



# SHARK BYTES

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## Expectations are Set High for '05-'06 Season

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### New Season Wishes

I would like to beat every other 14-year-old team we play, and I would like to be a leader for our team—Caitlin Dotson 14-Elite

I would like for our team to find complete success and happiness, and win the national championship —Taylor Maxson 14-Elite

My goal for this year is to win the national championship! And not only that, but to be a leader and stand up for the entire team—Caitlin Welch 14-Elite

I want to become a better hitter and qualify for Nationals early—Kelsey Dunaway 14-Elite

My wish for the upcoming season is to have a fun and successful year—Becca Juhl 16-Cox

My wish for the upcoming season is to win Nationals—Emily Juhl 14 Elite

Teams have been chosen for the 2005-2006 club volleyball season, and expectations are high with what Club Director Glenn Pike said is the, "deepest and most talented core of volleyball players in MAVA's history."

A record 350 athletes tried out for MAVA's teams. In all, the club will have 17 travel teams and nine non-travel teams competing in tournaments and leagues this year.

"With the level of coaching we have, we expect these teams to really excel," said Pike.

"We want to build on the winning tradition we have set and continue to position MAVA as one of the nation's premier clubs."

two or three team. Instead, top teams will be known as MAVA Elite and other teams will be identified by each head coaches' last name.

### More Play at Home

A welcome change for the season will be more play time in the Louisville area which will reduce costs associated with travel.

"It makes sense for us to be playing at home," said Pike.

"We have some of the best volleyball here locally and we have a great facility in which to showcase it," he added

*(continued page 2)*



### New Names

This year, MAVA teams will not be designated by numerals such as the one,

## Velocity Takes on Training

MAVA is pleased to announce the addition of Velocity Sports Performance as the club's partner in fitness conditioning and strength training.

Founded in 1999 by world-renowned coach Loren Seagrave, Velocity was

featured in this year's March Sports Illustrated. The local facility opened in June 2004 and focuses on teaching athletes of all skills and ages proper movement mechanics which enable them to run faster, jump higher and be more agile and flexible.

These techniques are complemented with power development and core strength development—all designed to enhance physical performance and help prevent injuries.

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## Expectations High For New Season (continued)

(continued from page 1)

Many teams will compete in the new MAVA Challenge series to be played January 15-16, February 25-26 and March 11-12.

MAVA will help kick off Derby Festivities by hosting its own tournament during Thunder Over



Louisville—the weekend of April 22. Mid-America also plans to host a Pre-National Invitational Tournament June 3-4. According to Pike, it will be an exciting event with strong competition coming from teams that have qualified for Nationals.

Teams will continue to compete in regional qualifiers such as the Mid East which will be held in

Indianapolis and Columbus during March and the Big South which is in Atlanta also in March.



Several travel teams will venture to Orlando in June for the AAU National Championship.

For those teams that qualify, this year's Nationals will be held in Atlanta. Pike said he has high hopes that MAVA will earn its first National Championship this year.

### Changes in Accounting

In an effort to streamline accounting, Pike has announced some changes in

**Teams will have more opportunities to play at home this season.**

billing for the season. Club related fees—such as court costs—will be sent to players' directly via e-mail.

Other associated costs including tournament fees and coaches travel expenses will be given to team parents to divide and collect among players.

All in all Pike said that he is confident that MAVA will have another highly successful year.

“We have a great group of players, families and coaches,” he said, “and that makes for a terrific volleyball program.”

**Private Lessons Available**

***Need to polish up your passing, hitting or setting skills?***

***Several of MAVA's outstanding coaches are available for private lessons.***

***Contact Jeff Hulsmeyer at 736-0800 ex. 111 for more information***

## Velocity (continued)

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Velocity currently has 10 full and part-time performance coaches and several interns. The coaches all have degrees in exercise science or a related field—many hold masters in this field.

According to owner Keith Sherman, Velocity's goal is to “foster a positive, safe and entertaining environment that promotes cognitive, psychological

and physical development for athletes all ages and skill levels.

“There is no question that the players at MAVA are accomplished and elite volleyball players. Our goal is to make them great athletes,” said Sherman.

Sherman said Velocity will be using ground based training programs similar to those used at the Olympic training center in Colorado Springs.

These programs involve progressions and are proven to work.” Every athlete who comes in and trains at 100 percent effort will show measurable improvement,” Sherman said.

“We are very excited and proud to be working with MAVA and hope to have a long and successful relationship,” he added. If you have questions about the program, contact Keith Sherman at 267-4544 or [www.velocitysp.com/louisville](http://www.velocitysp.com/louisville).

## MAVA's Christmas List includes Vertimax System

One of the traits of many top volleyball athletes is their vertical jump. It's key to both hitting and blocking and can make a huge difference in an individual's and team's performance. That's why MAVA has launched an initiative to purchase the Vertimax—one of the world's top rated systems used to develop vertical jump, leg power and quickness.

The Vertimax may increase vertical jump significantly. The system consists of a jumping platform and cords that attach to the player's waist.

Ideally, MAVA would like to purchase two systems at a cost of \$1,700 each.

MAVA is currently accepting any contributions including matching funds from companies. All donations are tax deductible.

**Vertimax can increase vertical jumps significantly. Please consider a donation today!**

The equipment will only be used with proper supervision, and while it is recommended for players 13 years and older, today's younger players will have the benefit of the systems in coming years.

Please consider making a donation today. Simply, make a check to MAVA and indicate it is for Vertimax. Give the check to your team parent or drop it in the payment box at the concession stand.

For more information on the system visit [vertimax.com](http://vertimax.com). For other questions, contact Sue Dunaway at [sueduna@aol.com](mailto:sueduna@aol.com) or 491-1566.

## Fundraising Helps Offset Costs

In an effort to help offset the costs associated with club volleyball, MAVA offers a number of fundraising opportunities throughout the season.

The initiatives, spearheaded by Lauren Klueber, mother of twin daughters Katie and Kelly on MAVA 16-Cox, include a monthly drawing with the winner's proceeds applied to MAVA fees.

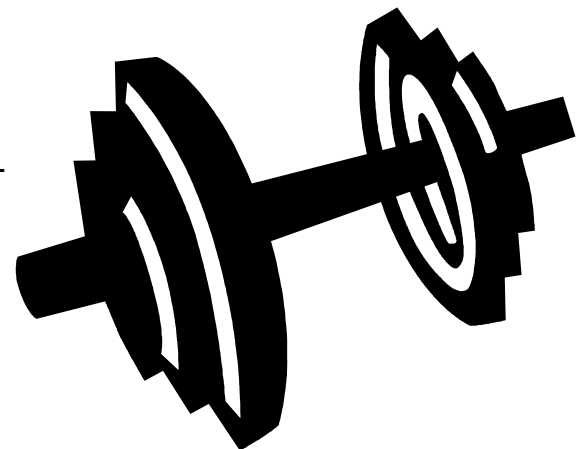
MAVA is also now registered in the Kroger Gift Card Program. Klueber will be selling \$5 gift cards for \$5 each; basically an even exchange. The gift card is numbered on the back and a register that identifies the card number with the player or family that purchased the card will be kept. Each time more money is added to the card, 4% of the amount goes toward MAVA fees.

The gift card can be used for gas and pharmacy purchases at Kroger. If you have friends or family members that would like to help a player, you may purchase a card for them.

For more information, contact Lauren Klueber at 797-2405 (cell) or [lklueber@bellsouth.net](mailto:lklueber@bellsouth.net).

## Memberships Help Families Be Fit

If you or someone in your family is making a New Year's resolution to tone up and trim down, be sure and take advantage of MAVA's Family Fitness Memberships available for \$109.00. Members 12 years and older will have access to the fitness room and equipment at Mid America which includes treadmills and Natilus weight machines. For more information, contact Patty or Shelly at 736-0800 ex.100.



## Hulsmeyer to Coach 16 Elite

Jeff Hulsmeyer, MidAmerica Sports Center's Director of Volleyball Operations will don a new hat this season as head coach of the 16 Elite team.

Jeff, who will continue in his director capacity, is joined by Paul Bowling who worked with last season's 18-1 team.

Jeff joined Mid-America in 2004 after spending 14 years in various coaching jobs for NCAA Division 1 schools including head coach for the women's volleyball teams at Western Kentucky University and more recently Purdue University.

### Mid America Volleyball Association

The [MidAmerica Volleyball Association Sharks](#) (formerly the Louisville Attack Volleyball Club) are proud to call MidAmerica home. MAVA is a community-based club committed to developing and promoting the sport of volleyball from entry level player to the elite athlete. As a progressive club, our goal is to provide unparalleled instruction that insures the building of character, development of skills and sportsmanship, while providing a fun and nurturing environment for our volleyball players to reach their maximum playing potential. Our players will be challenged to excel, not only individually but also for the betterment of their teams and the community in which they live.

Phone: 502-736-0800 Fax: 502-736-0801  
 website:  
[www.midamericasportscenter.com](http://www.midamericasportscenter.com)

## Coaches are Key to MAVA's Success

Skilled and experienced coaches are one of the main reasons MAVA has enjoyed its many successes to date.

“Even though we are a relatively new club,” said club director Glenn Pike, “we’ve been extremely fortunate to have an outstanding group of coaches to help lead our teams.”

Below is a listing of the coaches for MAVA's 2005-2006 season.

Coaches:	Head	Assistant
<i>Travel Teams</i>		
10-Elite	Chris Hellmann	
12-Elite	Annemarie Vinkesteyn	Stephanie Denkhoff
12-Wilson	Becky Wilson	Kristin McGowan
13-Elite	Ken Garvey	Joel Braun
13-Ragland	Terry Ragland	Rusty Wilson
13-Fields	Lisa Fields	Kerri Wilkerson
14-Elite	Bill Cecil	Nick Maxim
14-Kapfhammer	Carrie Kapfhammer	Jan Segó
14-Peer	Chris Peer	Steve Santo
15-Elite	Tom Recktenwald	Jeff Wise
15-Busch	Bud Busch	
15-Farlin	Patty Farlin	
16-Elite	Jeff Husmeyer	Paul Bowling
16-Cox	Tim Cox	Beth Cox
16-Farlin	Patty Farlin	Tracy Frick
17-Elite	Nicholle Duncan	Jereme Moore
17-Bowling	Sarah Bowling	
<i>Non Travel Teams</i>		
12-Rickert	Sharon Rickert	
12-Horecny	Frank Horecny	
12-Katz	Glen Katz	
13-Haury	Bill Haury	Holly Owen
14-Stottmann	Ed Stottmann	Denise Stottmann
15-Costello	Matt Costello	Sean Kleier
15-Walsh	Troy Walsh	
16-Arrasmith	Tim Arrasmith	David Luking
16-Bowling	Paul Bowling	