

KONGONIAN

GIRLS BASKETBALL

We are so excited to be back! We have so many new faces this session. Our coaching staff is very eager to start working with the girls! We are still accepting practice players for our younger teams. If you have anyone interested please have them reach out. **Amber Daly, Girls Basketball Director**



Now that practices are underway for basketball and baseball, we've started holding ReKover sessions for all athletes that opted in! For this first few weeks we're working on athletes' mobility, flexibility, and some core strength to help support them in everything they do. It's been awesome getting to know the kids and working with them on improving their stability and range of motion. If you'd like to opt in to these sessions, they're once a week for 30 minutes and will make a huge difference in the long run! Looking forward to the next few months of helping these kids stay safe and healthy!

Jessie Smith-Head Athletic Trainer



VOLLEYBALL

Welcome to Fall Ya'll! We love this time of year because it means club season is right around the corner! Tryouts are going to be coming fast so make sure you get registered for your age division. Tryouts for U15-U18 will be on November 9th! We are looking forward to creating competitive teams that focus on growth and development all while having a blast playing the game. Keep getting those touches in and polish up your skills! We can't wait to see you!

Congratulations and great job to our KONGO players that made their school teams! It's so fun to see you compete and perform at such a high level! Keep up the good work and let us know how the season is going!

April Painter- Director of Volleyball operations 15 and older

We hope that you have enjoyed your summer and stayed safe!
Looking ahead:

1st - Our 14 and under tryouts are on Sept 25-26. Registration is up and open on our website. We strongly encourage EARLY registration to help us better plan for a successful season.

2nd - Our Academy is still going strong and we encourage our athletes, especially those not playing on a school team, to join and keep their skills fresh through tryouts. Registration can be found on our website.

3rd - Follow us on Instagram @kongovolleyballclub for the most up-to-date information. You can easily share our posts with friends who also might be interested in tryouts and what our program has to offer.

We look forward to getting back in the gym with you, but for now stay safe and continue to play the game!

Amber Day- Director of Volleyball operations 14 and younger

**NEW!
65" MEDIA SCREEN
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WE WANT TO INVITE YOU TO BE A PART OF OUR MEDIA ADVERTISING OPPORTUNITY THAT IS AFFORDABLE AND WILL ALLOW YOUR COMPANY TO SHOW YOUR SUPPORT FOR THE KONGO. THIS 65" SCREEN WILL PROVIDE AN OPPORTUNITY FOR YOUR COMPANY LOGO AND/OR ADVERTISING CLIP TO BE SEEN BY OUR ATHLETES AND PARENTS AS THEY ENTER OUR FACILITY AND ALSO OVER ON OUR BASKETBALL COURTS. YOUR LOGO/COMPANY INFORMATION WILL BE SEEN BY OVER 1500 PEOPLE WEEKLY! THIS IS A GREAT WAY TO GET INVOLVED WITH THE KONGO AND GET YOUR BUSINESS NAME OUT THERE TO LOCAL ATHLETES AND THEIR FAMILIES!

**FOR MORE INFORMATION
AND PRICING EMAIL:
info@kongosports.com**



KONGO

**EXIT THROUGH THE
NORTH DOORS**

THANK YOU!

BASKETBALL


Hey everyone! I hope you are excited about a new year like we are. We have some new coaches that will be helping that we are excited about. They will bring an energy and more experienced voices to help out players! As a coaching staff and program we have to decided to focus mostly on the defensive side of the ball and competitive nature of our teams for the first couple weeks of practice, still working on individual skills. We are excited to be back and can't wait for another great year! -

Shaun Green, Director of Boys Basketball Operations



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