

# 1983 NKJV Aces 2009

Providing the volleyball experience for over 25 Years

## Thoughts On Playing Volleyball with NKJV

by Lindsay Ibold

Saying that NKJV helped me learn how to play volleyball would be an understatement. Playing for NKJV became a way of life, and without the experiences, challenges, and friendships I have made these last four years I would not be the person I am today.

I have really grown through playing for NKJV, physically and mentally. Every year my performance improved due to the coaching I received, and I can't thank them enough because they are the reason I was able to make the Oak Hills volleyball team and eventually make it to college volleyball. Mentally I was able to learn how to play "smart" and consistently. Another mental performance my coaches and teammates taught me was to never give up, because it doesn't matter how down you are, you can always come back and win.

Not only was I able to learn the game of volleyball, I made

great friendships along the way, friends I still talk to and hang out with. I have made so many great memories that I will never forget.

Facing the challenges, whether it was during practice or games has helped me gain a new maturity level that I never thought I could have. I was also challenged to change my priorities. During the club season I have had to make the decisions to come to practice instead of doing other things, and this really helped me to manage my time better. In the end it paid off.

There are no words to describe the way I feel about this club, I have so much appreciation and respect for everyone who puts their time and effort in to making this club run so smoothly. Through all the tournaments, practices, and team outings, playing for NKJV has been an unforgettable experience.

### Be A Powerful Presence

Be yourself, and be proud. Stay powerful on the outside. This sport lets the opponents look THRU the net at ALL six players, not just the one they are guarding or training, and the court size, smallest of any sport, lets them SEE your body and face clearly. You must show with your actions and body language that you are powerful and looking forward to the next play. Gripping at calls, turning your back on teammate errors, hanging your head, kicking a ball, get frustrated outwardly and the like gives too much energy to every opponent, while taking it away from your teammates. Volleyball, perhaps more than any other sport, is a game of momentum.



NKJV.NET

### 2009 FUNDRAISERS IN REVIEW

Each year we offer the sale of ads in the Aces Challenge program as an opportunity for you to reduce the cost of your fees. For every ad dollar sold 70% is credited to you to lower your fees. This year \$5143.50 in credits were earned. One family set a new record with 100% of the fees being paid for with ad credits earning



\$1365. The second highest seller earned a credit of \$542.50.

The cookie dough sale is our other opportunity. While overall participation in the cookie dough sale was down this year one family earned \$220.50 selling 45 tubs of cookie dough. The second leading seller made \$122.50.

## KROGER REWARDS PROGRAM

Do you shop Kroger's on a regular basis for your family? If so then if you aren't participating in the Kroger Rewards Program you should consider doing so and get 3% of what you spend credited to lower your fees. In February \$14,402 was loaded onto the cards earning parents \$576.08. The two largest credits earned were \$42.81 and \$33.00. One family has earned over \$100 in just two months. Whether you have a single card for your family or you enlist other family members and friends who shop at Kroger's to use a card, 3% can add up when Kroger is your primary source of groceries.

## TERMS LIKE 4-2, 5-1, AND 6-2 WHAT DO THEY MEAN?

You hear different references in volleyball to the formations teams use in their offense. You hear 4-2, 5-1, and 6-2 but what do these mean. Well in the 6-2 formation, a player always comes forward from the back row to set. The three front row players are all in attacking positions. Thus, all six players act as hitters at one time or another, while two can act as setters. So the 6-2 formation is actually a 4-2 system, but the back-row setter penetrates to set.

The 6-2 lineup thus requires two setters, who line up opposite to each other in the rotation. In addition to the setters, a typical lineup will have two middle hitters and two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions.

The advantage of the 6-2 is that there are always three front-row hitters available, maximizing the offensive possibilities. However, not only does the 6-2 require a team to possess two people capable of performing the highly specialized role of setter, it also requires both of those players to be effective offensive hitters when not in the setter position.

The 5-1 formation has only one player who assumes setting responsibilities regardless of his or her position in the rotation. The team will therefore have three front-row attackers when the setter is in the back row, and only two when the setter is in the front row, for a total of five.

The player opposite the setter in a 5-1 rotation is called the opposite hitter. In general, opposite hitters do not pass; they stand behind their teammates when the opponent is serving. The opposite hitter may

be used as a third attack option (back-row attack) when the setter is in the front row: this is the normal option used to increase the attack capabilities of modern volleyball teams. Normally the opposite hitter is the most technical skilled hitter of the team.

The 4-2 formation has four hitters and two setters. The setters usually set from the middle front or right front position. The team will therefore have two front-row attackers at all times. In the international 4-2, the setters set from the right front position. The international 4-2 translates more easily into other form of offense.

The setters line up opposite each other in the rotation. The typical lineup has two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions, so that the setter is always in middle front. Alternatively, the setter moves into the right front and has both a middle and an outside attacker; the disadvantage here lies in the lack of an offside hitter, allowing one of the other team's blockers to "cheat in" on a middle block.

## HOW MANY LAPTOPS ARE LEFT IN U.S. AIRPORTS EACH WEEK?

- A. 500
- B. 2,500
- C. 7,500
- D. 12,000

Based on a 2008 study of 106 airports in 49 states there are more than 12,000 laptops lost in U.S. airports each week. Approximately 7% are lost in restaurants, 9% in restrooms, 23% at departure gates and a whopping 40% are left at security checkpoints.

LIBERO, A SPECIALIZED DEFENSIVE PLAYER

The libero is a specialized defensive player. It is pronounced Lee-Beh-Roh. The position is a valuable resource as a replacement for players that are strong at the net but weak in the back court. Typically, the libero will replace middle-blockers while they are in the back row.

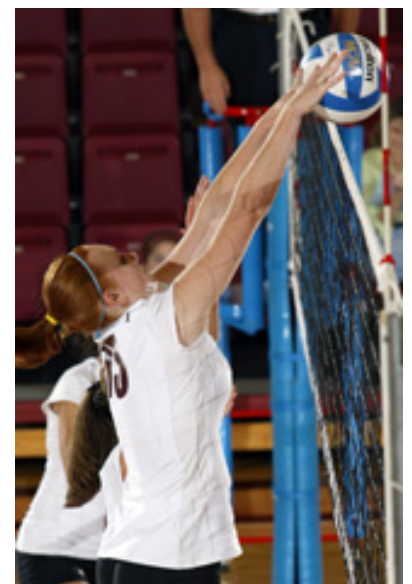
The position was introduced in order to address a specific problem. Because each game only allows 12 substitutions (swapping one player for another), coaches would often go through the allotted number of substitutions due to the constant need to swap a defensive specialist for other players in the back row. The new position allowed for the libero to replace players in the back row an unlimited number of times without affecting the number of substitutions.

A libero may not block or attempt to block and cannot be used as a setter. They are solely a back row player which means they cannot hit the ball when it is above the height of the top of the net.

They are recognizable on the court because they must wear a different color shirt from the other members of the team.

NKJV PLAYER DISTRIBUTION BY SCHOOL FOR 2009

No.	High School	No.	Middle/Elementary School
7	Ryle	9	Gray
7	St. Henry	9	St. Agnes
7	Notre Dame	8	St. Joes Crescent Springs
6	Campbell County	7	IHM
6	Highlands	6	Blessed Sacrament
5	Newport Central Catholic	5	Beechwood
4	Boone County	3	Oakdale Elementary
3	Beechwood	3	Ockerman
3	Holy Cross	3	St. Henry
3	Oak Hills, OH	3	St. Paul
2	Conner	3	Turkeyfoot
2	Dixie Heights	2	St. Pius
2	Scott	2	St. Thomas
1	Bishop Brossart	1	Bridgetown, OH
1	Calvary Christian	1	Burlington
1	Holmes	1	Campbell Ridge
1	McNicholas, OH	1	Erpenbeck
1	Mercy, OH	1	HMS
1	St. Ursula, OH	1	IHM, OH
1	Villa Madonna	1	Mann
		1	St. Joes Cold Spring
		1	Villa Madonna
		1	Woodland



## 2009 Aces Challenge T-shirt

Pre-sale price, you need to order online on the NKJV website and send payment before April 1st, 2009 to:

NKJV Tees

2130 N Fort Thomas Ave

Fort Thomas, KY 41075

### NKJV ALUMNI JORDAN GEISEN

NKJV alumni Jordan Geisen, a sophomore at Transylvania University was named to the first team all conference team in the Heartland Collegiate Athletic Conference in volleyball this past season. Jordan led the conference in hitting percentage and was ninth in blocking. She is a 2007 graduate of St. Henry District High School.

Senior setter Andrea Herbstreit a teammate of Jordan's at Transylvania is also an alumni of NKJV.



Email newsletter information or ideas to: [editor@nkjv.net](mailto:editor@nkjv.net)

### Calendar

#### April 1st

Tourney T-shirt order deadline

#### April 25 & 26th

Aces Challenge Tournament

#### June 27 - June 30th

JVDA National Championships in Louisville, KY

#### June 26th - July 5th

JOVC in Miami, FL



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