



**NORCO wishes everyone a Safe & Happy  
Memorial Day Weekend!**



## **Tryout Dates Announced!**

NORCO Open House - Saturday, June 18th from 11  
am - Noon

### Open Gyms - All Ages, \$5 At the Door

- **Saturday, June 18th** from 9 - 11 am
- **Thursday, June 30th** from 6 - 8 pm

## 15 & Up Information

- **Open Tryout Clinic for 15-18's** - Tuesday, July 5th from 6 - 8 pm
- **Open Tryout Clinic for 15-18's** - Thursday, July 7th from 6 - 8 pm
- **Tryouts for 15's and 18's** - Sunday, July 10th from 4 - 6 pm
- **Tryouts from 16's and 17's** - Sunday, July 10th from 6:30 - 8:30 pm

## 14 & Under Information

- **Open Tryout Clinic for 11-14's** - Tuesday, July 26th from 6 - 8 pm
- **Open Tryout Clinic for 11-14's** - Wednesday, August 3rd from 6 - 8 pm
- **Tryouts for 11-13's** - Sunday, August 7th from 10 am - 12 pm (Noon)
- **Tryouts for 14's** - Sunday, August 7th from 12:30 - 3 pm

More Open Gyms will be announced shortly! Dates are tentative.

### **Hitting Clinic with Michelle Buckner**

**Thursday, June 2nd**

Michelle Buckner NORCO's 2016 18 Black Head Coach will be leading this clinic. All hitting positions and ages are welcomed. The clinic is designed to breakdown the swing and provide hitters a ton of repetitions. Techniques will be broken down from footwork, jumping technique, arm-swing, and landing. Special focus will also be given to ball control and shot development.



[Register Here!](#)



### **Youth Serving/Passing Clinic**

**Monday, June 6th**

Ashley Acuff will be leading this clinic. Campers will learn the correct footwork and passing technique in this two-hour clinic. Emphasis will be put on teaching good fundamentals of serve receive passing. The serving portion will teach the basics of footwork, body position, the toss, arm swing, and follow-through. The clinic will also teach the techniques, skills, and mindset needed to serve at a consistent and accurate level.

[Register Here!](#)

## Youth Setting/Hitting Clinic

**Tuesday, June 7th**

NORCO's 12 Black Head Coach, Jill Stucky will be leading this Youth Clinic. Campers will learn correct setter footwork with an emphasis on getting hips turned to the target and feet to the ball.



They will practice "shape, window, freeze" with their hands and work on the delivery of a hittable ball. In the hitting portion, campers will learn proper footwork for all transitions releases and passing formations while getting repetition hitting the ball down the line and cross court.

[Register Here!](#)



## Youth Team Concepts Clinic

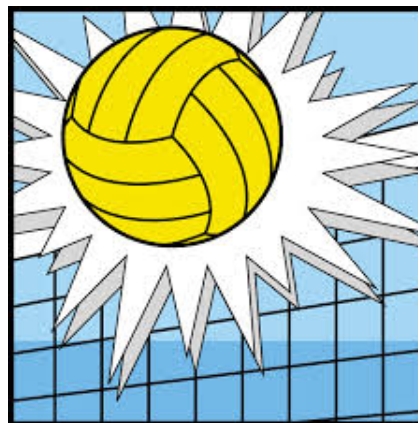
**Wednesday, June 8th**

Gavin Markovits will be leading this clinic. The camp will focus on teaching team defense, rotations, serve receive, team offense and serving zones/strategies. Both perimeter and rotation defense will be taught to the campers. Team serve receive patterns and how to receive serve in each rotation will also be examined. Campers will also be taught different offensive plays and serving strategies.

[Register Here!](#)

## Summer Camp & Clinic Registrations Available!

NORCO is happy to announce its 2016 Summer Camp schedule. Highlighting this year's camps are guest coaches from Colorado State, California, Colorado and Wyoming. Former CSU Associate Head Coach Brook Coulter will also offer a series of camps at NORCO. Please see our flyer for the complete summer schedule.

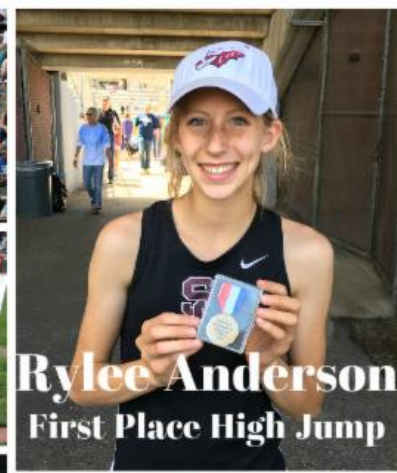


[2016 Summer Flyer](#)

[Registrations are available HERE!](#)

**This Week at NORCO!**





**Rylee Anderson**  
First Place High Jump



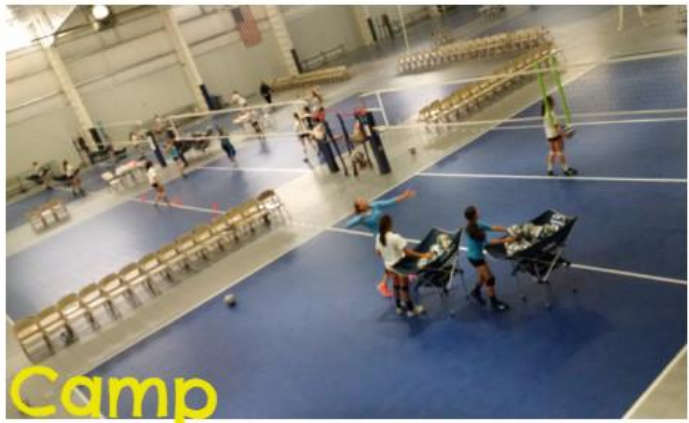
### **NORCO Shines at State Track & Field Championships**

NORCO athletes had an impressive showing at the 2016 Colorado State High School Track & Field Championships last weekend in Lakewood, Colo. Tarynn Sieg of 18 Black claimed the 3A state championship in the shot put (45'5" -new state meet record) and the discus (142'10"). Rylee Anderson (16 Black) won the 4A high jump championship with a jump of 5'7". Chelsey Lockey (16 Black) placed second in the 3A triple jump with a personal best jump of 36'2.25". Myles Hilbert (15 Black) tied for sixth in the 5A high jump with a 5'1.5" mark. Mackenzie Fidelak (16 Black) finished second in the 3A 300 meter hurdles (45.16) and helped the Niwot 4X400 relay team finish second with a school record time of 3:54.75.

### **Four 12 Black Players Invited to USA High Performance Program**

Four members of NORCO 12 Black have been invited to train with the USA Volleyball High Performance program. Middle blocker Paige Frieauf, Setter/Hitler Alexis Stucky, Libero/Outside Hitler Lauren Derrisaw and Outside Hitler Shelby Rusch all received invitations.





# Total Player Camp with Brook Coulter

