

## NORCO's Last Spring Clinic Serve & Jump Serve Saturday, April 8th 1-3 pm

Use the link below to reserve your spot today - this clinic is filling up quickly!

Come work on your serve - this 2-hour clinic will teach the basics of footwork, body position, toss, arm swing, and follow-through. The coaches will also teach the techniques, skills, and mindset needed to serve at a consistent and accurate level. Participants will learn how to do various overhand and jump serves including top-spin and float serves!



**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](#)

## NORCO's Spring Middle School League

**The Spring Middle School League** is suited for players who are/will be in 6th - 8th grade, is designed for the beginner to intermediate 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! During the registration process you will have the option to sign up as an individual, request a team, or request a friend. The 2017 league began Monday, April 24th and will run through Friday, May 26th. *Mondays 4:30-6 pm & Fridays -7:30 pm, April 24th - May 26th* [Register HERE for the Middle School League](#)





## *2017 Summer Camps & Clinics Schedule Announced!*

Registrations are available at [www.NORCOvolleyball.com](http://www.NORCOvolleyball.com)

Click [HERE](#) for a 'clickable' version of the summer schedule!



**ALL CAMP PARTICIPANTS WILL RECEIVE A CAMP T-SHIRT!**



**FOR MORE INFO OR TO REGISTER FOR A CLINIC AT NORCO, PLEASE VISIT [www.norcovolleyball.com](http://www.norcovolleyball.com)**



ALL AGES	Date	Time	Cost
LIBERO CAMP	May 13	9:00-11:30 am, 12:30-3:00 pm	\$135
ALL SKILLS ACADEMY	May 20	9:00-11:30 am, 12:30-3:00 pm	\$135
HITTING CLINIC	June 1	5:30 pm-7:30 pm	\$65
SERVE & PASS CAMP	June 8	5:30 pm-7:30 pm	\$65
ALL SKILLS ACADEMY	June 14	9:00-11:30 am, 12:30-3:00 pm	\$135
HITTING CLINIC	June 19	5:30 pm-7:30 pm	\$65
ALL SKILLS ACADEMY	July 5	9:00-11:30 am, 12:30-3:00 pm	\$135
SETTING CLINIC	July 24	5:30 pm-7:30 pm	\$65
HITTING CLINIC	July 26	5:30 pm-7:30 pm	\$65
SETTING CLINIC	Aug 3	5:30 pm-7:30 pm	\$65
LIBERO CAMP	Aug 7	9:00-11:30 am, 12:30-3:00 pm	\$135
SERVING CLINIC	Aug 9	5:30 pm-7:30 pm	\$65
ALL SKILLS ACADEMY	Aug 10	9:00-11:30 am, 12:30-3:00 pm	\$135
YOUTH	Date	Time	Cost
SERVE & PASS CAMP*	June 5	5:30 pm-7:30 pm	\$65
HITTER & SETTER CAMP*	June 6	5:30 pm-7:30 pm	\$65
LIBERO CAMP*	June 7	5:30 pm-7:30 pm	\$65
YOUTH ACADEMY SERIES--All of the above*	June 5-7		\$175
SETTING CLINIC	June 21	5:30 pm-7:30 pm	\$65
SERVING CLINIC	June 28	5:30 pm-7:30 pm	\$65
SERVING CLINIC	July 12	5:30 pm-7:30 pm	\$65
ALL SKILLS ACADEMY	July 13	9:00-11:30 am, 12:30-3:00 pm	\$135
SETTING CLINIC	July 17	9:00-11:00am	\$65
HITTING CLINIC	July 19	5:30 pm-7:30 pm	\$65
JUNIOR HIGH / MS PREP CAMP	Aug 8	9:00-11:30 am, 12:30-3:00 pm	\$135

**Youth camps are designed for ages 5-13.  
All Ages camps will be divided up by age and skill level.**

### CLINIC and CAMP INFORMATION

- Each clinic will focus on teaching fundamental volleyball skills along with effective game management.
- Coaching bio's and additional information about our Summer Coaches can be found on our website.
- All NORCO Camps & Clinics are open to ALL interested players, regardless of club affiliation. Camps & Clinics are NON-REFUNDABLE unless the Camp or Clinic is canceled.



**NORCO Volleyball Club**  
7395 Greendale Rd.  
Windsor, CO  
970-667-5005  
[www.norcovolleyball.com](http://www.norcovolleyball.com)

## All Ages Libero Camp Saturday, May 13

The most important skill in volleyball is the pass. The first contact can be the initiation of a kill or the end of a point. Passing is a fundamental skill that helps every team and player achieve their potential. All positions welcome! This camp will work on serve receive, dig transition, down ball, and free ball defense. Special emphasis will be placed on developing Volleyball IQ and learning the vital skills of platform passing, overhead passing, and reading a hitter/server.

**When:** Saturday, May 13 9:00-11:30 am (Lunch Break) 12:30-3:00 pm

[Register for the Libero Camp HERE!](#)



## All Ages All Skills Academy Saturday, May 20th

The All-Skills Academy offers instructions and training in all aspects of volleyball, such as the skills and techniques of serving, passing, setting, attacking, defense, and blocking. The camp will focus on developing and improving court movement and ball control and a strong emphasis will be placed on individual skill correction with demonstration of the right techniques, high repetition, and deep understanding of the game. A wide variety of drills, games, and competition will be used to put these techniques into practice.

**When:** Saturday, May 20th 9:00-11:30 am (Lunch Break) 12:30-3:00 pm

[Register for the All Skills Academy HERE!](#)

## Around the Gym





## New Under Armour Knee Pads!

Are you looking for a thicker knee pad? Under Armour has released their newest knee pad - the Strive. The strive offers 3 panels of padding and are available in 3 different sizes: small, medium, and large. Stop by the office to purchase a pair - \$30, cash or check only, please.

