

## LH Water Volleyball By Candy Castro

This year we have made some great strides with stepping up our training for recreation and competitive players. The fourth Tuesday of each month is training night. New members are also benefitting from working with their mentors for at least 4 sessions.

Dates to remember:

Potluck September 9, 5:00-7:30 PM Sports Pavilion

Fall Fling October 13, 5:00-9:00 PM Kilaga Multi-purpose room

The Steering Committee met August 14 and approved a revised skill evaluation form and added "Ladies Only Night" to the weekly schedule for the 3<sup>rd</sup> Tuesday of the month for Net 2.

Last year we had the most new members in one year. In August 2017, three unique Wednesday training sessions were held for over 20 members led by John Boragno. Four of those participants were interviewed recently and asked a few questions:

1) How has your experience been playing water volleyball and how often do you play?

**Eric Crisp**, Level 6, who plays 3-4 times a week, says that it has been a great year learning and improving his skills.

**Ross Underwood**, Level 5, who plays up to 5 days a week, says by leading a more active lifestyle he has lost weight, and feels better.

**Kim Bovee**, Level 4, who also plays up to 5 days a week, says, seriously, this year has been a blast! This fun sport has become her passion.

**Nita Satkowski**, Level 3, who plays 2 times a week, says this has been a very positive year. She has received encouragement from some very nice, helpful, talented fun people.

2) What are your goals for the next year?

**Eric** wants to be a more consistent server, play off a block, and improve anticipation of the ball.

**Ross** is focusing on his serve and hopes to compete at Level 6.

**Kim** would like to become a mentor. She also strives to play off the net more.

**Nita** wants to continue to improve her skills, especially setting the ball and using the triangle method of play.

3) What are your favorite things about this club?

**Eric** enjoys working with Ross in the water and says everyone is super encouraging.

**Ross** enjoys his time playing with wife Cindi. He says long rallies are fun and enjoys everyone cheering one another.

**Kim's** favorite parts include those members who give their time and effort to this sport along with the mentoring program and training. She feels mentally sharper, more agile and coordinated.

**Nita** enjoys the comradery within the club and enjoys the water on these hot days.

They all have supportive families who approve of all of the positive aspects of playing water volleyball. They may tease a bit, but they are happy their family member is having fun.

The website [www.lhwatervolleyball.com](http://www.lhwatervolleyball.com) has the latest events and information. We also have a whiteboard for announcements inside the KS pool. Those interested in joining our club can reach our volunteers by using our club email [sclhwatervolleyball@gmail.com](mailto:sclhwatervolleyball@gmail.com).

See you in the water!

