

Munciana Musings



Welcome to the Munciana Musings!

Here you will find the latest and greatest about Munciana Volleyball. We value creating opportunities for our athletes and families to grow together. With the 2024 season approaching, our athletes are preparing to compete at the highest level. Every month we will share club highlights, upcoming events, important information, and advice to help make each other successful.



Congrats!

to all of our athletes on
their high school season!



Thank
you!



for those who helped
support Secret Families
Christmas Charity!



2024 Season Must Haves

Please ensure your Playerfirst contact information is correct and **upload your athlete's birth certificate** by accessing your athlete profile.



Christmas CANP SCHEDULE

DECEMBER 17, 2023

1:00-2:00 PM

Kunoichis, Yukons, Scrappers, Peppers, Crocodiles, Bears, Bulldogs, Falcons, Stingrays, Raptors

2:00-3:00 PM

Cougars, Panthers, Banana Slugs, Chipmunks, Piranhas, Warriors, Gators, Blue

3:00-4:00 PM

Knights, Cobras, Tigers, Giraffes, Blaze, Bobcats, Pandas, Aztecs, Quora, Samurai



ONLINE MUNCIANA GEAR STORE

[HTTPS://MUNCIANA-PROSHOP.SQUARE.SITE/](https://munciana-proshop.square.site/)

DECEMBER SALES!

12/4-12/22

SPEND \$100 GET \$15 OFF WITH CODE: 15OFF

SPEND \$150 GET \$25 OFF WITH CODE: 25OFF

SPEND \$200 GET \$35 OFF WITH CODE: 35OFF





INTRODUCING Jump Serve Sports Inc., a non-profit organization that provides scholarship opportunities to those financially in need to play competitive club sports. Jump Serve Sports strives to elevate the conversation on competitive sports being a gateway to higher education and building brighter futures for our youth.

[Learn More Here!](#)



HOLIDAY SERVE-A-THON

DECEMBER 17

100% of funds raised to JSS or 50% to JSS
& the other 50% TO YOUR CLUB DUES!

FROZEN '23 FOURS

Quads Tournament

December 27, 2023

4 PLAYERS

\$25

5 DIVISIONS


OPEN TO THE PUBLIC
CO-ED

12U-16U-18U-30U-60U

[Register Here](#)

Upcoming Events

Friendship Training
December 2-3 & 9-10

CANp & 
Serve- A-Thon
December 17


Frozen Fours
December 27

MEPL
January 6-7

Media Day 
January 10



DIRECTOR'S NOTE



Welcome to the 2024 Munciana Volleyball season! Let's get a plan together for this to be an incredible road trip. We need to identify a destination and get started....Let's chase great! Strive to be elite. Remember though that it's more than words, but a lot of work....Elite is exclusive and elusive.

Operating at elite levels competitively and personally is exclusive because the price of entry is more than most are willing to pay. A simple truth almost everyone ignores: most people never put sustained effort into being elite in their craft. The main reason there aren't more elite operating people isn't because it's too hard to achieve, it's because it's too difficult to try. Actually getting to elite is far more realistic than people believe.

Elite is elusive for two main reasons: (1) there is no clear, guaranteed path to follow. You have to create paths that twist, turn, backtrack, and change direction. You constantly feel lost look on the way. There are no trail signs to elite; (2) When you get close to elite or actually get there, the standard gets higher, the work gets harder, the competition gets more intense, and the criticism gets louder. Once you get to elite, the scale of elite resets and you're right back to chasing it again, after all the effort to get there in the first place.

Isn't it fun? Embrace the chase.

-Mike Lingenfelter



RECRUITING CORNER



"At what level can I play at?"

Read the article below to take the necessary steps to get to where you want to go.

VOLLEYBALL RECRUITING TRENDS BY DIVISION