



STAY CONNECTED

Excellence in training junior athletes since 1974

MUNCIANA ALUMNI ATHLETES & COACHES REPRESENT IN BOTH THE NCAA AND NAIA NATIONAL TOURNAMENTS!

#1
Kelly Sheffield
MJ Hammill
April 15
7pm ESPN3

#5
Kenzie Knuckles
April 15
3:30pm ESPN3

#9
Kylie Murr
April 15
12pm ESPN3

#13
Jonni Parker
April 15
10:30pm ESPN3

Kinsey McAfee
April 14
3:30pm ESPN3

Ben Sabin
April 14
7:00pm ESPN3



Munciana VOLLEYBALL

Athletes & Coaches
First/Second Rounds
April 14/15, 2021

Full Info & Bracket
at NCAA.COM

#2
Craig Skinner
Anders Nelson
Jake Romano
April 15
7:00pm ESPN3

Melani Shaffmaster
April 15
7:00pm ESPN3

#3
Dave Shondell
John Shondell
April 15
3:30pm ESPN3

#7
Todd Chamberlain
April 15
12:00pm ESPN3

#11
Lexie Almodovar
Lindsey Winner
April 14
3:30pm ESPN3

Asia Goins
April 14
3:30pm ESPN3

Jenny Morey '21 Commit

Nicole Wilkinson '21 Commit

Eva Hudson '22 Commit

#4
Ana Collar
Rachel Klitzing
Havyn Gates

Courtney Watkins
Martina Demarchi
Macy Puthoff
Dan Bergren
Asst. Coach

#23
Macee Rudy
Abby Bowyer

Chloe Trissel
Lorelei Porter
(Indy)



Alumni Athletes & Coaches
Opening Round
Saturday, April 17, 2021



#11
Olivia Valentine
(Indy)

#7 2019 National Champions
Skyler Van Note
Lexi Spence
Lark Jones

Averi Lanman
Grace Hunter
Ashlee Pritchard
Head Coach

Kim McConaha
Head Coach

Sammel Fulkerson-Bird

Jessica Swimm
Hallie Holbrook

The 20/21 college volleyball seasons were challenging. Which to most players and coaches would be a massive understatement. Many programs cancelled their seasons and much was sacrificed. Amidst the uncertainty of the past year, all faced much adversity and found a way to train, compete and overcome.

We are proud of our alumni athletes and coaches in the collegiate ranks at all levels. It was especially exciting to see how Munciana Alumni represented and impacted both the NCAA & NAIA national tournaments.

From Final Four representation through the AVCA Coach of the Year, NCAA National Champion staff (Munciana & Ball State Alumni), AVCA/NAIA Region Assistant Coach of the Year, to the athletes who went beyond to train and stay committed to the process, we are Munciana Proud. A very special shout out to the Class of 2021 college seniors.

Many of our alumni received conference, AVCA, NCAA and NAIA athletic and academic honors. Work ethic, commitment and dedication were key factors for all!

Well Done Alumni, Well Done!

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- Dan Bergren
NAIA Region COY
- Team/Coach Highlights
120 Peppers
Kylie Johnson-Head Coach
- Summer Camps



Stay 'CONNECTED' with Munciana



Dan Bergren-Head Coach, 180 Quora

Ass't Coach - Indiana Wesleyan University

Passionate, committed, motivating, never-let-up, self-sacrificing, integrity, fair, all descriptions and characteristics of Coach Dan Bergren. His dedication to impacting young athletes through the sport of volleyball is felt far and wide. Recently, Dan was honored by the AVCA as NAIA Region Assistant Coach of the Year. His many years of both being a father to college volleyball athletes, club and college coach have been key factors in his success.

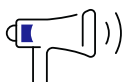
In asking Dan how he feels about his recent accolade, he humbly credits it to the girls on the team, "they do the work!" My response, "you hold them accountable to do their best, to push beyond and expect nothing less". A slight nod of agreement but still a man who knows that the credit for success is a team effort and requires a ton of good old fashion hard work. From world renowned horse breeder/trainer to college coach, Dan is committed to the process and training methods, undoubtedly the markers of his life-long commitment to excellence.



In regards to NAIA Collegiate Volleyball, he feels many young athletes don't give it a chance. High level volleyball, excellent academic and scholarship opportunities exist at this level. "We have NCAA DI transfers and recruit like the DI mid-majors & high DII's. "If you truly say you want to be a college athlete, do your homework on what it takes, and check out all levels, put in the work and no excuses." Well said Dan! Well Said!

Patty Costlow-Director of Recruiting/Marketing

MARCH SHOUT-OUT



TEAM HIGHLIGHT
120 PEPPERS



**Kylie
Dorton
Johnson**

**Head
Coach
120 Peppers**



This years group is talented beyond belief. I'm amazed at each practice at the skills they have mastered and how much their volleyball IQ has improved. They have set a new standard for future Peppers. I have 12 players who can step on the court at anytime and serve under pressure and make big time plays. And yet as talented as they are, their potential and willingness to learn means we have yet to play our best match. I look forward to every tournament for the opportunity to see how they have refined a skill or showcase something new we have been working on. The sky is the limit for these athletes and I'm very blessed to be their coach.

My Coaching Philosophy: Over the past couple weeks with being named Delta's coach I've really had to think about my philosophy and put it into words. I believe in setting standards and having an unwavering drive to meet them. Be clear about your standards and goals. Let your plan be known on how you will coach your team to reach these goals. I believe there is nothing worthwhile accomplished without hard work, day in and day out. Consistently putting in maximum effort to meet your goals/team goals.

Discipline cannot be outplayed. I think that great players pay attention and perfect very small details of the game which gives them the edge over others. As a coach when players leave my team I want them to feel like they are prepared for the next level. I want them to feel like they are a smarter player, and they are better people after playing for me.

A lot of what I "teach" at 12's is how to be a great teammate, be a responsible person and player, be an effective communicator, and to give it your all every chance you get. I hope that my passion for the game is evident but more importantly, evident that I care about each and every kid I coach. *They are my reason I coach.*

IN THE *Summer* TIME

FULL CAMP SCHEDULE AT MUNCIANA.COM

VOLLEYTOTS (AGES 4-8)

This four-day camp is a great introduction to the game of volleyball. The focus of the camp is on skill and movement development.

This program will include:

- On court related movement
- Hand-eye development with ball
- Ball movement and ball work
- Foot work and agility
- Introduction to the sport of volleyball
- AND tons of FUN!!

Dates: July 5-8, 2021

Camp Hours: 2:30pm-3:30pm

Camp Cost: \$45



MINI-VB (AGES 8-12)

If you are looking to learn more about the game of volleyball then this is the camp for you! This four day camp is focused on teaching the game to 8-12 year olds. Movement and volleyball skills are at the core of this camp.

This program will include:

- Lighter ball
- Skill development
- Group performance
- 3 contact development
- Focus on passing, serving, and attacking
- AND tons of FUN!!

Dates: July 5-8, 2021

Camp Hours: 3:30pm-5:00pm

Camp Cost: \$65



CAMP REGISTRATION
MUNCIANA.COM
CONTACT: RANDY@MUNCIANA.COM