

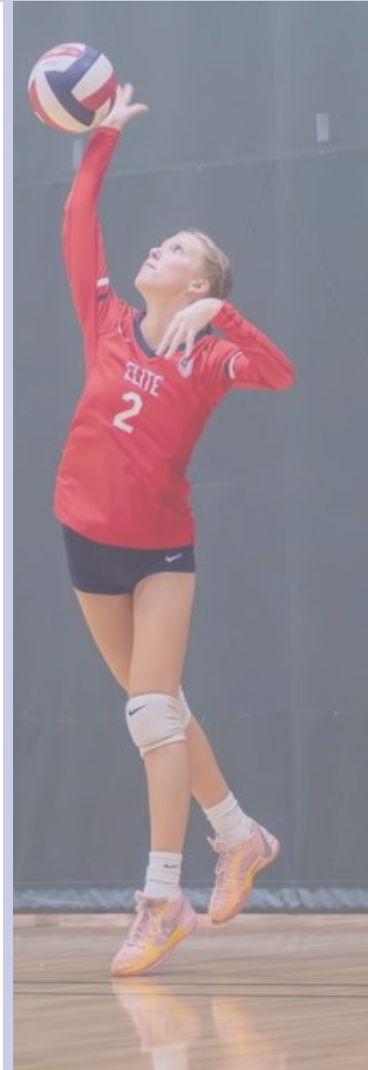


Elite Volleyball Prep Academy

NEWSLETTER

Volleyball News

It was LOVE at First Spike!



January was a fantastic month for our Elite volleyball teams, with numerous medals won across four different tournaments. We are incredibly proud of the outstanding performances and the exemplary sportsmanship displayed by all our teams. This is just the beginning of what promises to be an exciting tournament season. Great things are on the horizon, and we can't wait to see what our teams will achieve next!



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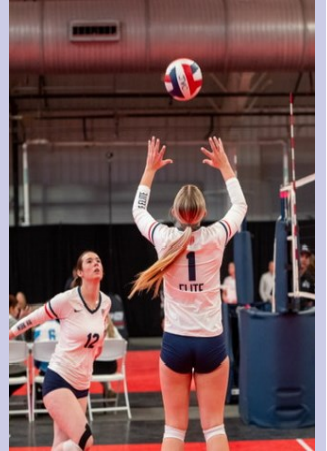
Tournament Pictures!



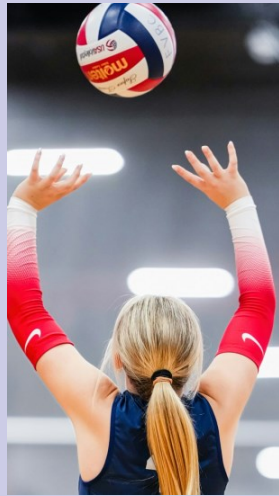
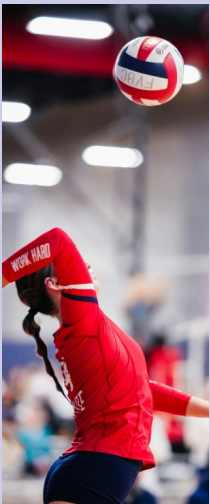
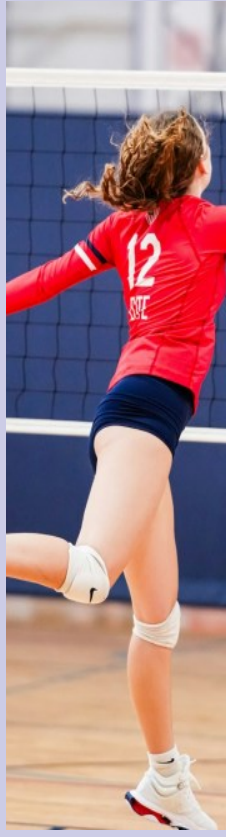
Tournament Pictures!



Tournament Pictures!



Tournament Pictures!



Team Bonding!



What's next on the volleyball agenda?

Feb 2025				
Date	Event	Location	Teams	Time
Sat 2/15/2025	Elite Tampa Beginners Clinic - Free to new customer	First Baptist Church MAC Gym	Register	
Sat 2/15/2025	Gasparilla	Tampa Convention/Wiregrass	Red/White	
Sat 2/15/2025	Savannah Showdown	Savannah	Red 113/14/15	TBD
Sun 2/16/2025	Gasparilla	Tampa Convention/Wiregrass	Red/White	TBD
Sun 2/16/2025	Savannah Showdown	Savannah	Red 113/14/15	TBD
Mon 2/17/2025	Gasparilla	Tampa Convention/Wiregrass	Red/White	TBD
Mon 2/17/2025	Savannah Showdown	Savannah	Red 113/14/15	TBD
Sat 2/22/2025	Facility showcase/new schedule	John Marble SR 70		
Sun 2/23/2025	Sunshine Classic	Orlando	Red	TBD
Sun 2/23/2025	Sunshine Classic	Orlando	Red	TBD
Mon 2/24/2025	Sunshine Classic	Orlando	Red	TBD
Fri 2/28/2025	Sunshine Classic	Orlando	Red 16/17	TBD
Mar 2025				
Date	Event	Location	Teams	Time
Sat 3/1/2025	Sunshine Classic	Orlando	Red 16/17	TBD
Sun 3/2/2025	Sunshine Classic	Orlando	Red 16/17	TBD
Sun 3/2/2025	Nancy's advanced Skills Class	Cardinal Mooney	Register	12pm-2pm
Sun 3/2/2025	Dr. Knight's Setter Class	Cardinal Mooney	Register	6pm-7:30pm
Wed 3/5/2025	Practices at John Marble begin	John Marble SR 70		
Fri 3/7/2025	Molten	Tampa Convention Center	Red 14/15 SRQ	TBD
Sat 3/8/2025	Molten	Tampa Convention Center	Red 14/15 SRQ	TBD
Sat 3/8/2025	Wiregrass Classic	Wiregrass	White	TBD
Sun 3/9/2025	Molten	Tampa Convention Center	Red 14/15 SRQ	TBD
Sun 3/9/2025	Wiregrass Classic	Wiregrass	White	TBD
Sat 3/15/2025	March Mayhem	FL State Fairgrounds	Navy	TBD
Sun 3/16/2025	March Mayhem	FL State Fairgrounds	Navy	TBD
Sun 3/16/2025	Nancy's advanced Skills Class	Cardinal Mooney	Register	12pm-2pm
Sun 3/16/2025	Dr. Knight's Setter Class	Cardinal Mooney	Register	6pm-7:30pm
Sat 3/22/2025	Nike Big South Qualifier	Georgia World Congress Center	12/13/14 Red	TBD
Sat 3/22/2025	Tampa Slam	FL State Fairgrounds	15/16/17 Red/White	TBD
Sun 3/23/2025	Nike Big South Qualifier	Georgia World Congress Center	12/13/14 Red	TBD
Sun 3/23/2025	Tampa Slam	FL State Fairgrounds	15/16/17 Red/White	TBD
Mon 3/24/2025	Nike Big South Qualifier	Georgia World Congress Center	12/13/14 Red	TBD
Fri 3/28/2025	Nike Big South Qualifier	Georgia World Congress Center	15/16/17 Red	TBD
Sat 3/29/2025	Nike Big South Qualifier	Georgia World Congress Center	15/16/17 Red	TBD
Sun 3/30/2025	Nike Big South Qualifier	Georgia World Congress Center	15/16/17 Red	TBD

Picture Day!

Picture Day at Elite Volleyball was a blast! The athletes came together, showcasing their team spirit and camaraderie. From goofy poses to serious game faces, everyone had a fantastic time capturing memories. The energy was high, and the smiles were endless, making it a day to remember for all involved.



Sports Performance



Volleyball players who participate in performance training become physically stronger, enabling them to generate more power at greater speeds. This results in higher jumps, harder hits, and more successful digs and blocks. Additionally, athletes sustain fewer injuries due to improved balance and stronger joints, leading to a healthier team that can perform at a high level throughout the season.

Agility, reaction speed, stamina, and strength are all crucial for success in volleyball. Developing these areas alongside volleyball skills maximizes players' potential. For the 2025 season, Elite is excited to announce a long-term partnership with Jason Riley and Positive Sports Lab. Jason will serve as the Senior Director of Sports Performance at Elite Sports, and we look forward to this strategic collaboration.

Jason has trained elite athletes for many years, boasting an impressive resume that includes being Derek Jeter's personal trainer for seven years, working with University of Nebraska athletic teams, and training numerous Olympic and professional athletes for over 25 years. Beyond his experience, we value Jason's focus on overall player wellness, injury prevention, and more.

Elite's ultimate goal is to establish a corporate sponsorship program for this initiative, with all proceeds subsidizing the cost of this training.

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 15 th STREET E, SARASOTA	WED. 10AM-11:30AM
SETTER SKILLS CLASS	CARDINAL MOONEY HS	SUNDAYS 6:00-7:30PM

ELITE TAMPA PRESENTS

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	

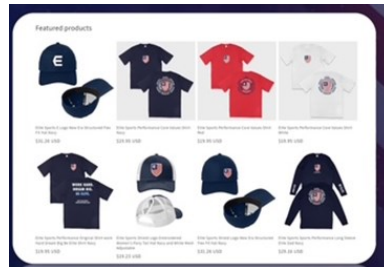


SportsEngine, the Elite Website

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

Elite Sports Inc. Apparel Store is now Live!

Here is the link to the Elite Sports Inc. Apparel Store: <https://elitevballapparel.myshopify.com>



SE Motion App

Download the SE Motion App which is very informative and has capabilities beneficial for all parents!

Google Play: https://play.google.com/store/apps/details?id=com.teamunify.sestudio&hl=en_US

Apple Store: <https://apps.apple.com/us/app/sportsengine-motion/id1341532680>



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).

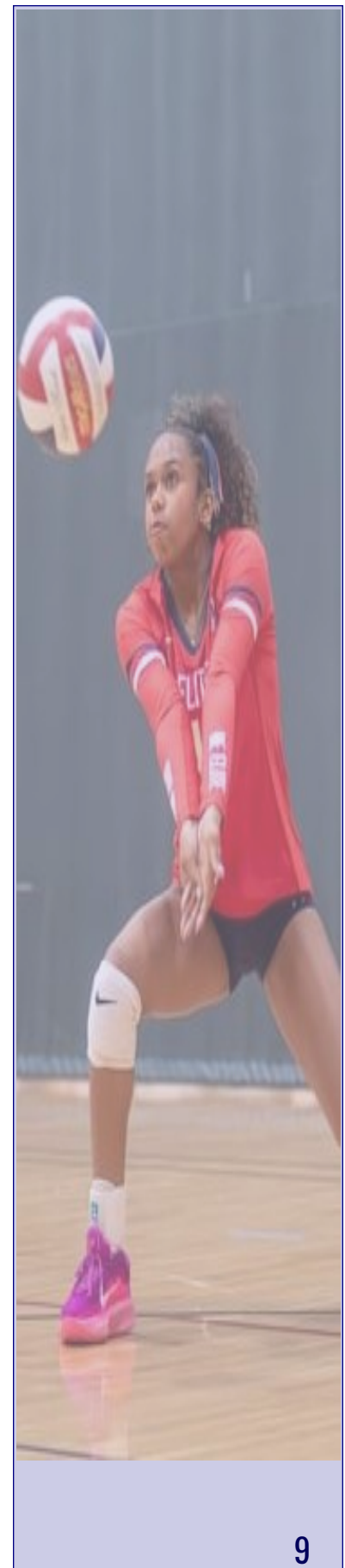
Tournament Schedule

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

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.



Meet the Coaches!

We are excited to announce that our community of volleyball athletes at Elite is expanding, and so is our exceptional coaching team!

Each month, we will spotlight a few of our new coaches, giving you the opportunity to get to know them better!



MEET THE COACH



MADISEN TAYLOR <<<<
HEAD VOLLEYBALL COACH

Fun fact: I'm a classically trained singer

Favorite memory: experiencing Big South in Atlanta, it was the first time my Suncoast/Evo team traveled out of state for a tournament. The insane amount of courts going at once and all the noise is an experience Tampa/Orlando can't compare to. Meeting many teams from around the country as well was a great opportunity.

Quote: "Strength does not come from winning. Your struggles develop your strengths" -Arnold Schwarzenegger



ELITE VOLLEYBALL



MEET THE COACH

CASEY COTHRON <<<<
HEAD VOLLEYBALL COACH

A fun fact about myself is that I am a twin and when I was born, I had an extra digit on each hand and my left foot. They were all removed so it's why my pinkies look so small.

My favorite volleyball memory is from my junior year. I played in Colorado so the air is a little bit different there then at sea level so our serving style was a bit different. We flew down to Florida to play in a tournament and practice some games at the facility. I was coming from a season ending injury and only allowed to serve at the time. I proceeded to rack up 6 straight aces, which I'd never done before. After the game, we all rallied at Cici's pizza and challenged each other to a pie eating contest. We went through 20 whole pies and didn't regret it.

I would say a quote I live by is from the Ted Lasso series, "Be curious, not judgmental" and "Be a goldfish - Don't allow one bad deed to define who you are"

A goldfish is the happiest animal, why? It's only got a ten second memory.




ELITE VOLLEYBALL



Athlete of the Month Spotlight


Each month, we will proudly recognize an athlete who embodies the spirit of Elite. This month, we are thrilled to celebrate **Ruby Johnston** as our Athlete of the Month! Ruby is not only an exceptional volleyball player but also an inspiring individual who has overcome incredible challenges. After undergoing brain surgery, Ruby's determination and resilience have been nothing short of remarkable. Her journey is a testament to her strength and unwavering spirit. On the court, Ruby's skills and dedication shine brightly. She is a powerhouse player, always giving her best and leading by example. Off the court, Ruby is a cherished friend and teammate, known for her kindness, support, and positive attitude. Her ability to uplift those around her makes her an invaluable member of our Elite family. Congratulations, Ruby! Your story inspires us all, and we are proud to have you as part of our Elite family.



ATHLETE OF THE MONTH

←←←←

RUBY JOHNSTON



→→→→ ELITE VOLLEYBALL



Describe your worst volleyball experience.

My worst volleyball experience did not have to do with my team. Last high school season, I made the freshmen team at Cardinal Mooney and was super excited to play. There were great coaches, and talented players, everyone was super supportive and fun to be around. I was able to play in three games, when after the last one I realized I could not feel a hot or cold sensation in my right hand, plus I was having neck and back pain for the past six months. The doctors had a tough time diagnosing me, but once I had an MRI they saw I had a cyst that ran the length of my spine pushing on my nerves. My spinal fluid was being blocked by the bottom of my brain which is called a Chiari I Malformation. I had to have brain surgery sooner than later, which stopped me from playing volleyball for four months ending my high school season and not allowing me to start club at Elite. Fortunately, the cyst is 80% gone now and I have been back playing for six weeks. I am thankful for all of the support and prayers I received from everyone during that time. The experience made me a stronger person and appreciate being able to play the sport I love.



How have the past teams you have been on made you a better player?

I think they have made me a better player because of the competition level of my high school and club teams. I have played with some amazing players and coaches, which has given me the confidence and drive to be the best player I can be.

What is the most important lesson you've learned from your time as a volleyball player?

Support your teammates, have a good attitude, and be kind. I learned to show up to all of my practices when possible and work hard both on and off the court. If you put in the effort, it will pay off. It will not only help develop you as an athlete but also develop you as a person by reaching your goals.

What's the best piece of advice you have gained from your coaches over the years?


Coach Ashley this year has taught me to have mental toughness, it's all about your mindset. Visualize what you want to do and do it. Coach Nancy from Cardinal Mooney taught me to play with effort, energy, and a good attitude at all times, which will help you be a good team player. I learned from my old club coach last year to not pay attention to the score of the game, but how we were playing. Play every point like it is zero to zero. Play with confidence, don't play nervous or scared.




Elite Spirit Day at Peach Cobbler Factory!

Elite families, mark your calendars! We're excited to invite you to Elite Spirit Day at Peach Cobbler Factory in Bradenton on Saturday, March 1, 2025. This is a great opportunity to enjoy delicious desserts while supporting Elite Volleyball—20% of all proceeds from the day will be donated to our club.

 **Date:** Saturday, March 1


 **Location:** Peach Cobbler Factory – 629 Cortez Rd W, Bradenton, FL 34207

 **Store Hours:** 11:00 AM – 10:00 PM

 **How to Participate:** Simply mention **Elite Volleyball** at checkout, and **20% of your purchase** will go toward supporting our club!

Peach Cobbler Factory is owned by the Lehan family, proud Elite volleyball parents. Their daughters, Mina (12 Red) and Aliyah (10 Navy), began their volleyball journey as Jumpstarters with Nick and have grown into passionate players who love every second of the game. To learn more about Peach Cobbler Factory, check out this recent [Herald-Tribune article](#).

Treat Yourself & Support Our Club!

 Enjoy warm, gooey cobblers, creamy banana pudding, cinnamon-sugar churros, hand-spun shakes, and delicious cookies. Spread the word and help us make this fundraiser a success. We hope to see you there! Thank you for your continued support of Elite Volleyball—let's show up, enjoy some amazing desserts, and make a difference for our club.



We are thrilled to start featuring Elite family businesses, with all proceeds benefiting our programs and events.

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

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

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

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