



THE U REVIEW

The latest news from the United Sports Academy.

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UNITED SUMMER RECAP

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UPCOMING EVENTS

The United Sports Academy Wraps Up its Summer Programming

As summer draws to a close, we cannot help but look back at the past few months and feel gratitude towards the community we have built with United. Between the countless athletes, parents, coaches, and spectators who have entered our facility for camps, lessons, practices, tournaments, leagues, community events, and so much more, we are extremely proud to call this place home.

A quick recap on everything our summer consisted of! With our MVP United Volleyball program, we hosted monthly lessons,

K-2 volleyball camps, a 4v4 tournament, 2 summer camps with over 400 campers, a high school team camp, and we even had our inaugural beach season! Not to mention having four teams compete at the AAU National Championships and earning some hardware (18 Red | 3rd Place).

Our United Basketball program wrapped up it's summer



season with a lot of success and growth in both our boys' and girls' programs. Several of our girls' athletes and teams were recognized as top performers at Prep Hoops Tournaments throughout the season! On top of managing a season, United Basketball also hosted monthly skills and a high school team camp.

United Turf and Batting Cages had a handful of instructors throughout the Siouxland area put on camps in the Liberty National Turf Area. Podyum Preps hosted the Midwest Showcase for college football prospects, PBR Iowa hosted the

Western Iowa Showcase for college baseball prospects, now St. Paul Saint member, Damek Tomscha, put on a baseball camp, and the Briar Cliff Football staff led a skills camp.

United Edge Sports Performance helped athletes gain their edge over the summer with their 8-week sports performance program designed to create more opportunities for athletic advancement and injury reduction as they enter their high school seasons.



United Adds New Staff to Volleyball & Basketball Programs



The United Sports Academy has hired Jay Wolfe as the Director of Basketball Training and Emma Mertler as the MVP United Volleyball Administrative Assistant. These are two great additions to our respective programs and we are excited to welcome them to our team.

In his new role, Wolfe will work with United Sports Academy athletes on basketball skills training and development, including leading monthly basketball lessons.

Wolfe spent two years as the Athletic Director/Housing Graduate Assistant at Iowa Lakes. He was responsible for assisting the Athletic Director with the day-to-day operations of the athletic department. Wolfe recently completed his Master's Degree in Sports Administration through Upper Iowa University in October 2020.

Wolfe was a standout basketball athlete for the Briar Cliff Chargers where he earned a Bachelor of Arts Degree in both Sport Management and Business Administration. As a senior, Wolfe was named GPAC Player of the Year and a First-team All-American after averaging 23.1 points per game to go along with 6.9 rebounds, 3.8 assists, and 1.2 steals. Wolfe shot 57.1% from the field, 48.2% from beyond the arc, and 86.8% from the free throw line. At the end of his career, Wolfe ranked 9th in career points (1,804), 5th in career 3-pointers made (246), and 1st in career games played (135). Wolfe was a two-time NAIA All-American, two-time 1st team All-GPAC selection, and a two-time NAIA scholar athlete. In his four years, the team compiled a total record of 106-29.

"First and foremost, I want to thank United Sports Academy for giving me this tremendous opportunity. I am thrilled to join the United team and help give back to the Siouxland community through the game of basketball. I look forward to using my previous basketball experiences and knowledge to help continue developing the youth of Siouxland," states Jay Wolfe.

With MVP United Volleyball, Emma Mertler will serve as the recruiting coordinator, lesson trainer, and club administrative assistant.

Prior to joining our staff, Mertler played at Lakeland University in Plymouth, Wisconsin, for four seasons. Throughout her college athletic career, she directed and coached at Wisconsin Volleyball Academy Lake Effect and their beach volleyball programs as well as spending three seasons assistant coaching the Lakeland University Men's Volleyball program. She just finished her first season with MVP United coaching the 17 White team and has been on their lesson staff since the fall of 2020.

"I am so excited to be joining the MVP United family full-time! I cannot wait to work with athletes and their families in the college recruiting process along

with interacting with all of our athletes in lessons and training throughout the year. The MVP family is truly incredible and I love being apart of it," states Emma Mertler.



United Sports Academy Facility Gets a Few Upgrades

As our programs continue to expand and offer more to Siouxland's youth, our facility is also making improvements!

We are excited to welcome new beverage stand, [The Hideout Coffee and Smoothie Bar](#) to our building! They serve a variety of Stone Bru hot and cold drinks. You can find The Hideout located in the southwest corner of the CNOS Fieldhouse.



We understand that a lot of time is spent watching athletes during practices, camps and tournaments at the United Sports Academy. Which is why we are thrilled to announce that we will be making your stay in our facility even more comfortable with the brand new **Wells Family Lounge**! Construction for the lounge has begun. We are very fortunate to have the support of this Siouxland business!



Travis O'Connor Of Thrive Fitness Takes Over As Director Of Sports Performance

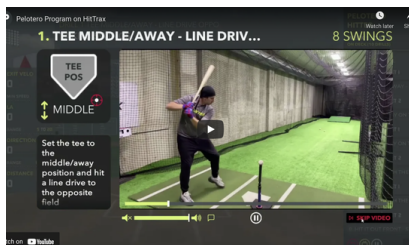
We are thrilled to announce the exciting changes that will be taking place with our United Edge program. United Edge is our youth sports performance program that gives athletes an "edge" over their competition in their respective sports. Not only will athletes have the tools to triumph over competition, but through sports performance training they also reduce the risk of injury, improve their potential ability to master the specific skills required by their sport of choice, and be equipped to create more opportunities for advancement.

Thrive Fitness will be taking over the United Edge program for United Sports Academy, and they already have some big things planned. The new program will be starting September 7th. For further updates, [follow United Edge on their social media platforms](#) as well as check on the [United Edge website](#).



Their sports performance programs will serve to lay the foundation for youth athletes in the Siouxland area. New United Edge Director, Travis O'Connor, states, "The aim is to build upon the athletic framework for athletes who are looking to have fun while improving in their respective sport(s) to the athlete with the goal of receiving a college athletic scholarship. Whether the athlete is in elementary or high school, we are here to work with athletes through foundation classes, Edge Elite (1on1 training) and position/sport specific sessions."

New Hitting Assessment Equipment



Pelotero is a system within the HitTrax device that furthers the hitting assessment. HitTrax captures launch angle and exit velocity, among other metrics, and provides an objective input into Pelotero. With the added Pelotero software, we can actually define the parameters of executing the drills successfully and give that feedback in real time.

In just 15-20 minutes, [you can complete a Pelotero Hitting Assessment on HitTrax](#). This data can also be used to build your custom hitting program in seconds.

CNOS Fieldhouse to be the Host Site of the United Sports Academy/College of Saint Mary Labor Day Classic Volleyball Tournament

Local NAIA women's volleyball programs will be flooding the CNOS Fieldhouse Labor Day weekend for the United Sports Academy/College of Saint Mary Labor Day Classic presented by Wall of Fame. MVP United Volleyball Club will be serving as the tournament organizer, Old Chicago Pizza and Taproom and the North Sioux City Subway are additional sponsors of the tournament.



College of Saint Mary/United Sports Academy Labor Day Classic			
FRIDAY SEPT. 3			
11:00 a.m.	Midland vs. Life	Court 1	
11:00 a.m.	NWC vs. William Jessup	Court 2	
11:00 a.m.	Briar Cliff vs. Evangel	Court 3	
11:00 a.m.	Hastings vs. Dakota St.	Court 4	
1:00 p.m.	Columbia vs. Viterbo	Court 1	
1:00 p.m.	Grand View vs. St. Francis FW	Court 2	
1:00 p.m.	Benedictine vs. Judson	Court 3	
1:00 p.m.	CSM vs. Friends	Court 4	
3:00 p.m.	Lincoln Christian vs. Briar Cliff	Court 1	
3:00 p.m.	Lincoln College vs. Dakota St.	Court 2	
3:00 p.m.	Life vs. Hastings	Court 3	
3:00 p.m.	William Jessup vs. Evangel	Court 4	
5:00 p.m.	Midland vs. Park	Court 1	
5:00 p.m.	NWC vs. Benedictine	Court 2	
5:00 p.m.	Grand View vs. Columbia	Court 3	
5:00 p.m.	St. Francis FW vs. Viterbo	Court 4	
7:00 p.m.	Friends vs. Lincoln College	Court 1	
7:00 p.m.	CSM vs. Judson	Court 4	
SATURDAY SEPT. 4			
9:00 a.m.	Lincoln Christian vs. Evangel	Court 1	
9:00 a.m.	Dakota St. vs. Life	Court 2	
9:00 a.m.	Grand View vs. Hastings	Court 3	
9:00 a.m.	NWC vs. St. Francis FW	Court 4	
11:00 a.m.	Midland vs. William Jessup	Court 1	
11:00 a.m.	Briar Cliff vs. Judson	Court 2	
11:00 a.m.	Viterbo vs. Park	Court 3	
11:00 a.m.	CSM vs. Lincoln College	Court 4	
1:00 p.m.	Benedictine vs. Hastings	Court 1	
1:00 p.m.	Friends vs. Lincoln Christian	Court 2	
1:00 p.m.	Evangel vs. NWC	Court 3	
1:00 p.m.	Columbia vs. Life	Court 4	
3:00 p.m.	Grand View vs. William Jessup	Court 1	
3:00 p.m.	Briar Cliff vs. St. Francis FW	Court 2	
3:00 p.m.	Dakota St. vs. Park	Court 4	
5:00 p.m.	Midland vs. Columbia	Court 1	
5:00 p.m.	Friends vs. Judson	Court 2	
5:00 p.m.	Lincoln College vs. Benedictine	Court 3	
5:00 p.m.	CSM vs. Viterbo	Court 4	

The NAIA Women's Volleyball Championships take place at the Tyson Events Center in Sioux City at the end of each fall season. This tournament is a great opportunity for teams to compete in the very town they may be competing for a National Championship in just a few short months.

Teams in attendance include host team: **College of Saint Mary** (NE), as well as a number of local GPAC squads: **Briar Cliff University** (IA), **Hastings College** (NE), **Midland University** (NE) and **Northwestern College** (IA). More local non-conference competition include **Dakota State University** (SD) and **Grand View University** (IA). Teams who will be

traveling a bit further to compete are **Benedictine College** (KS), **Columbia College** (MO), **Evangel University** (MO), **Friends University** (KS), **Judson University** (IL), **Life University** (GA), **Lincoln Christian University** (IL), **Lincoln College** (IL), **Park University** (MO), **University of St. Francis-Ft. Wayne** (IN), **Viterbo University** (WI) and **William Jessup University** (CA).

2nd Annual NSC Car Show

The 2nd Annual North Sioux City Car Show happened in the United Sports Academy parking lot on Sunday, August 8. The event was hosted by Midwest Euro Club and 605 Squares and sponsored by Pella, United Sports Academy and V.I.P. Gymnastics. The day featured cars, trucks, and bikes, hundreds of spectators, and even a few food trucks. "North Sioux City is growing very fast with people and businesses, and we wanted to start something that would happen every year to bring the community together," states Midwest Euro Club's Corey Larkin.



Upcoming Events

300 CENTENNIAL DRIVE, NORTH SIOUX CITY, SD
\$105 FOR 6 SESSIONS, JERSEY, FLAGS
 LEAD BY USA FOOTBALL CERTIFIED COACHES

K-3 FLAG FOOTBALL LEAGUE

SEPTEMBER & OCTOBER
 6 GAMES TOTAL
 MONDAYS | GRADES K-1
 WEDNESDAYS | GRADES 2-3
 GAME TIMES ARE:
 6:30 - 7:30PM OR 7:30-8:30PM

SCHEDULE
 10 MIN OF EDGE TRAINING
 20-25 MIN OF SKILL WORK
 25-30 MIN OF GAMES

WWW.USPORTSACAD.COM BOBERLE@USPORTSACAD.COM

[REGISTER FOR K-3 FLAG FOOTBALL](#)

MVP UNITED
SATURDAY, OCTOBER 9TH
 CNOS FIELDHOUSE / UNITED SPORTS ACADEMY
 300 CENTENNIAL DRIVE, NORTH SIOUX CITY, SD

MVP UNITED SPOOKTACULAR SPIKEDOWN

OPEN TO SCHOOL & CLUB TEAMS / 4 GRADE DIVISIONS (5TH, 6TH, 7TH & 8TH)
 4 GAME GUARANTEE / 9:00AM START / LIMITED SPOTS AVAILABLE!

\$125 / TEAM
SAVE \$25 IF YOU REGISTER BY 8/15!
 Register @ www.mvpvolley.org

[REGISTER FOR SPOOKTACULAR SPIKEDOWN](#)

CFO NEXT™

PADDLE BATTLE

SEPTEMBER 18-19

300 CENTENNIAL DRIVE, NORTH SIOUX CITY, SD
 QUESTIONS: SIOUXLANDPICKLEBALL@GMAIL.COM

SEPTEMBER 18
 MEN'S & WOMEN'S DOUBLES
 MEN'S: CHECK-IN @ 7AM | GAMES @ 8AM
 WOMEN'S: CHECK-IN @ 10PM | GAMES @ 11PM

SEPTEMBER 19
 MIXED DOUBLES
 CHECK-IN @ 7AM | GAMES @ 8AM

DIVISIONS
 MEN'S DOUBLES: 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31
 WOMEN'S DOUBLES: 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

REGISTRATION
 ONE EVENT: \$20 | TEN EVENTS: \$120
 TWO EVENTS: \$40 | TEN EVENTS: \$240
 PLUS TAX & PROCESSING FEES

SPONSORED BY CFO NEXT
 HOSTED BY UNITED SPORTS ACADEMY & SIOUXLAND PICKLEBALL ASSOCIATION

UNITED SPORTS ACADEMY

[REGISTER FOR PADDLE BATTLE PICKLEBALL TOURNAMENT](#)

UNITED BASKETBALL

SEPTEMBER LESSONS

\$120/MONTH 8 SESSIONS
 5:30-6:30PM

BEGINNER
 MONDAYS & WEDNESDAYS GRADES K-2
 SEPT 6, 10, 13, 15, 20, 22, 27, 29

INTERMEDIATE
 TUESDAYS & THURSDAYS GRADES 3-5
 SEPT 7, 9, 14, 16, 21, 23, 28, 30

ADVANCED
 MONDAYS & WEDNESDAYS GRADES 6-8
 SEPT 6, 10, 13, 15, 20, 22, 27, 29

HIGH SCHOOL
 TUESDAYS & THURSDAYS GRADES 9-12
 SEPT 7, 9, 14, 16, 21, 23, 28, 30

REGISTER | WWW.UNITED-BASKETBALL.COM
 QUESTIONS | JWOLF@USPORTSACAD.COM

CNOS FIELDHOUSE 300 CENTENNIAL DRIVE NORTH SIOUX CITY, SD

[REGISTER FOR SEPTEMBER LESSONS](#)

United Soccer Program Growth

As we continue to expand our programming in the new Liberty National Bank turf area, we are excited to announce the addition of United Soccer! There have been skills sessions that have taken place on the turf since its opening, but now the sport will have more opportunity to grow. Adults leagues, youth soccer



tournaments, and club teams are on the horizon for United Sports Academy.

I'm very excited for the kickoff of the United Sports Academy Soccer Program! Players and teams of Siouxland will now have more opportunities to compete in a highly competitive environment without having to travel. Having the ability to compete year-round will give our Siouxland athletes and teams an advantage going into the spring season. This is a huge step in growing the game of soccer in the area by making it a prime location for out-of-town teams to come compete during the off-season," states United Soccer Coach Armand Garcia.

Stay up-to-date on our upcoming soccer opportunities by [following our social media](#) and visiting our [webpage](#).



We have a variety of memberships available for all activities and all ages! United Sports Academy features annual pickleball memberships, monthly open gym basketball memberships, high school flag football, and turf and batting cage memberships!

You can also go to the UpperHand app to reserve batting cage, turf, and HitTrax time!

[Check out all of the ways to stay active at United!](#)



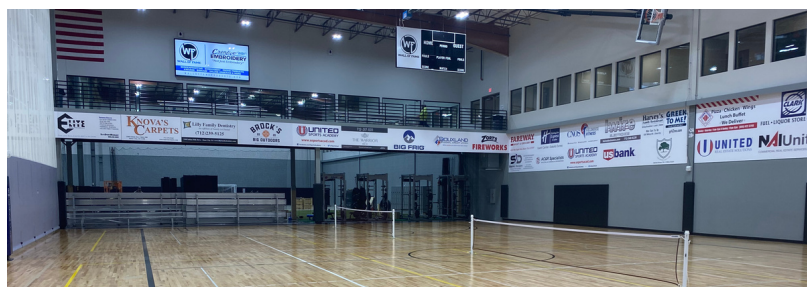
Want to Promote your Brand?

Promote your brand while supporting our mission to Siouxland's youth!

We have a number of advertising opportunities around the CNOS Fieldhouse and new United Turf & Batting Cage area!

[Check out our advertising opportunities here.](#)

[Contact Shane Tritz for more information!](#)



Stay Up-to-Date



[United Website](#)



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