

Munciana Musings



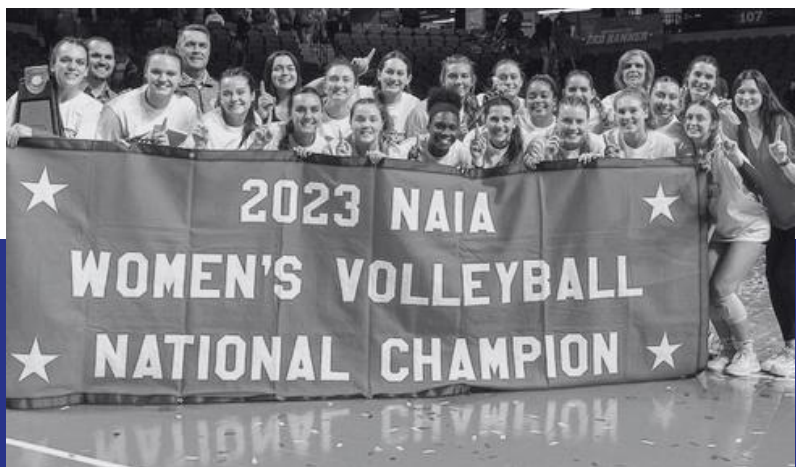
HAPPY SPRING MUNCIANA FAMILIES!

WE ARE HALF WAY THROUGH THE 2024 SEASON. WE ARE EAGER TO SEE THE CONTINUOUS GROWTH AND SUCCESS OF OUR ATHLETES ON AND OFF THE COURT. WE ENCOURAGE EVERYONE TO EXCEL IN EVERY OPPORTUNITY THEY HAVE TO BECOME THE BEST VERSION OF THEMSELVES.



NAIA Spring Training Camp

Join us on April 7th at 1pm to watch great NAIA teams participate in tournament play. Including 2023 National Champions- Indiana Wesleyan! Munciana athletes and families are welcome to come watch free of charge.



FUTURE STARS

Munciana

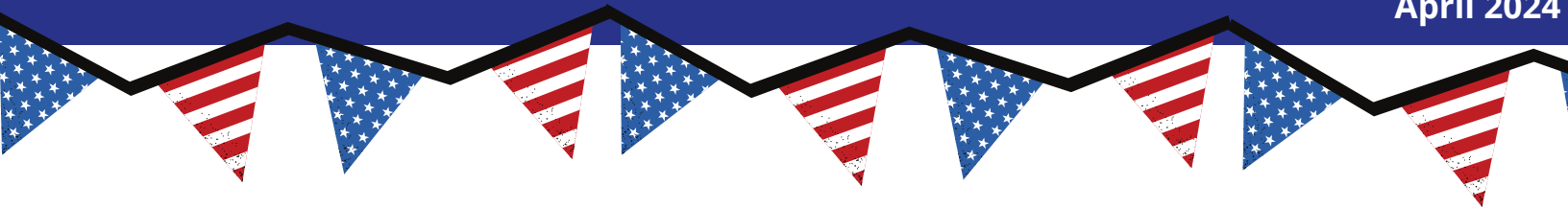


“The last 3 months have flown by with the younger group. We had fun, but also got a lot accomplished and learned the skills for the future. What a great group of girls we had!!”

-Heidi Knuckles



**17 REGIONAL
BOBCATS
CIRCLE CITY CLASSIC
CHAMPIONS**



**18 OPEN SAMURAI
MEQ CHAMPIONS
QUALIFIED FOR USA
NATIONALS**



**15 OPEN BLUE
BLUEGRASS
CHAMPIONS**



Join us in a traditional golf scramble fundraiser to support Jump Serve Sports Inc.



Dedicated to providing opportunities and resources for amateur youth athletes to participate in competitive club sports programs within their communities despite their family financial circumstances.

[Register Here!](#)



Upcoming Events

NAIA CAMP

April 6th-7th

JVA World Challenge

April 11th-14th

Midwest Showdown

April 13th-14th

Scrimmage Series

Championship

April 20th-21st

Showdown in the

Smokies

April 27th-28th

Jump Serve Sports

Charity Golf Scramble

May 11, 2024

MPT

MUNCIANA PHYSICAL TRAINING

MPT is for 13-18s Munciana athletes only.

It is a weekly four day package of specific instruction, in a half-hour group setting.

Sessions are held Monday through Thursday from 4:30-5:00 pm. The cost of MPTs are \$20 for the week whether the athlete attends one or all four sessions.

2024 Schedule

Monday: Conditioning

Tuesday: Attacking

Wednesday: Ball Control

Thursday: Defense

There will be no MPTs the weeks of April 8th-11th or April 15th-18th.

