



### **14 & Under Pre-Tryout Clinics:**

Thursday, August 6th 6:00 - 8:30 pm - Register [HERE!](#)

Tuesday, August 11th 6:00 - 8:30 pm - Register [HERE!](#)

### **14 & Under Tryouts - Sunday, August 16th**

11s, 12s, & 13s: 10:00 am - 12:00 pm (Check-in begins at 9:30 am)

14s: 12:30 - 3:00 pm (Check-in begins at 12:00 pm)

Register [HERE!](#)



### **NORCO Partnering with the Orthopedic and Spine Center of the Rockies!**

NORCO and the Orthopedic and Spine Center of the Rockies (OCR) are teaming up for safety! The

OCR is providing Medical Trainers for many of NORCO's events including clinics, tryouts, and practices!

**Serving/Jump Serving Clinic**  
**with**  
**NORCO 15 Black Head Coach and**  
**UNC Assistant Coach**  
**John Critzer**



**All Ages**

**July 27th, 5:30 - 7:30 pm**

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

**Click Below to Register:**  
**[Serving/Jump Serving Clinic](#)**



**Defense/Passing/Libero Camp**  
**with**  
**Three-Time Olympian**  
**Stacy Sykora**

**All Ages**

**August 3rd, 9:00 - 11:30 am (Lunch Break) 12:30 -  
3:00pm**

This exclusive five-hour camp will feature three-time Olympic libero Stacy Sykora. She will bring her energy and wealth of experience to the most important skill in volleyball. The camp will cover the basic of ball control including footwork, platform control, free ball passing and defensive positioning. Sykora will also introduce some advanced techniques she has learned in her 10 plus years as a professional volleyball player. All are welcome.

**Click Below to Register:**

## Junior High/Middle School Prep Camp



with

**Glenn Sapp and Gavin  
Markovits**



**August 5th, 9:00 - 11:30 am (Lunch  
Break) 12:30 - 3:00 pm**

This five-hour clinic is an all-skills clinic that will cover the basics and fundamentals of volleyball, in addition to a few more advanced techniques. Led by NORCO's 14 Black Coach, Glenn Sapp, as well as NORCO's Recruiting Coordinator, Gavin Markovits, this camp will fit any middle school volleyball player. Whether they have never played before, or they are on a 14 and under club team, this clinic will give players the opportunity to learn new techniques, as well as a chance to get tons of touches, benefitting those whose middle school season is approaching. This clinic will cover all the basics in preparation for the fall volleyball season and reinforce what players have learned throughout the club season. Clinic participants will go over serving, passing, setting, hitting, and blocking. Clinic participants do not have to be on a club team to participate.

**Click Below to Register:**

**[Junior High/Middle School Prep Camp](#)**



**NORCO is happy to pass on some  
incredible deals from our  
partnership with Eastbay!**

Eastbay is offering ten pairs of shoes, including men's and youth sizes! These are being offered at a discounted rate, but only for a limited time! Click on the link below to check out this great sale!

**[NORCO & Eastbay Sale Flyer](#)**

