrown ball or a lift (except on a serve reception or attack).
Srv Rec Count	The number of serves received.
Srv Rec Err	A reception error occurs when a player should have been able to pass a serve but makes an error resulting in an ace. Errors are given to individuals except in the case of husband/wife, where the team is given the error. There are no aces that are not a reception error for the other team.
Srv Made	The number of serves made.
Srv Ace	A serve in volleyball that is not possible and immediately awards the serving team with a point. Usually followed by a moment of celebration by the serving team.
Srv Err	An unsuccessful serve in which one or more of the following occurs: 1) the ball hits the net or fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

	Points Played	+/-	Scored	minus	Swings	Kills	Hit Err	Hit	Pct	Blk	Blk Asst	Blk Err	Asst	Dig	Handl Err	Srv Rec	Srv Rec	Srv Made	Srv Ace	Srv Err
Us 18 Pva 15-2 25	29	-7	2.0	-1	5	1	1	0.000	0	0	0	2	1	1	0	0	4	1	1	
Us 24 Pva 15-2 26	41	-1	0.0	-3	2	0	1	-0.500	0	0	1	4	4	1	0	0	4	0	0	
Us 25 Fenix 11	17	11	1.0	1	0	0	0	--	0	0	0	5	2	0	0	0	6	1	0	
Us 25 Fenix 14	31	11	2.0	0	2	0	0	0.000	0	0	0	4	5	0	0	0	5	2	2	
Us 13 MAVS 816-1 25	30	-12	1.0	-2	3	1	1	0.000	0	0	0	2	1	2	0	0	2	0	0	
Us 14 MAVS 816-1 25	11	-7	0.0	-1	0	0	0	--	0	0	0	1	0	1	0	0	2	0	0	
Total	159	-5	6.0	-6	12	2	3	-0.083	0	0	1	18	13	5	0	0	23	4	3	

HAVE A GREAT WEEK EVERYBODY!!

MAVS

VOLLEYBALL