



SHARK BYTES

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16 Blue wins MAVA Kick Off Classic, President's Cup

MAVA 16 Blue kicked off the 2010 club season winning the 17's division of the MAVA Kick Off Classic with a record of 6-0. The team had three-game matches against MAVA 15 Elite and KIVA 17 White during pool play on day one. But when it was time to play for Gold, 16 Blue turned up the heat.

All three matches in the gold bracket were decided in two games. Coaches Patty Farlin and Tracy Frick earned a back-to-back win since their 15 Blue team won the Kick Off Classic last year.

The winning tradition continued for 16 Blue at the President's Cup in Columbus, Ohio. After a grueling 2-day schedule of 9 matches, MAVA 16 Blue won Gold. The team won the tournament as 14 years olds and 15 year olds too. The team dropped only one match in pool play only to avenge the loss in the finals. Way to go, 16 Blue!



14 Blue takes Gold at Ice Breaker, Central Zone and President's Cup

MAVA 14 Blue won all 4 of its matches on its way to winning the 14 Open title in the Ice Breaker tournament. Showing a strong will to win, they started the day by defeating KIVA's 13 Red team after being down 11-4 in the third game of the match. After defeating a very strong MAVA 13 Elite in the semi-finals in 3 games, they met previously undefeated arch rival KIVA 14 White for the championship.

In a tough 3 game match where they once again came from behind in the third game, they battled

back and took the final game 17-15.

Congratulations to the girls and coaching staff on a hard fought victory!

14 Blue set out to prove that they belonged in the 14 Open Division in the 2010 Central Zone Invitational. The team swept their way to a 14 Club Gold Championship on Super Bowl Sunday by winning all 6 of their games over the weekend.

Both Gold Medal matches went to a 3rd game, but the girls fought through adversity and took the third game of the final match after being down 12-14.

14 Blue also won all their matches in Columbus, OH over President's Day weekend to take gold in the President's Cup – making it their third tournament win in a row. The team also had a third place finish in the CZ Shootout, and won their leg in the BG Power League held in January. Match record now stands at 26-6.



MAVA introduces position skills training

This season MAVA is offering position training to help players develop specific individual skills. Players are grouped by age and position to focus on the techniques needed for the position they play on their team.

U of L assistant coaches Stephanie Marsh and Jennifer Hoffman along with Sacred Heart Academy coach Kara Hamilton lead the sessions on Monday evenings. Each week players concentrate on a specific skill such as arm-swing for hitters or platform for passers. The extra attention to detail reinforces what coaches tell their players during practice.

"We're offering the clinics to help players progress more quickly. Everyone needs some adjustments from the most experienced 18 Elite player to a 10 or 12 year old who is just learning to play," Marsh said. "The team coaches don't always have the time to make small adjustments to individual skills during practice. The skills program allows us to focus on the details with each individual."

Players are starting to see the benefits too. Annie Adams of 16 Blue said she learned a simple exercise for speeding up her arm-swing in one of the sessions.

The 30 minute intense skills sessions have also allowed MAVA players to interact with players from other teams for a change. Sometimes hearing instructions from a new coach or seeing another player demonstrate her approach to a specific skill helps more than anything.

"One of our goals of the Position Skills Training was to begin to standardize the skills our players are learning over their years at MAVA." Marsh explained. "It is a process that is going to take time but the team coaches have give us great feedback and we have begun to teach the same footwork, arm swing, etc. to girls from 12 - 18."

If you haven't been attending the skills sessions, it's not too late. Join your age group and position next Monday! The sessions are include in club fees for travel teams and offered to non-travel participants at a small fee. More details, including the time schedule, are available on the Volleyball Academy section of the website under Position Skills Training.



University of Louisville assistant coaches Stephanie Marsh and Jennifer Hoffman work with MAVA players during Position Skills Training. The sessions are held on Monday evenings.

MAVA 12 Blue wins Kick off Classic, places second at President's Cup



The 12 year old division of the MAVA Kick Off Classic belonged to MAVA 12 Blue from the start as it won GOLD by going 5-0 in the season's first tournament.

The girls from 12 Blue also overcame a lot of adversity to finish second in the Dayton President's Cup over Valentine's weekend. The weekend record of 7-1 is impressive enough, but consider their schedule on Saturday. Playing the first two matches of the day, Cincy Classics Red and Michigan Elite 12-1 were quickly handed straight set losses. Then the fun began, after reffing the third match of the day, the team was to have a break from 11am until 6pm. The day was running a little long and the first assignment of the evening was to referee beginning an hour later at roughly 7:15pm. Two more matches followed with 12 Blue victorious against The Academy of Cleveland and NKYVC 12 Tide. The Girls were tired from their day that began with a 6:45 am wakeup call and ended with a quick dinner and bedtime around 11:15pm.

Sunday saw the completion of pool play with a 9 am match against Legacy 12 Tornado. The result was a three set victory. Bracket play began with an easy victory over Legacy 12 Wave, setting up a semifinal match against NKYVC 12 Tsunami. The first set was back and forth with NKYVC pulling out a 25-20 victory. The second set saw 12 Blue jump out to a commanding lead and cruising to a 25-15 win. The final set showed just how this team fights. Down 7-13 and hopes fading, MAVA 12 Blue closed with 8 straight points to advance to the Gold Bracket final against Cleveland Volleyball Company 12 Black.

This would be another thriller, with the match going to 3 games. Second place in the Presidents cup is an achievement to be proud of in itself. But, to overcome the scheduling gaps and quick turnaround in the first overnight tournament of the year, the Girls of 12 Blue showed they are not only physically tough, but mentally tough as well. Their season record is an outstanding 20-2.

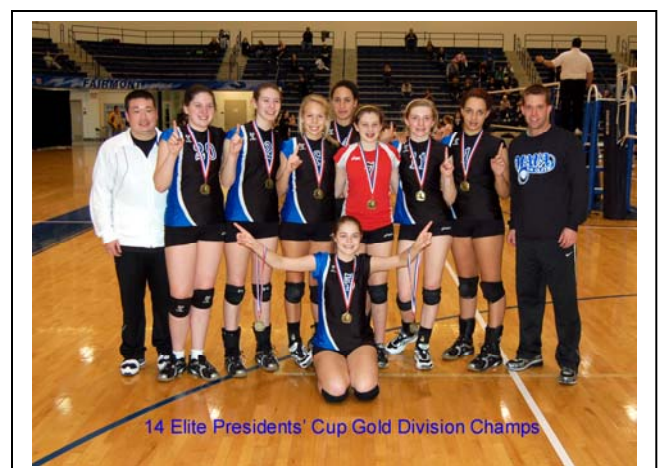
MAVA 14 Elite wins Gold at Presidents Cup in Dayton

MAVA's 14 Elite team went 8-0 to win the 14 Open division at Presidents Cup in Dayton. The team went undefeated in pool play on Saturday defeating Team Z Navy, Team Atlantis 14-1, Eastside Cleveland 14-1, and Mitonette Roxy 14-1.

14 Elite then defeated Blackswamp 14-1 to finish out pool play on Sunday and CVC's #1 team the first match in the gold tournament.

The team had to finish its last two matches of the day without two starters, Courtney Crable and Jenna Montano, who were in the CSAA basketball championship game in Louisville. The team had to pick up the slack and they did, playing great volleyball and defeating two very good teams, Team Z Gold in the semis and AVC 14-1 in the finals of Gold!!

Congrats MAVA 14 Elite and congrats to Courtney and Jenna for winning the City Championship in Basketball as well!!



14 Elite Presidents' Cup Gold Division Champs



14 Red wins Icebreaker

MAVA 14 Red made the best of the January thaw by going 5-0 and winning Gold in the Icebreaker Tournament. Although struggling a bit early, 14 Red swept their 4-team pool to earn a first round bye in the tournament bracket.

In bracket play, 14 Red defeated a tough MAVA 14-Great White team to advance to the Gold finals against Union East 13-1. Although down by six early in the first game, 14 Red clawed back to win 25-23. The second game looked like it would be all 14 Red, who took an early seven point lead, but Union East roared back to take that game 31-29. The deciding game was nip and tuck the whole way until 14 Red finally closed it out by winning 15-13. Congratulations to all the players on 14-Red who worked hard and came through when it counted.

MidAmerica Volleyball Association

The MidAmerican Volleyball Association (MAVA) Sharks are proud to call MidAmerica Sports Center 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 players.

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Coach Patty Farlin celebrated her wedding on February 6 with her 16 Blue team and some of her former players. Congratulations Patty and Jimmy!