

Basketball - Football - Motocross - Soccer - Tennis - Volleyball



www.AbbottSports.com

ABBOTT INSIDER

Abbott Hosts First-Ever All-Sport Lock-Ins

The Abbott Sports Complex will be hosting its first-ever All-Sport Lock-Ins this month! It is a great opportunity for parents to plan a special early Valentine's Day date without

Shooting Stars, and Capital Soccer Association coaches. The evening of FUN will conclude with pizza, movie, and a sleepover at the Abbott Indoor Center.



Basketball

What to bring: air mattress (if have one), sleeping bags and blankets, pillows, pajamas, favorite board games or card games, etc.

GIRLS LOCK-IN
February 10th-11th, 2012
Drop off: 8:30pm (Feb 10)
Pick up: 7:00am (Feb 11)
Who: Ages 10-14

BOYS LOCK-IN
February 11th-12th, 2012
Drop off: 8:30pm (Feb 11)
Pick up: 7:00am (Feb 12)
Who: Ages 10-14

Cost:
\$10 per child

More information at
www.AbbottSports.com!



Flag Football

Volleyball



wondering what to do with the kids! A fun evening of sports activities, board games, card games, etc. is being planned by the Abbott Staff and coaches with help from the Cornhusker

Abbott Now Offering Birthday Parties and Lock-Ins

Are you looking for a fun way to host your child's next birthday party? The Abbott Sports Complex provides an easy, no-hassle party experience in a clean, indoor environment. Parties can be tailored depending on your child's sport(s) preference and includes a trained "host coach" to guide your sport activities.

Book the Abbott Sports Complex for your next lock-in for your large group or organization. Lock-ins can be booked in either 4-hour or 8-hour blocks and can be tailored to fit your organization's needs. Contact Pam Peetz at 402-464-2255 for more information. Additional information is also available on our website.



Abbott Sports Complex

WHAT'S HAPPENING:

- Abbott Hosts First-Ever All Sport Lock-Ins
- Abbott Now Offering Birthday Parties and Lock-Ins
- Winter II Micro Flag Football Starts on Feb 4th
- Motocross Race Dates and Endurance League Set
- 2nd Session of Junior Tennis Starts Feb 13th
- First-Ever Adult Volleyball League Starts Feb 7th



Inside This Issue	
Football	2
Motocross	2
Complex Buzz	2
Tennis	3
Volleyball	3
Memberships	3
Abbott Scholarship Program	4

Football



**2nd Session of
NFA Micro Flag
Feb 4th - March 24th**

"Fun and Run" athlete training program - Ages 6-9yrs; 2 Feb sessions and 2 March sessions.

The "Fun and Run" program is a NEW program designed to get the most out of our younger athletes by utilizing a number of fun and competitive drills while focusing on proper technique and mechanics.

***Ages 10 & Older** are offered our traditional more advanced Speed/Strength/Skill - 3S program.

***Winter Micro Flag Football (2nd Session: Feb 4th - Mar 24th)** *Ages 6-8* Our Winter Micro Flag is a great program offered during the winter months. Play is fun,

competitive and a great way to keep active when the weather outside isn't so nice. We play on the Abbott Sports Complex indoor turf!

For more information on NFA programs, visit:
www.AbbottSports.com.

SPORTSMANSHIP

"Australian John Landy made history when he became the second man to break 4 minutes in the mile, 46 days after Roger Bannister became the first in 1954. Landy is revered in Australia, where he served as the 26th Governor of Victoria, in part because of the mile race he ran at the 1956 Australian national championships. During the third lap, 19-year-old Ron

Clarke, who would go on to set 17 world records during his career, tripped and fell. Landy, who was trailing close behind, leapt over Clarke and accidentally scraped his rival's arm with his spikes in the process. Landy stopped running to make sure that Clarke wasn't badly hurt before resuming his chase of the pack that had charged ahead. To the amazement of everyone in the crowd, Landy came from behind to finish first in a time of 4 minutes, 4 seconds. Fifty years after the fact, Landy reflected on the astonishing race. "I reacted on the spur of the moment," he said. "You do things like an embedded impulse. You don't ask why." Today, a bronze statue in Melbourne commemorates Landy's good deed."

Motocross



**Enthusiasts of all ages
enjoy the Abbott MX
Park.**

What a nice winter it has been for motocross riding so far! As long as the temperatures are tolerable and the ground isn't frozen, the motocross track will be open for practice throughout the winter. Be sure to check the **Abbott Motocross Park Facebook page** or call 402-464-2255 for the most up to date open practice information.

It is time to start training for the **2012 Abbott MX**

Endurance League! The Endurance League will consist of six rounds with divisions to ride solo or as a doubles team. Each round will be two hours long with the objective being to complete as many laps as possible within the two hours. The course layout will consist of the motocross track and enduro sections (that will change each round). The first round is schedule for March 18th. Stay tuned for more information!

The Abbott Motocross Park is proud to be hosting three rounds of the 2012 Nebraska State Motocross Series. Those dates are **April 15th, June 30th, & July 1st**. Check out the NSMS website (www.nebraskamx.com) for the complete series schedule. The April 15th race will be a National Motosport Association Qualifier for the Grand National Championships are held July 21st-28th in Norman, OK.

Complex Buzz

Looking for a new Christmas or birthday gift idea? The Abbott Sports Complex now has gift certificates available. Stop by the front desk at the Tennis Center to get yours TODAY!

The Abbott Sports Complex can now be found on Facebook! Keep up to date on all the complex programs being

offered by searching "Abbott Sports Complex" and liking our Facebook page. You can also connect to the Nebraska Football Academy, Nebraska Volleyball Academy, or Abbott Motocross Park Facebook pages from the main Abbott page. Don't miss out on all the exciting things happening at the complex!

More Special Events for 2012! If you loved last fall's Open House, be on the look out for more special events for 2012!

A calendar of events is being finalized. Information will be posted to the website at:
www.AbbottSports.com.
More details coming soon!

**Abbott Sports Complex
Gift Certificates now
available!**

Tennis



Aloha Social

Thank you to all those that participated in the Luau Party. We had a fantastic time and the games and competition was great!

Adult Group Drills will run from Feb 20 – Apr 1. USTA season is just around the corner. Prepare early for your

exciting tennis season by signing up to some of our adult drills:

Get in shape with Cardio Tennis.

Improve your technique with Stroke of the Week.

Learn singles and doubles strategies at College Practice or USTA drills.

For a complete list of classes, visit: www.abbottsports.com.

UNL Matches:

Support the Huskers during their tennis matches.

**Admission is FREE.
GO BIG RED!!!**

MEN:

2/10 @ 6pm VS. Denver

2/12 @ 10am VS. East TN State

2/17 @ 6pm VS. Drake

2/19 @ 9am VS Idaho

WOMEN:

2/4 @ 11am VS. Wyoming

2/4 @ 4:30pm VS. Eastern Michigan

2/17 @ 2pm VS. Washington St.

2/24 @ 5pm VS. Wichita St.

The 2nd session of junior tennis will run from Feb 13th - Mar 11th.



The 2nd session of adult tennis will start on February 20th.

Volleyball

Starting in February...

ADULT INDOOR VOLLEYBALL LEAGUE

Tuesday nights! Sign your team up now!!!!

There are TWO league divisions:

Women/CoEd REC
Women/CoEd Competitive

ALL leagues consist of a 7 week regular season and a ONE-DAY double elimination tournament (9 game guarantee).

Regular Season matches will be played on **TUESDAY** nights.

Adult League Dates:
February 7th - March 20th

Academy Nights Feb 7, 14, 21, 28

Ages 10-18; one hour skill instruction sessions to supplement your club team training. Athletes can choose from either the Setters Academy or the Serve-Pass-Hit Academy.

VIP Clinic Fundraiser Feb 21 (6:00-7:15pm)

Boys & Girls Ages 3-9 be prepared to learn volleyball and have fun! Coaches for the VIP clinics ("Volleyballers in Progress") are full time Lincoln Extreme coaches with help from your favorite Extreme players. Proceeds from the clinic will go towards club volleyball teams to assist with post season travel expenses.

Come join us for an evening of volleyball and FUN!



First-Ever Adult VB League starts in February! Get Your Team Together NOW!

Memberships

Did You Know?

The Abbott Sports Complex offers a variety of memberships to fit your sporting needs.

Contact: Claudia Santos

Fitness Memberships:

\$15 month for an individual
\$25 month for a family
The fitness center includes treadmills, recumbent bikes, and arc trainers as well as a

free weight area and machine circuit.

Tennis Memberships:

\$30 month for juniors
\$40 month for adults
\$50 month for a family
Tennis members enjoy access to 6 indoor courts and 12 outdoor courts, locker room, player's lounge, and fitness center.

The newest membership to the complex is the Motocross membership.

Motocross Memberships:

* Vary from \$100 to \$200 a month and give riders no-hassle access to the track.

* Non-Members must pay a \$20 daily riding fee.

A complete listing of member benefits can be found on our website!

Memberships starting as low as \$15.00/month!

We're on the web!

www.AbbottSports.com

Future Goals for Future Champions.

The Ethel S. Abbott Sports Complex is one of the finest sports complexes in the nation, with over 100 acres, and 60 of those acres being professionally maintained fields. Our Championship Field seats 2,500. The multipurpose indoor facility holds 11 volleyball courts, 5 basketball courts and one indoor soccer/football turf field. The complex hosts major soccer tournaments, volleyball tournaments, basketball tournaments and other civic events.

Outdoor Facilities

Our outdoor complex features 20 natural grass playing surfaces of various sizes for use by players of all ages, on 100 acres of a 215 acre complex. There are twelve internationally sized fields, the Ethel S. Abbott Championship Field, and eight smaller fields for youth competition.

The Tennis Center features 6 indoor climate controlled tennis courts and 12 outdoor hard courts. Designed with the tennis player in mind, the complex is a tennis haven for Lincoln and surrounding areas. Facilities include a full-service health and fitness center, locker rooms, player's lounge and tennis pro shop.

For more information, please contact the office at 402-464-2255.

Camps - Clinics - Court/Field Rental - Leagues - Lessons - Fitness Memberships



7600 N. 70th Street
Lincoln, NE 68517

Phone: 402-464-2255
E-mail: sportsinfo@abbottsports.com

facebook

Abbott Scholarship Program

What is the Abbott Scholarship Program?

The Abbott Scholarship Program was created to help families provide their children the very best athletic training and coaching. It was created by people who understand providing excellence is not easy and not often possible to do alone. Scholarship awards are available for athletes participating in any of our academy programs.

Who is Eligible?

Any member athlete interested in participating in our academy programs is eligible. We currently have academy programs in football, tennis and volleyball.

Athletes must be Abbott members before scholarship applications will be reviewed.

For membership options, please contact Claudia Santos.

For More Information:

Visit our website at www.AbbottSports.com under the "Scholarship Program" tab. Families qualify for 60%, 40%, or 20% off based on household income or income per family member.

Application forms are also available on our website. For more information about the scholarship program, please contact Sarah Ronnfeldt.



Program Participants can save up to 60% on program fees!