

# NORCO

NORTHERN COLORADO  
VOLLEYBALL CLUB

September 16th, 2016

## Happy Birthday Coaches!

Happy Birthday to NORCO Coaches: Laura Billington, Nicole Pranger, Tami Bustamante, and Holly Martin! They all have September birthdays!



## Rams in Training!

CSU's first Rams in Training will be held on Saturday, September 24th following the San Jose State match. The link for the registration is live - CSU will only accept 100 campers ages 6-12 to participate in this 1 hour clinic. This clinic is free, sign up today! [Click HERE to register!](#)

## Prep Tryout Information

**Prep Team tryouts will be Sunday, October 2nd at 10 am**

**NORCO Prep** is the perfect opportunity for anyone who loves to play volleyball, but cannot make the full commitment to Club volleyball. The emphasis of this program will be on skill development and competitive game play. This is a great program to either get a first exposure to the sport or to get better and improve on skills outside of a school team, without the full schedule of club volleyball. One practice a week and three tournaments; the commitment is less for those with busy schedules. The coaching and training will be designed so all players improve and advance!



Practices will start in October and run every Thursday through mid-February (excluding Thanksgiving and Christmas week). Team Pictures will be on Sunday, October 30th. Exact times will be listed after tryouts! **The Prep teams will participate in three one day tournaments: Prep Holiday Tournament, December 18th; Prep/Club Tournament, January 21st; In-House Tournament, February 4th.**

Prep Registration is available, check out our flyer for more information and register today!

[NORCO Prep Team 2016-2017 Flyer](#)  
[NORCO Prep Player Registration](#)

**All-Star Skills Camp**  
**October 25th - November**  
**17th**  
**It's the last session of 2016!**



# All-Star Skills Camp 2016

October 25<sup>th</sup> – November 17<sup>th</sup>  
Tuesdays & Thursday 4:00-5:00pm

Calling all players between 10-14 years old with intermediate volleyball skills! This camp was made for you!!!! All-Star Skills Camps will raise your daughter's volleyball skill level while maintaining & building a love for the game!

During the 4 weeks we will develop the following skills:

- ⊗ Overhead Serving
- ⊗ Passing
- ⊗ Setting
- ⊗ Hitting
- ⊗ Defense Passing
- ⊗ Game-Play!

All-Star Skills Camp Cost is \$100/Player

The All-Star Skills Camp is designed to help advance the skills of intermediate volleyball player ages 10-14 years. This program is open to both boys & girls and focuses on advancing the fundamental skills and techniques to prepare them for the next level of volleyball. The practices are skill-based with occasional game-play.

[Register HERE!](#)

## Picture Times 2016

**Players, please arrive 15 minutes prior to your picture time to pick up your uniform!**

Sunday, October 23	
9:00-9:30 am	16 Black
9:30-10:00 am	15 Silver
10:00-10:30 am	11 Black
10:30-11:00 am	13 Black
11:00-11:30 am	15 White
11:30 am - 12:00 pm	14 Blue
12:00-12:30 pm	13 White
12:30-1:00 pm	13 Blue
1:00-1:30 pm	16 Blue
1:30-2:00 pm	15 Black
2:00-2:30 pm	12 Blue
2:30-3:00 pm	18 Blue

Sunday, October 30	
9:00-9:30 am	17 Black
9:30-10:00 am	18 Black
10:00-10:30 am	15 Blue
10:30-11:00 am	12 Black
11:00-11:30 am	16 White
11:30 am - 12:00 pm	17 Blue
12:00-12:30 pm	14 White
12:30-1:00 pm	Prep
1:00-1:30 pm	Prep
1:30-2:00 pm	Prep
2:00-2:30 pm	Prep
2:30-3:00 pm	14 Black

## Clinic Information

**Coaches Refing Clinic - Saturday, December 10th 3:00-5:30 pm Coaches ONLY**

**Scorekeepers Clinic - Sunday, December 11th**

**Maintaining ~ 9-10:30 am**

**New (and ALL 14 & Under Scorekeepers) ~ 10:30 am - 12:30 pm**