

December 2024

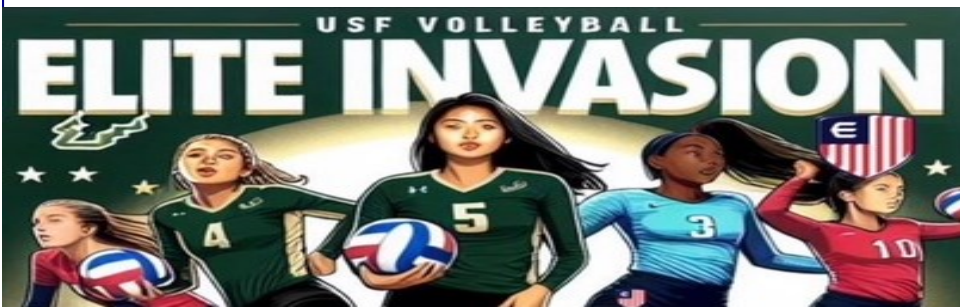


# Elite Volleyball Prep Academy

## NEWSLETTER

# Volleyball News

### Elite Invasion—2024



Elite Sports was thrilled to host the inaugural Elite Invasion at the University of South Florida to watch the USF Bulls volleyball team sweep over the Tulane Green Wave. The event was a huge success, drawing a record-breaking crowd of 978 enthusiastic fans. The energy and excitement in the arena were palpable, making it a memorable experience for everyone involved.

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# Special Announcements!

See our special announcements including our launch of Elite Tampa with Coach Aaron Shepardson and partnership opportunities with USF!



## ANNOUNCING ELITE TAMPA


“ I am excited to join the Elite family and integrate collegiate level training and recruiting to our club. I share a vision of “total wellness” for our “total athletes” and creating an amazing club culture. I can’t wait to get started training our athletes and pushing our limit of greatness in Tampa Bay. ”



*Aaron Shepardson*  
**MANAGING PARTNER, ELITE TAMPA BOARD MEMBER, ELITE SPORTS**

- ✓ NATIONAL TEAM EXPERIENCE
- ✓ D1 COACH AT MULTIPLE COLLEGIATE PROGRAMS
- ✓ YOUTH COACHING EXPERIENCE
- ✓ GRAND OPENING CLINIC TO BE ANNOUNCED

**WORK HARD. DREAM BIG. BE ELITE** 





## NEW RECRUITING OFFICE

“ I am excited to kick off our new recruiting office directed by Aaron Shepardson. Aaron has 20 years of D1 coaching experience including power conferences. Aaron will provide our athletes with new and innovative methods to narrow their focus and get noticed. This will be an extremely valuable and targeted service that will outperform current third party services and social media gimmicks. ”

- Justin Bash

- ✓ RECRUITING BASE AND PREMIUM SERVICES
- ✓ SPORTSRECRUITS SOFTWARE PLATFORM
- ✓ NEW AND INNOVATIVE MODEL AND TECHNOLOGIES
- ✓ PLAYER PROFILES, VIDEOGRAPHY, RESUMES
- ✓ PLAYER ASSESSMENT
- ✓ IN-HOUSE NCAA NETWORKING PROGRAM
- ✓ CONFERENCE CALLS, PODCASTS, STREAMS AND MORE



**WORK HARD. DREAM BIG. BE ELITE** 



## SARASOTA UNITED

**ONE ELITE. ONE HEARTBEAT.**

With our expansion in Tampa we have made the decision to refer to our locations in Manatee and Sarasota counties as *Elite – Sarasota*.

Our partner group has built some of the most successful programs in the State and have formed so many special relationships in the area. Coach Allan, Coach Nancy, Coach Frank, Coach Nick and Coach Tiago all preside on our Elite BOD as managing partners and are the front-door of our program. They are the driving force directing club activities at various locations and coming together with other BOD members in our continuous pursuit of excellence.

We are proud partners in uniting the greater Sarasota Area and delivering a consistent and elevated club experience. Our work has just started. #Be Elite



**ELITE – SARASOTA LEADERSHIP TEAM**

**WORK HARD. DREAM BIG. BE ELITE** 

## COACH SHEP AND THE MAC OFFER:

Elite Sports Inc is proud to have Coach Aaron Shepardson aka Coach Shep as the head of training and skill development for volleyball players of all ages at The MAC gym at First Baptist Church, **216 N Parsons Ave, Brandon, FL 33510**.

This is a training first experience, it does not matter what school you go to or what club you may be a part of, you are welcome to join us for position specific training in a one on one or small group lesson or skill specific training in one of the many skills classes offered twice per week.

**54,000 square foot facility boasts a great family atmosphere! Membership includes**

**2 FULL BASKETBALL COURTS**

**VOLLEYBALL COURTS**

**INDOOR WALKING TRACK**

**INDOOR RACQUETBALL**

**WOMEN'S-ONLY CIRCUIT TRAINING**

**WEIGHT ROOM**

**GAME ROOM**

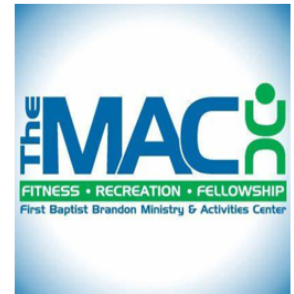
**KIDZONE & INFANT AREA (CHILDCARE WHILE YOU WORKOUT)**

**SNACK AREA WITH VENDING MACHINES AND FREE WIFI**

**CYCLE ROOM WITH SEVERAL INDOOR CYCLE CLASSES TO CHOOSE FROM**

**LOCKER ROOMS**

**UNLIMITED GROUP EXERCISE CLASSES FEATURING MORE THAN 35 FITNESS CLASSES A WEEK INCLUDING TOTAL BODY BLAST, ZUMBA, TAI-CHI AND STEP TO NAME A FEW.**





# Skills Classes and Clinics

Sign up for skills classes and clinics before they're full! <https://www.elitevball.com/registerhere>

**NEW SKILLS CLASSES NOW OPEN FOR ENROLLMENT**

315 41st St W, Bradenton FL  
\$275 for 2 days  
\$150 for 1 day

INTERMEDIATE SKILLS	ST. STEPHEN'S EPISCOPAL	TUES./THURS. 5:30-7:30PM
ADVANCED COLLEGE PREP	CARDINAL & ST. MOONEY HS EPISCOPAL	SUNDAYS 12PM-2PM
DAYTIME SKILLS	7172 15th STREET E, SARASOTA	MON./WED. 10AM-11:30AM
BOYS/ADVANCED SKILLS	BOOKER HIGH SCHOOL	TUES./THURS. 8:00-9:45PM
SETTER SKILLS CLASS	CARDINAL MOONEY HS	SUNDAYS 6:00-7:30PM

ELITE VOLLEYBALL PREP ACADEMY  
1338 N VOLLEY  
Register:  
[www.elitevball.com/registerhere](http://www.elitevball.com/registerhere)

**Day 1**  
1/4  
9:00 AM - 12 NOON

Day 1 is focused on game transition, offense to defense & Defense to offense, Transition, Passing, Setter options Attack options & execution

**Day 2**  
1/5  
9:00 AM - 12 NOON

Day 2 is focused on defensive and offense options. Choosing blocking schemes Rotation or perimeter defense Attacking the other team's defense

ELITE CLINIC SERIES  
HOLIDAYFEST GAME ACTION TRAINING

ELITE TAMPA PRESENTS

**SKILLS DEVELOPMENT SERIES WITH COACH SHEP AT THE MAC**

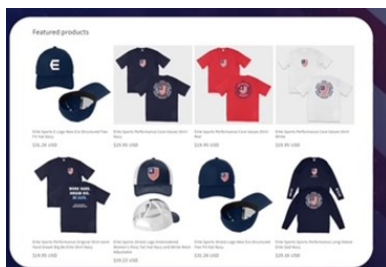
SKILL BUILDERS AGES 9-12 THUR 5:30-7:30 SAT 1:00-3:00	SKILL ACADEMY AGES 13+ THUR 7:30-9:30 SAT 3:00-5:00
HOME SCHOOL COLLEGE PREP FOR GIRLS MON 10:00-12:00	HOME SCHOOL ADVANCED SKILLS FOR BOYS WED 10:00-12:00
HOME SCHOOL ADVANCED SKILLS FOR MIDDLE SCHOOL MON 12:00-2:00	

## SportsEngine, the Elite Website

Bookmark our website: <https://elitevball.sportngin.com/home>

## Elite Sports Inc. Apparel Store is now Live!

Here is the link to the Elite Sports Inc. Apparel Store: <https://elitevballapparel.myshopify.com>



## SE Motion App

Download the SE Motion App which is very informative and has capabilities beneficial for all parents!

Google Play: [https://play.google.com/store/apps/details?id=com.teamunify.sestudio&hl=en\\_US](https://play.google.com/store/apps/details?id=com.teamunify.sestudio&hl=en_US)

Apple Store: <https://apps.apple.com/us/app/sportsengine-motion/id1341532680>



## Practice Schedules/Calendar

Elite Practice Schedules. Please look on Elite website for up to date schedules: <https://elitevball.sportngin.com/page/show/8667825-calendar#>

To find a specific team, scroll to the bottom of the page and check the box(es).

## Tournament Schedule

The tournament schedule can be found here: [Tournament Schedule \(sportngin.com\)](#)



## Total Athlete Program—Training Day



**E TOTAL ATHLETE™**  
ANNOUNCING BIO-MECHANICS AND SPORTS PERFORMANCE PROGRAM

**POSITIVE SPORTS**

*“ I am thrilled to work with the leadership team at Elite. Their commitment to enhancing athletic performance, preventing injuries, and addressing structural and biomechanical challenges aligns seamlessly with our care philosophies. ”*

*-Jason Riley*

**PROGRAM DIRECTOR, BIO-MECHANICS AND SPORTS PERFORMANCE**

- ✓ DEREK JETERS PERSONAL TRAINER FOR 7 YEARS
- ✓ TRAINS NFL, NBA, MLS, PGA, MLB ATHLETES & MORE
- ✓ ATHLETICS DEPARTMENT STAFF AT UNIV. OF NEBRASKA
- ✓ FOCUS ON BIO-MECHANICS AND INJURY PREVENTION IN ADDITION TO MAX PERFORMANCE
- ✓ SELF-ASCRIBED VOLLEYBALL FANATIC

**WORK HARD. DREAM BIG. BE ELITE**



## Uniforms and Backpacks Arrived!

Thank you to all the volunteers who helped with this big task!



## Player Handbook

Each athlete also received a ½” binder included in their backpack to track growth, receive ongoing evaluations, and provide feedback on progress and measurables.



## Meet the Coach!

We are excited to announce that our community of volleyball athletes at Elite is expanding, and so is our exceptional coaching team! Each month, we will spotlight a few of our new coaches, giving you the opportunity to get to know them better!

# MEET THE COACH



## AARON SHEPARDSON MASTER COACH

Elite welcomes Coach Aaron Shepardson to the team!

Aaron Shepardson joined the University of South Florida Volleyball as Assistant Coach and Director of Player Development for the 2020-2022 seasons, after previously coaching at San Jose State and CSU Bakersfield. At San Jose State, he led the beach volleyball program to notable victories against nationally ranked teams and achieved a top-15 ranking in the US. His tenure at CSU Bakersfield saw the indoor volleyball team set a school record for single-season victories and reach the 2013 Western Athletic Conference championship match. We at Elite Sports are incredibly fortunate to have Coach Shepardson with us!



ELITE VOLLEYBALL



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Aaron Shepardson



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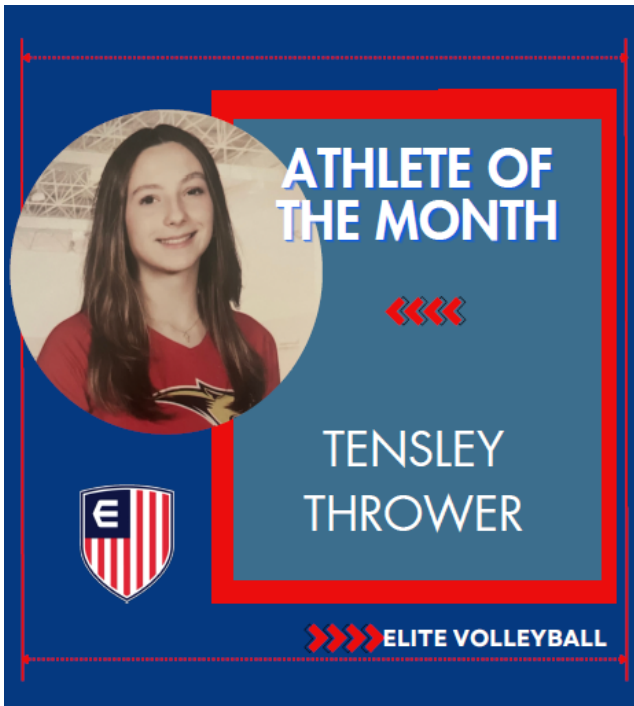
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# Athlete of the Month Spotlight

Each month, we will proudly recognize an athlete who embodies the spirit of Elite. This month, we are thrilled to celebrate Tensley Thrower, our Athlete of the Month!

Tensley, a 9th-grade middle blocker, is not only an exceptional volleyball player but also incredibly humble and kind. She consistently dominates the volleyball court with her impressive skills and passion for the game. Her dedication and hard work have earned her this well-deserved title. Join us as we highlight Tensley's remarkable achievements and share her secrets to success. This girl is going places!



A circular portrait of Tensley Thrower is on the left. To its right, the text "ATHLETE OF THE MONTH" is written in large white letters. Below this, there are four red chevrons pointing left. Underneath the chevrons, the name "TENSLEY THROWER" is written in white. In the bottom left corner is the Elite Volleyball logo, a shield with a white 'E' on a blue background and red and white stripes. In the bottom right corner, there are three red chevrons pointing right followed by the text "ELITE VOLLEYBALL" in white.

## Tensley Thrower

**What have you learned about teamwork from your past experiences on your teams?**

I think that teamwork is one of the most important things in volleyball and it has led me to be a better player. Some of my favorite memories are when the whole team works together to win or celebrate something like a good hit, block or dig. I always love when we are at an away tournament and everyone can hang out and have fun together after a good day of volleyball.

## Tensley Thrower

**Did you try out for a school volleyball team? Tell me about the experience.**

This year I had the opportunity to play volleyball for Cardinal Mooney High School. It has been such an amazing experience with both the coaches and my teammates. I have learned so much from all of them!



A photograph of Tensley Thrower in a white volleyball uniform with the number 12, jumping to hit a volleyball. The background shows a gymnasium with a net and other players. To the left of the photo is the Elite Volleyball logo, a shield with a white 'E' on a blue background and red and white stripes.

## Tensley Thrower

**What's the best piece of advice you've gained from your coaches?**

One of the most important lessons I have learned from Coach Nancy is to always have effort, energy and grit. There is nothing better than playing your favorite sport with your best friends!



A photograph of a volleyball team in white uniforms celebrating on the court. They are huddled together with their arms raised in the air.

## Successful Scrimmages and Tournaments

Elite recently celebrated success in several local scrimmages during November. We can't wait to see what exciting moments this season will bring!



If you haven't already done so, please join our **BAND** to stay updated on all communications and upcoming events: <https://band.us/n/a2a9A4dfh946y>

Not seeing Elite communications? Check your spam folder and make sure you're receiving emails from our Elite email address : [Admin@elitevball.com](mailto:Admin@elitevball.com)



If you'd like to share pictures for inclusion in the next newsletter, please email them to:

[jgilmour@elitevball.com](mailto:jgilmour@elitevball.com)

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