



Women's Basketball

Newsletter 2

September 2016

In this issue:

- ⇒ What has the MVSU Women's Basketball team been up to...
- ⇒ Women's basketball at home football games.
- ⇒ R. W. Harrison HPER Complex
- ⇒ What's up next?
- ⇒ Follow Us on Social Media!
- ⇒ Coach Kern's Korner

"Before anything else, preparation is the key to success!"
-Alexander Graham Bell

We are a few days away from the first official practice and the ladies have been working extremely hard in pre-season workouts. Whether on the track, the field, the court, or in the weight room, they find ways to push through aches and pains because they know it will all pay off in the end.

Christina Reed and Nyla Smith running stairs with weight ball.



Many workouts consist of running a timed mile, stadium stairs, cardio on the treadmill, elliptical or bike, obstacle courses on the football practice field, pool workouts, and circuits in the gym.



Ashley Beals working hard at the squatting station.



Jazmine Holmon completing a tire jump.

What has been the most challenging part about pre-season workouts?

"The hardest part about pre-season workouts is not the workout itself, but getting up early and staying focused on getting there, and reaching a goal. Once I'm up and started, everything runs pretty smoothly."

-Jazmine Holmon, Freshman, PF

Look for us at Home Football Games!

The ladies gained community service hours at the first home football game while working gate #21 near the band. We will work every home game so feel free to stop by to speak at any time during the game.

Gear up for basketball season!

Stop by our table to purchase women's basketball apparel. The monies raised will help fund gear and other necessities for the women's basketball program.

Support your women's basketball program while supporting football!

One Goal, One Team, One Valley!

R. W. Harrison HPER Complex



The official opening and ribbon cutting ceremony at the newly renovated **R. W. Harrison HPER Complex** took place on Saturday, September 10, 2016. The first home football game was also hosted on this day, which made it convenient for alumni, friends, and family to attend.

WHAT'S NEXT???

Tuesday, 9/27—Tuskegee @ MVSU (VB); **Wednesday, 9/28**—WBCA Day of Service
Friday, 9/30—JSU @ MVSU (Soccer); **Saturday, 10/1**—MVSU @ JSU (FB)

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 [@MVSUwbb](https://www.instagram.com/MVSUwbb)



Coach Kern's Korner

" Preseason has been a success as we have committed to early morning conditioning, a new up-tempo style of play, and reaming consistent as well rounded student athletes. Practice is beginning to heat up as superb shooting and our blue collar defense is taking formation nicely. As October quickly approaches we are ready to turn it up a notch and I am looking forward to seeing the next level of excellence from my great staff and this special group of young women."

2016-2017 Pre-SWAC Home Schedule		
Date	Opponent	Time
11/9	Talladega	3:00 PM
11/17	Tougaloo College	11:00 AM
12/12	Blue Mountain College	5:30 PM
12/17	University of Colorado	5:30 PM
12/21	Murray State	2:00 PM