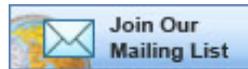




March 20th, 2015



Included in this Newsletter

Spring Clinics

News With NORCO: Evaluation Results

14 Black- Back to Back Champs!

Thank you 13 Black!

Pictures

CSU MCVV Volleyball Tournament

Defense and Passing Clinic

March 21st 1:30-3:30

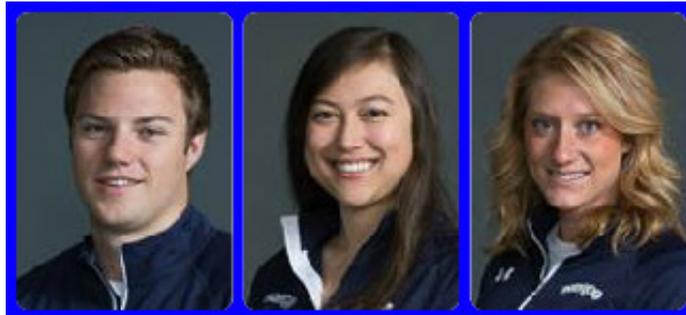


**Led by: Laura Barnes, Gavin Markovits, and Kelsey Skaar,
Assisted by: Kiersten Wood, Emily Bench, Andrea Alles,
and Jen Arnett.**

The most important skill in volleyball is the pass. The first contact can be the initiation of a kill or the end of a point. Great passers always find a way to earn playing time! Passing is a fundamental skill that helps every team and player achieve their potential. All positions welcome - we 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.

Click Below to Register:
[Defense and Passing](#)

Serving/Serve Receive
March 28th 1:30-3:30



Led by: Kevin Baker, Ashley Acuff, and Tory Macomson,
Assisted by: Chelsea Cloutier, Whitney Carlson, Heidi Friedrich, Kelly Mundhenk, and Alx Bodayla.

This 2-hour clinic will teach the basics of footwork, body position, the toss, arm swing, and follow-through. The clinic will also teach the techniques, skills, and mindset needed to serve at a consistent and accurate level. Participants will have the opportunity to learn how to do various overhand and jump serves including top-spin and float serves. Great passers always find a way to earn playing time! Passing is a fundamental skill that helps every team and player achieve their potential. All positions welcome - 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.

Click Below to Register:
[Serving/Serve Receive](#)

News
with
NORCO

Evaluation Results

Each year the NORCO coaches conduct player evals and provide the players with a written copy of the club form. At 15 and under, coaches are to conduct 2 player

evals before the end of the season (16 and up, 1x). We find this time very beneficial to players and coaches. We also send out an eval form for the players to fill out to help us grow/improve as a coaching staff and as a club. This form was sent to all 22 Core based team managers and prep coaches via email and players/parents could drop the form off at the facility or mail in. This year, 16% (45 members) of team members turned the form in. Even if we are the BEST club in the RMR, we still like to hear from our members.

General comments: **PLEASE know, all comments are appreciated.**

1. Facility/Admin.

- Best facility in the State! Happy to call it home!
- Cold at times... Note: Heat is set at 60 degrees. 5 degrees higher than last year but we also face \$1000-\$2000 a month heating bills.... hard to heat a 30 sq ft building made of metal. And still, those kids walk out the doors with no coats on!
- Coaches from UFL and Stanford were amazed at our home. Couldn't believe how clean and great looking our facility is.
- April 1st 2015: 6th year of Grand Opening. We could use 6 more courts so everyone would like their practices times. Have not been successful at winning Lotto yet!

2. Web site and newsletters:

- Very appreciated and utilized often. Well done!

3. Practice schedule:

- As always, if you practice late, it's too late and if you practice early, it's too early... One comment about 14 Black being the only 14s team that got to practice at 5:30 when the other 14s practiced at 7:30 (different night). Simple- the 14 Black head coach drives from Denver and followed his 14 Black practice at 5:30 with the 15s practice at 7:30 for which he is an assistant. Hard role to coach 2 teams.

4. Shared courts:

- Scheduling teams based on coaches schedules, number of teams and players is almost impossible to please everyone. This year, our 12s/13s shared courts certain times of the month and were given an extra hour of practice to help on this. All parents were asked prior to so we could avoid having a 12s or 13s team practicing until 9:30. Seems not all people liked it or thought one team shared more than others so next year, "probably" some 12s or 13s team will be moved to M/W early time slot. Most of the teams that shared only shared 9-13 nights total. One team shared less due to tournament schedule/travel.

Thank you all for completing the Coaches/Club Evals.

Back to Back Champs: Congratulations 14 Black!





**Thank you
13 Black for your time at the Bingo Hall!**





Pictures *Serving Clinic*





4th Annual CSU MCVC Volleyball Tournament

NORCO girls are invited to participate in an outdoor volleyball tournament at the CSU Intramural fields June 28th!

- CSU boasts the nicest outdoor tournament facility in CO, where all divisions can participate at the same field on the softest grass around.
- The 4th Annual CSU MCVC volleyball tournament is designed for safety, security, and fun!
- Unlimited water, gatorade, and ice ensure that the players stay hydrated
- A dedicated trainer is staffed and on the field 100% of the time, with additional resources just a stone's throw away at the student rec. center
- Laminated outdoor rules/etiquette cheat sheets are provided to every player, making this the best place to be your first outdoor tournament
- Juniors divisions compete right next to the main tent, making it easy to find, easy for spectators to watch, and tournament staff are always on hand for support and rule clarification
- Watch some of the best players in CO play in the adjacent sand courts during your off time, or watch some of the CSU Varsity girls and Men's Club players playing in their respective divisions
- Ages are broken down into 12U, 14U, 16U, AND 18U divisions so that the level of play is always fair
- Early registration is only \$40 per team, and registration is now open! Register online now at www.csumcvc.com and click the "Register Team" tab.

**Call, text, or email Paul Chase with any questions:
(ph): (970) 227-2056
(email): paulchase@frii.com
or visit www.csumcvc.com for more details.**

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