

# AUGUST 6TH | WEEK 9

## 2023 SAND SEASON

### THE SIDE-OUT SERIES

CHICAGO SAND VOLLEYBALL  
CSV



**THE WORK CONTINUES!**

## Upcoming Dates

# ***THE LAST TOURNAMENT!***

*Saturday, August 12th*

*CSV AVPA - King / Queen of  
the Court!*



**Chicago Sand  
Volleyball**



## Quote of the Week

*"Chemistry is a class you take in high school or college, where you figure out 2 plus 2 is 10, or something."*  
- Dennis Rodman

REMEMBER  
YOUR  
WATER!!!

THE LAST  
TOURNAMENT  
IS HERE!

## Athlete of the week: Maggie Russell



### Maggie Russell!

Maggie is one of our 4 Lakes CSV athletes that been improving so much this season! She goes to Benet Academy, plays at 1st Alliance, and basketball! She has been playing volleyball for 7 years and has recently joined Sand to improve her defensive skills. She has noticed that her defensive skills have improved over the summer and that makes us so happy! She has future aspirations to play in college.

#### Fun Facts:

- She has a fear of heights
- her favorite animal is a polar bear!

## Coach Of The Week: AKPEVWE AKPOIGBE

### AKPEVWE AKPOIGBE!

Akpevwe is one of our coaches at the flick park location. She has been playing volleyball since 4th grade and started the club in 6th grade. When she was younger, she almost retired from the sport, but her parents helped her have a change of heart. She is going to attend Tufts University where she will also play volleyball while studying neuroscience. She plans to be a nuclear radiologist! WOW! Some advice she gives for younger players is to give it 110% in practice and every drill because it will make you a better player in the end.

#### Fun Facts:

- She does NOT like gravy
- Her Favorite Gatorade flavor is GLACIER CHERRY #bestflavor
- Irrational fear of using fake eyelashes because they might make the real ones fall off





# Tournament Results

8/4/23

4

## Boys 14U



The Fab 4



The Monkeys



4

## Girls 14U



Ratay/Olson/Dylag/Bondad



Team Forza



Gainer/Lapp/Rotman/Vanvuren

## Girls 18U/16U



Team LAMA



Pokey-Pines



Sand Lizards



# Chicago Sand Volleyball

