



MN Attack Spring Volleyball 2026
(Formerly Mankato Area Volleyball Association - MAVA)
3rd – 8th Graders: Boys and Girls Welcome!

MN Attack Spring League (formerly Mankato Area Volleyball Association-MAVA) will begin its **26th year** of offering volleyball training for our young athletes! MN Attack Spring League is available for any **MALE or FEMALE** students in grades 3-8 in Southern MN. The MN Attack Spring League focuses on developing volleyball fundamentals and teaching skills to become a great teammate.

Our season will begin with our first practice of doing evaluations and forming teams. Every athlete will make a team and teams will be grouped by age and skill level. No special requests will be made for team placement. Practices will then be held once a week and all practices will take place in Mankato.

We will have 5 Saturday play day tournaments that run from about 8am-3pm and travel is within 40 miles of Mankato. Season player fee is \$225. This includes 8 practice dates, 5 Saturday tournaments, a uniform t-shirt, gym rental fees, tournament entry fees and coach stipends. The registration needs to be completed

ONLINE BY FEBRUARY 23rd!

PRACTICE DATES

Evaluation Date(s):

Monday, March 9 **OR** Tuesday, March 10 between 6:30-9:30pm

*Times for each age group will be emailed out after registration closes

PRACTICES:

1.5 hours between 6:00-9:30pm. Practices will be held Monday or Tuesday evenings in the Mankato area March 16-May 2.

*Times for each age group will be emailed out after registration closes

Tournament Dates

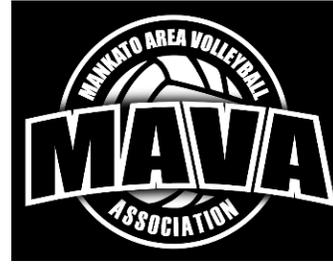
ALL TEAMS
Locations: TBD

- Saturday, March 28
- Saturday, April 11
- Saturday, April 18
- Saturday, April 25
- Saturday, May 2

**REGISTER ONLINE AT:
www.mnattackvolleyball.com**

Cost: \$225

For further information or any questions, please contact Club Director, Sarah Kirby at mnattack@gmail.com or 507-380-5712



Background Information: Terri and Larry Jensen founded West Area Volleyball Association (WAVA) in 1999 initially to provide athletes an opportunity for more playing time during the off season. WAVA was created as an alternative for athletes who couldn't afford the very expensive Junior Olympic volleyball clubs that were becoming popular around those years. WAVA went through many changes over the years of offering the program to 6th-12th grades in the early years to cutting WAVA down in 2002-2013 for only 6th-8th graders. Starting in 2014 WAVA expanded to include athletes in grades 3-8. Terry and Larry ran the program until 2012 when they moved to Nebraska and then turned the club over to West High School Head Volleyball Coach, Sarah Kirby. In 2020 the club name was changed to MAVA – Mankato Area Volleyball Association to encompass all athletes in the surrounding Mankato area. In 2026 the club name was changed to MN Attack Spring League to continue the growth of the league and the club.

Club Director: I started coaching for WAVA in 2004 and have enjoyed watching the program grow over the years. I began coaching at the High School Varsity level in 2003. I coached with the West High School volleyball program from 2009-2016. I took over as the WAVA club director in 2013 and am very excited to continue expanding the club throughout the future. I believe in order to build strong High School programs, it is critical to start with feeder programs, such as MAVA. I enjoy coaching at this younger level and believe that through the sport of volleyball, our young people learn skills they will use now and later on in their daily occurrences of life. In 2022 I also took over organizing and running the Southern MN Spring League that MAVA participates in. The league averages about 85 teams each year.

Philosophy: MN Attack Spring League/MAVA is a skill developmental volleyball league. Each athlete can expect to improve his/her skill level from the first day of the season until the very last. The focus is not on their current skill level, but to challenge them to improve their personal skill level over the 8 weeks of involvement with MN Attack. We believe athletes refine and improve their skills through organized and challenging practices and by competition in tournaments. While it is impossible to have "equal" playing time in the sport of volleyball, MN Attack Spring League/MAVA emphasizes fair playing time among all of its athletes. Teams at the 3-4th grade level will be split into equal skilled teams. At the 5th-8th grade level, teams will be formed with players at the similar skill level. We do not use ranks such as "A" team or "1s", however teams will be formed based on positional need and skill evaluations from our first day.

Program Goals: MN Attack Spring League/MAVA's goal is to develop our young athletes into "volleyball" athletes. We will accomplish this goal by providing them with knowledge of the sport, repetitive fundamental work, and challenging them to become true volleyball athletes who are proud of themselves and proud to be a part of the MN Attack Volleyball organization. We want them to walk away from the season having had a fun experience which we believe will be provided through hard work, dedication, and teamwork.

Expectations: We expect our athletes to give 110% whenever they are in the gym and be focused the entire practice (not talking with friends, checking cell phones during water breaks, etc.) We expect them to listen to their coaches and maintain an open mind to try new things. They must be willing to take risks and make mistakes as they learn and grow within the sport. We expect open communication among players, parents, and coaches. The parent, or athlete, must directly contact their team coach (through email, text or phone call) if he or she needs to miss, or be late, to a practice. Other teammates should not relay a message to the coach at practice. Only athletes are allowed at practice. Parents, friends, etc. are not allowed in the gym during practice times. Any concerns should be addressed between player and coach. After that, the director, coach and player will have a meeting. If there are still concerns, we will have a parent, player, coach and director meeting.

Season Specifics: Our season will consist of 8 weeks of practice and 5 Saturday tournaments. Each practice will be approximately 1½ hours long. Athletes should be dressed in practice gear including shorts, t-shirt, tennis shoes, and have his or her own water bottle. Knee pads are encouraged but are not required. MN Attack Spring League is available to male or female athletes in grades 3rd-8th.

Any questions, comments, or concerns, please contact the club director.

Sarah Kirby
MN Attack Volleyball Club Director
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507-380-5712