



USA THROWBALL ASSOCIATION

CONGRATULATIONS

WINTER CLASSIC 2023



WELCOME TO THE USTA!

This was first tournament for the following teams ...

AUSTIN ACERS
HOUSTON LEGENDS

AZ THUNDERS
TEAM SHAKTHI

SHOOTING STARS
TITANS



ABSOLUTE
VOLLEYBALL ACADEMY



FUTURE TOURNAMENTS

SPRING CLASSIC 2023

April 1st and 2nd
Orlando, FL

SUMMER CLASSIC 2023

July 1st and 2nd
Chicago, IL

DETAILS TO FOLLOW

WINTER 2023



THANK YOU TO OUR VOLUNTEERS

It takes a lot of effort and several volunteers to make every tournament a success. We want to take this opportunity to thank all of our volunteers. Without you, we can't accomplish this.

“CULTURE IS CRITICAL FOR LONG TERM SUCCESS”

Positive cultures support athletes, help them develop as individuals and members of a team, will reduce mental, emotional, and even physical illnesses, and will lengthen and strengthen an athlete's performance.

KEEP POSITIVE CULTURE FOR ALL – ON AND OFF COURT

HOW TO PREPARE FOR A TOURNAMENT

We just had a luxury of having a tournament in one of the most food options (CRAZE) filled city for Indo-Pak Community in the United States and some of the teams took full advantage of the opportunity. Not pointing fingers or making fun of anyone here, trust me we all enjoyed the food too.

Performance in a tournament is important for any athlete. More than just adding a title to one's list of achievements, these battles motivate athletes to accomplish their goals and persevere to conquer challenges. The 24 hours leading to the event can be intense. Here are the eight things you can do to prepare yourself the day before the game:

- Visualize yourself winning the game. Dream it!!
- Be optimistic!! There is nothing to lose here so why think that way!
- Stay focused!!! Next Point!! NO BLAME GAME!!!!
- Cut back on training!! That part is Done! Nothing new now!
- Sleep early! You come in Sleepy, you know you will be targeted!
- Eat proper food - Dinner and Breakfast!
- Prepare what you need the day before the competition!
- Meditate! Stay Calm!!!!



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