

Calendar:

10/26 New Parent Meeting 7pm Beechwood HS Cafeteria

11/18 NKJV Parent Day @ Conner High School

Picture Day 1/21/07

Program Ads due 1/21/07

Mid-East Qualifier (Indy) Ages 12, 14, & 15 3/23-25
Ages 13, 16, 17, 18 3/30-4/1

JOIC Atlanta, GA 6/7-10

AAU Nationals Orlando, FL 6/12-20

JOVC Minneapolis, MN 6/29-7/8

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NKJV Aces



Providing the volleyball experience for over 20 Years

Edition 22

October 23, 2006

Eating Aces— Respecting the Carbs

As athletes, we expect a lot out of our bodies. There's a difference in how we fuel ourselves for those weekend tournaments versus just an hour of intense practice. While proteins and fats help long term physical development, they're no good for quick energy in exercise! Carbohydrates (*pasta, grains, fruits, cereals, milk and yogurt, cereals*) are where the quick energy comes from, digesting easily whereas proteins and fats can take 12 hours.

Get caught up with these healthy eating tips on how to handle carbs in your diet at both tournaments and practice.

At the TOURNEY's

-If you're not big on breakfast, carb up the night before with pizza or pasta. Just a bowl of cereal, juice with toast or a muffin should get a player through the first two matches or so.

-Ignore hotdogs, candy and nachos. Instead, go for popcorn or pretzels. Not only are these snacks high carb, they're also salty, stimulating a higher intake of liquids. If these don't appeal to you, pack a personal favorite!

-For lunch, stay away from soda and candy (digesting these will sap energy that could otherwise be used

playing) and heavy foods like wings, burgers and chicken strips. Instead use fruits for an energy burst in addition to pasta salads, PB&J or yogurts.

-Even though carbs do digest faster than fats and proteins, you should still provide about an hour before hitting the court again.

For the PRACTICE's

-If eating just before practice is not for you, pump up your breakfast or lunch. That way your body will have the energy to get you through.

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Got What?

Most athletes are well aware of the ongoing battle between water and sports drinks, and a majority have already formed their own opinions. But now it seems a new beverage has entered the race— chocolate milk. Michael Phelps, 6-time gold medalist, was noticed drinking chocolate milk between

aces. Since then, milk has been holding its own in expert's studies. In one test, of 9 male cyclists, those drinking chocolate milk went about 50% longer than those who drank Endurox (a Gatorade beefed up with protein), and about as long as those who drank Gatorade!



THE COACH'S CORNER

"...GREAT ATTITUDES, STRONG WORK ETHICS, AND A TREMENDOUS CHEMISTRY BOTH ON AND OFF THE COURT."

This past season, 16-1 chose to make our end of season tournament the National Tune-Up in Louisville. After three tough matches at MAVA (0-3), the tourney finally ended a great season for 16-1.

With each tournament I could see the progress these girls made

as a direct result of their hard work.

We peaked at the Northeast Qualifier in Baltimore, going 6-2 and eventually finishing 5th overall. We fell just one win short of a chance at a bid.

I can't begin to say how much fun I had coaching this group of girls. They had great attitudes, strong work ethics, and a tremendous chemistry

both on and off the court. Besides what I know they learned on the volleyball side this season, they formed new friendships and strengthened old ones (parents included!). Allison, Ashley Erica, Kate, Katelyn, Kristen, Meg, Sarah— thanks for the hard work the laughs, and all the great



"The team had a *blast* throughout the whole season!"

-Coach Ballinger of 12-1

Last season the 12-1 team competed in the Muncie Tournament on June 3 and 4. The girls played hard and with a lot of spirit, finishing the tourney with a very respectable 3-3 record.

The players spent their down time soaking up the Indiana sun and French braiding hair. Mrs. Condon, Taylor's mom and biggest fan, happily pitched in, helping to give each and every girl a gorgeous braid for the day. Coach Leah Ballinger joined in the fun, getting a braid for herself as well.

The team had a blast throughout the whole season, with Coach Ballinger proudly leading the pack.

-Coach Leah Ballinger



NKJV 2006 Tryouts Info

For the first session of each age group listed below, please be 30 minutes early to register. Mandatory attendance for the first session are listed below for each age group. Cuts will be announced.

October 29: 12's 9:00 - 11:00
13's & 14's 11:00 - 1:00

November 5: 12's 9:00 - 11:00
17's & 18's Club 9:00 - 11:00
13's & 14's 11:00 - 1:00
15's & 16's 1:00 - 3:30

November 12: 17's & 18's Club 9:00 - 11:00
13's & 14's 11:00 - 1:00
15's & 16's 1:00 - 3:30

All tryouts will be held at
Campbell County Middle School.

Everyone trying out must bring a permission note from an adult or guardian stating that they are in good physical condition, and have the parent/guardian's consent to try out. A \$20 fee for facility/admin usage will be required to be paid on the first day of tryouts.

Any questions:
Jen Wolf 859-657-6657
Jack McElveen 859-441-1144

Parent Meeting

Saturday November 18th 2006
@ Connor High School

Open Teams:

12's thru 18's 11:30 am

Club Teams:

15's thru 18's 1:00 pm

12's thru 14's 2:00 pm

NKJV Non-Travel League that ran March and April at Campbell Co Middle School!

Rising costs are forcing us to put the NKJV League on hold for the 2007 Season. We will continue to look for alternatives and it is our hope to be able to bring it back in 2008.

The Bag Basics

Did you opt for the smaller school- type pack? Or is the shoulder strap hip-side hanger more your style?

No matter how you tote your gear around, we've all got to be prepared when walking into that gym. One of the easiest ways to impress is simply being organized and ready to go on time.

Here are some simple 'bag basics' that no player should be without.

~Pre-wrap and tape! Nothing shows off your polished planning skills like whipping out these necessities. Sharing is also a great way to warm up to new teammates!

~Hair ties. As great as the bay watch chicks look, don't let TV glamour fool you. Get your manes pulled back and out of eyes, always keeping a handful of back-ups in case one should snap.

~Deodorant. All right, listen. It is not funny. Making the opposing frontline woozy is cheating and possibly hazardous to your teammate's health. Keep a stick on you at all times!

~Sneaker Balls. These things are genius, and an absolute must for any athlete with shoes. Give 'em a twist and say goodbye to the stench that's been affecting your kicks.

~Feminine Musts. Don't make me say it— you know what I mean. Keep these necessities in a separate, easily identifiable bag, just in case you or a buddy needs to make an emergency restroom dash.



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-Try snacking light on a bagel a peanut butter in between homework and workouts. It will give your stomach time to digest and you energy for practice.

All in all, be sure to balance your eating habits. Rather than three massive meals, snack light between smaller ones. Just keep paying attention to your body and you will have an instant recipe for success!



Tight Facts on Spans

Yes, spandex. One of the truly defining aspects of volleyball. Well, I did some detective work into our favorite stretchy shorts and found some interesting info. Of all the facts I discovered concerning the vital ingredient to our spiffy uniforms, the following are the 'tightest.'

Did you know...

~The fibers in spans can stretch 500-610% beyond their original length, and then snap back to their original length?

~Spandex were originally created during WWII as a substitute for rubber.

~In Sweden, state law prohibits selling Spandex to any

person weighing over 30 stones?

~Spandex fiber starts as white and melts at 250C (480F).

~Spandex is our largest export to Japan.

~The company Spanworks (largest producer of elastos) invented a taffy-like, low-fat substitute.

THE TOP 6 BEST SPANDEX-CLAD:

6. Spock
5. Jack Black (Nacho Libre)
4. Superman
3. Richard Simmons
2. Spiderman
1. NKJV Volleyball Players!

(Feel free to dispute)