



April 4th 2014

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NORCO Clothing Sale:

Stop by the lobby

Monday April 7th and **Tuesday April 8th**

from 5pm-8pm to get your NORCO gear!

Summer clinics are now available. Look for a brochure in the lobby area.

2014 Summer Coaches

Chuck Crawford — CSU Assistant Coach, Former Georgia Tech, Miami (Ohio), and Jacksonville Assistant Coach

Linda Crum — Former Head Coach at Duke, Butler, and Iowa State. Assisted at Iowa State and Ohio State Universities. NORCO Elite Coach

Tom Hunter — UNC Assistant Coach, Former NORCO Coach

Jenny Glenn — UNC Associate Head Coach, NORCO Technical Consultant

Kate Hampson — Former Washburn setter & All-time Assist Leader, 2-time All-American, 6-time All-Conference/All-Region player, NORCO Elite Coach

Glenn Sapp — RMR Commissioner, National Referee, NORCO Elite Coach

Marissa Hughes — Former UNC Setter, Big Sky Champion 4 years, NORCO Elite Coach

Amber Orner — NORCO Youth Coordinator, NORCO Elite Coach

Many NORCO Coaches will be joining these elite coaches at our Camps & Clinics

NORCO Volleyball Club was established in 1985 and has evolved into one of the largest and most successful volleyball clubs in the Rocky Mountain Region.



8:1

Player-Coach Ratio

TO REGISTER FOR A CLINIC AT NORCO, PLEASE VISIT OUR WEBSITE!



NORCO Volleyball Club
7395 Greendale Road
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www.norcovolleyball.com

norco
NORTHERN COLORADO
VOLLEYBALL CLUB



2014 Summer Camps, Clinics and Tournaments

Featured Clinics & Coaches

Attacking, Passing and Floor Defense, Serving/Passing & Attacking/Defense: These high intensity clinics will focus on developing key components of attacking strategies/skills, the foundations of passing and floor defense to increase range and accuracy. Additional clinics will teach their secrets of serving, passing, and being a better attacker and defender. These clinics focus on fundamentals in a high repetition environment.

Elite Setting Academy: Learn from the best with Kate Hampson, former All-American Washburn setter, and Marissa Hughes, former UNC setter. This intense and personalized setting academy will train all aspects of being an elite setter, including footwork, training hands, and the mental and strategic aspects of being a great setter.

Around the World: This skills clinic will involve 6 stations of skills that will introduce new skills/techniques, tons of touches, and lots of reps! NORCO Coaches, Players & Collegiate Players will be clinic instructors.

Individual Skills Clinics: We will be offering individual skills for serving, passing, setting, blocking, and hitting. These clinics will focus on the fundamental techniques of each skill, as well as the advanced systems of each skill.

Junior High/ Middle School Prep Camp: Setting, hitting, serving, defense & blocking. This clinic is for 8th-9th graders.

Blocking & Attacking: Tom Hunter, UNC Assistant Coach will lead two blocking clinics and one hitting clinic, raising the level of anyone's game with lots of technique and reps.

2014 Summer Schedule

Featured Skills Clinics: Ages 11-18	Date	Time	Cost
Elite Setting Academy - Session 1	June 3rd, 8th & 10th	9:30pm-7:30pm	\$120
Elite Setting Academy - Session 2	July 26th, 10th & 15th	6:00pm-9:00pm	\$120
Attacking, Passing and Floor Defense	June 7th	9:00-11:30, 12:00-3:00	\$100
Serving/Passing	June 12th	9:00am-12:00pm	\$60
Hitting	June 17th	8:30am-11:00am	\$60
Blocking (including Swing Blocking)	June 17th	11:30am-2:00pm	\$60
Attacking, Hitting/Defense	July 29th	9:00am-12:00pm	\$60
Setting Academy	August 3rd	9:00-11:30, 12:00-3:00	\$100
Junior High/Middle School Prep Camp	August 4th	9:00-11:30, 12:00-3:00	\$100
Individual Skills Clinics: Ages 11-18	Date	Time	Cost
Liberal Clinic	June 6th & July 16th	9:30pm-7:30pm	\$40
Serving	June 12th & July 30th	9:30pm-7:30pm	\$40
Setting Clinic	June 17th & July 26th	9:30pm-7:30pm	\$40
Blocking/Passing	June 26th & August 7th	9:30pm-7:30pm	\$40
Hitting/Attacking	July 1st	9:30pm-7:30pm	\$40
Blocking	July 31st	9:30pm-7:30pm	\$40
Jump Serving	August 4th	9:30pm-7:30pm	\$40
Block & Solers Clinic	August 8th	9:30pm-7:30pm	\$40
Youth Programs: Ages 5-13	Date	Time	Cost
Volleyball: 2nd-6th grade (3 sessions/5 weeks each)	May 20th (#1), July 6th (#2) & Sept. 2nd (#3)	6:00pm-7:30pm	\$125
Around the World Volleyball 5-8 years	May 10th, June 14th, July 12th & Aug 9th	9:00am-12:00am	\$10
Around the World Junior Volley 9-13 years	May 10th, June 14th, July 12th & Aug 9th	10:00am-11:30am	\$10
Game Play	Date	Time	Cost
Split Couples Tournament: 9th-12th Grades	May 30th, June 15th, 27th & July 11th	6:00pm-9:00pm	\$10

Visit our website - www.norcovolleyball.com to register and view clinic details & staff!

The NORCO **Youth Volleyball Program** is gearing up for its spring sessions, and you don't want to miss out on these upcoming clinics!

NORCO Middle School League:

Begins April 21st and will run Monday afternoons from 4:30–6:00pm and Friday evenings from 6:00–7:30pm. This league is designed for the beginner to intermediate volleyball player and is open to both club and non-club members. This is a great opportunity to freshen up on your skills, get lots of touches, and play with old friends or meet new ones! This league is suited for players who are in 6th–8th grade.

Register here: [Middle School League](#)

Volleykidz Spring Session:

Begins Friday April 11th and runs from 6:00–7:30pm for 5 weeks. This is for players in 3rd–6th grade who are wanting to improve their skill and continue to learn basic techniques and fundamentals of the game.

Register here: [Spring Volleykidz Session](#)

Whatever your skill level or experience is with volleyball, the NORCO Youth Program has something for you!

If you have any questions, please email
Amber: [Amber Ortner](#)

Power 4
15 Gold



Power 5 Even Recap



**Congratulations
12 Black**

Congratulations 14 White



Congratulations 16 Blue

The Colorado Women's Sports Fund Association recently awarded \$13,000 in participation scholarships to 26 deserving females in our community. Of the 26 scholarships awarded, 6 were awarded to volleyball players, and 3 were NORCO players. Way to go Ladies!



Samantha Smith



Ali Scheil



Jenna Stephenson

Lindsey Kerr-Blahauvietz is a former NORCO All-American, and played for CSU. She has recently retired as Ft. Collins HS head coach. Lindsey is currently a NORCO Board member.

Blakelee Dee
6lbs 15 oz

"Sometimes
the smallest
things take
up the most
room in your
heart."
~Piglet



Congratulations
Lindsey and Ryan!

Coaches-Club Evaluations Spring 2014

We want to thank everyone that participated and sent in their evaluations that were emailed out several weeks ago. Out of approximately 270+ athletes, we received 89 evaluations back. These forms are just one avenue that we utilize during the year for assessment. We also have lead coaches and the club administration that evaluates needs or changes throughout the season for all our teams.

In a recent survey, athletes' were asked who their role models were and their response was "their parents." The success of any group setting (regardless of coach or club) relies on the working

relationship that must exist among all. Without that common bond established between athletes, parents, and coaches, the success and/or growth of anyone is diminished. At NORCO, our goal is to promote growth and that is why we are constantly challenging everyone in all settings.

As with any survey, you hope and look for constructive feedback. Once again, "you all did a good." A few comments do warrant a little feedback so here are the "Top Ten":

1. *"I Have Lived the Dream"* -Classic!
2. *"Wish courts weren't so disgusting after Power Tournaments"*-You have NO idea how much we wished that too!
3. **Practices**- ranged from *"the perfect amount"* to *"need 5X a week"* We are in such a busy world not sure that would work for all athletes or coaches. "Season too long" -100% agree.
4. **Fundraising**-*"No one wants to fund-raise so raise the fees"; "NORCO is \$600-1000 higher than other clubs".* We are not sure about other clubs as we only worry about our club; can't compare costs as product may not be same in many areas.
"Number of players needs to be 8-9 for PT". Very few teams have ever had all players present practice or tournaments this season. 10 is ideal as it also creates partnerships during the drills.
"Costs need to be upfront". Total Membership Costs were posted on the web, at tryouts and in the player parent handbook (no hidden fees). We can not predict what families spend at powers, gas, entertainment at tourneys, etc. Many teams pick "extra tourneys" like our spring clinics; however, these are optional costs, not dictated costs.
5. **Powers**-*"Great to play at home but too crowded in gym and parking is horrible".* Agreed but...Solution would be to never host which would eliminate playing at home and possibly not having heat in an already cold gym, or fund-raise and buy property to the south (\$750K) and add on to existing building which is more \$\$\$. Having home teams' car pool has been a huge help. Could also look at

eliminating all food tables to create more space.

6. **Website/Newsletter/Facebook-** *"Incredible and great resource, easy to navigate"*. Great to hear as we struggle and learn everyday with those social outlets and sometimes we don't have enough to report, hence, why this section seems extremely long....

7. **Team Duties-** *"Very reasonable and easy", "We noticed one team doesn't have duties or wasn't assigned a duty"*. Every team in the club has a duty and it has been posted at the gym entrance since October. Example, 14 Black is responsible for entire gym after practice: making sure every court is ready for the next day's practice, trash, 15 balls per cart, coaching supplies put away, jump boxes returned, ball carts free of trash, score tables re-organized and etc. Trying to find "hidden balls" is almost a duty in itself.

8. *"Teams seem to really want to beat NORCO teams"*. Being a top tier club brings that added glamour.

9. **King Soopers Rewards Cards-** *"Wish club would give percentage to player accounts"*. With Board approval, 3% of the 5% will go to player accounts effective August 1, 2014.

10. **12 Black Assistant Coach "Crista Kocher"-** Many of the 12 Black parents filled out their survey and without a doubt, *"Crista has to be the loudest and most enthusiastic coach on staff."* No arguments here as we can sometimes hear her in the office!

Did you know?

The NORCO Volleyball Facility celebrated its 5th year this past week. The facility opened April 1st 2010 for its very first practice!

[Forward this email](#)



4/3/2014

Summer Clinics

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