



# NKJV Aces



**Celebrating 20 Years**

**Edition 11**

**November 16, 2003**

**Calendar:**

- 12/4 Open Skills Day
- 12/11 Open Skills Day
- 12/18 Open Skills Day
- 1/10/2004 Club Skills Day
- 1/17/2004 Program Ad Submission Deadline
- 1/31/2004 Club Skills Day
- 2/1/2004 Balance Of Player Fees Due
- 4/17 & 18 Kaepa Aces Challenge

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## Centre College Class Of 2007

My name is Megan McElveen. I previously played for NKJV for six years. I am now a freshman playing volleyball at Centre College in Danville, Kentucky. It has been a really great experience!

At first coming in as a freshman I was extremely nervous and had no idea what to expect. All of the fall sports teams were on campus two and a half weeks before any of the other students. The first day, I met all of the other girls on the team and we were on the court playing that same day. The next morning, we got up early to do running tests. Everyone has to either run a mile or a 400 under a designated time. We practiced two more times that day. For the re-

maining two weeks we had three a days. Practice was challenging and each night I went home sore.

The first week was a struggle for me. It was so different being away from home, my family, and friends. I missed everyone a lot. I had a large group of friends who were going to UK and Louisville or staying home, and most of all staying together. It was really hard to deal with at first. Needless to say, things got much better.

As week two passed, we prepared for our first tournament. Before classes even started, we traveled to Virginia for a tournament. We spent an entire day on a huge charter bus. This is when I realized how great of an opportunity I had by play-



Megan McElveen

ing volleyball in college, and just how awesome this really was going to be. We had this huge chartered bus for 12 girls, a coach, a manager, and two trainers. We had been fully equipped with jackets, wind suit pants, sweatshirts, sweat pants, shoes, gym bags, T-shirts, meal money, I mean what else could you ask for?

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## Houston To Host 2004 USA Junior Olympic Girls Volleyball Championships

Houston, Texas, was selected to host the USA Junior Olympic Girls Volleyball Championships in June 2004 at the Reliant Center.

Approximately 572 teams, constituting more than 6,800 players, are expected to compete in the 2004 USA

Junior Olympic Girls Volleyball Championships. To support the players and coaches, it is expected that more than 30,000 spectators and family members will be in attendance.

This is the first year that Houston will host the cham-

pionships.

If you've never been to one before it is truly amazing the first time you see more than 60 courts setup under a single roof.

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**Sponsored  
BY Kaepa**

## NKJV Gets New Exclusive Sponsorship

As we steamroll into this 2004 USA Volleyball season, we at NKJV are very excited to announce our 2004-2006 sponsor, Kaepa USA. We will be an exclusively sponsored Kaepa club. This sponsorship is only available to one club per USA Volleyball Region.

Kaepa's sponsorship will greatly impact our ap-

pearance and stature as a volleyball club. Due to this exclusive agreement, all of our uniforms and apparel will be greatly upgraded from the prior seasons. Also, a huge savings in all Kaepa brand volleyball accessories will be passed on to all of our players and coaches. These accessories will only be available for online ordering at our

website: [www.nkjb.net](http://www.nkjb.net).

We are extremely grateful to the Kaepa Company for choosing NKJV to be part of such a great volleyball based company. Let's all show Kaepa why NKJV is one the oldest and most established clubs in the tri-state area. Best of luck to all of our coaches and players and GO KAEPA NKJV ACES!!

## Nationals Prove To Be A Memorable Experience (15 Purple)

By Mallory Phillips

The trip to Phoenix was one of the most memorable experiences. I think I will remember it for the rest of my life. I had never been to Phoenix, Arizona before and I am happy that I did because it was something I had never seen before. I

found it interesting how there really was not any grass there and how people lived. I liked how we chose to go to a hotel that really was not like the rest. It gave me a new perspective.

The volleyball nationals in Phoenix was a really great experience for me. I

had never been to a national tournament before this. I found that I had gained a lot of confidence because my team was really great. The team is what made nationals so much fun. They were always there to cheer you on and we never gave up.

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*"I will  
remember it for  
the rest of my  
life"*



Mallory Phillips—15 Purple

## Seniors Playing At The Next Level

In our 20 years of serving the girls of the Greater Cincinnati area, we've been proud to have many continue their play upon high school graduation at the college level. This past year is no exception: Susanna Stoike from East Central HS in Indiana at Coastal Carolina, Stephanie Boh from St. Henry at

Spring Hill College, Heather Dorning from Holy Cross at Brescia College, Megan McElveen from Campbell County at Centre College, and Andrea Lanham from NDA at NKU.

## Personal Instruction Available!

Improve your skills before the upcoming season starts. Learn new skills to help to make you a more rounded teammate. Contact Jim Delong for further information at 859.781.2145 or [jldvball2@aol.com](mailto:jldvball2@aol.com) and get a jump start on 2004!

## Travel Tips For New Parents And Players

Many of the tournament locations do not provide adequate seating ( if there are bleachers, they are seldom pulled out for spectator use. The popular chair of choice is the folding canvas/nylon chairs found at many locations. They come with or without arm rests and pack away into a carrying case with shoulder straps for easy carrying.

It is always a good idea to bring plenty of water or other liquid. Bottled water is the best. Some locations restrict what a player can have on the court to just water.

It is suggested that the players bring sleeping bags, blankets, and/or pillows as there can be breaks up to several hours in between

matches at some tournaments. Parents should bring a good book, newspaper, or something to occupy your time.

Many people pack coolers of food and drink. Please pack healthy foods for your girls, it can impact their play. For snacks make it things like fruit and granola bars. Coolers must remain outside most facilities.

*“Smile like you enjoy sitting in a gym all day! “*

## Skills Days For The 2004 Season—Mark Your Calendar

Skills days will be held at Conner High School. Please arrive 15 minutes prior to the start of each session to stretch and run.

Open teams 13 Purple –18 Purple will have three separate skills days in December 2003. The date and times are:

December 4th Middle Hitters 7-9 pm

December 11th Setters/Defense 7-9 pm

December 18th Outside Hitters 7-9pm

For the club teams 12's through 18's, Black, White, Silver, and Gray, we have two dates set for January 2004. The date and times are:

Saturday, January 10th Hitting

1:00—2:30 pm 16's and 18's

2:30—4:00 pm 15's

4:00—5:30 pm 14's

5:30—7:00 pm 12's and 13's

Saturday, January 31st Setting and Defense

1:00—2:30 pm 16's and 18's

2:30—4:00 pm 15's

4:00—5:30 pm 14's

5:30—7:00 pm 12's and 13's

## Nationals A Fun Experience (15 Purple)

By Sarah Kloentrup

I thought that the Phoenix trip was really fun. I thought that Phoenix was one of the most beautiful places that I had ever been. I had so much fun playing. Our team really became a team at times and I learned a lot. It was

hot and sunny and I loved it. It was very different from Kentucky and I enjoyed experiencing the environment so different from my home. We had a great time when we went out to dinner as a team at that one Mexican restaurant. It was really good and we had a lot of fun as a team. I had a really

good time at the hotel swimming and shopping in the gift shoppe It was a great volleyball tournament and I had a lot of fun.



Sara Kloentrup  
2003 Season  
15 Purple

**KAEP  
NORTHERN  
KENTUCKY JUNIOR  
VOLLEYBALL**

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We have a new phone number so please note it in your records:

**859.657.6657**

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## Centre College Class Of 2007

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We now have only a week left in the season. It has gone by so extremely fast, its unbelievable.

"Time really does fly when you are having fun." I have met so many good friends. My teammates are awesome and I love every one of them. We have had a really good season and it has been so much fun traveling around. We have been gone a lot of weekends and have played almost every weekend, but it has been a lot of fun. Keeping up with classes and vol-

leyball especially when we have been on the road, can get hectic, but I wouldn't change any of it for the world. I feel extremely fortunate to have this opportunity, to have had such a great season, and to be on such an awesome team of girls.

I recommend playing College ball to anyone who gets the chance. Everything about my college experience thus far, has been positive. I still keep in touch with all my friends from high school, but now I have a whole new group of friends at Centre too. I

have gotten to be so close with all my teammates, it feels a lot like a family. With the season ending, it is bitter sweet. I will miss the road trips and playing big matches, but with finals approaching the season is ending in perfect time to concentrate on getting good grades. Good luck to any and all of you who decide to play at the next level. I hope it will be as much fun for you has it has been for me. I wish you all the best.

- Megan McElveen



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## Memorable Experience

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I think that the team makes games and tournaments as much fun as they are. Nationals opened my eyes to seeing how much better I had gotten as well as how much better the team had gotten. I felt like I had earned something when we won Bronze. I am sure that I am not the only person who felt like this, but I have to admit it was great.



16 Purple sight seeing at Phoenix. It's fun as well as hard work.

It can be the experience of a lifetime.