

Munciana Musings

Wow, it's already March. Most teams have played half of their tournaments and spring break season is just around the corner. I mention spring break for two reasons. First, if you are heading on vacation, have a great time. Second, when you are in the gym, **I challenge both players and coaches to improve their game. The challenge? Pick one volleyball skill you will get better at this month and one mindset improvement you can make to be a better teammate.** Don't be surprised if I ask what you picked! Because the dates for spring breaks tend to differ, the number of players at practice may vary each week. It might be a normal practice setting, while other times it will be focused positional or small group training.

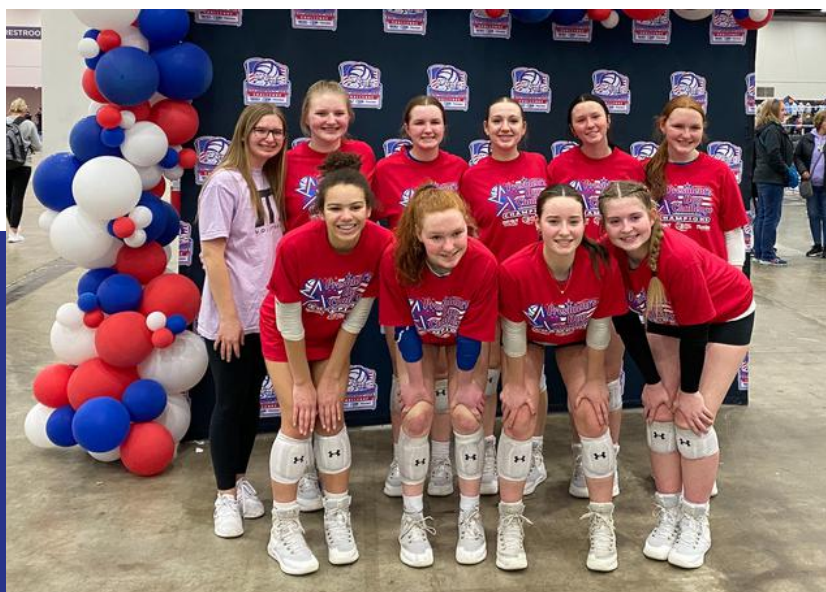
Get on board for a great month!
-Wes Lyon



16 National Giraffes
1st 16 Open/Premier
President's Day Challenge



16 National Cobras
1st 16 Classic Blue
President's Day Challenge



**14 OPEN CHIPMUNKS
3RD 14 ELITE
NIT TRIPLE CROWN**



**15 OPEN BLUE
5TH 15 ELITE
NIT TRIPLE CROWN**



PRESIDENT'S DAY CHALLENGE

**1ST 17 CLASSIC -
17 REGIONAL BOBCATS
3RD 16 CLASSIC RED -
16 REGIONAL KNIGHTS
CENTRAL ZONE
3RD 14 OPEN-14 CHIPMUNKS
3RD 15 OPEN-15 BLUE**



**18 NATIONAL AZTECS
2ND 18 CLUB/CLASSIC
PRESIDENT'S DAY CHALLENGE**



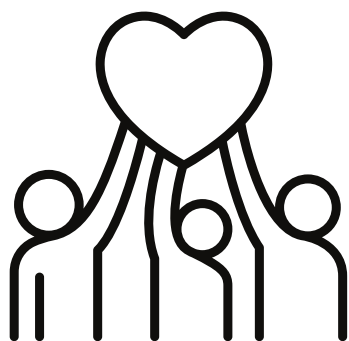
Community Impact!

THE FARRAR FAMILY

Fiona and Fletcher Farrar, members of the VOICE- the youth division of 'Breathe Easy Hamilton County' embark on a journey to address the pressing issue of youth smoking and vaping within their communities.

Click on the article below to read more!

Empowering Youth Voices



thank you

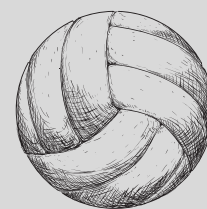
Mike & Wes for all that you continue to do!

Triple Crown NIT Heart of Sport Award is presented by Triple Crown Sports in honor of coaches and program directors who go the extra mile in developing players, building character and supporting the priorities of hard work and compassion while demonstrating the highest level of integrity to the sport, the players, the families and competitors.





RECRUITING CORNER



Are you creating a highlight video?
Click on the link below to review important considerations
when making your video.

[Highlight Video Criteria
by Position](#)



Spring NAIA Training Camp

We are hosting an NAIA Spring Training/ Tournament Event at Munciana on April 6th-7th.

This event is designed to promote the quality of NAIA Volleyball to our players and families. Practices will be held accordingly to allow NAIA Coaches to watch recruitable age athletes.

On Sunday April 7th, the NAIA Schools will participate in tournament play. Munciana athletes and families are welcome to attend this event free of charge!



Upcoming Events

Scrimmage Series #4

March 2nd

Scrimmage Series #5

March 3rd

Bluegrass

March 8th-10th

MEQ

March 15th-17th

MEPL

March 23rd-24th

NAIA CAMP

April 6th-7th

Jump Serve Sports

Charity Golf Scramble

May 11, 2024

MPT

MUNCIANA PHYSICAL TRAINING

MPT is for 14-18s 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 March 11th-14th or March 25th-28th.

