

# M **STAY** **CONNECTED**

*Excellence in training junior athletes since 1974*



**Katie Hampton**  
**Co-Director**

## GET TO KNOW OUR CLUB DIRECTORS

*by Tim Kuzma, Munciana Business Director*

Two of Katie Hampton's passions in life are volleyball and kids. As the co-director of the Munciana East Volleyball Club and head coach at Northeastern High School, she is immersed in both.

At the end of most high school seasons, Katie gives each of her players a gift bag with a personal hand written note in it about each player's volleyball skills and overall life development. When she meets with each player, individually, to go over the note with them the meeting oftentimes morphs, in Katie's words, "into a cry fest."

That level of personal investment in her craft and players' lives sets Katie apart as an exemplary leader of our young people both at Northeastern High School and The Munciana East Volleyball Club.

It takes that level of commitment and passion to take Northeastern High School from a conference record of 1 and 6 in the year before she arrived to 6 and 2 in her first year at the helm. In Katie's words, "the sky is the limit" for Munciana East and Northeastern High School.

Katie is a four year alumnus of the Munciana Volleyball Club and has an understanding of the club's culture that one can only glean by participating in it.

If I were a parent in Wayne County with a daughter that I wanted to learn the life lessons one can only gain by participating in the greatest team sport of all, volleyball, then Katie Hampton is the person I would trust to take her there.

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Munciana East

For someone so young it would be hard to put together a better resume than the one that Munciana East Co-Director Randy Gardner has compiled. At the club level, Randy won a National Championship in the 16 year old open (highest) division in 2017. More impressively, he has also had three national runner up finishes in that same division. In high school, Randy has been an assistant coach for state championship teams at Wapahani and New Castle.

It is not all about wins and losses with Randy. "I love working with young people and watching them grow as young ladies and volleyball players", Randy shared. "I believe that my top priority when working with kids 14 and under is to engender a love for the game while fostering lifetime friendships, all within the framework of a rigorous training regimen." By the time kids reach high school, practices take on a more business-like approach while being ever mindful that competitive volleyball should remain fun and collegial.

Randy's mentor, Munciana Club Director Mike Lingenfelter, beams when he talks about his protege. "There is no better person on the Munciana techniques, tactics and culture than Randy Gardner. In his fifteen years at Munciana he has risen from a volunteer assistant coach to a national championship open coach through hard work, perseverance and a passion for the game and the kids who play it."

With regard to Randy's vision for Munciana East, he takes a more expansive view. "I would like to take the skill level of volleyball in Wayne County to a point where their high schools are perennially competing for regional and state championships. It can happen if the kids will commit to the same training regimen that we have in Delaware County. At Munciana, there are numerous examples of kids who did not even begin playing volleyball until middle school who went on to successful high school and college careers after having been a part of the Munciana culture."



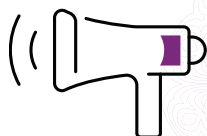
**Randy Gardner**  
**Co-Director**

Success follows Randy wherever he goes and we are looking forward to the impact that he and co-director, Katie Hampton, will have on Wayne County volleyball. On a personal level, Randy and his wife, Melissa, are the proud parents of a five month old baby boy, Trace.

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## FEBRUARY SHOUT-OUT

TEAM HIGHLIGHT-13U Tree Frogs



Our Tree Frogs came to us with little to no volleyball experience. Since the first training day they have each come so far. Not only has their volleyball skills and competitiveness improved, but their volleyball knowledge has grown exponentially. They enjoy and love the game of volleyball and are improving each practice. For them it's not about winning every tournament. It's about growing their skills, knowledge, friendship, and becoming 1% better each day. I'm proud to be their coach.



*Katie Hampton-Head Coach*

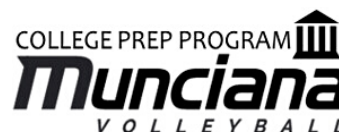
## SAVE THE DATE

**MARCH 22-7PM ET**

14U-18U ATHLETES & PARENTS

**'An Athlete's Struggle'**

**Focus: Nutrition & The Female Athlete**



REGISTRATION  
OPEN

IN THE  
**Summer**  
TIME

**SKILLS & TEAM CAMPS**

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