



RAKI VOLLEYBALL

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LET'S TALK: TOURNAMENTS

Tournament season is here and we are so excited for you!!! At RAKI, we are here to help you build confidence in your skills. Tournaments can be so much fun but can also bring a lot of anxiety, stress, and pressure!! (Don't worry we've all been through it!) You are not alone and we want to help you through it all!!

We can't wait to hear about your tournaments and remember: the RAKI FAM is cheering you on at your first tournament this month!



FROM ASHLEY
TO YOU -

"Hey RAKI Fam!! Tournaments can definitely test your mental and physical strength. Here's what I'll say: Worry about the things you can can control. Get ahead. Clock in the extra hours at the gym. Prep everything early to limit unnecessary stressors. Tips: Pack your bag and food (I never forget a pb&j) the night before, wake up early to do your morning routine, put on your favorite song and hit repeat. The last thing you want to do is rush, so set yourself up for success! Let's do this!!" - RAKI Owner, Ashley

ANNOUNCEMENT ALERT!

MARINERS CHRISTIAN

RAKI is proud to officially announce that we will be opening up a **second location** in Costa Mesa! We've worked so hard to make this happen and we hope to ease the commute for our Irvine/Mission Viejo fam!

We'll have Sunday offerings starting Feb. 4th and Saturday offerings soon to follow.



December's Top RAKI Athletes!

Tessa Kim

Dylan Jorgensen

Jaylin Kim

Riley and Isla Siegal from NYC!

So happy to see all of our college athletes back during their break :)

