



Mark your calendar!
**NORCO's Open Gyms, Pre-Tryout Clinics, and
Tryouts are announced!**

This summer, NORCO will be hosting several Open Gyms and Pre-Tryout Clinics prior to Tryouts. Dates are subject to change, please check our [website](#) for updates or changes.

Open Gyms:

All Ages: Wednesday, July 8th 5:30 - 7:30 pm

Players 14 & Under : Tuesday, July 21st 5:30 - 7:30 pm

14 & Under Pre-Tryout Clinics:

Thursday, August 6th 6:00 - 8:30 pm

Tuesday, August 11th 6:00 - 8:30 pm



Hitting & Blocking Camp

with

**Three-time Olympian
Heather Bown**

All Ages

June 20th, 9:00am - 3:00 pm

Olympic silver medalist Heather Bown will lead this five-hour clinic on hitting and blocking. She will cover the basics of footwork, arm swing, ball contact, net

penetration and block location. This is a once and a lifetime opportunity to learn from a three-time Olympian. It's not too late to sign up this amazing camp!

Click Below to Register:
[Hitting & Blocking Camp](#)



**Hitting Clinic with
Sam Peters**

Ages 14-18

June 22nd, 9:00 - 11:00 am

All hitting positions welcome - we will work on specific roles of each position, starting with the technical skills of attacking.

The two-hour hitting clinic is designed to breakdown the swing, footwork, jumping technique, arm-swing, landing, and provides hitters a ton of repetitions. Special focus will also be given to ball control and shot development.

Click Below to Register
[Hitting Clinic](#)



**Blocking Clinic with
Sam Peters**

Ages 14-18

June 22nd, 12:00 - 2:00 pm

Sam Peters, former standout CSU Ram and NORCO 17 Black

Head Coach, will lead a blocking clinic raising the level of anyone's game with a lot of technique and reps. The blocking

clinic will focus on footwork, hand position, net penetration and setting the block on the correct position.



Click Below to Register:
[Blocking Clinic](#)



Defense/Passing/Libero Clinic

with

Jaime Colaizzi

Ages 14-18

June 24th, 9:00 - 11:00 am

This two-hour clinic 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. 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!

Click Below to Register:

[Defense/Passing/Libero Clinic](#)

Teams will begin to depart for Junior Nationals and AAUs in the next few days, thank you everyone for your support, this season rocked!

