



SHARK BYTES

Volume 4, Issue 1

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New Season Brings New Teams, Uniforms and Expectations

MAVA's fifth season of play is well underway, with 31 teams – 15 travel and 16 non-travel – already creating buzz in the volleyball community and competing at a high level.

In all, we had over 400 players try out, and we were able to offer spots to 310 athletes. This bodes well for the continued growth and success of our club.

Teams in Action

We had our first opportunity to see our

teams in action at the inner club MAVA Jamboree with all MAVA teams participating in the tournament. Many of our teams also competed in the MAVA Kick Off held on January 13-14. We played host to several other teams from the Louisville area and surrounding states.

New Names and Uniforms

As we announced at the end of last season, MAVA's top travel teams will continue to be referred to as Elite while number two teams will now be Blue and number three teams Red. In addition, we have selected new names for our non-travel teams.

With 310 players on 31 teams, MAVA is poised for continued success.

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MAVA 15 Elite players get up to block.

Nutrition Key to Athlete's Success

Every athlete knows that in order to play her best, she must take care of her body—and that means eating the right foods at the right times; keeping hydrated and getting plenty of rest.

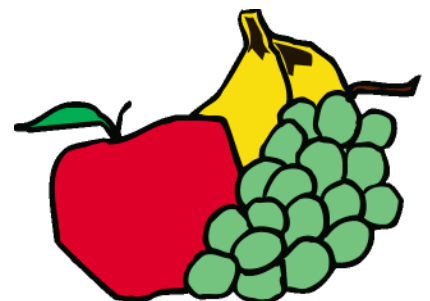
Because everyone's body is different, it is important to note that nutritional requirements vary from player to player. However, there are some general guidelines to follow.

Water and non-caffeine drinks are the best choices to replenish the body during practice and games. Sports drinks which are low in salt also may help.

Athletes should eat "good" carbohydrates—such as yogurt, granola bars, whole wheat/rye bagel, apple slices or grapes — one to two hours before competition. Carbs supply the body with glucose for energy.

It is key to eat as soon as possible after match play as well, focusing on foods such as chicken, baked

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15 Elite Starts Season on High Note

MAVA 15 Elite has started the season on a high note with 16 straight wins including capturing the gold in the 17s division of the IceBreaker Tournament. The team beat KIVA 15 Red 25-21, 25-23 in an emotional final match to cinch the title.

The following day, the team traveled to Indiana for the Central Zone Shootout #2 where they posted wins over Team St. Louis 15-1, Team Z 15-Orange and Circle City 15-Purple before playing an intense crossover match against Munciana 15 Bobcats. MAVA 15 Elite dropped the first game 23-25, but fought back to win 25-23 in the second and 15-10 in the third.

Coaches Tom Recktenwald and Kara Hamilton were pleased with the team's and individual player's performances.

"...we understand the work that's ahead of us if we are to maintain our momentum."

"We have enjoyed the success we have had, but collectively, we understand the work that's ahead of us if we are to maintain our momentum," said Recktenwald. The team travels to Dayton next to compete in the President's Day Cup.



MAVA 15 Elite has posted 16 straight match wins since the season began. Team members are (back row left to right): Emily Sommers, Kelsey Dunaway, Amanda Riedl, Coach Tom Recktenwald, Sarah Ulinski, Kelly Moyer, Caitlin Dotson, Emily Juhl and Coach Kara Hamilton. Kneeling are Heather Fields, Shelby King and Caitlin Welch.

14 Elite Prepared for Great Season

The volleyball club season has begun and the MAVA 14 Elite team has been working hard and preparing for a great season. The team is coached by Ken Garvey and Joel Braun. The players are Suzanne Asbury, Krista Atzinger, Elisa Burkman, Amber Jackey, Sophie Kellerman, Paige Moore, Kirsten Pavelonis, Lauren Schneidtmiller, Megan Stout and Allison Wilbourn. Two tournaments

have already taken place with very good results. In the first tournament, the MAVA Kick Off, the team played up in the 15 year olds. They were undefeated the first day and ended up losing in three games to the 15 Blue team in the semi-finals.

On January 21, the team was in Indianapolis in the Central Zone shootout in the 14 year old division. They played great defeating their

first three opponents, placing them first in their pool and putting them into the championship match. They played Team Indiana who was ranked one in the tournament for the gold. Team Indiana won the first game, MAVA won the second and then clinched the win in the third 15-13. Overall the team did a great job!!



Collecting Books for a Good Cause

MAVA player Caitlin Dotson needs your help. Dotson, a 14-year-old Sacred Heart freshman is coordinating a book drive at the high school that will help in establishing a lending library for patients of the Brown Cancer Center in downtown Louisville. Dotson, a setter on 15 Elite, would like to extend that drive to include MAVA players and their families.

"I am doing this in memory of my grandmother who died from lung cancer and in honor of my other grandmother who currently is fighting the disease," said Dotson. A large box for collecting donations will be set up in the pro shop area, or if you have numerous books, please contact Dotson at 894-0546, and she will make arrangements to have them picked up. Hard bound as well as paperbacks are welcome. Popular fiction or classics are needed.

13 Hammerhead Captures Gold in Kick Off

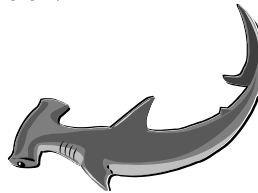
MAVA 13-Hammerhead, coached by Bill Haury and Vince McDonough, won the 13-year-old Gold Division in the second annual MidAmerica Kick Off Classic Tournament January 13-14 for ages 12-15.

The 10-member squad, made up of back-row specialists Lisa Azzara, Melissa Doak and Megan Dougherty; setters Laura Krauser and Dakota Robben; and attackers Sarah Knight, Katelin Raque, Kimberly Williams, Sarah Wombwell and Maggie Young, finished the tournament with a 6 - 0 record. Williams, Wombwell and

Young also led the team in blocks.

The team defeated Club Ace 13-1 and Forest Hills Fever 13 in first round pool play; SEVA 13-1 and SIVC Starz in second round pool play; MAVA 13 Great White in the semi-finals and SEVA 13-1 for the Championship.

It was the second year in a row for a Bill Haury team to win the 13-year-old Gold Division.



13 Red Working and Playing Together



The 13 Red team consists of many girls who are new to MAVA and travel. The girls are busy developing new skills and learning to work together. The girls along with their coaches, Nick Maxim and Ashley Harris look forward to an exciting season!

16 Elite Posts Win at Central Zone

Our MAVA 16 Elite had an awesome start to the 2007 Season. They played in the Louisville Icebreaker tournament (18 Open Division) on January 27 where they met a lot of very talented teams. While they ended up losing in the quarter finals to come in 8th out of 16 teams, it was still quite a respectable finish for a 16s team playing in the 18s. Their second tournament for that same weekend was the Central Zone Shootout #2 in Indianapolis where they



Members of MAVA's 16 Elite take a break. The team has kicked off the season with strong showings.

played in their own age bracket and managed to tackle some impressive teams and walk away with their first win. Congrats to all the girls on a great kick-off and the continuation of "Twelve Hearts Beating As One". Team members are Casey Garvey, Catherine Neumann, Emily Meyer, Grace Krauser, Kelsey Anderson, Kelsey Villwock, Lindsey Ragland, Lindsey Wise, Paige Wessel, Samatha Brown and coaches Jeff Hulsmeyer and Paul Bowling.

13 Elite Demonstrates Potential at Club Jamboree

The club season started early this year with an intra-club scrimmage at MAVA on Saturday, January 6. A total of 31 MAVA teams competed in the first ever intra-club jamboree.

Glenn Pike, MAVA club director, said "The jamboree was a good way to see how we practice translates into how we play in a game situation."

The 13s looked especially strong. The 13 Elite team won their matches



MAVA 13 Elite won all their matches in the inner club jamboree and are poised to continue their success.

against 13 Blue, 13 Red and 13 Hammerhead. The games were close – demonstrating a lot of potential in this age group.

"I'm very pleased with our team's performance," said Coach Pike. "It's early in the season, but I see tremendous strengths in this group."

13 Blue Earns Second in 14s Silver Division of Kick Off

MAVA 13 Blue chose to play up at the 2007 MAVA Kick Off, and boy was it challenging! On Saturday we started off strong, defeating our first 14s team. It showed we have talent and potential. Morgan Wilson and Kelsie Ski proved to be strong servers gathering several points from aces throughout the day, and Allie Decker was very consistent in her hitting both days. Carman Burmester had some nice hard hits to add points to our score. As the first day rolled on MAVA 13 Blue found itself constantly on the defense, with the nonstop attacks from the 14s, which wore our team down. The girls were under pressure and made mistakes.



13 Blue has a lot of talent and is ready to work with coaches Ragland and Wilson.

Saturday ended with one win and three losses. The team came Sunday with a renewed attitude. All the mistakes from Saturday were fresh in their heads and they wanted to improve their performance to win

the Silver. The first match was against SLVC Nicole Tess Quesenberry had some good hits and Sarah McDonough used the element of surprise several times, dropping the ball lightly over instead of the expected set. Kyndall Merritt put up a strong defense stopping hard hits both days Brittany Bishoff and Emily Lepping blocked several good hits and tipped the ball gaining much needed points for our team. The girl's rose to the level of this 14 team and in three games took the win. Happy faces were all around. Maggie Dillard, who is out of play for a while was on the sideline cheering on her team.

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13 Great White Goes Undeclared in Power League Play

The 13 Great Whites have started off the year in awesome style!!!! They went undefeated at the Derby City Power League on January 27.

The team is learning new skills from their Coaches Brandy Denning and Stacey Gillette, who both like to mix it up and scrimmage with the girls.



MAVA 13 Great White player Abbi Jacobi warms up before a match.

Team members are: Abbi Jacobi, Bethany Just, Nikki Schuering, Madison Hall, Rachel Walker, Ashlyn Mathis, Chloe Beach, Haley Whitchurch, Amanda Steir and Lauren Turnage.

15 Hammerheads Focus on Becoming more Aggressive

The 15 Hammerheads, coached by Matt Costello and Sean Kleier, are on their way to a winning season! The girls made it to the Gold Division in the MAVA Classic and, unfortunately, lost in the first round of the playoffs. In the Union Classic, the Hammerheads won their pool and advanced into the Semi-Finals. They tied for third after being seated 11th! The team won two of the three matches the first



MAVA 15 Hammerheads are looking forward to a successful season.

day of the Bluegrass Power League, one of those being an exciting, triumphant match against KIVA!

The team is learning some new plays, focusing on becoming more aggressive, and looking forward to a successful season!

12 Elite Sweeps Central Zone

The 12 Elite team has gotten off to a strong start! We set off to Indianapolis I for the Central Zone Shootout #1 on January 21st. Everyone headed up the night before because of the weather, and we woke up to a Winter Storm Advisory and 4 inches of snow! Like the winter roads that day, 12 Elite was treacherous and dangerous in their play. We played four matches against challenging Indiana teams and won all four.

The highlight of our day was winning our match against KIVA 12 Red. We lost to them in the first game, 22-25. The second game we came out strong



12 Elite has set their sights on getting to Minneapolis for the Junior Olympics.

and beat them 25-14. The rally game was worth our snowy trip as we won 15-10! We ended up 5-0, winning all our matches at the Central Zone

Shootout. Our record so far this season: Matches: 9 Wins/1 Loss; Games: 18 Wins/3 Losses. Coaches Carrie Kapfhammer and Jan Segó have done an excellent job preparing the team for this season.

Since Indianapolis, we have been working hard to prepare for our next tournament. We are hoping to get a chance to see what the weather is like in Minneapolis this June!

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Hulsmeyer to Coach at Georgetown

MAVA Coach and Director of Volleyball Operations Jeff Hulsmeyer has a new title – head coach of Georgetown College's Volleyball Program. Currently the 16 Elite Coach, Hulsmeyer will continue his duties with that team while acclimating himself to the Georgetown program.

"I am very excited about this opportunity" he said. "It brings my

coaching experience full circle as I actually started college coaching as a volunteer assistant at Georgetown while my sister Nancy Hellman-Hulsmeyer played there, and I attended the University Kentucky".

"I feel that MAVA players will benefit from the exposure I will bring now as Georgetown's head coach."

The volleyball programs at Georgetown and MAVA are a good fit for Hulsmeyer.

"I feel that MAVA players will benefit from the exposure I will bring now as Georgetown's head coach. I am excited about the level of play MAVA has risen to on a national level and potentially bringing some of those talented players from MAVA to Georgetown in the future."

New Season (continued)

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They will now be known as Hammerhead, Great White and Tiger. All teams received a make-over with new Asics uniforms and accessories. Special thanks to Maria Anderson for coordinating the ordering and distribution of these items.

I would like to thank all of you for your patience during the beginning of

the season while we were attempting to gather paperwork and get all players and coaches registered online. This was the first year for that process which caused some confusion. We'll be working on making that process run more smoothly for next year. Special thanks to Sue Dunaway, Jana King and Fran Dotson for ensuring that files were complete and everyone was registered.



18 Elite Wins Union Classic Championship

MAVA 18 Elite swept the competition to start the season with a 5 - 0 winning streak. The talented force of 10, hailing from eight different high schools used a balanced attack to secure MAVA's second 2007 tournament title. Head Coach Andy Riesenberg three weeks earlier took the helm for the Lady Sharks. What is truly exciting is that these players have only just touched on the surface of their potential. As with most sports, a solid defense combined with a lethal offense was the key to the team's success. The defensive front of Ashley Ernspiker, Ashley Murphy, Brittany Murphy, Shelby Newman and Tracey Scherzer were dominate. The defensive front line was complemented nicely by an



equally impressive back row anchored by Allison Flannery, Allison Hoffman and Liz Watkins. The tag-team setters Shannon Cox and Tiffany Kleiner set the pace for the 18s as they set, hit, blocked and dug their way to five straight victories. Scherzer and Flannery routinely went

on serving runs of five or more. Flannery notched 15 aces for the tournament. The Tough Competitor recognition goes to Shelby Newman and Shannon Cox. After recently recovering from a foot operation, Shelby Newman left no doubt where the ball was going, leaving scuff marks on the sport court from her kills. Shannon Cox shook off a championship game broken finger. She never left off the throttle as she set with perfection and hit with determined resolve.

GO MAVA GO!

16 Tiger Sharks Progress Rapidly

The 16 Tiger Sharks, coached by Glen Katz in his fourth year as a MAVA coach, and Phil Katz who has significant playing experience, are a team defined by diversity. The team is represented by 10 players from six different high schools in Kentucky and Indiana. Many are MAVA veterans, with some experiencing club ball for the first time, and one who is transitioning from another sport to begin playing volleyball. These differences have proven to be a strength as the players are really

coming together and the result has been significant progress on the court. All the players have exhibited energy and determination as the season begins and their efforts have been solid in each match. They recorded a 2-1 match record in the first week of the Bluegrass Power League. As the season unfolds, their continuing commitment both individually and to the team will pay dividends.

Coach Katz said, "The team is working hard and we see results every time they step on the court.

Progress at each level of training has been rapid. Now, if I could just get my BIG brother Phil to stop hitting downballs over the block....."

The 16 Tiger Sharks are off to a great start and are committed to training and playing hard, working toward a successful season. Team members are: Katie Aultman, Ashley Davis, Katie Herndon, Abby Kerins, Julia Koch, Megan Nettle, Shelby Redmon, Casey Salzman, Sarah Scott, Liz Simmons.

13 Blue (continued)

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The next team we had to defeat was our own MAVA Hammerhead team. The extra year on us proved to be too tough. The hard-hitting front line was hard to stop. We finished a respectable second in the Silver 14 bracket. We know what we need to work on, and look forward to a terrific year!

Be sure and check out MAVA's website at: www.midamericavolleyball.com

We've recently revamped the site for a more professional look and added team photos and statistics. The website is a good place to find past issues of our newsletter Shark Bytes as well as the most up-to-date information on upcoming tournaments and events.



Hoffman Signs with Bellarmine

Allison Hoffman of MAVA's 18 Elite team has signed the National Letter of Intent to play for Bellarmine Hoffman, a 5-foot-4 senior at South Oldham High School, played primarily as a defensive specialist for the Lady Dragons, but also as a libero in club ball. A three-year starter, she led her team to three straight district and regional championships, including the state Elite Eight in 2004 and 2005 and the Sweet Sixteen as a senior. This past season, Hoffman averaged 2.7 digs per game



and 0.8 aces per game while she captained the Lady Dragons to a 30-win season, the most wins in program history.

"I've wanted to go to Bellarmine since the seventh grade," said Hoffman. "It has everything I've looked for in a school. It's not too small or too big. It has one of the best clinical lab science programs and everyone seems really nice. I'm also looking forward to becoming a part of an amazing volleyball team."

Nutrition (Continued)

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potatoes, corn and broccoli.

While fats and proteins are needed in a player's diet, special attention should be paid to getting the right types. Athletes need to choose foods higher in mono- and poly-saturated fats like those found in certain fish, nuts and oils. They should steer clear of fats found in rich desserts, fried foods and creamy salad dressings.

Proteins are critical for muscle building and repair. Foods rich in proteins include lean meats and poultry, dairy foods, egg whites, legumes, pasta, cereals, whole grains and nuts.

Athletes should eat a variety of foods and not skip meals. Maintaining calorie intake is crucial to performance.

O'Connor Commits to USF

Alli O'Connor, a 5' 11" outside hitter from Mercy Academy and MAVA 17 Elite, has committed to the University of South Florida (USF) for 2008. Heavily recruited, O'Connor chose USF because of the relationship she developed with the coaching staff. A three year starter for Mercy, she was named a Fab 59 Freshman in 2004, and a Super Soph 79 – Highest Special Mention in 2005. In 2006, she was named All-6th Region and was selected to the Tampa Berkeley Prep Classic

All-Tournament Team. O'Connor has been with the MAVA club program since she was 13 years old, playing on teams who have achieved a very high level of success. Last year's team finished in 5th place in Open competition at the JOs and this year's team is one of the top teams in the nation. She feels like she is the player she is today because of the coaching she has received at MAVA and the

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12 Elite (continued)

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Kenzie Horecny and Amy Evans are taking care of setting duties. Taylor Campbell is our libero. Allison Hellman and Allie Kellerman are defensive specialists for 12 Elite.

We wish all the MAVA teams good luck this season and

GO MAVA GO MAVA GO

Whoosh
Whoosh
Whoosh



MAVA 12 Blue gets some coaching during the IceBreaker Tournament. Team members are Emily Myers, Haley Jackey, Kate Stottmann, Natalie Carner, Hillary Reader, Rachel Mazzoni, Ashley Edelen, Jasmine Smith, and Madison Wessel. Coaches are Chris Hellman and Pat Finegan.

O'Connor commits (continued)

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support from the girls she has played with over the last five years. Her hard work and determination will serve her well as she looks forward to her senior season at Mercy and on to Division 1 volleyball at USF. She would like to thank everyone, especially her high school coach, Ken Garvey, for always motivating her to succeed.

Congratulations to Alli and her family!

Mid America Volleyball Association

The [MidAmerica Volleyball Association Sharks](#) (formerly the Louisville Attack Volleyball Club) are proud to call Mid-America 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.

Coaches are Key to MAVA's Success

MAVA's skilled and experienced coaches are what set it apart from its competitors. Below is a listing of the coaches for the 2006-2007 season.

	Head Coach	Assistant Coach
Travel Teams		
10-Elite	Lisa Fields	
12-Elite	Carrie Kapfhammer	Jan Sego
12-Blue	Chris Hellman	Pat Finnegan
13-Elite	Glenn Pike	Todd Garvey/Becky Wilson
13-Blue	Terry Ragland	Rusty Wilson
13-Red	Nick Maxim	Ashley Harris
14-Elite	Ken Garvey	Joel Braun
14-Blue	Bud Busch	Tim Arrasmith
15-Elite	Tom Recktenwald	Kara Hamilton
15-Blue	Joe D. Stiles	Chris Charles
16-Elite	Jeff Hulsmeyer	Paul Bowling
16-Blue	Tim Cox	Beth Cox
17-Elite	Jeff Wise	Jereme Moore
17-Blue	Sarah Bowling	Richard Hans
18 Elite	Andy Riesenber	
Non Travel		
10-Hammerhead	Julie Potempa	
12-Hammerhead	Sharon Rickert	
12-Great White	Frank Horecny	
12-Tiger	Todd Burch	
13-Hammerhead	Bill Haury	Vince McDonough
13-Great White	Brandy Denning	Stacey Gillette
13-Tiger	Gary Dailey	
14-Hammerhead	Patty Farlin	Tracy Frick
14-Great White	Ed Stottmann	Denise Stottmann
14-Tiger	Todd Burch	
15-Hammerhead	Matt Costello	SeanKleier
15-Great White	Julie Potempa	
15-Tiger	Chris Hellmann	
16-Hammerhead	Paul Bowling	
16-Great White	Jessica Speigelhalder	
16-Tiger	Glen Katz	Phil Katz