UNITED SPORTS ACADEMY

THE U REVIEW

The latest news from the United Sports Academy

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Volleyball & Basketball Begin New Seasons

It's the most wonderful time of year: Travel Club Basketball & Volleyball Season! We are thrilled to be bringing a lot of new and returning talent to our club programs this year! Our top-of-the-line facilities and coaching staff give our athletes a great environment to develop as an athlete and teammate.

"We see so much growth in our athletes who continue to commit to our program and it allows us to help them further their basketball careers to the varsity and collegiate levels," states United Girls' Basketball Director, Sheila Adams.

The United Basketball Winter Season began in October with team practices and the first tournament coming up in January. **You can view rosters of our six teams on the website.**

MVP United Volleyball had over 200 participants at tryouts for 11-14's teams. High School girls tryouts will take place in November. "We are very encouraged by the talent at our tryouts and we are looking forward to seeing the growth of these teams throughout the season," states MVP United Director, Melissa Smith.

The club volleyball season will start practices in January. **Rosters will be posted on our website in December.**

Pickleball & Taekwondo in the CNOS Fieldhouse

Outside of our normal youth sports programming, we also host a number of rentals. These past two months, we have hosted the Siouxland Pickleball Association Paddle Battle and the Marshalls Taekwondo Tri-State Classic. It's a great opportunity to get people in our doors who are not a part of our United community as well as help the growth of lesser-known sports in Siouxland!

The Paddle Battle had a number of divisions to compete in including Men's and Women's Singles, Men's & Women's Doubles, Mixed Doubles and 60+ Divisions. "The 2022 CFO/Next Paddle Battle Pickleball Tournament was a great success again this year! There was growth in the number of teams participating in both gender doubles and mixed doubles from prior years. We also added singles play for the first time (25 players) and a new category of age 60+ men's and women's doubles (10 teams). This resulted in increased players, increased competition, and also increased revenue! We look forward to partnering with United Sports Academy again next year for this very popular tournament!" states Siouxland Pickleball Association Director, Carolyn Ellwanger.

The Tri-State Classic Taekwondo Tournament managed by Marshalls Taekwondo of Sioux City took place in the CNOS Fieldhouse at the end of October. The event featured board-breaking, individual and team form, and sparring. Athletes from Lincoln to Sioux Falls gathered in the United Sports Academy for the event.

BallerTV at United Sports Academy Events

Beginning in 2016, co-founders Rob Angarita and Aaron Hawkey, and EVP Sandeep Hingorani set out to become the world's premier live and on-demand streaming service dedicated to youth athletes. As former athletes and fathers themselves, they saw an opportunity to ensure no parent had to miss a child's game again.

Their mission was a success as BallerTV has become the single largest live broadcasting platform for amateur sports. And is now in the CNOS Fieldhouse and Liberty National Bank Performance Center! Our first live event was the Labor Day Classic. Since then, we have streamed the Men's Soccer Tournament and Spooktacular Spikedown.
View our upcoming live-streamed events here.

BallerTV does more than just connect loved ones to their favorite athletes. It also allows athletes and coaches to review game tape to help improve their game, aid in the college recruiting process through professional scouts and NCAA Division I, II, III, & NAIA coaches who identify, review, and follow new talent, and for athletes and coaches to better their game strategy by studying opponents and identifying top players.

United Sports Academy Welcomes Karlie McCoy as Director of Sponsor Relations

The United Sports Academy has hired Karlie McCoy as the Director of Sponsor Relations. This is a great addition to our organization and we are excited to welcome Karlie to the team!

In her new role, McCoy will work with local Siouxland businesses to bring sponsorships to the United Sports Academy building through signage, tournament naming rights and more. These sponsorships help our youth sport programs to continue their non-profit mission of providing opportunities to develop through sports and compete at a higher level while off-setting costs.

Karlie McCoy grew up in Hinton where she was a successful multi-sport athlete. Following her graduation, she attended the University of South Dakota where she earned her Bachelor's and Master's Degree in Accounting.

In 2017, she moved to Nashville and worked as an Account Relations Manager and Customer Lighting Designer for Nashville Event Lighting for three years. Here, she worked closely with celebrities to create unique and custom lighting for weddings, CMA pop-up shops, album release parties and everything in between. In 2019, Karlie and her husband, Jared, welcomed their first son and moved back to the Siouxland area so they could raise their children closer to their families. Here, she worked at Sterling for 2.5 years as an DoD Account Manager where she managed the IT needs of multiple purple agencies. Outside of work, Karlie keeps busy chasing her two boys, Vander (3) and Dutch (1).

"I have always had a passion for sports and grew up first-hand seeing the benefits sporting programs and amazing coaches can have on a child's life. I am so excited to join the United Sports Academy team and continue to help spread the word on the mission here while bringing new sponsorships to the facility," states Karlie McCoy.

If you would like to promote your brand while supporting our United Sports Academy mission, please email Karlie at **kmccoy@usportsacad.com** for sponsorship opportunities.

Largest Soccer Event at United will Happen in November

The 2022 Champions Cup will be the largest soccer tournament ever hosted at United. There will be more than 60 teams in attendance for this year's event. Teams will travel from Sioux Falls, Yankton, Omaha, Waterloo, Minnesota, Tea, Hawarden and Norfolk to compete at the United Sports Academy.

"We are grateful and eager to host top competitive clubs for the event such as Evolution Soccer Club, Nebraska Roots, and Sting Nebraska from Omaha. We are also very thankful for major clubs like Cedar Valley Soccer Club who are bringing five teams to the event. I am incredibly excited for our local clubs to have more local playing opportunities. We are very appreciative of United Futbol Academy, Interstate Soccer Club, and Diablos Football Club who all have five or more teams in attendance," states United Soccer Director, Armand Garcia.

Our goal is to provide all teams a positive, competitive and fun experience. This tournament has doubled in the amount of teams from last year. Therefore, we are expanding and games will be played on the turf and courts, creating a large tournament atmosphere.

Redline and United Baseball Combine to Create Baseline

Our goal since Siouxland Redline's induction two months ago was to provide more than just sports performance programming to Siouxland athletes, but sport-specific programming that would correlate with the skills being taught on the court or field to further optimize performance. Which is why we are so excited to introduce our first sport-specific program after just two months: **Baseline**.

Siouxland Baseline was designed to develop baseball and softball players who have the desire to play in high school, college and beyond. Our expert coaches, state-of-the-art facilities and mindset will help your athlete achieve their full potential by having specialized baseball and softball training sessions paired with sports performance programming.

Baseline will be set up as a mid to long-term baseball and softball performance program. Athletes can choose one 8-week block up to three 8-week blocks. Each block will have a different focus in both the sport skill and performance acquired through strength and speed work. This variability will prevent the athlete from burnout and injury as well as optimizing their performance on the field through a wide range of skill sets.

"We are thrilled to be offering this unique sport-specific programming to Siouxland baseball and softball athletes! By matching United's Baseball and Softball specific skills training and Redline's performance training, athletes will enhance their overall athleticism and prepare both body and mind for the challenges sports present," states United Baseball and Softball Director, Casey Baker.

Siouxland Redline Introduces "Baller Bands" to Athletes

At Siouxland Redline, our goal is to not only make better athletes, but also better teammates and individuals for life after sport. Sports are great for developing key character traits in a young individuals development. Through "Baller Bands" we aim to encourage character growth in athletes through our programming.

Starting this month, our coaches select a few athletes per week to receive a "Baller Band". These are special as they cannot be purchased, they must be earned! Athletes who show great character development traits will be awarded these by our coaches.

The themes of our Baller Bands are: courage, attitude, effort, integrity, perseverance, sacrifice, coachability, leadership, composure and compassion.

Our first Baller Band recipient was Frank Cedillo! Here is what our coaches have to say about this hard-working athlete:

"Frank is well-deserved for the Leadership Band. I have had multiple parents tell me they love having their child come to Redline when Frank is there because he is a good role model to their child. Frank brings the energy and works his tail off with everything he does. He never fails to make everyone laugh. As the class would say “Come on, Frank”! We are so proud of you!!" states Director of Sports Performance, Erin Bailey.

"Frank is an extremely hard working young man with great character, constantly encouraging others and just the perfect leader for any team. Every time he is behind, he has a smile on his face and ready to go at 100 percent!" states Coach Rob.

We are thrilled to implement this new character-building structure into our program and cannot wait to encourage more growth out of athletes!

More at United!

Here are a few other activities that took place in September and October!

College Practices

We welcomed College of Saint Mary Volleyball, Briar Cliff Women's Basketball and Briar Cliff Men's Basketball into our gym for some extra court time between travels.

Paul Davis Scavenger Hunt

Our United staff ran around Downtown Sioux City looking for landmarks! We competed for the June E. Nylen Cancer Center, but came up short. The winning proceeds went to Camp High Hopes!

Homecoming Parades

We had the honor of participating in the Dakota Valley and Siouxland Christian Homecoming Parades this fall!

Community Service

The Morningside Men's Volleyball Team spent their Service Day at the United Sports Academy cleaning the facility and equipment!

Thank you to our Sponsors!

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