

**NORTHERN  
KENTUCKY JUNIOR  
VOLLEYBALL**

**PO BOX 175852  
COVINGTON, KY 41017**

**Calendar:**

- 10/21 & 10/28, 11/4 & 11/11  
Tryouts @ CCM
- 10/8 KY VB Districts
- 10/15 KY VB Regionals &  
OH Sectionals
- 10/17 New Parent Meeting  
@ Beechwood High School
- 10/22 OH Districts
- 10/26-27 KY State Touney
- 10/29 OH Regionals
- 11/8 OH State Tourney
- 11/17 Parent Day (Team  
meeting, deposit due)
- 12/1/07—Kaepa Accessories  
order deadline

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# NKJV Aces



1983-2008  
Celebrating 25 Years

**Edition 27**

**October 1, 2007**

## 2007 NKJV Scholarship Recipients



**LtoR: Katelyn Koeninger, Jenni Miehaus, Jessica Federle, Ashley Farmer, Jessica Visse, Rachel**

This year we had six young women who were awarded scholarships from NKJV. Each one has played for NKJV for a number of years and has been an excellent representative of our organiza-

tion, their schools, and families. Not only were they athletic they excelled scholastically. Congratulations to each of you and we wish you continued success in your future academic pursuits. Perhaps

## NKJV Celebrating 25 Years, 1983—2008

As part of our twenty fifth anniversary celebration NKJV is going to award four players (two at the open level and two at the club level) with a 50% discount on this season's fee. All players are eligible. A random drawing will be held from those parents

who attend Parent Day. To be eligible to register, the parent will have to have paid the \$300 deposit and turn in all forms required by the club on Parent Day. A family may only win one discount regardless of how many players they may have par-

## NKJV Training League

Northern Kentucky Junior Volleyball is proud to announce the joining of forces with, Sports of All Sorts, as the home for the "NKJV Training League". We are excited to be able to help expand the volleyball experience to more young student athletes in the Northern Kentucky Area.

The league will be at their facility at 25 Cavalier Blvd, Florence, just off Hwy 18 near Boone County High School.

[www.sportsofallsortsky.com](http://www.sportsofallsortsky.com)

you may be interested in returning to your NKJV roots as a coach some day.

ticipating. Winners will be contacted by the club within the week following Parent Day. The names will also be posted on our website.

See inside for date & times.

**NKJV.NET**



**Jodi Schmidt**  
Ludlow High School  
Volleyball Head  
Coach

## Congratulations to Jodi Schmidt—100th Win

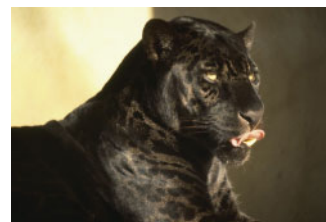
Congratulations to Coach Jodi Schmidt of Ludlow High School on her 100th career high school coaching win on Saturday, September 22, 2007. She is also a teacher at Ludlow and the head of the English department.

Jodi has been working hard to strengthen the volleyball program at Ludlow including coach-

ing at times the 7th, 8th, freshman, and JV teams in addition to the varsity. She is very committed and has done a great job. She began her playing days at Beechwood High School and played club ball with NKJV. Since graduating from Eastern Kentucky University, she has coached various age groups for NKJV. Last

season she coached our 18-2 team.

For the past two seasons Jodi has been our club tournament registrar, handling all the team tournament entries.



*“new to club  
ball, join us at  
the new parent  
meeting”*

## New Parent Meeting At Beechwood High School Cafeteria

On Wednesday, October 17th, NKJV will host a new parent meeting in the cafeteria at Beechwood High School starting at 7pm. This is an opportunity for those parents who may be new to club volleyball or to the NKJV club to learn more about JO volleyball and our organization. If your

daughter has played on a club team and you wonder what the differences are between that and an open team. It is an opportunity for you to ask questions and learn about the process including tryouts.

For those who've not been involved with club

ball before a lot of information is given to you at tryouts and later at parent day. We hope this session will help you better understand what to expect and make some of your decisions easier. We want the best experience for both the athletes and the parents.



## Kaepa Accessories Order—Deadline is 12/1/07

You will hear more about this but we wanted to announce it early that we will only be placing a single order this season with Kaepa for accessories. In years past we have placed a second order later in January. Unfortunately this means the items come later in

the season and the girls may not have them when they need them. In some instances we may not be able to obtain the merchandise and then we end up with disappointed players and have to handle refunds.

We had planned on only having a single order last

year but then the rains came so to speak (sprinklers discharging) and we had such confusion we felt it necessary to have a second order. So be sure you inventory your volleyball equipment and make sure to order what you need for the upcoming JO season. The deadline is 12/1/07.

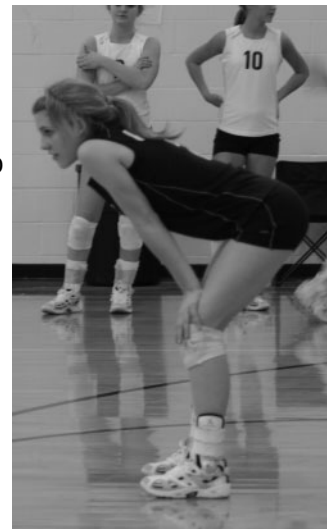
## **Ankle Braces Help Reduce Risk of Ankle Injury**—based on article by Aaron Brock, Certified athletic Trainer, Head athletic Trainer and Director of Sports Medicine for Men's National Team

If you've attended high school or JO volleyball matches then you've seen players with ankle braces. Many people wonder why so many players wear the braces. They are taking measures to reduce the likelihood of an ankle injury.

Ankle sprains account for nearly half of all acute injuries in volleyball. The

injuries most often occur at the net when you land on the foot of an opponent or a teammate while blocking or attacking. This causes the ankle to turn inwards (inversion) leading to an injury to the ligaments (sprain) on the outside of the ankle. Ankle injuries can range from mild to severe and may cause you to miss a significant amount of time

while the ankle heals. Something else to think about is once the ankle is injured, it is up to four times more susceptible to future injury. Therefore, prevention of ankle injuries should be a top priority for all volleyball athletes. Ankle braces are the best way to prevent ankle injuries. See some FAQs in the next edition of the newsletter.



## **Kroger Rewards Program**

We launched the Kroger Rewards program in July 2006 to offer parents an easy method to help with their fees. No selling, no buying extra, no door to door campaigns -just purchase what you normally buy at Kroger's. So if your family shops at Kroger's you should

enroll in the program. You earn 3% of any amount loaded onto your Kroger card. You may load money onto the card using cash check, or credit card of your choice. You then use the Kroger card to pay for your purchases. A number of families

have taken advantage of the program. From 9/2006 to 9/2007 we had three families earn over \$200 in credits with one family earning \$260. For more information contact Bill Schwab at 859.630.9328 or [bill\\_schwab@nkjv.net](mailto:bill_schwab@nkjv.net)

*KY State  
Volleyball  
Tournament is  
October 26-27  
at NKU  
Regents Hall in  
Highland  
Heights*

## **Parent Day at Conner High School Cafeteria**

We will hold Parent Day on Saturday, November 17th at the Conner High School Cafeteria. Umbrellas and ponchos optional for those who remember last year's sprinkler system activation.

**Open Teams 12's-18's  
10:00 am**

**Club Teams 15's-18's  
12:30 pm**

### **Club Teams 12's-14's 2:00 pm**

This is an important date for both the parent and player to be present. It is your opportunity to meet the coach as well as other parents. We will also have our Kaepa accessories there for you to get your correct sizing for team uniforms. Please review your calendar for

the spring of 2008 prior to this meeting and be prepared to discuss potential tournament entry dates with your coach. You will be required to have a non-refundable deposit of \$300.00 along with the completed forms given out on the last day of tryouts.



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Phone 859.657.6657

Email newsletter information  
or ideas to:  
bill\_schwab@nkjv.net

**NKJV.NET**

## **NKJV Tryout Information**

For the first session of each age group listed below, please be 30 minutes early

to register. Mandatory attendance for first session listed for each age group; cuts to be announced.

<b>October 21:</b>	12's	9:00 – 10:30	Campbell County Middle School
	13's	10:30 - 12:00	Campbell County Middle School
	14's	12:30 - 2:00	Campbell County Middle School

<b>October 28:</b>	12's	9:00 – 10:30	Campbell County Middle School
	13's	10:30 - 12:00	Campbell County Middle School
	14's	12:30 - 2:00	Campbell County Middle School
	15's & 16's	2:00 – 4:00	Campbell County Middle School
	17's & 18's	4:00 – 5:30	Campbell County Middle School

<b>November 4:</b>	15's	9:00 – 11:00	Campbell County Middle School
	16's	11:00 - 1:00	Campbell County Middle School
	17's & 18's	1:30 - 3:00	Campbell County Middle School

<b>November 11:</b>	15's	9:00 - 10:30	Campbell County Middle School
	16's	10:30 – 12:00	Campbell County Middle School

Everyone trying out must bring a permission note from a parent or guardian stating that they are in good physical condition, and have parents'/guardian's consent to try out. A \$20.00 fee for facility/admin usage will be required to be paid on the first day of tryouts. Questions: Jen Woolf 859-657-6657 or Jack McElveen 859-441-1144.



PO BOX 175852  
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