INFINITY NEWSLETTER

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Upcoming Events

Club Season Starts

November 2 | Mon/Wed

13N, 14R, 14R2 & 14N	5:30-7:30
16N1 & 17N1	6:00-8:30
15N	6:30-9:00
16N2, 17N2 & 18N	7:30-9:30

Parent Town Hall

November 6

@The Courts | 5:00-6:00 PM

Back-to-Club Night

November 6

@The Courts | 6:00-9:00 PM
Mandatory event for athletes

Turkey 4v4

November 20

@The Courts | 5:30-9:30 PM
$160 per team
Register online prior

Club Wide Scrimmage

December 7

@The Courts | 5:30-9:30 PM
Spectators are welcome

Club Bonding Night

December 11

@ Academy | 6:00-9:00 PM
Mandatory event for athletes



Coming Up...

- **4v4 Tournaments are back!**
  - These count as makeups or banks for missing practices.
  - Club affiliation is not necessary to participate. Open to all levels. We will have juniors, women's and co-ed teams.
  - **Turkey 4v4** | **November 20** @ The Courts
- **Thanksgiving Break - November 25**
  - We will still hold practice on the Monday of Thanksgiving week (November 23) so plan accordingly.
- **Club Wide Scrimmage & Training - December 7**
  - Spectators – Join us for our first in-house scrimmage of the season! “Work” teams will receive line judging and refereeing.
- **RMR Friendship Tournament - December 13**
  - Dates and times will be announced the week of the tournament. A “practice” run for Powers and RMR Tournaments. Results will not count toward season rankings.

Message from the Directors

We are so excited to see you all back in the gym for Club season! Remember to always bring your best effort and control the controllables!

Let’s kick off the new season with some competitive practices.



Last Month in Pictures



14 Regional 1 RYL Tournament #3



14 Regional 1 RYL Tournament Weekend



13 National RYL Tournament Weekend



14 National RYL Tournament Weekend

Add photos and videos to your teams Google Drive to be featured... More under "Reminders" (Page 03)

Final RYL Records

13 National
17 Matches Played
Wins: 14
Losses: 2
Final Finish: 6th in 13s Division 1

14 National
10 Matches Played
Wins: 8
Losses: 2
Final Finish: 9th in 14s Division 1

14 Regional
13 Matches Played
Wins: 0
Losses: 13
Final Finish: 14th in 14s Division 2





Article of the month

Fueling for Volleyball Performance: A Practical Framework for Time-Based Nutrition and Hydration

by Junior Volleyball Association

Volleyball requires energy, endurance and focus. What you eat and drink can make a big difference in how you feel and perform throughout practices and long tournament days. As we kick off a new season, it's important to understand how proper nutrition and hydration can help athletes stay energized, perform their best and recover.

Want to learn more? Check out this month's featured resource from the Junior Volleyball Association for helpful tips on fueling your body before, during and after competition!

"Your body is unique to you!"

— U.S. Naval Academy

Mental Health

Every athlete has something they're working toward, whether it's earning more playing time, improving their serve, becoming a stronger defender or building confidence on the court. But setting a goal is only the first step. The real growth comes from creating a plan and consistently putting in the work to achieve it.

1. Make Your Goals Specific
Identify exactly what you want to improve. Maybe it's getting more consistent with your serves, improving your footwork or communicating more confidently on the court.

2. Focus on What You Can Control
You can't always control the final score, your opponent or how much playing time you receive. You can control your effort, attitude, preparation and willingness to learn.

3. Break Big Goals Into Smaller Steps
Big goals can feel overwhelming, so break them down. If your goal is to become a stronger defensive player, start by focusing on your positioning, reading the hitter and getting your feet moving earlier during each practice.

4. Track Your Progress
Write your goals down and check in with yourself regularly. Progress doesn't always happen overnight, and recognizing how far you've come can help keep you motivated.

5. Remember That Goals Can Change
Growth isn't always a straight line. As you improve, your priorities may change and new challenges may come up. It's okay to adjust your goals as you develop. What matters most is continuing to challenge yourself and put in the work.

YOUR CHALLENGE THIS MONTH:

Take a few minutes to write:

- one volleyball goal
- one personal goal
- one team goal

you'd like to accomplish before the end of the season.

Ask yourself:

- What steps can I take this week to get a little closer to each one?

Remember, success isn't just about where you finish.

It's about the work you put in, the progress you make and the person you become along the way.

Finally, pick someone you trust, a family member, teammate, coach, etc. and **share your progress**!

Fundraising - Butter Braids

Order anytime between October 25th - November 13th
Delivery Date: November 20th to The Courts

This fundraiser is designed to help families reduce their expenses!

- All athletes keep credit for the money they raise!
- Infinity Volleyball Club will retain 20% of all funds raised for club operations.
- If your athletes fees have already been paid in full, funds will be reimbursed.

CLICK OR SCAN!

Coach & Athlete of the Month

Coach Taylynn

Has been a fantastic assistant coach and really pushes her head coach and her athletes. She worked really hard during the RYL season and helped her athletes go the extra to be more competitive.

Looking forward to the rest of the season!

Vera Harvey
14 Regional

Vera always gives 110% effort. She makes the adjustments needed to help her team and is flexible to play any position needed with a smile on her face and all the effort she's got!

Keep up the great work, Vera!

ALSO NOMINATED: Brinley Gonzalez (13 National), Jules Hanson (14 National) & Emma Grobaski (14 National)

Mudita

A Buddhist philosophy that Infinity Volleyball Club strives to bring to life.

Mudita is also referred to as "sympathetic or appreciative joy". Feeling genuine happiness for someone else's success of good fortune without envy or jealousy.

In our gym and out in the world, we want to foster a culture where every victory – big or small, individual or collective – is shared and celebrated.

When one athlete succeeds, we all succeed.

Whether it's mastering a new skill, achieving a personal best, or showing resilience in a tough match, we cheer for one another with genuine pride and joy.

We aim to teach our athletes that true strength lies not only in personal achievements but also in the ability to lift others up. This mindset builds deeper connections within our teams, strengthens our community and creates an environment where every athlete feels **valued, seen and supported**.

We also remind our players that success is not a limited resource – it expands and multiplies when shared. Together, we create a culture of gratitude, empathy and joy that extends far beyond the court.

As a way to demonstrate ***Mudita***, we have opened a new form where any Infinity athlete, spectator and coach can nominate others in the gym. You can find that link **here** and it will also be available on PlayMetrics and on our website under "For our current families"



September Athlete of the Month: Maddie Powell from 14 National



September Coach of the Month: Coach Allie of 13 National



Reminders...

- **NEW PHOTO DROP:**
  - We are using Google Drive this season to keep all of our photos in one spot. You can access your teams photo drive through your PlayMetrics account.
  - Any and all photos/videos uploaded are subject to be used on Infinity's social media accounts, websites and end-of-season banquet. So if you don't want a photo or video online, don't submit it!
- **NOMINATE ATHLETES & COACHES OF THE MONTH!**
  - A form is now available for athletes, spectators and coaches to nominate athletes going above in beyond in the gym and/or coaches who deserve to be recognized.
  - All nominees and winners will be recognized in the Monthly Newsletter!
  - This new addition helps bring ***Muditia*** into practice. True strength lies not only in personal achievement but also in the ability to lift others up.
- **NON-NEGOTIABLES FOR THIS SEASON**
  - Athletes **MUST** communicate to coaches through PlayMetrics if they will be late/leaving early/not attending a tournament or practice **BEFORE** start time.
  - Athletes WILL sit the first set if arriving to a tournament late with no communication. Other consequences will be added if necessary by the coaches.
  - Athletes will have an Infinity specific form to take with them to the doctor when they are injured that needs to be signed from their primary care provider and returned to the coaches before returning to play.
    - Form is available in PlayMetrics
  - **24 HOUR RULE:** No parents should be confronting coaches regarding playing time, lineup decisions or grievances during tournaments. Coaches will remind you of a 24-Hour Rule and you can speak to them then.

Registrations

All registrations can be found on our website or through PlayMetrics.

Helpful Links

- Fundraising and Scholarship information
- TM2Sign
- Recruiting information
- Private Lessons
- Infinity Player and Parent Handbook
- RMR Handbook
- RMR Website
- Athlete/Coach of The Month Nomination Form

Questions?

- **Registrations, invoicing & finances, and Youth Academy:** Email Cayla
- **Scheduling, travel, uniforms, club events, RYL and officiating:** Email Corinne
- **Mental Health:** Email Quanda
- **Marketing, Social Media:** Email Shelby
- **Fundraising & Recruiting:** Email Danett
- **Parent Liasion:** Email Diane