



**INSIDE THIS ISSUE:**

Player Spotlight	2
Successful Volleyball Players	3
League Update	3
Coaches Corner	3
Birthdays	4



## What is Crossfit?

Crossfit is strength and conditioning program built on constantly varied, if not randomized functional movements executed at high intensity.

The term "functional" describes exercises utilizing movements most representative of natural movement. Functional movements general use universal motor recruitment patterns, recruit in a wave of muscular contraction from core to extremity, move the body or other object effectively and are multi-joint or compound movements. Functional movements are uniquely capable of moving large loads, long distances, quickly.



**To help compensate for the increased gas prices, each player has been given 75 raffle tickets to sell for a chance to win the new Apple iPad. Ticket money is due on Sunday, March 27th. (18's will turn in their money at the tournament.) Each player needs to sell a minimum of 50 tickets, and the player with the**

## Crossfit Redline

The workhorse movements include Deadlifts, Squats, Pull-Ups, Push Ups and Dips, Overhead Presses, Running and Lunging, Cleans and Snatches, Handstands, Throwing, Jumping and some hybrid movements such as the Muscle Up, "Wall Ball" and "Thruster".

The "toolbox" contains barbells and dumbbells, bumper plates, Pull Up bars, medicine balls, gymnastic rings, climbing ropes, rowing machines, and some odds and ends like kettle bells, parallel bars and some giant tires.

The Workouts could involve any or all of the following in any combination: Running, Rowing, Weightlifting, Plyometrics and

basic Gymnastics. Conversely, the workouts are much more intense than what most people are used to.

The kind of fitness that Crossfit advocates and develops is broad, general and inclusive. Their specialty is in not specializing. Combat, survival, many sports and life reward this kind of fitness and on average punish the specialist. This encourages athletes to disinvest in any fixed notions of sets, reps, rest periods, order of exercises, routines etc...Nature frequently provide largely unforeseeable challenges; they train for that by striving to keep the training broad and constantly varied.



## Fundraising

**most tickets sold per team will win a Naples Juniors goodie bag filled with lots of fun stuff.**

The 2011 Serve-a-Thon is scheduled for May 1st from 11-2 at Vineyards Community Park. Bring your family, friends, blankets and chairs for a fun filled afternoon. We will have a concession stand

with plenty of food and drinks. Players can serve for prizes and we will have a crush the coaches scrimmage at 12:45pm. We will have a 50/50 drawing with half the monies going towards the scholarship fund and the other half towards the players tuition. Come out and have a great time.



# Player Spot Light: Kyra Hokanson

Kyra, a Naples native, is an 8th grader at Corkscrew Middle School where she played volleyball for her school team. This is Kyra's 1st year playing volleyball. She is currently the libero for the 14 Extreme Team. Kyra wants to work on her skills so that she makes the Junior Varsity Volleyball team in the fall at Palmetto Ridge High School. When Kyra is not playing volleyball she

is she is riding her horse. Kyra's goal this year is to get as many digs as she can.

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



## Coach O On Kyra....

From Gymnast to Volleyball player, Kyra is catching on pretty quick. This is Kyra's first year playing volleyball and you would have never thought it, by watching her play. Kyra is a very quick learner. When I first met Kyra at open gyms, I remember this little, athletic looking, compact girl that could jump out of the gym! When I got to know her more, I found out she had only been playing volleyball for 3 months! I was pretty impressed with her level of skill and knowledge of the game for

only being a "newbie". When Kyra is on the court, her determination and her court awareness really stand out. Kyra is a very hard worker. She comes into every practice ready to get better, especially with her passing. She is our designated libero for our team. You will see Kyra coming out of no where to pass a ball in the middle of the court. She brings many things to the team, but the one thing I think admire most is her competitive spirit. When Kyra steps out

onto the court she is there to get the job done. Whether we are winning or losing she puts her heart and soul into every point! I can't wait to see what the future hold for this "newbie!" If she continues with this same attitude and willingness to get better, the sky's the limit for her!!!



## CHARACTER TRAITS OF SUCCESSFUL VOLLEYBALL PLAYERS

### A Winning Mindset

Do you have the right mindset to be successful in volleyball?

“Winning is overcoming obstacles to reach a goal, but the value in winning is only as great as the value of the goal reached.”

There is a big difference between being concerned about winning and being concerned about making the effort to win. If you are only concerned about winning, you’re focused on something you cannot control. Wheth-

er or not you win or lose has to do with both you AND your opponents skills and efforts.

Many times when an athlete is emotionally attached to results that cannot be controlled, they tend to become too anxious and then try too hard. You do have control over your own effort. One can always do the best they can at any given moment. Once you realize you don’t need to be anxious about what you can or cannot con-

trol simply use that awareness for maximum effort to carry you past the problem of anxiety. In other words, don’t waste energy dealing with anxiety; use the energy to maximize your effort to win!



**Reach for the Stars.**

For more information go to [www.strength-and-power-for-volleyball.com](http://www.strength-and-power-for-volleyball.com)

**Go Naples !!!**

## League Program

The teams and coaches have been enjoying some friendly competition during the last few weeks. All the players are having lots of fun while enhancing their volleyball skills. We are all looking forward to the tournament that is scheduled for April 10th which will determine

the League and Power League Winners.

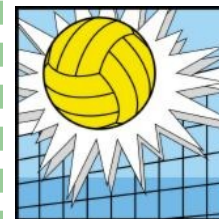
Team standings prior to the final game which is scheduled for April 3rd is:

**Power League:** Hot Stuff 4-1, Lightningz 3-2, Crush 3-2 and Piranhaz 0-5.

**League:** Queenz 5-0, Stickerz

2-3, Ninjas 2-3 and the Black Tigers 1-4.

**Good luck teams on your final game and in the tournament!!**



## Coaches Corner by Coach Hubbard

As we enter the 2<sup>nd</sup> half of our season I need to remind all players and parents how crucial to your team and your own development it is for you to be at practice and ready to perform at your best. We have had numerous attendance issues that we believe is effecting the growth as a whole and defiantly as individual players. We want you to gain the very most you can and perform to the highest of your ability. The 2<sup>nd</sup>

half of the season everything is turned up a bit and we are looking forward to development and to the success in each and every one of you. Let’s work together and keep the attendance and performance at the high standard it belongs. In the long run we will all see the hard work and effort that we all put forth. As of this point the only **excused** absence is when a player has a fever and is in danger of spreading something

to the rest of her team or a school event that can not be missed. Please, for your team and yourself honor the program and your commitments you have to become a better player by giving your all while being at practice. As a staff we are looking forward to some big events in the next few weeks and lots of great chances to compete. Let’s go give it our all... GO NAPLES JUNIORS!!!



**Rich Hubbard—Player Development and I5 Extreme Team Coach**



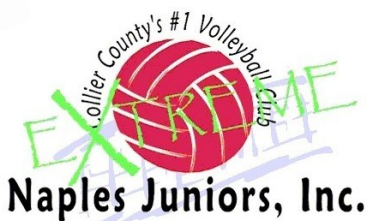
**We want to wish the following players a Happy March Birthday:**

Jarene Harberts	March 1st
Gabrielle DeTrani	March 4th
Elaina Schmidt	March 4th
Ashley Bruner	March 7th
Aston Brady	March 14th
Christina Rolquin	March 17th

**Off Season July Birthdays:**

Arielle Lode	July 5th
Alexandra Stanio	July 7th
Brianna Blassneck	July 8th
Katherine Twait	July 8th
Cassidy Penzo	July 19th
Madison Baker	July 22nd
Jamie Demczake	July 22nd
Brooke Flanagan	July 23rd
Keleigh Walker	July 27th

Errors occur on the court, it is the nature of our sport. Don't get down if you commit an error then have that lead to a series of errors. Pick yourself up, move on, and give it your all! Remember that our philosophy is about knowing what to do in each situation. There are moments for both being **AGGRESSIVE** or **CONTROLLED AGGRESSIVE** players to create point scoring opportunities for our team. By playing **ALERT** and **SMART** in bad situations you will create many point scoring opportunities and thus win more points. So, **GO FOR IT** if it is there, be a **SMART** player when it isn't, and remember we all make errors at some point, just try to make less of them by being an **EXTREME** player!



**Naples Juniors, Inc.**

**Naples Juniors Volleyball**

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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.



We're on the Web!

[www.naplesjrsvolleyball.com](http://www.naplesjrsvolleyball.com)