

NORCO

NORTHERN COLORADO
VOLLEYBALL CLUB

February 3rd, 2017

ATTENTION NORCO FAMILIES Collegiate Recruiting Seminar Tomorrow!

We are proud to announce our annual player-parent Collegiate Recruiting Seminar to be held at the NORCO Facility February 4th from 4:00-5:00

pm on Court 5. Key note speakers will be **Jim Stone** (NORCO 17 Black Head Coach, current USA National Youth Coach, Former Ohio State Head Coach) and **Emily Hiza** (current CSU Rams Assistant Coach, former Oregon State Assistant Coach).

This seminar is open to all interested NORCO families with hopes of their daughter playing at the next level. At NORCO, our goal is to help each player reach this dream and aid in the learning process of collegiate recruitment. A breakdown of steps and procedures will be presented at the Seminar.



Spring Clinics!!

Are you ready to get back in the gym! Here's a great opportunity to fine tune some skills. Please support these clinics as they help provide for our coaching budget.



Hitting Clinic Saturday, February 4th 1:30-3:30 pm

Led By: 17 Black Assistant Coach Steve Colpus and 13 Black Assistant Coach Evan Sanders

Assisted By: Erin Furness, Maggie Kelly, Jayce Tappy, Nicole Pranger, and Laura Billington

[February 4th Hitting Clinic Registration](#)



Passing/Defense Clinic Saturday, February 11th 12-2 pm

Led By: 18 Black Head Coach Michelle Buckner and 12 Black Head Coach Gavin Markovits

Assisted By: Kendra Cunningham, Ryna Gray, Brittni Marr, Lexie Paul, and Sabrina Hornby

[February 11th Passing/Defense Clinic Registration](#)



Serve/Serve Receive Clinic Saturday, February 25th 11 am - 1 pm

Led By: 11 Black Head Coach Kelly Allen and 14 Black Head Coach Glenn Sapp

Assisted By: Lindsay Miller, Courtney Zimmerman, Jaime Colaizzi, Raleigh Lienemann, and Tami Bustamante

[February 25th Serve/Serve Receive Clinic](#)

[Registration](#)



Hitting Clinic Saturday, March 18th 11 am - 1 pm

Led By: 15 Black Head Coach Bob Poulter and 15 Blue Head Coach Sam Miller

Assisted By: Ashley Acuff, Tami Mikelson, Kylee Hoagland, Jenna Gibson, Aime Kiefer, and Juliana Tyo

[March 18th Hitting Clinic Registration](#)



Serve/Jump Serve Clinic Saturday, April 8th 1-3 pm

Led By: 16 Black Head Coach Jared Rudiger and 17 Blue Head Coach Kate Hampson

Assisted By: Kelly Mundhenk, Clara Koeltzow, Arielle Boone, Melanie Weiss, and Hilda Taheran

[April 8th Serve/Jump Serve Clinic Registration](#)

Youth Programs are Back!

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. This program is ran by NORCO coaches and upper-level player volunteers. The coaches will be running drills and teaching the players the intermediate to advanced skills. Meanwhile, the players will help to maintain the flow of the drill, collect balls, and assist the coaches as needed. This structure is in place to ensure quality instruction and growth for each player while maintaining an affordable price. Cost for this 5 week session is \$100, use the link below to register!

[All-Stars - Register HERE!!](#)



Congrats - Ivette Cruz, Casady Berry, Kailey Berry, Jessa Megenhardt, Rylee Greiman, and Leslie Garcia all were invited to the Colorado Women's Sports Foundation Association Banquet!!



Power 2 Odd

Congrats to 15 Silver & 13 Blue! They both came in first in their divisions and won pins!



Coaches & Players work on abs!



Player Evaluations

Each year the NORCO coaches conduct player evaluations and provide the players with a written copy of the club form. At 15 and under, coaches are to conduct 2 player evaluations before the end of the season; 16 and up, 1 time during the season. We find this assessment tool to be very beneficial to players and coaches. Please ask your coaches about this process. Evaluations are not to take place during court time and both coaches need to be present. Average scheduling of these is approximately 10 minutes per player.

Teams are Traveling!!

Travel - Check the [travel section](#) on the web for your team's flight information, hotel, and how to book parent/family rooms!

