



March 7th 2014

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We would love to see you at this fantastic clinic, on March 29th from 1:30-3:30, led by:

Michie Johnson- 14 Black Coach

Lindsey Barta- 11 Black Coach

Bailey Wise-15 Blue Coach

Players will work on serve receive, dig transition, down ball, and free ball defense. Special emphasis will be placed on developing Volleyball IQ and learning the vital skills of platform passing, overhead passing, and reading a hitter/server. This clinic will also teach the basics of footwork, body position, arm swing, and follow-through for serving. Coaches will be teaching the techniques, skills, and mindset needed to serve and pass at a consistent and accurate level.

Register here: [Passing-Serving Clinic Registration](#)



Upcoming Clinics

- **March 29th - Serving/Passing Clinic Led by - Michie Johnson and Linsey Barta & Bailey Wise: also Dessa Markley, & Jeana Stading**

SUMMER CLINICS WILL BE POSTED SOON!

Clinics are open to **ALL** volleyball players, age 10 - 18.

All participants must register online.



Congratulations Katelyn Schwartz!

Katelyn has accepted a full ride scholarship to Adams State University! (ASU finished 2nd in the RMAC championships this past season and is one of the top Division II programs in the NCAA) Katelyn has been a NORCO athlete since the beginning of her volleyball career. She began playing at age 10, making this her 8th season and has been on a Black level team each year. She prides herself on being committed to the NORCO family from start to finish! Kate began as an outside and middle hitter until Glen Sapp convinced her to take on setting at 14 and under. At NORCO, Katelyn has been coached by many high level coaches. She is very thankful for all of the knowledge and coaching she has gained. Kate is very proud to say she has played for NORCO!

She has had a stellar high school and club career earning Academic All-Conference 1st Team Awards, Northern Conference All-Conference 1st and 2nd Team Awards, an All-State 2nd Team Award, Captain Honors on each team she has competed on, has been to the Colorado State Tournament twice with Fossil Ridge High

School, earning a 5th place finish her senior season, and numerous RMR All-Region and MVP Awards. Katelyn has also competed in 3 Junior Olympics (Miami, FL-13's, Atlanta, GA-16's, Columbus, OH-16/17's) and 2 AAU Tournaments (Orlando, FL-14's and 17's). She is looking forward to finishing out her 18's season with a final Junior Olympic appearance in Minneapolis this spring!

"Katelyn has worked extremely hard throughout her career at NORCO and had been a dedicated player to the program. We are honored to have her wear the NORCO blue and white for 7 years and excited to see her compete close to home for the Grizzlies at Adams State University. Best of Luck Katelyn!" Coach Jared

Power 3 Odd



Congratulations
13 Blue!

Congratulations
15 Wyoming Gold!

These girls are undefeated! Keep up your hard work!





Congratulations
17 Black!
#1 at 17's Div. 1
Way to go ladies!

Crossroads

1. If you are a spectator you will need to purchase tickets through the convention center. More information can be found here:

[Colorado Crossroads](#)

2. **ATTENTION ATHLETES:** If you are an athlete interested in participating in the High Performance (HP) tryouts during Crossroads and would like to prepare or find out more details, we can accommodate. Glenn Sapp14 Black head coach will be running a HP Prep opportunity on the following days:

March 12th: 7:30-9:30

If you have any questions, or are thinking of attending the HP prep with Glenn, please email him at: sappvb@aol.com

We would prefer *if possible* that you try out on your "off" weekend.

3. **PARENTS:** As with any tournament, your coaches are doing their very best job at taking care of "Team Needs". Three day tourneys are tough on everyone, **especially our players**, so positive parent support is always important to make sure team needs and success occurs. Being a part of the BEST Club in the RMR, carries a great deal of CLUB PRIDE and it starts in the stands with encouragement, class and respect. This applies to how we treat our opponents, tournament officials, **SCORE KEEPERS**, facility supervisors and tournament directors.

SETTERS TRAINING

Every Norco setter has been working hard at Setting Training on Saturday mornings! This past Saturday the setters learned about "setting against the flow". Over the course of the season there have been lots of improvements and there is only more to come.

Great Job setters! Keep up all that hard work!



The Bingo Hall



It has been six months since we went through a transition at the bingo hall. We would like to take a moment to thank everyone who has contributed to our bingo session in some way and made our transition almost flawless.

Thank you **Cindy Strah** and **Jessica Orcutt** for helping us through a learning curve. Thank you **Wendy Ball** for being our mainstay and answering countless questions at each session. Thank you **Shane Orcutt** and **Felix Quesada** for calling for a few sessions when we were in dire need. Thank you **Rob Grosboll**, **Nancy Jones**, and **Kelly Schramm** for stepping up and training to be

callers as we needed that position immediately. Thank you **Horstmeyer Family** for gathering enough people from your family to make our Showdown session run. Thank you **Casey and Carley Ward** for being our first Norco "donation". We have a lot of fun at the bingo hall and would love to see as many Norco members either working or playing bingo at our sessions. If you would like plan a team building/family day and play bingo at our bingo session, please email us with any questions you may have!

bingo@norcovolleyball.com

Keep in mind, our Bingo session runs year round. Now is a great time to start thinking about working bingo to build credits to apply toward

[your summer clinics and/or your 2014/15 NORCO Season!](#)

The April availability schedule is now out. Enter your availability by using this link.

[Bingo Scheduler](#)

We had a great afternoon at our hitting clinic on March 1st. Thanks for coming and learning with our coaches!



[Where is Desi?](#)

Desi played for NORCO from 15's and up and received a scholarship to play for Bowling Green from our 18-1 program last year. Desi will be returning next year as a sophomore in helping the Bowling Green Pioneers successful volleyball program. Stop by the office and check out the Bowling Green Pioneers poster proudly displayed on the wall!



For every practice, setters training, and clinic you bring your

athlete to; for every ribbon you supply for your teams; for every food table you contribute to; for EVERYTHING you do as a family to make our NORCO season a success, we want to say Thank You! Enjoy Crossroads and everything your athlete has worked for so far this season.

We interrupt this family to bring you



**volleyball
season**

[Forward this email](#)



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