



# Elite Volleyball Prep Academy

## NEWSLETTER

# Volleyball News

### Volleyball Trunk or Treat Extravaganza :

### A Spooktacular Success!



We are thrilled to announce that our very first Elite Volleyball Trunk or Treat event was an absolute hit, drawing an impressive crowd of athletes and parents alike for a night of festive fun and sweet treats. The event saw numerous athletes arriving in creative costumes, adding an extra layer of excitement and enchantment to the evening.

Parents from different teams showcased their Halloween spirit by decorating their trunks with spooky and colorful themes, each loaded with an abundance of candy that delighted children and adults alike. The parking lot transformed into a vibrant array of decorated cars, laughter, and lively chatter, bringing the community together in celebration.

It was a joyous occasion filled with camaraderie, creativity, and candy. Both players and parents enjoyed the festivities, making it a memorable event for all involved. Here's to many more such delightful gatherings in the future!



#### INSIDE THIS ISSUE

- Trunk or Treat .....1
- Halloween Pictures.....2-3
- School Volleyball trophies.....4
- Elite Invasion .....5
- SportsEngine website .....5
- Apparel Store .....5
- SE Motion App.....5
- Practice Schedule .....5
- Total Athlete Program .....6
- Tournament Schedule.....6
- New Uniforms.....6
- Player Handbook.....6
- Fundraisers .....6
- YouTube Channel .....6
- Elite Sponsorship .....6
- Meet the Coach .....7
- Athlete of the Month.....8
- Become a volunteer .....9

# What Spooky or Fun Character Did You Dress Up As?

Share your Halloween Costume Fun!

Please feel free to email any Elite Athlete pictures to: [JGILMOUR@elitevball.com](mailto:JGILMOUR@elitevball.com)



## More Halloween Fun!



Congrats to all the high schools and middle schools on their successful volleyball season!



## 2024 Elite Invasion at USF

Calling all Elite athletes, family, and friends! The USF Athletics family welcomes Elite to the Corral on Friday, November 15th, as the USF Bulls host the Green Wave and celebrate Senior Night! Come out to enjoy the game together and support the Bulls! Elite will make a special announcement you don't want to miss! Tickets can be purchased through the link on Band or here: <https://usf.spinzo.com/2024-usf-volleyball-2024-11-15-NPRPV?group=24vb-vs-tulane-elite-volleyball-prep>



## SportsEngine, the New Elite Website

Be sure to check out our new website: <https://eliteball.sportngin.com/home>

“Do you know what my favorite part of the game is? The opportunity to play.” - Mike Singletary

## Elite Sports Inc. Apparel Store is now Live!

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

## SE Motion App

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

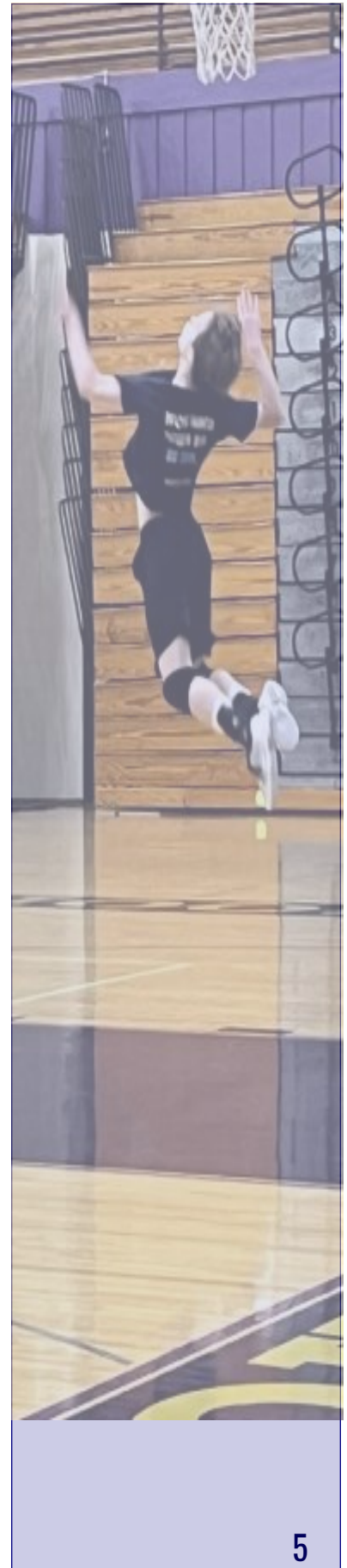
Google Play: [https://play.google.com/store/apps/details?id=com.teamunify.sestudio&hl=en\\_US](https://play.google.com/store/apps/details?id=com.teamunify.sestudio&hl=en_US)

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

## Practice Schedules

Elite Practice Schedules. Please look on Elite website for up to date schedules: <https://eliteball.sportngin.com/page/show/8667825-calendar#>

To find a specific team, scroll to the bottom of the page and check the box(es).





## Total Athlete Program—Training Day

Our Red teams have begun the Position Training Days at Cardinal Mooney. Athletes focus on enhancing skills in jump training, mechanics, core strength, power, conditioning, leadership, tactics, mental toughness, and more through specialized education and drills.

## Tournament Schedule

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

## Uniforms

Uniforms are expected to be ready between the end of November and the beginning of December. We have received the following items: bag tags, knee pads, Nike backpacks, cover-up shorts, game shorts, water bottles, and custom hoodies. In the next two weeks, we will be organizing volunteers to help sort and distribute the gear. Jerseys will be issued at a later date, which will be communicated separately.

“Competitive sports are played mainly on a five-and-a-half inch court, the space between your ears.”

- Bobby Jones

## Player Handbook

Each athlete will receive a 1/2” binder to track growth, receive ongoing evaluations, and provide feedback on progress and measurables. Coming soon!

## Fundraisers

Our first 50/50 Holiday Fundraiser is about to be rolled out! Information to be shared soon!

## Elite YouTube Channel

Subscribe to our YouTube channel! <https://youtube.com/@elitesportsinc?si=j82G5V-vbztg706y>

## Skills Classes and Clinics

There is something for everyone! Check out our skills classes and clinics: <https://www.gomotionapp.com/team/flev/controller/cms/admin/index#/classreg-shopping>

## 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](mailto:ADMIN@ELITEVBALL.com) to learn more.



# Meet the Coach!

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

### TIAGO CAMPOS

ASSOCIATE ATHLETIC DIRECTOR/  
MASTER COACH



**FUN FACT:** I love being with friends and cooking Picanha for them!

**FAVORITE VOLLEYBALL MEMORY:** Best volleyball memory was winning 2nd place at Nationals with my 16s and 3rd place at Nationals with my 13s!!

**QUOTE I LIVE BY:** Do better than yesterday!!

ELITE VOLLEYBALL



## MEET THE COACH

### JULIO CRUZ

MASTER COACH

**FUN FACT:** I'm an amateur astronomer, love baking and cooking Puertrorrican food, volleyball is my passion, and I attend Megacon every year in Orlando!



**FAVORITE VOLLEYBALL MEMORY:** my team was competing in a regional tournament in Arizona and we were 5th seed.. we ended up wining the whole thing! I have never experienced such determination and grit from a group of 14 yr olds in my life. PS: they forced me to sing karaoke with them, the song was 'Man, I feel like a woman' by Shania Twain!

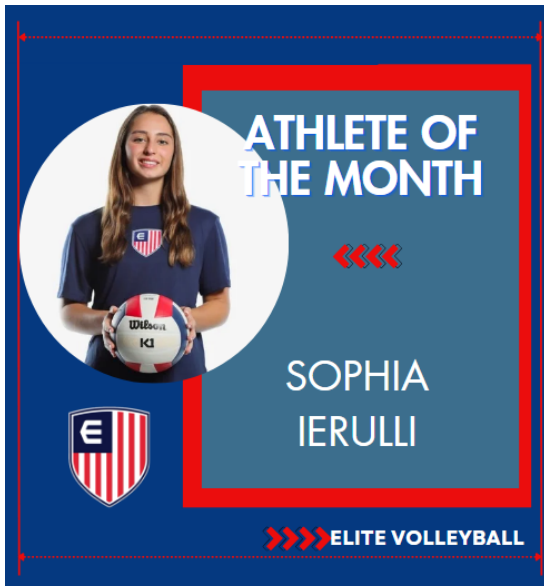
**QUOTE I LIVE BY:** "Kids don't care how much you know until they know how much you care"; "Never be a kid's last coach"; "Hard work beats talent when talent doesn't work hard"

ELITE VOLLEYBALL



# Athlete of the Month Spotlight

Each month, we will proudly recognize an athlete who embodies the spirit of Elite. This individual not only demonstrates exceptional dedication to their sport but also excels in their academic pursuits. This month, we are thrilled to celebrate Sophia Ierulli, our Athlete of the Month! Sophia has had an exceptional year, earning the FACA All State and All Academic titles and breaking her school's record with 47 assists in a 3 set match. With seven years of club ball experience, she has been a two-year team captain and has received the MVP award for four consecutive years as a Varsity player. A high-achieving student, Sophia maintains a weighted GPA of 4.7. Join us as we highlight Sophia's remarkable achievements and share her secrets to success.



**ATHLETE OF THE MONTH**

**SOPHIA IERULLI**

**ELITE VOLLEYBALL**

**Sophia Ierulli**

**Why am I so passionate about playing volleyball?**

I think that I am so passionate about playing volleyball because it gave me an outlet to express myself during a tough time in my life. Going to the practices allowed me to enjoy myself and find something I love.

**Is there a coach or athlete that you look up to as a role model?**

I look up to my dad, who was my first coach. Although he didn't know anything about volleyball, he spent countless hours with me outside on the driveway teaching me to pass and to serve so I could make the middle school team. He's been my biggest fan since day 1 and I'm so lucky to have him in my life.

**Sophia Ierulli**

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

The past teams I've played on have helped me improve all aspects of my game. I've played practically every position, besides middle obviously, so I've become incredibly versatile which has really helped me succeed.

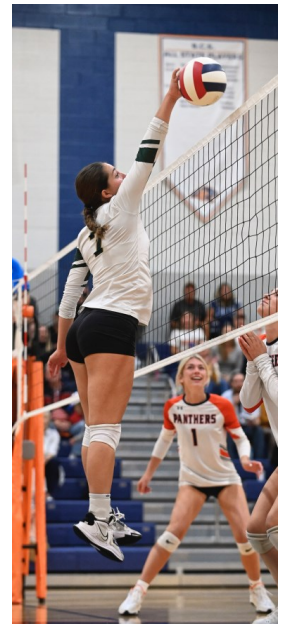
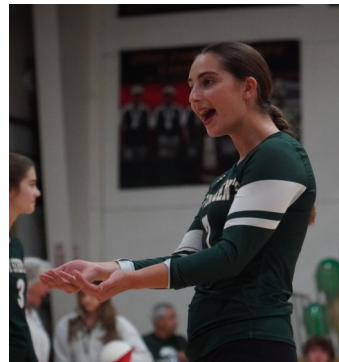
**What's the best piece of advice you've gained from your coaches?**

I think that the best piece of advice I've gained from my coaches is the fact that I cannot control everything. When I first started playing volleyball, I was constantly worrying about how everyone was doing and how they would play... I was a nervous wreck. By accepting that I had control solely over myself and my performance took a huge weight off of my shoulders. My self worth, in and outside of volleyball, is not determined by others.

**Sophia Ierulli**

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

The most important lesson I've learned from my time playing volleyball is perseverance. You're not going to win every game, you might have a rough practice, or a certain skill may not go your way immediately. How you pick yourself up and persevere is the greatest lesson you can learn because it is applicable to your everyday life.

## Volunteers Needed

The impact of volunteering extends even beyond the immediate benefits to the volunteers and those they serve. It influences individual lives, shaping perspectives, and encouraging a culture of care and empathy. Volunteers often report a heightened awareness of social issues and a commitment to active citizenship, inspired by their experiences and the stories of those they've helped. If you are interested in volunteering with Elite, please fill out information at <https://elitevball.com/volunteer-groups/>



**VOLUNTEERS NEEDED**

	<b>FUNDRAISING AND THE ELITE PASS</b>		<b>EVENT PLANNING &amp; SOCIALS</b>
	<b>PHOTOGRAPHY &amp; VIDEOGRAPHY</b>		<b>FACILITIES</b>
	<b>RECRUITING</b>		<b>VOLUNTEER COORDINATION</b>
	<b>APPAREL</b>		<b>WELLNESS AND CONDITIONING</b>

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](mailto:Admin@elitevball.com)

If you'd like to share pictures for inclusion in the next newsletter, please email them to:

[jgilmour@elitevball.com](mailto:jgilmour@elitevball.com)



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