

# M<sup>TM</sup> STAY CONNECTED

*Excellence in training junior athletes since 1974*



## ATHLETE SPOTLIGHT-GABBY PELFREY

**CLASS OF 2021 - COMMITTED - MALONE UNIVERSITY**

From Ohio to Georgia to Indiana, Gabby Pelfrey has been able to experience volleyball culture and competition in a variety of environments. Along the way she fell in love with the sport and unknowingly gained a 'tough' and 'never give up' mindset. "There were many ups and downs in my volleyball journey" Gabby shares. From rejection and defeat to questioning her will to continue. "Sports are a large part of her family and she knew just couldn't quit." "Like the saying goes, absence makes the heart grow fonder" and "I wasn't going to give up after I did not make my high school team." Gabby saw that Indiana volleyball seemed like a big deal, and it was somewhat of a culture shock to her. With that 'I am not giving up' mindset she began training at Munciana.

"Training was so different, everyone cared more, so I learned to care more." The core coaches at MPT really care about every single player and every single touch on the ball."

"The goals they shared about refining your skills and being more prepared court-wise really stuck."

Gabby goes on to share about scheduling her very first lesson after learning she would not be on her high school roster. "I was told that Coach Jon Dicken heard about it and said, "I want that lesson to make sure she doesn't give up!" "I can't tell you how much that meant to me."

She didn't give up on her dream to play college volleyball either. On March 29th, Gabby signed her NLI with Malone University (DII). Gabby did everything that was required of her throughout her recruiting process. She was diligent in her communications, follow up and commitment to elevate her level of skill and volleyball IQ.

"I learned not to compare myself to others and I would like to let other girls know to not get knocked down by rejection and continue to pursue their career goals, it is definitely worth it, there are so many rewards."

Gabby is a true example of commitment to hard work and the 'never give up' mindset!



Gabby Pelfrey, Melissa & Cortis Pelfrey (parents), Zach Pelfrey (brother) and Josh Collins, 18N Nighthawks Head Coach

### INSIDE THIS ISSUE:

- ATHLETE SPOTLIGHT  
Gabby Pelfrey
- TEAM HIGHLIGHT  
16N Vipers
- SAVE THE DATE
- SUMMER CAMPS



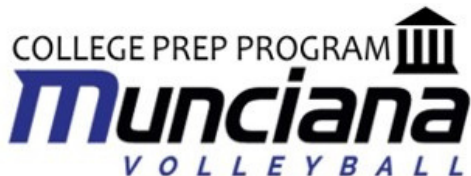
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# MARCH SHOUT-OUT

## TEAM HIGHLIGHT - 16N Vipers

"The Vipers consist of 10 determined and hard-working young ladies. Their record at this point in the season is 24-7, with their success largely due to their commitment to chase goals set by themselves. Collectively, this team is always looking for ways to get better and overcome new obstacles together. The bonds they share give them confidence in each other that can be seen on the court when they play together. With big goals set for the remainder of the season, we are eager to see what we can accomplish!

**Victoria Pierson - Head Coach**



# SAVE THE DATE

## APRIL 19-7PM ET

14U-18U ATHLETES & PARENTS

'An Athlete's Struggle'  
Nutrition and the Female Athlete

- AN ADVANCED DEFENSE AND PASSING CAMP FOR PLAYERS LOOKING TO PLAY AND TRAIN AT A VARSITY LEVEL
- THIS CAMP IS DESIGNED FOR COLLEGE-BOUND DEFENDERS

## 'CAMP HIGHLIGHT'

# DEFENSIVE DANDIES

### JULY 9/10, 2021



**AGES:** 12-18

**TIME:**  
9AM - 11AM  
12PM-2PM

CAMPERS WILL PARTICIPATE IN ALL SESSIONS ON BOTH DAYS.

**LUNCH BREAK**  
11AM-12PM

**COST:** \$90

**BALL CONTROL**  
JULY 5-6

**ATTACKING**  
JULY 7-8

**VOLLEYTOTS**  
JULY 5-8

**DEFENSIVE DANDIES**  
JULY 9-10

**MINI-VB**  
JULY 5-8

**SERVING**  
JULY 9-10

**SETTING**  
JULY 7-8

**BACK TO SCHOOL**  
AUG 6-7

IN THE  
**Summer**  
TIME

## SKILLS & TEAM CAMPS

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