

KONGONIAN

HIGH FITNESS

TUESDAYS & THURSDAYS

9:15AM: \$2 DROP INS for KONGO MEMBERS OR TRY 3 PIVOT classes and get FREE HIGH all of 2020. Day Care is available for \$1/child.

PIVOT FITNESS

GRAND OPENING

SAT, FEBRUARY 22nd

7:45AM- 30 min FREE HIGH FITNESS class (**Open to all**)

8:30AM- 30 min FREE PIVOT PREVIEW CLASS
(**MUST REGISTER ONLINE FOR THIS CLASS! Limited spots available**)
www.kongosports.com

PERFORMANCE TRAINING:

Another secret for linear speed: To produce as much productive force as possible in the shortest amount of time possible, while eliminating lateral forces, decreasing vertical forces and increase linear force...simply put... make sure your stuff is going in the right direction. A simple way to see if this is happening is to record yourself running and watch it in slow motion.

ANDREW HARSTEAD
Director of Human Performance



WINTER IS HERE! Just a REMINDER from the KONGO coaches & trainers... PLEASE make sure your athletes wear coats/hats/winter attire to and from the gym, practice and games! We need our athletes to remain as healthy as possible throughout the winter season. Thanks!

KONGO RECOVERY



The goal of Kongo Recovery is to take care of the entire athlete by working to prevent, evaluate, treat, and rehabilitate a wide range of injuries and chronic issues that an athlete may deal with. Our athletic trainer works with KONGO sports teams by building maintenance programs to prevent overuse injuries, evaluating injuries as they occur, and going through individualized rehabilitation programs after injury to get each athlete back to their sport as quickly and safely as possible.

KONGO Recovery is also perfect for active adults who are dealing with aches and pains or acute injuries that prevent them from staying active and doing what they love. Our athletic trainer utilizes multiple methods – including modalities such as GameReady, ultrasound, and e-stim, as well as manual therapy techniques such as cupping and scraping – in combination with functional rehabilitation sessions to treat injuries and ensure that every patient gets back to moving in the safest and most effective way possible. We offer multiple packages with a wide variety of scheduling and treatment options to create an individualized, highly effective experience that will get you back to where you want to be.
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BASEBALL

Wow! Can you see that we are excited! 2020 is starting out incredible! These past few weeks we have been able to conduct tryouts for Baseball. Spring 2019 KONGO fielded just two teams and this spring we will field 6 teams and we are so excited to see what these young athletes will accomplish. These teams have already started practices together in anticipation of the upcoming season. The season will begin the end of March or first of April time. Many of our teams are looking at getting started with a few tournaments between now and then! We want to wish them luck. And finally, for more KONGO baseball information follow us on instagram:

@kongobaseball

Best of Luck Teams!

PLAY BALL!!!

JASON PETERSON- Director of Baseball Operations

GIRLS BASKETBALL

We have kicked off the New Year with adding two more teams to our program! Our girls have been hard at work with our practices and in the Layton League. We will continue to improve on our one-on-one moves and confidence. Just a reminder for our KONGONIANS, NO GAMES FEBRUARY 17th. **AMBER DALY- Acting Director of Girls Basketball Operations**

THIS EDITION OF THE
KONGONIAN SPONSORED BY:



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VOLLEYBALL-

What a great start to our tournament season we've had. All of our teams fought hard, had fun, and learned a lot in each match at their first tournament. We even brought home quite a few medals. We are so proud of our athletes for their dedication to the sport and for always working hard in practices. It was so fun to watch each girl triumph over their own struggles and then work together as a team to bring home some Ws. Way to play hard girls!

Looking ahead:

Tournaments –

U12 & U13 – Saturday, February 8th

U14 – Saturday, February 15th and 29th

Keep practicing hard every week! Can't wait to see what you all can achieve in February!

AMBER DAY- Director of Volleyball Operations 14 & Younger

Strength and agility is a major component of success on the volleyball court. Its been so fun to watch the progress our players are making each step of the way as they complete training sessions. What I love most about their progress is their attitude and effort while they are working. Skills can be learned, and players can be physically gifted, but when they have the mindset to work hard and hold themselves to high expectations, greatness happens. When things get challenging in the weight room, on the court or in life, a simple mantra of "This is easy. This is simple. This is fun." Can change the experience and the result. I challenge you to always focus on your attitude and effort to get the best out of yourself and out of life! Good luck to our teams this month as we compete in our second tournament. GO KONGO!

APRIL PAINTER- Director of Volleyball Operations 15 & Older

BOYS BASKETBALL

Hey Everyone! Winter is going by fast, only a couple more weeks! We are loving the progress and the development of all our teams. We as coaches have seen great improvement from the Fall. With Spring coming up we will be making roster changes again with kids not continuing into the Spring for other sports and reasons. We are excited for those who are continuing through the spring and summer because the improvement will be great! We have been asking the kids to make sure they are practicing on their own at home away from practice so the improvement process improves even faster. If any player or parent need some ideas on what to work on when they are away from practice, please ask your coach or Shaun, Marcus & Warren are available to help! Lets continue to finish this winter session strong!

SHAUN GREEN- Director of Boys Basketball Operations

LACROSSE

We are running our youth lacrosse training through February. The training is on Saturdays from 8:30-10AM. The last session of training will be on February 22nd. We will look into getting some comp teams together to attend tournaments this summer. More details will follow.

DILLON YOCOM- Director of Lacrosse Operations