

# 2020

## MAVS 15-4

# NEWSLETTER

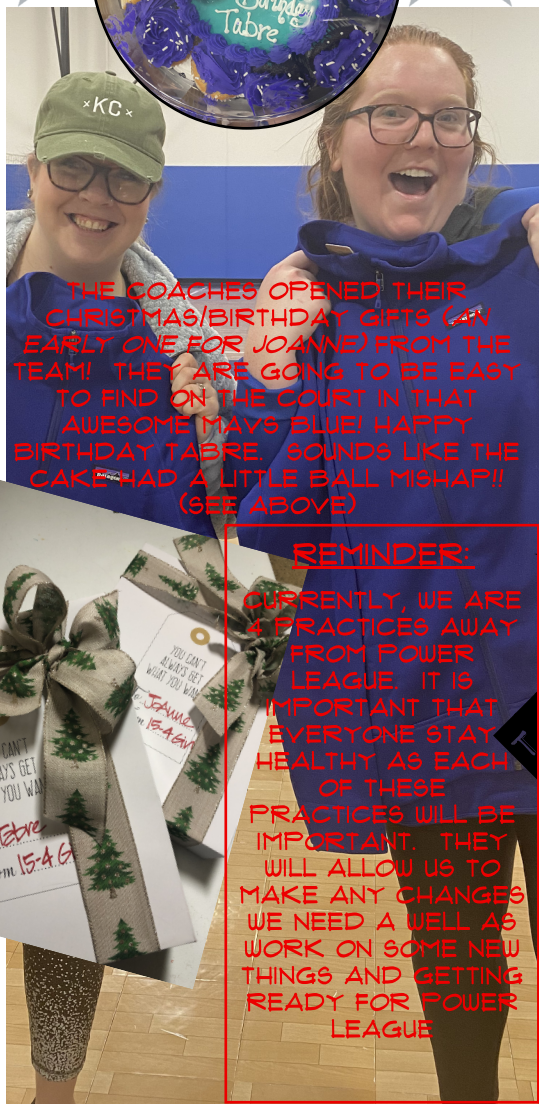
## MAVS

### VOLLEYBALL

WINTER 2019/2020 | Issue 8 | Date: December 30 - January 5

SHARE YOUR PHOTOS AND VIDEOS WITH THE TEAM:  
[HTTPS://CHRISHEISE.SMUGMUG.COM/MAVS-15-4/N-P4L2HK/](https://CHRISHEISE.SMUGMUG.COM/MAVS-15-4/N-P4L2HK/)

### COACH CORNER



THE COACHES OPENED THEIR CHRISTMAS/BIRTHDAY GIFTS (AN EARLY ONE FOR JOANNE) FROM THE TEAM! THEY ARE GOING TO BE EASY TO FIND ON THE COURT IN THAT AWESOME MAVS BLUE! HAPPY BIRTHDAY TABRE. SOUNDS LIKE THE CAKE HAD A LITTLE BALL MISHAP!! (SEE ABOVE)

#### REMINDER:

CURRENTLY, WE ARE 4 PRACTICES AWAY FROM POWER LEAGUE. IT IS IMPORTANT THAT EVERYONE STAY HEALTHY AS EACH OF THESE PRACTICES WILL BE IMPORTANT. THEY WILL ALLOW US TO MAKE ANY CHANGES WE NEED AS WELL AS WORK ON SOME NEW THINGS AND GETTING READY FOR POWER LEAGUE.

### WEEKLY SCHEDULE

MONDAY - 12/30  
TUESDAY - 12/31  
 NO PRACTICE - FACILITY CLOSED

WEDNESDAY - 1/1/20  
 Happy New Year!

THURSDAY - 1/2  
 7:30-9:30PM - PRACTICE  
FRIDAY - 1/3  
SATURDAY - 1/4  
SUNDAY - 1/5  
 2:00-4:00PM - PRACTICE

### HAPPY BIRTHDAY!!



### New Year's Resolutions

One of my New Year's resolutions is to cook one new thing each week. I would like to expand my recipes in the kitchen :). My second resolution would be to go to bed earlier when I can. I'm constantly staying up late streaming tv and would like to cut some of that time out to get better sleep.

### NO NEWSLETTER NEXT WEEK

DUE TO ALL THE CELEBRATIONS THIS WEEK AND GETTING BACK TO SCHOOL, THERE WON'T BE A NEWSLETTER NEXT WEEK. YOU WILL STILL RECEIVE INFORMATION ABOUT OUR 1/11 POWER LEAGUE QUALIFIER. THE NORMAL WEEKLY NEWSLETTER WILL RESUME ON 1/13/20

### TOURNAMENT RESULTS

MAVS 15-4

25

20

OPPONENT

SUNFLOWER SLAM - 12/28/19

#### POOL PLAY

Topeka Saints (W)25-18, (W)25-19  
 Fenix 15-1 (W) 25-12, (W)25-13  
 Dynasty 14-2 (L)23-25, (L) 21-25  
 Kansas V'ball Club 15-1 (L)23-25, (W)29-27

(top 3 teams advance, we placed 2nd)

#### BRACKET PLAY

MAVs 13-1 (W)25-19, (L)23-25, (L)6-15??

Placed 5th out of nine teams

### QUESTION OF THE WEEK

WHAT IS/ARE YOUR NEW YEAR'S RESOLUTION/S? EXPLAIN!

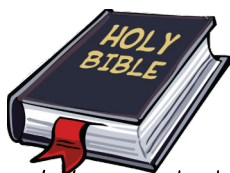


# Our New Year's Resolutions



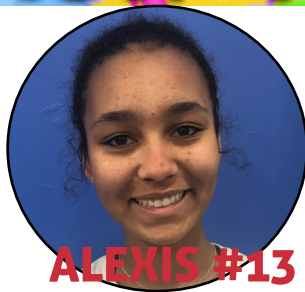
**ALEX #4**

My new year's resolution is not snacking as much, reading the bible every night

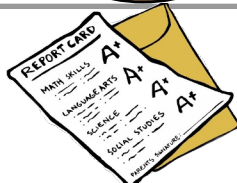


and doing a little workout every day! These are my resolutions because all of those things will help me either physically, mentally and spiritually!

PARENTS:  
Julie & David



**ALEXIS #13**



My new year's resolution is to stay positive in school and volleyball and stay focused to things that are important to me because I want to keep a high GPA and get good grades.

PARENTS:  
Carrie & Rick



**ALLY #24**

This new year, I would like to grow a closer relationship with God, spend more quality time with the people that I love, and do some form of workout at least a few times a week!  
.....and one last thing...I want to learn to do "the worm" in 2020!



PARENTS:  
Amy & Paul



**ANNA #2**

My new years resolution is to work out at least 4 times a week at the gym and to never be late to school



PARENTS:  
Cami & Matt



**BELLA #9**

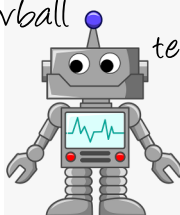
I haven't really thought about New Year's resolutions, I think that I should just be a better person and make sure that I make time for everyone.

PARENTS:  
Kara & Brock



**JESS #1**

My New Years resolution is to try and not be so consumed in technology and open my eyes to try new things. I also want to get really good grades and grow in my vball career!



PARENTS:  
Chris & Rick



**JULIE #11**

My new year's resolution is to spend less time on my phone. I think it's important to spend more time with my family, read, or do homework instead of using technology all the time.

PARENTS:  
Cindy & Mike



**MADDIE #18**



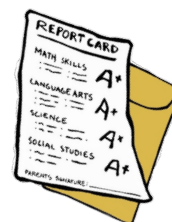
My new years resolution is to focus on the positives. The last half of 2019 was hard so I want to make the best of everything and focus on the positives around me.

PARENTS:  
Tara & Jeremy



**PAIGE #15**

My New Year's resolution is to get all A's.



PARENTS:  
Debi & Nathan



**RAVEN #3**

We'll getcha next week Raven!

PARENTS:  
Tonya  
Gary