



RMR Classic Was a Blast!



Last weekend was the RMR Classic as well as the first tournament for our Prep teams! Teams came out and had a great time, great job girls!

Second Annual College Recruiting Showcase

NORCO will host its Second Annual College Recruiting Showcase tomorrow from 12-3 p.m. More than 20 local area colleges have been invited to attend. Those expected to be in attendance are Colorado State, University of Denver, Northern Colorado, Wyoming, Regis, Colorado School of Mines, Colorado College, Johnson & Wales, Laramie Community College and Northeastern Junior College. Players please remember to wear your Carolina blue uniforms! Immediately following the Showcase, Director of Volleyball Operations Gavin Markovits will host a recruiting seminar for parents and players. He will educate you through the often confusing recruiting process. Everyone is welcome to attend.

Spring Clinics Begin Soon!

NORCO will again offer its spring clinic series! All clinics will run from 1:30-3:30 pm and cost \$40. For more information on these clinics, the full clinic list, and to register, head over to our [Clinics & Events](#) page to register!

Hitting/Blocking Clinic - January 30th



15 Black Head Coach, John Critzer, Director of Volleyball Operations, Gavin Markovits, and 18 Black Assistant Coach, Laura Barnes, will

lead this hitting/blocking clinic, raising the level of anyone's game with lots of technique and reps. They will be assisted by Axi Poletto, Alex Klohen, Dani Steffa, and Kelly Allen.

[Register HERE](#)



Serve/Serve Receive Clinic - February 6th

16 Black Coaches, Jim Stone and Dri Culbert, will lead this serve/serve receive clinic. They will be assisted by Emily Bench, Kelsey Schuppert, Brady Fisher, and Maggie Kelly. This two-hour clinic will cover the basics of footwork, body position, the toss, arm swing, and follow-through.



[Register HERE](#)



Serving (Float & Jump Serve) Clinic with Glenn Sapp and Jill Stucky - February 20th



14 Black Head Coach, Glenn Sapp, and 12 Black Head Coach, Jill Stucky, will lead this clinic. They will be assisted by Krista Schwartz, Kelly Mundhenk, Chelsea Cloutier, and Laura Billington.

Participants will have the opportunity to learn how to do various overhand and jump serves including top-spin and float serves.

[Register HERE](#)

Two D1 Coaches in One Week - Space is limited, register early!



Mary Wise Returns on March 1st!

Mary Wise, the University of Florida Head Volleyball Coach, will be returning to the NORCO gym to run an All-Skills Clinic on Tuesday, March 1st from 5:30-7:30. She will cover all six skills to make you a better player by introducing techniques used at the University of Florida!

[Register HERE](#)



University of Washington Head Coach Keegan Cook to Hold Blocking and Serving Clinic

Thursday, March 3rd from 5:30-7:30 p.m. Cook finished his first season at UW with a 31-3 record and a share of the Pac-12 title.

The Huskies are known for their elite blocking and serving and Cook will bring their training techniques to NORCO. The clinic will cost \$50 and registration is available [HERE](#)!



Remember to Check the Calendar!

Now that all teams are beginning tournament play, make sure to check your practice calendar often! Teams may be practicing on days they might not



normally due to traveling teams and long tournaments.

News with NORCO

Each year the NORCO coaches conduct player evals and provide the players with a written copy of the club form. At 15 and under, coaches are to conduct 2 player evals 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.



Clothing Sale in February!



NORCO will be hosting another clothing sale - **February 22nd & 23rd**. Under Armour and NORCO

gear will be available, along with a few new designs!

Are you looking to purchase more NORCO gear or need a few more items? Stop by the office on Mondays and Thursdays between 4:30 and 6:00 pm to purchase clothing items.

Cash or check ONLY!



Crossroads Pink Out

NORCO will again have order forms for the annual Pink Out shirt - the second day of Crossroads is dedicated to Breast Cancer Awareness and the profits from our orders

help support a local Breast Cancer Foundation. Teams are encouraged to support this cause but players need to wear their issued uniforms, please no pink socks. Players can support the cause by wearing their Pink Out shirts during warm-ups and with pink ribbons in their hair. Order forms can be found and turned into the box on the lobby desk!



First Annual NORCO Friendraiser moved to Friday, April 15th

Celebrate the 2016 season with this fun and informative evening. We would like to invite the entire community to learn more about our excellent program. The night will feature gift baskets, that each NORCO core team has provided, being auctioned off. We will also play the Head or Tails game for a chance to win 25 bottles of wine and another game to win 25 six packs of microbrew beers!

Wine and beer will be served along with a variety of complementary heavy hors d'oeuvres. Attire will be casual. This is a great opportunity to help with lowering our building debt while also helping us update the facility!

Click [here](#) to sign up now!