



THE U REVIEW

The latest news from the United Sports Academy

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**CHALLENGE COIN
CEREMONY**

**CNOS FIELDHOUSE
RECEIVES BEST OF NORTH
SIOUX**



MVP United is Ready for Another Standout Season

MVP United Volleyball Club will enter its 13th club season and 3rd under United Sports Academy's roof in January. Since its inception, the club has brought home 3 AAU National Championships, the most recent from last June with the MVP United 15 Red Team coached by Club Directors Rick Pruett and Melissa Smith.

MVP United will feature 21 club teams for the 2023 season from 11 to 18 and under teams. These teams will travel throughout the Midwest to various tournaments from January to April, with a few going on to compete in the 2023 AAU Nationals in Orlando in June.

"We could not be more excited for the 2023 season to get underway!" states Melissa Smith, Director of Volleyball. "We are looking forward to working with our athletes and coaches to maximize their growth throughout the season."

A ton of talent will be returning this year including our high school athletes who had standout seasons and led their programs as captains, in stats, or with post-season awards. We'd like to give a huge congratulations to our MVP United athletes and coaches on their High School Post-Season Honors!

"I'm very excited to start a new season with MVP United," states MVP Club Director, Rick Pruett. "Our tryouts were strong and the talent of our teams this year are the best we have had. 2023 looks to be a great year for MVP! Our athletes are excited, our coaching staff is the best in the area and eager to get on their court with their athletes. I look forward to some great things for MVP this year!"

Post-Season Honors for MVP United Athletes & Coaches

Missouri River Activities Conference (IA)

Coach of the Year

Ashley Vandestouwe (Sioux City East Head Coach)

Sophomore of the Year

Maliyah Hacker (Bishop Heelan)

Freshman of the Year

Ava Lloyd (Sioux City North)

MRAC Elite Team

Maliyah Hacker (Bishop Heelan)

All Senior Team

Madalyn Welp (Sioux City North)

All Junior Team

Sidney Chamberlain (Sioux City North)

Kiley Elgert (Sioux City West)

Stella Kuehl (Sioux City North)

Olivia Mentzer (Sioux City East)

All Sophomore Team

Maliyah Hacker (Bishop Heelan)

Hollie Peterson (Sioux City East)

All Freshmen Team

Ireland Jackson (Sioux City North)

Ava Lloyd (Sioux City North)

Korbin Olorundami (Sioux City West)

Breanna VanDenTop (Sergeant Bluff-Luton)

Kinslee Walrod (Sioux City North)

Mia White (Bishop Heelan)

Western Valley Conference (IA)

Unanimous First Team

Brooklyn Roder (Lawton-Bronson)

Jordan Shull (Westwood)

War Eagle All Conference Teams (IA)

First Team

Bailey Boeve (Hinton)

Ashlyn Kovarna (Hinton)

Carly Hicklin (Hinton)

Second Team

Gabbie Friessen (Hinton)

Honorable Mention

Jadyn Hofmeyer (Unity Christian)

Lakes Conference (IA)

Honorable Mention

Hailey Anderson (Storm Lake)

Lewis & Clark Conference (NE)

First Team

Tori Walker (Homer)

Gracen Evans (Ponca)

Honorable Mention

Alli Brown (Wakefield)

Dak12 Conference (SD)

South All-Stars

Head Coach Mary Miller (Dakota Valley)

MVP - Logan Miller (Dakota Valley)

First Team

Logan Miller (Dakota Valley)

Sophie Tuttle (Dakota Valley)

Third Team

Sophia Giorgio (Elk Point)

Basketball Skills / Camps Help Athletes Progress

"Success isn't always about greatness. It's about consistency. Consistent hard work leads to success. Greatness will come"

- Dwayne Johnson

Consistency is key to improving in your sport, which is why the United Sports Academy offers weekly skill sessions as well as monthly all-skills camps. Our lessons mainly focus on the core skills of basketball: dribbling, shooting, finishing at the hoop, footwork, and defense. Most of our sessions incorporate all of these skills with some sort of live situational work to help the skills translate to game situations. We also offer lessons and camps that focus on one skill or position, such as shooting or post-work depending on the month.

"We see a ton of progress in kids, especially those who consistently train with us each month," states Director of Basketball Training, Jay Wolfe. "We have an awesome coaching staff that helps the kids grow as basketball players during their lessons. The lessons help kids become more comfortable on the court when they play in games during the season. Players are more confident and realize they are able to use certain skills in games that they have practiced during our lessons, enabling them to make a greater impact on their teams."

[CLICK HERE TO VIEW OUR UPCOMING SKILLS AND CAMPS](#)





MVP United Brings In The 2023 Club Season With Challenge Coin Ceremony

MVP United is the club volleyball program of United Sports Academy and premier program in Siouxland. They have brought home 3 AAU National Championships since 2015 and have sent almost 100 athletes on to compete at the collegiate level with close to \$4 million in athletic scholarships. A big reason for their massive success is the values their program instills in each athlete and coach: Commitment, Character and Confidence.

The 2022 club season was the first year MVP United Volleyball Club started their "Challenge Coin Ceremony" at the beginning of each season. A challenge coin is a small coin or medallion, bearing an organization's insignia or emblem and carried by the organization's members. Traditionally, they might be given to prove membership when asked and to enhance morale. They are most commonly collected by service members and law enforcement personnel.

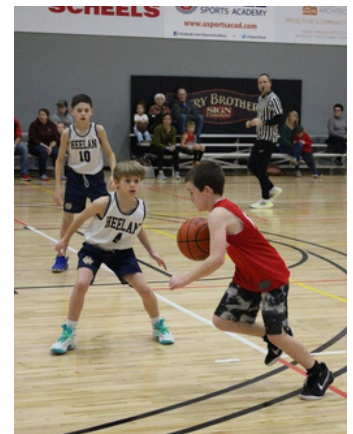
MVP United began their 2023 club season with their Challenge Coin Ceremony on January 8th in the CNOS Fieldhouse. The event was presented by the following guest speakers: Chris McGowan (President of the Siouxland Chamber of Commerce), Nolan Lubarski (Founder and CEO of CNOS), and Justin Wagner (Vice Commander of the 185th Air Refueling Wing of Siouxland) who each spoke on each of the main values: Character, Confidence and Commitment. We also unveiled our AAU National Championship banners!

"Our guest speakers were phenomenal and we are so grateful to them in their support of our program," states Director of Volleyball, Melissa Smith. "Our entire program really took the values to heart last year with our coaches instilling it in practice plans and our athletes showing great character on and off the court. Our goal is to develop not only quality athletes, but quality people. The Challenge Coin Ceremony helps us convey that."





Shots from our boys basketball tournament on January 21st! A big congratulations to the champions and thank you to all the teams who participated!





United Sports Academy Hosts Largest Ever Soccer Event in Siouxland in November

Written By: KCAU

The United Sports Academy is known as a prime location for team training and local tournaments. That reputation would soar to new heights this weekend as the facility hosted 87 travel soccer clubs for the 2022 United Champions Cup, the largest ever soccer event in Siouxland.

Taking place from Friday to today's championships, the Cup welcomed soccer squads from four separate states with 152 games on the docket, utilizing its two turf fields and four hardwood courts to accommodate the high numbers. Attracting more than double the amount of teams from last year, word has spread from Siouxland teams to top regional clubs, creating a large tournament experience for youth players to hone their skills on the pitch.

"It's tremendously exciting," United Sports Academy Director of Soccer Operations Armand Garcia said. "I hope we can grow to where we can have two separate weekends because the max we can is, I mean we have 87 so we went past our cap, so I hope we can have a boys weekend and a girls weekend maybe next year. Both weekends have that same amount of teams... There's been nothing but positive feedback from both families, coaches, and the players themselves."



Pro Baseballers Put on Camp at the United Sports Academy

We had the pleasure of having professional baseball player, Ian Church, at the United Sports Academy to put on the Pro Power Hitting & Throwing Camp in December! We had a great getting to work with Siouxland baseball athletes and see their work translate into success in batting and throwing instruction! Following this camp, athletes have the opportunity to continue their training on a weekly basis for 6 weeks. This includes a 1 hour training session in the batting cages with Casey Baker every Monday, unlimited Redline classes, and virtual evaluations of training sessions with Ian Church.





CNOS Fieldhouse is Selected Best of North Sioux City

Written By: North Sioux City Award Program

CNOS Fieldhouse has been selected for the 2022 Best of North Sioux City Award in the Sports Complex category by the North Sioux City Award Program.

Each year, the North 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 North 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 North Sioux City Award Program focuses on quality, not quantity. Winners are determined based on the information gathered both internally by the North Sioux City Award Program and data provided by third parties.

About North Sioux City Award Program

The North Sioux City Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the North 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 North 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.

United Coaches Attend National Clinics

Our mission is to not only develop our athletes, but develop our coaches to give our athletes the best opportunity to succeed! These last couple of months, we have had coaches travel to conventions across the country to learn new skills, make connections with other coaches/clubs, and get ideas for new training programs!

Armand Garcia, United Soccer Director, traveled to Philadelphia to attend the 2023 United Soccer Coaches' Convention.

MVP United Club Director, Rick Pruett, and coaches, Emma and Addison Mertler, attended the 2023 American Volleyball Coaches' Association in Omaha during the NCAA Final Four.



Upcoming February Events

\$25

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300 CENTENNIAL DR
NORTH SIOUX CITY, SD

CNOS FIELDHOUSE

FEBRUARY 18

GRADES 2-5 GRADES 6-8
9:00-10:15AM 10:15-11:30AM

FOCUS: FOOTWORK AND FINISHING AT THE HOOP

FOR THE LOVE OF THE GAME

REGISTER | WWW.UNITED-BASKETBALL.COM QUESTIONS | JWOLFE@USPORTSACAD.COM

REGISTER FOR BASKETBALL CAMP

REDLINE

SIOUXLAND

NOW THROUGH MARCH

BASELINE

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QR CODE

REGISTER | WWW.UNITED-BASKETBALL.COM QUESTIONS | JWOLFE@USPORTSACAD.COM

REGISTER FOR BASEBALL TRAINING

REGISTER | WWW.USPORTSACAD.COM QUESTIONS | AGARCIA@USPORTSACAD.COM

FEBRUARY LESSONS

2023

\$65

4 SESSIONS
TUESDAYS 7-8PM
FEBRUARY 7, 14, 21, 28

MINI TEKERS
TEKKERS ACADEMY
TEKKERS PREMIER
'ACCEPTANCE ONLY'

AGES 6-10
AGES 11-14
AGES 12-18

300 CENTENNIAL DRIVE; NORTH SIOUX CITY, SD

REGISTER FOR SOCCER TRAINING

FEBRUARY 11

\$100/TEAM IF REGISTERED BY FEBRUARY 11
(\$125/TEAM AFTER FEBRUARY 11)

3PM START

6 PLAYER MAX/TEAM

DIVISIONS
GRADES 5-6
GRADES 7-8
GRADES 9-12
ADULT COED

VOLLEYTIMES 4V4

REGISTER | WWW.MVPVOLLEY.ORG
QUESTIONS | MSMITH@USPORTSACAD.COM

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CNOS FIELDHOUSE

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