



Elite Volleyball Prep Academy

NEWSLETTER

Volleyball News



Celebrating Success: A Stellar Season for Our Volleyball Teams!

This season has been nothing short of spectacular for our volleyball teams, with numerous squads clinching medals and showcasing their exceptional talent on the court. The dedication and hard work of our athletes have truly paid off, and we couldn't be prouder of their achievements.

Among the standout performances, our 17s Red SRQ team, under the expert guidance of Coach Allan Knight, secured a coveted USAV bid for Nationals at the Big South Volleyball Tournament. This remarkable accomplishment is a testament to the team's skill, perseverance, and unwavering commitment to excellence.

As we look forward to May, we are filled with excitement and anticipation for what lies ahead. Our teams have set a high bar, and we are confident that they will continue to shine and bring home more accolades. Congratulations to all our athletes, coaches, and supporters for making this season unforgettable. Let's keep the momentum going and aim for even greater heights!



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Tournament Pictures—Big South ATLANTA!



Tournament Pictures—Big South ATLANTA!



Volleyball Moms

Stacey Adams Capell · 32m · 📷



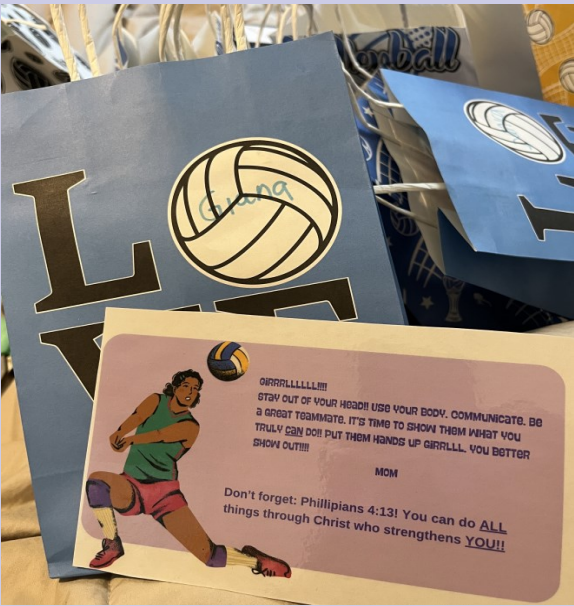
I hope this post reaches someone from Elite Volleyball Prep Academy in Florida. My daughter plays for 864 Elite 17s in SC. We played their amazing team twice during Big South, the 2nd time in the Gold Finals. Amazing competition and some hugs and tears afterwards. I wanted to share the team pic I took in case anyone from EVPA did not get one. Great job ladies! It was an incredible 2 matches!



Tournament Pictures!



Tournament Pictures!



Team Bonding!



Skills Classes and Clinics

Sign up for skills classes and clinics before they're full! <https://www.elitevball.com/registerhere>



NEW SKILLS CLASSES NOW OPEN FOR ENROLLMENT

AFTER SCHOOL SKILLS	ST. STEPHEN'S EPISCOPAL	TUES./THURS. 3:15-5:15PM
ADVANCED SKILLS	CARDINAL MOONEY HS	SUNDAYS 12PM-2PM
DAYTIME SKILLS	ELLITE SOUTH -7172 15th STREET E, SARASOTA	WED. 10AM-11:30AM
SETTER SKILLS CLASS	CARDINAL MOONEY HS	SUNDAYS 6:00-7:30PM





SKILLS DEVELOPMENT SERIES WITH COACH SHEP AT THE MAC

SKILL ACADEMY AGES 13+ THUR 5:30-7:30 SAT 1:00-3:00	SKILL BUILDERS AGES 9-12 THUR 5:30-7:30 SAT 1:00-3:00
HOME SCHOOL COLLEGE PREP FOR GIRLS TUE 10:00-12:00	HOME SCHOOL ADVANCED SKILLS FOR MIDDLE SCHOOL WED 12:00-2:00
HOME SCHOOL COLLEGE PREP FOR GIRLS WED 10:00-12:00	COLLEGE PREP FOR GIRLS 14+ TUE 10:00-12:00 SAT 3:00-5:00PM
ADVANCED SKILLS 11-14 SAT 3:00-5:00PM	

Good Luck Manatee County Elite Middle School Volleyball Players!

Elite would like to extend our heartfelt best wishes to all the Manatee County middle school volleyball players. Your dedication, hard work, and passion for the game are truly inspiring. We are confident that you will bring your best to every match and make your schools proud.

Remember, every serve, spike, and block is a step towards greatness. Stay focused, support each other, and most importantly, have fun on the court. We believe in you and can't wait to see all that you will achieve this season. Good luck, and go out there and shine! Be Elite!





What's next on the volleyball agenda?



TOURNAMENTS WHITE TEAMS

Event	Date	Location
ASICS	5/2-4	OCCC
AAU FL State Championship	5/17-18	Wiregrass
AAU Nationals	6/13-6/28	OCCC



TOURNAMENTS RED TEAMS

Event	Date	Location
NE Qualifier (13 Red and 14 Red SRQ only)	4/18-20	ICE at Gaylord National Resort
NE Qualifier 17s	4/18-20	Pennsylvania Convention Center
ASICS	5/2-4	OCCC

Event	Date	Location
AAU FL State Championship	5/17-18	Wiregrass
Buccaneer Bash (13 Red SRQ & 14 Red)	6/7-6/8	Wiregrass
AAU Nationals	6/13-6/28	OCCC



TOURNAMENTS NAVY TEAMS

Event	Date	Location
ASICS	5/2-4	OCCC
AAU FL State Championship	5/17-18	Wiregrass



EVENT CALENDAR

Event	Date	Location
Summer Camp College Prep	5/30-6/1	TBD
Summer Camp	6/2-6/5	TBD

Recruiting and Sports Performance

Sports Performance - Total Athlete training program is available with Jason Riley. Click here for more information: [Sports Performance \(sportngin.com\)](https://sportngin.com)

Recruiting - Elite offers recruiting opportunities at the highest level with Coach Shepardson. Learn more about recruiting resources here: [Recruiting \(sportngin.com\)](https://sportngin.com)

SportsEngine, the Elite Website

Bookmark our website: <https://elitevball.sportngin.com/home>

Practice Schedules/Calendar

Elite Practice Schedules. Please look on Elite website for up to date schedules: <https://elitevball.sportngin.com/page/show/8667825-calendar#>

To find a specific team, scroll to the bottom of the page and check the box(es).

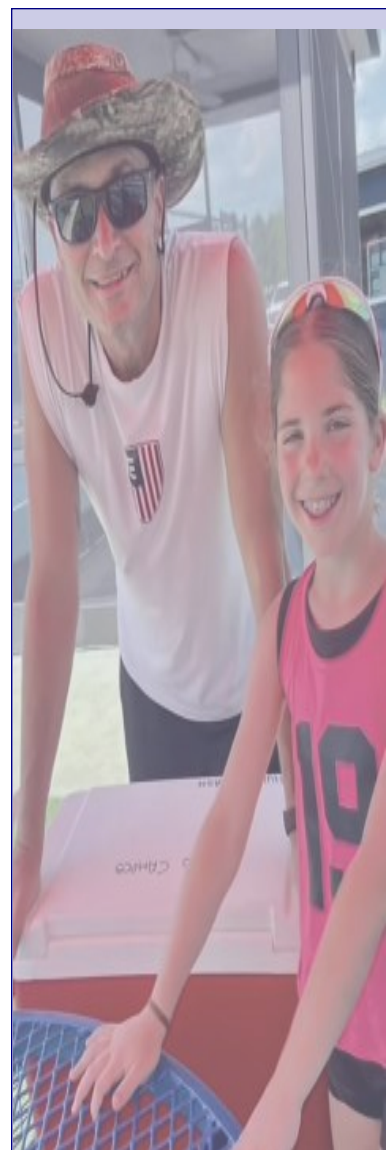
Tournament Schedule

The tournament schedule can be found here: [Tournament Schedule \(sportngin.com\)](https://sportngin.com)

Elite Sponsorship and Co-Marketing Opportunity

Know of an organization interested in sponsoring Elite? Our sponsorship opportunities offer businesses a chance to support the local community while gaining valuable exposure and return on investment. If you own a business or know someone who might be interested, please contact us at

ADMIN@ELITEVBALL.com to learn more.



Elite Beach Invasion!


A heartfelt thank you to the 100 elite athletes who participated in the Elite Beach Tournament. Congratulations to all the winning teams! The medals have arrived and will be distributed shortly. Your dedication and excellence truly make Elite, elite!



Athlete of the Month Spotlight

Each month, we proudly recognize an athlete who embodies the spirit of Elite. This month, we are thrilled to announce Montse Jimenez Ortiz as our Athlete of the Month! Montse, a remarkable 16-year-old junior in high school, is not only an exceptional volleyball player but also a kind hearted and sweet friend.


As a key member of the Elite 16 White Team, Montse's happiness and energy are contagious. She refuses to let any struggle stand in the way of achieving her goals. Congratulations, Montse! We are so proud to have you as part of our Elite family.



ATHLETE OF THE MONTH

←←←←

MONTSE JIMÉNEZ ORTIZ



→→→→ **ELITE VOLLEYBALL**



How would your coaches and teammates describe you?
I think they would describe me as a positive person and aggressive on the court and someone who doesn't give up easily
How would your family describe you? My family describes me as a very happy, energetic person that doesn't let any struggle get in the way of achieving my goals

Tell me about your most successful season in volleyball and what kind of impact you had on the team.
My most successful season was during high school season this year because I learned how to improve my confidence and mentality, I was going through some tough situations but I didn't let that get to me in my playing time and I relied on God for more guidance in my athletic ability and I think I had an impact on that team because of my leadership and bringing each other together even after a bad game.

Do you have any hobbies or interests outside of volleyball?
When I'm not doing volleyball, I like to bake, attend youth group and get closer to God

Rank the top five priorities currently in your life.
God, family, school, volleyball, work

What have you learned about teamwork from your past experiences on your teams? I learned that for a team to succeed we have to come together and leave our problems aside and have trust in each other and let go of anything negative in our minds because this sport is not just physical; it's very mental and if everyone has a positive mindset, nothing will get to us.

Did you try out for a school volleyball team? Tell me about the experience.
Yes I tried out my junior year of the school team and I thought I was ready to be on varsity but the coaches didn't think I was ready yet so I'm pushing myself harder everyday to get better and be the best for myself. I made the JV team and I was the team captain. It was a good season but it wasn't easy for me mentally because I had to be strong minded with the decisions I made for the team and I tried my best for everyone to feel comfortable. It was challenging but I had so much fun with them.

What do you see yourself accomplishing in 5 to 10 years?
Being a medicine sports doctor so I can help athletes not to give up on the sport they love just because of an injury, I also see myself playing volleyball still.

What would you do if you saw a teammate struggling?
I would try to talk to them and help them in any way I can and lift them up positively.

What do you believe to be one of your weaknesses and what are you doing to improve it?
One my weaknesses is my emotions. I have very strong emotions that sometimes I can't control. The can overtake me so I try to calm down when I'm having a bad game or practice, and I say a prayer to be the best version of myself.



Why are you so passionate about playing volleyball?
Volleyball helps me escape from the struggles I go through outside of it. It's like when I step foot onto the court all the bad things fade away and I just have to focus on the game.
Volleyball is a game that brings me excitement and it has brought a lot of special people in my life and that's not the only thing! It tests my mental strength and I could never see myself not playing this beautiful sport.

Is there a coach or athlete that you look up to as a role model?
Charitie Luper- she's a professional outside hitter at Vegas Thrill and she played at University of Louisville Cardinals. She inspires me a lot because she didn't give up to play D1 level with the height of only being 5'8. Even though she had injuries and struggles in her life and being an undersized hitter, she didn't let that stop her from being where she's is now. She has given me hope that I can be capable of making it just like she did.

What clubs, teams or other extracurricular activities are you involved in during school? I am involved in the chorus program for my school I like to sing and I'm also involved in fellowship of Christian athletes.

How do you manage your club volleyball and school work?
I always try to get my work done in class or do it before practice and sometimes when I have long tournaments I talk to my teachers and I do the work before the date and have everything done before the tournament.

Describe your worst volleyball experience. I dislocated my knee during a practice and it was my first time ever getting injured so was shocked and terrified, I saw my knee popped out of socket and I stayed like that for about a minute and my mom comes in and tries to figure out what's wrong with me and then she sees my knee and puts it back in place after that I had to wear a brace and go to therapy for 6 months and it didn't help at all because it kept popping out after that and the doctors kept telling me that I needed to do surgery and I would never do a sport again, I lost hope and that I couldn't play volleyball again but my mom helped me to trust myself and leave this situation to God. My mom found a trainer in the Dominican Republic and with 16 sessions in one month I'm right now good from my knee and I still continue to play the sport I love. What did you learn from this experience? I learned to not give up when life is tough and that there's always a solution no matter the situation

How have the past teams you've been on made you a better player?
They have helped me to learn how to work as a team and every time I saw a very good player, I watched how they play or ask them questions because that helps me improve and get better.

Have you ever served as a team captain? Yes I was the team captain for the manatee high school JV team. It was a great experience and it got me out of my comfort zone.

What's the best piece of advice you've gained from your coaches? Don't let one mistake on the court define you as a player and instead focus of what you can do better to improve yourself on the game

What do you look for in a great coach? A coach that pushes me hard and gives me feedback on what I'm doing wrong and teaches me how I can do it right, and motivated to coach.

How do you keep your teammates feeling positive and motivated during a loss? I tell them the good things they did during the game and to not get in their heads because we will do better next game and what adjustments we need to make to do better next match

What is the most important lesson you've learned from your time as a volleyball player? I learned to have discipline, persistence, consistency and to not rely on my understanding but Gods and have faith in him in every moment and to apply that in my athleticism.

Fun Facts

- **Origins in the YMCA:** Volleyball was invented at the YMCA in Holyoke, Massachusetts, as a less strenuous alternative to basketball for older members.
- **First Game:** The first official game of volleyball was played on July 7, 1896, at Springfield College.
- **Olympic Debut:** Volleyball made its Olympic debut at the 1964 Tokyo Games. The Soviet Union won the first men's gold medal, while Japan won the first women's gold medal.
- **Beach Volleyball:** Beach volleyball, a popular variant of the sport, was first played in Santa Monica, California, in the 1920s. It became an Olympic sport in 1996.
- **The Libero:** The libero position, a defensive specialist, was introduced in 1998 to enhance the defensive aspect of the game.
- **Beach Volleyball:** Women's beach volleyball was introduced to the Olympics in 1996 in Atlanta
- **Longest Rally:** The longest volleyball rally on record lasted 132 seconds and involved 256 touches during a professional match in South Korea
- **Triple Crown:** In volleyball, a 'triple crown' refers to a player achieving 10 or more kills, blocks, and digs in a single match



Do you own a business and wish to host our next Elite Spirit Day?

All proceeds donated to Elite will help benefit future programs and events.

Please email your business information to jgilmour@elitevball.com.

Your support helps fund essential programs like Sports Performance for our athletes!

If you haven't already done so, please join our **BAND** to stay updated on all communications and upcoming events: <https://band.us/n/a2a9A4dfh946y>

Not seeing Elite communications? Check your spam folder and make sure you're receiving emails from our Elite email address : Admin@elitevball.com



If you'd like to share pictures for inclusion in the next newsletter, please email them to:

jgilmour@elitevball.com

CLUB DIRECTOR - NICK
BEHRENS
5328 24th St E, Bradenton, FL 34203
sales@elitevball.com
1-833-486-5539