



Disney Classic Results

What a great start to our season with our first event being a success. For those of you who attended I hope you found it as rewarding as we did to see the girls put on their uniforms and step on the floor to compete. If you weren't there we hope you heard good things from your daughter about her time in Orlando at the event and we hope to see you at an event soon.

I feel after seeing each team perform and seeing their results that we had great success and made great strides in improving which I hope to see continue for all the events. I

know we are happy so far as a staff but far from satisfied and will keep working to make things even better for our teams.

Here are the final results for each team:

18 Extreme 2nd place in their pool (2-1), making it to the Gold Division on Sunday. Finished Tied for 5th Overall (15 Teams)

15 Extreme 3rd place in their pool (1-2 all three game matches both days!!!) making it to the Silver Division Semi-Final on Sunday. Finished tied for 13th overall (24 Teams)

14 Extreme 1st place in their pool (3-0), making it to the Gold Division on Sunday. Finished tied for 5th Overall (26 Teams)

14 Regional 4th place in their pool (0-3 but looked good in all matches), making it to the Bronze Division Final on Sunday. Finished 23rd Overall (26 Teams)

Keep up the good work everyone!!!

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The latest fundraiser was passed out at the February 6th practice. The two fundraisers are: Crazy about Cookies Collection Cookie Dough and Touch of Elegance III. Players have until February 26th to

Fundraising

sell as many items as possible (our goal is 10-20 items per player). All monies and order forms are due at the Sunday February 27th practice. Estimated delivery is April 10th. If you have any questions con-

cerning these fundraisers or any other matters involving fundraisers please contact Kathie Couch at 239-287-6957.





Player Spot Light: Meredith Morgan

Meredith Morgan, originally from New Hampshire, is a freshman at Naples High School where she played on the Freshman Volleyball Team. This is Meredith's first year playing volleyball and she has fallen in love with playing. She is currently a middle hitter on the 15 Extreme Team.

tending college where she hopes to become a veterinarian and work with horses.

Naples Juniors wants to wish Meredith the very best for the season !!!



Following high school Meredith plans on at-

Coach Rich on Meredith....

Meredith Morgan has left her mark at Naples Juniors and the sport of volleyball in Collier County in a very short period of time. Meredith began playing volleyball just this summer when I met her at our Naples Juniors Summer Camp, though her mom a former volleyball player herself had been trying to have her play for quite some time. Each day at camp you could see Meredith's skills and love for the game grow. Then over the summer she continued playing at open gyms until she made her Freshman team at Naples

High School. She developed further being a team leader and demonstrated a "will to win" that was unmatched.

At our first tournament, the Disney AAU Classic, it was awesome to watch Meredith develop with each match we played. She was consistently trying to run a 1 tempo set in the middle when no other teams were and she had several strong attacks that ended with kills. Meredith uses her

height to her advantage but has never rested on it, she is always working hard to improve. Her passing is one of the best on the team (for a middle that is a big compliment) and her hustle is second to none! At her age, size, and experience she is by far one of the best all-around middle hitters I have had the pleasure of working with and I am excited to continue doing so for many years.

Are you in Shape for Volleyball ?

Conditioning is an important aspect of preparation because volleyball consists of many athletic plays and skills that are physically demanding. In order to excel, an athlete should bring an entire strategy to their training that includes volleyball specific conditioning. Conditioning plays a vital role in a players ability to develop and enhance various skills. Highly skilled attacker's have **good timing** on their approaches when hitting. They are also able to hit the ball in the right direction at the right height and speed. They often have the ability to place the

ball where they want to in their opponent's court. The best blocker's are skilled at doing combinations of **lateral movements** and **jumps** to get in position to block. Setter's need to react to their teammate's passes and get in correct position to set their hitter's. Libero's and other defensive player's need to dig their opponent's hard swings and pick up cut shots and tips. The best libero's **react** and **move** proficiently in the correct direction to make plays on the ball. These are the skills that player's work on during practice and in

scrimmages. Often the difference between winning and losing is an athlete's level of sport-specific training. Assessing physical talents and abilities is important in designing successful volleyball conditioning programs. The main factors that influence the design of sport-specific conditioning programs are: strength, power, speed, ability, flexibility, coordination, quickness, local muscular endurance, mobility and aerobic capacity. The key objectives of volleyball conditioning are to develop **strength** and **explosive power** along with **agility**.



Reach for the Stars.

Go Naples !!!

League Program Update

The League and Power League Players are well on their way to becoming great volleyball players.

With 3 matches played the standings are as follows:

- League**
 Queenz with 3 wins
 Tigers with 1 win
 Strickers with 1 win
 Ninjas with 0 wins

- Power League:**
 Lighteningz with 3 wins
 Hot Stuf with 2 wins
 Crush with 1 win
 Piranhaz with 0 wins



Coaches Corner by Coach Hubbard

With our trip to the Disney AAU Classic we learned a great deal about our teams, players, coaches, and parents...AND WE LIKE WHAT WE SEE!!! Kudos to the 18 Extreme and 14 Extreme teams for making it to the Gold Divisions in their age groups, now for you is to work on getting some Sunday Gold Bracket wins!!! The 15 Extreme team was our marathon team playing every match to three games and having shots in each match to take away a victory. They came up short a few times, but won a few as well,

hopefully we can improve on getting a few more of them to go our way!!! The 14 Regional team made a great showing with some strong volleyball and made it to the final for the Bronze Division. Now time to work some of those Sunday wins into Saturday wins, you can do it!!!

All in all the weekend was a huge success for all the teams and players. The coaching staff got to view their teams in action and are working hard to continue the improvement and success. Par-

ents it was great to see all the support in the stands and all the bonding that went on. I was happy to be stopped by several parents to discuss their daughter's team and their day. It was great to see all the excitement and buzz around our teams!!! Thanks to everyone who makes Naples Juniors who we are from the board, to the coaches, to the parents, to the players, you all make this a great place to be!!!

See you all on the courts soon!!! GO JUNIORS!!!



Rich Hubbard—Player Development and I5 Extreme Team Coach



We want to wish the following players a Happy February Birthday:

Mary Seslar	Feb 1st
MaKayla Vetter	Feb 2nd
Emily Hanus	Feb 21st

Off-Season Birthdays — June

Laughlin Tucker	June 2nd
Cherly Nicholson	June 5th
Meredith Morgan	June 6th
Shelby Lamom	June 11th
Jordan Poteet	June 12th
Ashley Steiner	June 12th
Gabrielle Montorosso	June 13th
Lyida Long	June 16th
Alex Senicola	June 17th
Nicole Suarez	June 20th
Suzie Waltzer	June 23rd

Ability -

is what you are capable of

Motivation -

determines what you do

Attitude -

determines how well you do it



Naples Juniors, Inc.

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Collier County's #1 Volleyball Club

Payments Due

Please remember that player payments are due by the 15th of each month. Please do not hand payment to coaches or Board Members; all payments (other than via Paypal) should be mailed.

*****Important Reminder*****

Any players whose payments have not been received will not be permitted to travel until their accounts are brought up to date.

