

NORCO

NORTHERN COLORADO
VOLLEYBALL CLUB

February 10th, 2017

Coaches Appreciation!

If you haven't yet - make sure you thank your coach, it is Coaches Appreciation week!! We love our Coaches and all that they do. A special shout out goes to Bonnie and Lily VerHow - thank you for thinking of the office staff!

Happy Birthday Coaches!

If you see any of the following coaches, make sure to wish them a Happy Birthday : Evan Sanders (13 Black) and Jared Rudiger (16 Black).



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.

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, Brittini 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, Rileigh 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](#)



7 Habits of a Grateful Athlete

Grateful athletes take time to soak in the moment

Before a practice or competition, they stop, take a deep breath, and make it a point to appreciate what they are about to engage in. Who else on this earth gets to play a game they love in front of fans who cheer them on in the process?

Is there pressure involved in that? Sure. But grateful athletes make it a habit to pause and enjoy, if only for a moment, the unique opportunity they get to experience.

Grateful athletes recognize people who go unnoticed

They shake the hand of the maintenance worker who helps cut the grassy field that they are about to tear up with their cleats or the janitor who mops the floor so their feet won't slide on the dust. They write their athletic trainer a thank you note for taping them up, helping them rehab, or stretching them out before practice. They give a hug to the die-hard fan that is at every game and cheers for his/her team regardless of the outcome.

Grateful athletes fight against entitlement

They recognize every blessing they receive as a gift they are not entitled to. Entitlement stands in direct opposition to gratitude.

Per diem money on a road trip. New shoes. New gear. Laundry being done on their behalf. Water or Gatorade received from a trainer. Tutors helping them pass their classes. Teachers giving them grace because of their travel schedule.

Grateful athletes fight against the "I deserve" mentality that is so pervasive in our culture by thanking the giver of these gifts and frequently checking the posture of their heart.

Grateful athletes are coachable

They listen to advice and instruction from their coaches and, when appropriate, from their fellow teammates. They realize they do not have all of the answers. Even if they disagree with input that is given, it will not keep them from at least testing it out on the field. Grateful athletes have an appreciation of the authority they currently sit under and a desire to soak up any knowledge given to them.

Grateful athletes look for silver linings

They understand that life is not always going to be rainbows and butterflies. There will be hardships in the form of injuries, losses, poor performance, and team conflict.

Grateful athletes do not pretend these circumstances do not exist or pretend they are not affected by them. They do, however, constantly ask themselves "What good can come of this or has already come of this?" in the midst of the struggle.

In difficult times, gratitude can be tough to grab onto. Grateful athletes make an effort to step back, look at the bigger picture, and cling to any silver lining they find.

Grateful athlete's joy is not conditional

They do not need a win or an epic personal best to be thankful. Gratitude for a grateful athlete is not birthed from good results, nor is it circumstantial.

They understand that lasting joy cannot be found in a game that delivers both the highest of highs and the lowest of lows. How do they set themselves on a trajectory of consistent gratitude?

They put their hope in the one who does not change. God. They read-no, devour His word. They participate-no, are actively involved in a community of like-minded people to sharpen one another. They pray.

They confess.

At all costs they stay connected to the one who calls himself "The Rock."

Grateful athletes recognize excellence in their opponent

They have an appreciation for their competitors. Have you ever noticed that rivals tend to bring their best to the table when they play? Grateful athletes practice gratitude towards a rival on two levels.

One, they are thankful that their rival will ultimately bring out the best in their own performance. Two, because their joy is not dependent on winning, they are able to appreciate and look forward to the competition itself. Grateful athletes have a unique ability to want to beat their opponent while at the same time appreciating the intensity that is about to ensue.

Brian Smith Athletes in Action [Full Article \(link\)](#)



Congratulations, Ashton Reese!

Congratulations to 18 Black's Ashton Reese!! Ashton, a senior at Eaton High School, committed to play for the Colorado Mesa Mavericks this fall.

Good Luck, Ashton!

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!



Dan Issel, Former Nugget at NORCO

Former Denver Nugget, Dan Issel, was at NORCO this weekend! Dan is a retired Hall of Fame professional basketball player and coach - he played ('75-'85) and coached the Nuggets (. Dan also played for the University of Kentucky where he was twice named an All American and still holds the school record of 25.7 points per game.

Power 2 Even

Congrats to 18 Blue - they went undefeated on Sunday!!



Need NORCO Gear?!

There will be a clothing sale in the lobby on February 27th and 28th from 5:00 - 6:30 each evening. Socks, spandex, knee pads, and several other items will be available for purchase.

****If you have already ordered items from Under Armour, they are being printed/embroidered. As soon as they are ready, they will be handed out.****





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.