
2017 Season Starts BIG!

With the 15 & Up tryouts held a week ago, July 10th marked the beginning of NORCO's 32nd season and the gym was packed with talent! NORCO is proud to announce ELEVEN 15 & up teams this year: **15 Black, 15 Blue, 15 White, 15 Silver, 16 Black, 16 Blue, 16 White, 17 Black, 17 Blue, 18 Black, and 18 Blue.** Congratulations to all 2017 NORCO Players!

Tryout Information

Open Gym - \$5 Drop In

- Thursday, July 21st from 6 - 8 pm
- Monday, August 1st from 6 - 8 pm

Open Tryout Clinics - These are a great way to see the drills that will be used at Tryouts and meet NORCO Coaches! The cost is \$25 online or \$30 at the door

- **Open Tryout Clinic for 11-14's** - Thursday, July 28th from 6 - 8 pm
- **Open Tryout Clinic for 11-14's** - Wednesday, August 3rd from 6 - 8 pm

Core Tryout Information

- Tryouts for 11-13's - Sunday, August 7th from 10 am - 12 pm (Noon)
- Tryouts for 14's - Tuesday, August 9th from 6 - 8:30 pm

Core Player Registration is now available - click here to register! ALL Membership Cost Sheets are available [HERE](#).

Upcoming Camps & Clinics

Visit our website [HERE](#) for more clinic information!



Serving/Jump Serving Clinic with Dri Culbert July 25th 5:30 - 7:30 pm

This two-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.

[Register Here](#)

Hitting Clinic with Jon Haruguchi

July 27th 5:30 - 7:30 pm

Current UNC Assistant Coach and former NORCO Coach, Jon Haruguchi, will lead this two hour hitting clinic. All hitting positions and ages are welcomed. The clinic is designed to breakdown the swing and provides hitters a ton of repetitions. Techniques will be broken down from footwork, jumping technique, arm-swing, and landing. Special focus will also be given to ball control and shot development.



[Register Here](#)

Ready for Junior High Volleyball?

Junior High/Middle School Prep Camp with Glenn Sapp

August 3rd 9:00 - 11:30 am (Lunch Break) 12:30 - 3:00 pm



This five-hour clinic is an all-skills clinic that will cover the basics and fundamentals of volleyball, in addition to a few more advanced techniques. Led by NORCO's 14 Black Coach, Glenn Sapp this camp will fit any middle school volleyball player. Whether they have never played before, or they are on a 14 and under club team, this clinic will give players the opportunity to learn new techniques, as well as a chance to get tons of touches, benefiting those whose middle school season is approaching. This clinic will cover all the basics in preparation for the fall volleyball season, and to reinforce what players have learned throughout the club season. Clinic participants will go over serving, passing, setting, hitting, and blocking.

[Register Here](#)

Hitting Clinic with Sam Peters

August 4th 5:30 -7:30 pm

15 Blue Head Coach, Sam Peters will be leading this clinic. All hitting positions welcome! The two-hour hitting clinic is designed to breakdown the swing and provides hitters a ton of repetitions. Techniques will be broken down from footwork, jumping technique, arm-swing, and landing. Special focus will also be given to ball control and shot development.



[Register Here](#)



Meet Briley Joy Barnes - NORCO's newest, and smallest, member! Briley was born 5 lbs, 13 oz on July 6th. She is former player and coach, Laura Barnes' and husband Brandon's first addition to their

NORCO at Junior Nationals!!

7 Teams played in the Junior National Championships in Indianapolis. 12 Black (12 National) finished 3rd in Flight 3, 14 Black (14 USA) finished 2nd in Flight 1, 14 Blue (14 Patriot) finished 5th in Flight 4, 15 Black (15 Patriot) placed 5th OVERALL, 16 Black (16 National) finished 5th in Silver, 16 Blue (16 American) finished 5th OVERALL, 17 Black (17 Patriot) finished 3rd in Bronze!
Congratulations again to 14 White who participated in AAU's!
Congratulations Teams!!



Congratulations, Taylor Rohr!

Taylor Rohr, 16 Blue, was named to the 16 American All-Tournament Team at this year's 2016 Junior National Championships. 16 Blue was also the FIRST Blue team to qualify for Junior Nationals!







