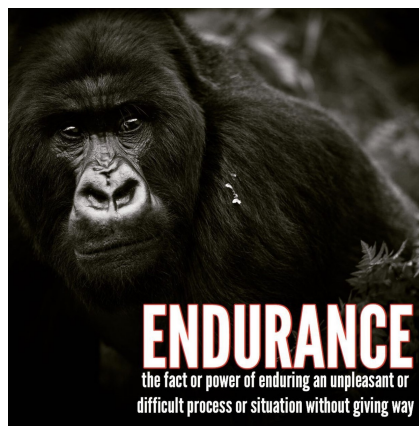
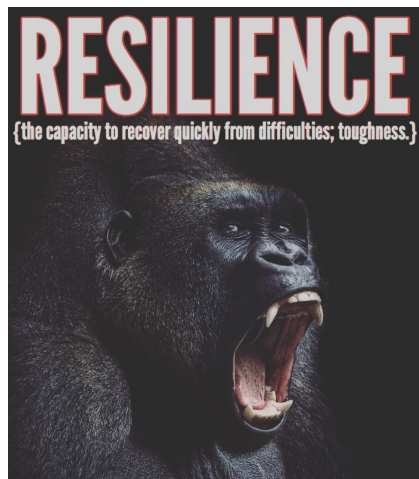


KONGONIAN



A MESSAGE FROM CHAZ:

This is an excerpt from the email Chaz sent out this past weekend: "... in-facility practices will be **POSTPONED** this week. The board of directors will continue to assess the situation week to week. As for this week, I will continue to put more content on the YouTube channel for your athletes to keep progressing at home. The feedback for these videos has been very positive so please utilize these at home. There have also been requests to use the facility outside of practice time, unfortunately I cannot allow this. KONGO did not get clearance for open gym. Our practices must be structured to follow the approval of the health department.

Please understand that in-facility trainings **WILL** begin in the month of April. Wasatch league is still planning on starting their games at the end of April and AAU volleyball tournaments have yet to postpone their tournaments happening at the end of April. Leagues and tournaments will most likely happen before you are ready to come back to practice at the facility. The coaching staff expects their athletes to do their best to prepare at home with the YouTube videos until in-facility training can begin. I want to address the belief out there that I have not put a significant amount of thought into this decision. I feel it would be helpful to explain who the ZDI/ Kongo Board of Directors are and how this approval from the health department came to fruition. The board of directors for ZDI consist of multiple physicians with over 50 years of experiences combined. These physicians have been through previous pandemics including H1N1, SARS, and MERS. This is the first time there has been a global shut down for a virus. The board has been watching this virus closely and consulting with the health department for their own practices as well as for ZDI. They are in agreement that the procedures ZDI and KONGO have in place will keep our athletes as safe as we can while practicing in the facility.

As for the Davis County Health Department, they were cold calling local businesses to see what the plans were during this pandemic. The health department wants to keep as many small businesses open as they can as long as we follow their directives. I explained to Robert Nunn at the health department what I had discussed with the board and the procedures we plan to put in place. Robert wanted to talk to his supervisor, Rachelle Blackham, to see if she would approve us to continue. Within five minutes, Robert called back approving our procedures to open.

The decision to open our in-facility training was not made lightly. I have consulted with the physicians on the ZDI Board of Directors for weeks now. This past week, I have spoken with the Davis County Health Department to put procedures into place to keep our athletes as safe as I can during practices. If you have not filled out the survey, PLEASE fill it out ASAP! This will help the board and myself make the decision for the following week. THANK YOU!

PERFORMANCE TRAINING

Highly cohesive teams thrive on cooperation, communication, and mutual respect. In order to make this happen we need flexible leadership, an the intellectual and emotional intelligence to recognize what needs to be done to achieve the desired outcome for the team. Sports Psychologist and Mental Performance Coaches can be a big part providing this type of training. **-Andrew Harstead, Director of Human Performance**

GIRLS BASKETBALL

We are officially in spring season! Girls please do your very best to do some form of basketball related interactions whether that be watching basketball, watching drills, talking about situational tactics, ball handling drills, foot work drills, shooting dribbles and most importantly mental toughness training! At least 30 minutes a day goes a long way! With everything happening the staff is really excited to get things started up again! We will be participating in tournaments so please keep an eye out on the chat in the sports engine app. **-AMBER DALY, Director of Girls Basketball**

BASEBALL

Parents and athletes: along with the instructional YouTube videos that are up, we would like to give you some additional homework while we are not together practicing.

-Your athlete needs to be practicing everyday-Throw with them each day-They need to be hitting and swinging their bat everyday- Talk about baseball- Listen to Podcasts about baseball (We like Clint McGill) Continue to work hard, stay positive and we will see you soon! **-Jason Peterson, Director of Baseball**

VOLLEYBALL-

WOW! What an amazing ride we are on right now with COVID-19 and earthquakes! We miss seeing you at practice and watching you play the game you love, but we hope you are taking some time to get some volleyball touches in. KONGO has uploaded some volleyball skill videos to help you work and train at home. Even though we can't be together right now, we can still improve and get better! A huge shoutout to Ari Wimmer and the 16s team for winning an unheard of set score of 25-0. This is a very difficult thing to do in a rolling scoring and means everyone has to play PERFECTLY! It was amazing to watch and we are so proud of Ari and her teammates for staying focused and giving their all. Please make sure you are fueling your body with nutrients that help you be your best. Highly processed and sugary foods for an athlete is like filling your car up with the wrong gas and the car WILL stop performing well. Poor nutrition truly holds back an athlete from reaching full potential! Set the goal to eat healthier and drink lots of water. You will see a huge difference in how you feel and how you perform! **-April Painter, Director of Volleyball Operations 15 & older**

Well March has been exciting to say the least! For the first half, we focused really hard on skills that we were struggling to capitalize on during tournament play. Each coach designed practices to help their athletes excel in these areas. Our 12s and 13s teams all had the opportunity to get a tournament in, but unfortunately, our 14s had theirs postponed until further notice. Results for the tournaments are below:

12s (Coach Mollie): Took 2nd in the SILVER BACKET...this is the highest they've finished this season so far! So proud of their success!

13 Red (Coach Jamie): Took 1st in the SILVER BRACKET! You ladies have brought home medals in 2 of your 3 tournaments this season! Way to represent!

13 Black (Coach Dallas): Made it to the GOLD BRACKET for the first time this season! Way to play hard ladies!! #winitforOakley

Moving forward: please continue to practice on your own using the videos that we have provided and focus on your individual skills. Invite your family to the backyard and have a pepper contest, a shuttle passing line, a scrimmage (if you have a net), teach a sibling the fundamentals, and or practice your pass, set, left, right, head ball control drill. Whatever you do, have fun doing it and share it with us on Instagram making sure to tag @kongosports and @kongovolleyballclub. We want to brag about how awesome our athletes are and we will repost your workouts on our story. Know that we miss you and can't wait to be back together in the gym! Until then, stay safe and keep moving! GO KONGO! **-Amber Day, Director of Volleyball Operations 14 & Younger**

BOYS BASKETBALL

Hey everybody, I hope you all are staying safe and healthy! I hope all the boys are still working hard and practicing. If anyone has any requests for videos please let us know. I can't wait to be back in the gym with all of you! **-Shaun Green, Director of Boys Basketball**

