

# KONGONIAN

## GIRLS BASKETBALL

Our 6th grade and our UA 8th grade team had their first tournament at the end of November. Our 6/7th grade team has never played together, but during the Weber County League you would never be able to tell. They work so well with one another and motivate one another to do their best. The 8/9th grade team has some power house players that have really stepped up from last year. They started later in the league with a few challenges but their future is bright!

**-AMBER DALY, Acting Director of Girls Basketball**

## LACROSSE

In November we were able to put together our first KONGO Lacrosse team and compete in the High School Division at a tournament in Las Vegas, which was very exciting! Right now we are running our youth training for 4th-8th grade through the middle of December. We will be coming out with the winter schedule soon! - **Dillon Yocum, Director of Lacrosse**



## A MESSAGE FROM CHAZ

I get a lot of questions of where the name KONGO came from. KONGO was the name of the linebacking core when I played linebacker at the U of U. It means brotherhood/family and having each others back at all times. That is the atmosphere I want here at the KONGO. We are all KONGONIANS, and we should always have each others backs, inside and outside of the gym! As we grow as a club and athletic facility we want to offer more opportunities for your athletes as far as tutors, athletic training and premiere training equipment both skills and performance. My primary goal is to give every single kid that walks through the door the opportunity to reach their maximum potential.



## BOYS BASKETBALL

We as coaches are so excited to be working with your boys! We are always looking for ways to help develop your kids. With that being said, we have a couple of new faces that you will be seeing around the gym helping with practices and possibly games in the future. I have hand picked these guys because I truly believe they are great at what they do with kids and coaching. Myron Simms played at Utah State and professionally overseas for 12 years. He has coached youth basketball for over 15 years. Terry Tyson has been a high school coach for the last 7 years at Layton High School. He was also the skill development coach for the Shanghai Sharks of the Chinese professional league. We are also in the process of finding a couple more coaches to ensure your child has the best practice experience possible. We are excited for the winter season to come and have these guys helping around the KONGO. Thank you, we appreciate all of you!


**-SHAUN GREEN, Director of Boys Basketball**

## **BASEBALL**

As the season comes to an end and we start with our winter workouts we will be adding dates throughout this winter for clinics specializing in specific skills needed to compete in competitive baseball. We will have special guests coming in to help with hitting, pitching, catching and fielding. Our goal is to help improve the boy's skills in these areas. The first one is **Saturday, Dec 7th**. This session will be specializing in the art of catching. The winter months are just as important as the warm months, we are looking forward to getting to work! -**JARED MANNING**  
*Co-Director of Baseball Operations*

THIS EDITION OF THE **KONGONIAN** IS SPONSORED BY **DR KEVIN WALKER & DR JASON BRUSE**. WE APPRECIATE THEIR CONTINUED SUPPORT OF THE **KONGO!**

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## **VOLLEYBALL-**

We are excited to announce the Inaugural Season of KONGO Volleyball Club and are so happy to have had you join our family! We are proud to announce that we have a full 6 teams committed this season...JUST AMAZING! Right now, our teams are brushing up on the basic fundamentals and learning all about their teammates. Can't wait for our tournaments to start in January. Schedules are listed in the photo section of your Sports Engine App.

Things to look forward to in the next month...

- Scoring/Reffing Clinic hosted by a USA/AAU Certified Ref at our facility – mandatory for all U14s and under
- Club Social – evening of fun, food, games, and entertainment
- Delivery of KONGO gear

We will see you back on the court **December 3rd!**

For the LOVE of Volleyball,

**AMBER DAY**

*Director of Volleyball Operations 14 & Under*

We had a fantastic tryout for our older division age groups and are so excited to see what our U16 and U17 teams can do. Lets work hard, have fun and compete, compete, compete! Practice will start **December 2nd**, at the ZDI Training Facility from 6:30-8:30PM. Watch your email for information from the parent meeting and please contact April Painter at April.painter@kongosports if you have any additional questions. Welcome to the KONGO family!

**APRIL PAINTER**

*Director of Volleyball Operations of 15 & Older*

## **PERFORMANCE TRAINING**

Functional Movement....it is a term that gets thrown around a lot in the Sports and fitness industries. Here at KONGO we test for it every training session. At the beginning of each session whether it is for individual or team or group training, we are doing one of the seven functional movement patterns. We are then able to adjust the planned training session to meet the needs of the individual. Over time not only do we get to understand your needs specifically we know what to do to help you move and feel better, and because of that the common injuries that other people deal with are not a problem for us and we can keep helping you achieve your best!

-**ANDREW HARESTAD**

*Director of Human Performance*

## **PIVOT FITNESS- COMING SOON TO KONGO!**

Pivot Fitness is the 'thing' you've been waiting for. These group training classes are designed for EVERYONE. Each participant will find an energy infused, results driven experience in just 60 minutes. No day is ever the same with these rotational classes. Each week will include a mix of strength and cardio based workouts to ensure muscle confusion for best results. High intensity interval classes mean you will see results fast. Pivot is based on a team support system; you'll get fit and make friends along the way! Look for the schedule, we will be starting these classes in December!- **JOHN FADEL, Pivot Fitness**

