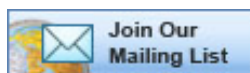




November 15th, 2014



Included in this Newsletter:

[Saturday's Pictures](#)
[Team Manager Mandatory Meeting](#)
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[Congratulations State Athletes](#)
[Setters Training](#)
[11 Black Team Bonding](#)
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[**Clothing Sale POSTPONED**](#)
[Crossroads](#)

Attention

**16 Blue; 15 Silver; 15 White; 15 Blue; 12 Kylie; 13 White; 16 White;
14 White; 14 Silver; 14 Heidi; 13 Alx; 11 Blue; 12 Blue;**

You have pictures THIS Saturday November 15th.



DETAILS:

1. ALL players will be in Navy Cap Sleeve jerseys
2. A Libero designated by their coach can wear Carolina Blue if they choose.
3. WHITE Under Armor Kneepads/Socks, Navy Under Armor Spandex, Court shoes.

Saturday, November 15th

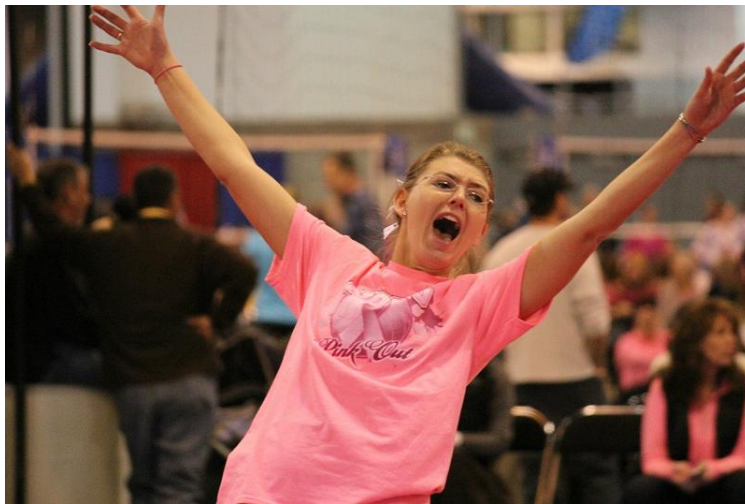
9:00 am	16 Blue
9:30 am	15 Silver
10:00 am	15 White
10:30 am	15 Blue
11:00 am	12 Kylie
11:30 am	13 White
12:00 pm	16 White
12:30 pm	14 White
1:00 pm	14 Silver
1:30 pm	14 Heidi
2:00 pm	13 Alx
2:30 pm	N/A
3:00 pm	11 Blue
3:30 pm	12 Blue

Team Manger

Meeting:
THIS Saturday
November 15th @
12PM

**Each core team must
have their TM attend.**

****Meeting will be held in the
coaches lounge to the south of Court 1.** ("Hops will must
likely take notes...")**



Youth VB @ NORCO Juniors- Whitney Carlson (11 Black Head Coach)

NORCO is proud to have a 12 and under program at the club level again this year! We have the amazing opportunity to help these young athletes learn the game of volleyball, sportsmanship, teamwork and develop their self-esteem. The goals for this season include but are not limited to:

- To improve the skills and abilities of young volleyball players
- To instill in young volleyball players a strong sense of sportsmanship, commitment, and character
- To supplement the existing school volleyball programs by developing prospective youth players
- To strive to be a competitive club
- To offer the highest standards of training to all players regardless of their ages, abilities, competitiveness, or financial status

NORCO is a competitive club program and we expect our players to strive to improve each time they step on the court. We teach each team how to competitively overhead

serve, a 3-touch offense, and perimeter/rotational defense. An overhead serve is required to maintain the competitive level of volleyball NORCO has become known for. Each team allows ample time in practice to achieve success with an overhead serve. A 3-touch offense means that each team will strive to have three controlled touches when the ball comes on our side of the net. Club volleyball is a level higher than a recreational team and thus requires the players to learn how to control the momentum of the game. A perimeter/rotational defense gives the team the best possible coverage when the other team has the ball. All club level teams utilize positions and rotations to push the players to the next level. Please note that the 11 & 12 teams will have all of the players learn how to play each position during practice. However, during a match a player may be play only one position to allow for greater success in a tournament.

The Rocky Mountain Region (RMR) does not have a specific league for the 11 year old teams. Therefore, all of the RMR 11U teams must compete in the 12U league. This does make the season harder for the 11U teams, but here at NORCO we look at it as a positive way to push the players to reach higher levels of skill development and competitive attitudes. The 12U teams have the advantage of age, stage of development, and mental toughness. This allows the 11U teams to be pushed to the next level and gives them the competitive edge for the following season. The goals during the season may also differ due to the mixed division. For example, our 12-Black & Blue teams might have a goal of being ranked in the top 5 of the 12 division, while our 11-Black & Blue might have a goal of being the highest ranked 11U teams in the 12 Division.

NORCO is also very blessed to have our own facility with 6 courts as well as an awesome program of seven 13 and under teams! This season, in an effort to keep all of the 13U teams at the early practice time, we are having combined practices. The big question we are continuing to hear is what does this mean for my daughter? This means that when you see your daughter's team on the schedule like 11-1/2 or 13-2/3 then that week (Tuesday & Thursday) she has combined practices. The two teams will arrive at 5pm to get the nets up and start warming up. This essentially will give the teams an extra hour of practice time (30 minutes on Tuesday and 30 minutes on Thursday) to make up for longer lines in drills. This is not a scrimmage practice or all fun games for the girls. These days will be ran like a normal practice but with the added benefit of more coaches to help correct and tweak skills, other players to push your daughter to a higher level, and more time on the court during practice. This typically only happens about 1 week a month and keeps our younger players from practicing until 9:30pm. We invite parents from all teams to stop in and watch a practice to see the incredible improvement these young players will have during the year.

NORCO Players

Mackenzie Fidelack

(15 Black) and Julie Ward (15 Blue) at State this past weekend.

Congrats to the following athletes/coaches that represented their HS teams this past weekend at State-

Coach Jared Rudiger (18 Black)

Coach Ash Acuff (14 Blue)

- 1. Madison Webb (18 Black)**
- 2. Preston Lienemann (18 Black)**
- 3. Hannah Atkinson (18 Black)**
- 4. Cori Kirschling (18 Black)**
- 5. Aly Wagner (18 Black)**
- 6. Cree Lawrence (18 Blue)**
- 7. Jessica Meyer (17 Black)**



8. Iva Reckling (17 Black)
9. Carter Mirich (16 Black)
10. "KP" Potter (16 Black)
11. Jessa Megenhardt (16 Blue)
12. Mackenzie Fidlek (15 Black)
13. Julie Ward (15 Blue)
14. Lauren Chase (15 Blue)
15. Abi Lutz (15 White)

***Special Congrats to our
"Neighbor", Resurrection
Christian for
"Back to Back State Champs"!**

Setters Training is in full swing!

If you have any questions, please email Kate or Marissa.

[Kate's Email](#)

[Marissa's Email](#)





B.I.N.G.O.

A big thank you to all of our bingo volunteers!

We had 3 mother/daughter combos in the hall this weekend!





NORCO gives out over 16,500 credits a year for bingo volunteers.

As stated in our newsletter and in your parent/player handbook on pg 24 each team must volunteer for a bingo session to help offset increasing facility needs; such as HEAT. Team Managers will be receiving an email from Brie Berry (bingo coordinator) by Sunday November 9th with a sign-up sheet. There is a sign-up deadline of November 21st as teams will begin volunteering in December. It is a first come first serve basis. (Black teams ages 14-17 will be required to sign up after team travel in April and May.) Should your team choose not to volunteer, which we hope is not the case, you do have the option of splitting the credit cost among your team. Each session totals 320 in credits, which is a \$32/per player requirement. If a team opts out and wants to pay, the TM will be responsible for collecting by the teams scheduled session. Brie will email a follow up email on Wed. the 19th to understand the interest to volunteer for a session or the option to pay.

Things to keep in mind:

1. You must be 14 to work bingo. Parents will have to volunteer for players 13 and under.
2. Our session is on Saturdays at the Loveland Bingo Planet. The time requirement is 11:30-3/3:30. Practice times will interfere, so you will want to take that into consideration.
3. Bingo is a volunteer position. This will give those players/students the opportunity to earn 3 volunteer hours.

We all appreciate the efforts the club goes to in keeping fees low. These few hours of volunteering are well worth the cause in helping maintain a clean and safe environment for our daughters. Let's show the region how unified we are and make a difference for our club.

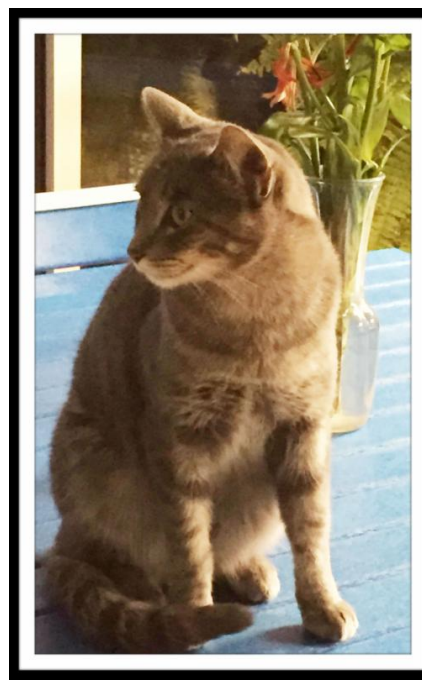
11 Black Team Bonding



11 Black is coached by Whitney Carlson and Kelly Allen. Whitney has 7 years of coaching experience and is in her 4th year of coaching for NORCO. Kelly has had 10 years experience playing volleyball for club, school, and Hastings College. This is Kelly's first year coaching for NORCO.



The verdict is in!
"Hops" will remain the NORCO Facility cat. It seems she has REALLY adopted all the players, parents and coaches. Besides mice, she likes Iams original dry food and Iams Purrfect delights pate for those that want to donate to her cause.





Is your athlete in need of some shoes?
Click on the link below to take part in an
online sale created specifically for NORCO

NORCO East Bay® Merchandise Form

Sale includes Mizuno and Asics® options
***All Sales are handled online and will be shipped to the customer
approximately 4 days after the order is placed.***



Clothing Sale Postponed **Until December 6th**

You don't want to miss out on this
NORCO Gear Sale!

December 6th from 9-1:30PM

*****Alx will be in the office this Saturday November 15th from 9-9:30 and 1-2 selling Spandex, Socks, Knee Pads, and Bags!*****



Mark your calendars for this **SUPER FUN** tourney now before the hustle and bustle of the season!
Registration will be posted ASAP.

Colorado Crossroads Information/Steps:

In order for a NORCO team to be accepted into Crossroads each team has to do the following. It's a **Stay and Play Tournament** meaning if your club is more than 40 miles away, hotel bookings **MUST** be made thru host site (FRVBC). USAV uses a 75 mile radius. Last year all JNQ's except this one was 50+ miles. NORCO is located 48.5 miles away.

1. Enter team information/roster and pay entry fee (**NORCO Admin will do this and it's already covered**).
2. Each team must reserve at least 12 room nights at a hotel listed on the thsweb.com site and **MUST** book these rooms through THS (Parents take care of this). Parents may either individually book their daughter/family's room or a team manager/other parent may book rooms for entire team. 12 nights can be, 6 rooms X 2 nights, 4 rooms x 3 nights, OR but not usually done, 3 rooms X 4 nights or 12 rooms booked 1 night.
3. If parents book rooms at a hotel that may in fact be on the THS list but they did not use **THS** to book it, it does **NOT** count towards team's 12 room nights. So in other words if you book directly at the Embassy Suites for example, it won't count for your team.
4. Once Entry is paid (by NORCO ADMIN) the required room nights are booked (By Parents) and the team is accepted.
5. FYI- If any rooms are cancelled which would drop the team below the 12 night requirement, after the team has been accepted or at any time during the tournament, than the team's acceptance will be rescinded and/or team will be disqualified from the tournament if play has already begun.
6. Parents: form a plan before hotel registration goes live. Many of you have asked about qualifying for the Stay and Play loyalty program. If your team books 36 nite stays for this 3 day tourney, you would qualify for their Gold early bird booking status...

7. **All Core teams participating in Crossroads (NOT 11 Blue, 12 Blue, 12 Black & 14 Blue).**
Team managers were emailed team codes for bookings.

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