



NORCO in Full Swing!



We are happy to have everyone back in the gym after Thanksgiving break! Setters Training was on Tuesday night and the girls worked hard with Setting Coaches Kate Hampson (15 Blue) and Kelli Thoms (15 Black).

On Tuesday evening, NORCO also hosted it's monthly Club Volleyball 101. This month's presenter was Director of Volleyball Events and Recruiting Coordinator, Gavin Markovits. Gavin talked about volleyball terminology touching on the different roles of each position, play sets, defense, and strategy.



Congratulations CSU Seniors!

Saturday night was CSU's Senior Night. Underclassmen of the CSU Volleyball team showered seniors: Jamie Colaizzi, Dri Culbert (16 Black Assistant), Alex Reid, and Crystal Young (15 White); with attention, flowers, and great memories. To top it off Dri Culbert (Player of the Year), Alex Reid (First Team), Acacia



Andrews (First Team), Axi Poletto (First Team), and Jamie Colaizzi (Honorable Mention) were all named to the Mountain West All-Conference team!

Coaches Ref Clinic

All NORCO coaches are required to be RMR-USAV Ref certified. Our clinic date is **December 5th** at 3:00 pm upstairs. This clinic is open to NORCO coaches **only**. If you are unable to attend this date, you must go on the RMR website, select another clinic date and place. Please let the office know ASAP.

Scorekeepers Clinics

NORCO's Scorekeepers Clinics will be on **Saturday, December 12th:**

- **Maintaining Clinic ~ 2:30 - 3:30 pm**
- **New Scorekeepers Clinic ~ 3:30 - 6:30 pm**

All 14 & Under players who volunteered to be scorekeepers for their team are required to attend the '**New**' Scorekeepers clinic. Players who are 15 & Up and were RMR certified for the 2014-2015 USAV season will be eligible to attend the '**Maintaining**' Scorekeepers clinic. **The Mezzanine will be CLOSED from 2:30 - 6:30 pm for the Clinic.**

Coaches Impact Clinic

Coaches that have not completed the USAV-Impact/Safe Sport certification must attend this clinic in Denver, **December 6th or January 30th** at the Embassy Suites on South Hampden. The class will begin at 1:00 pm.

Coaches Safe Sport Clinic

Coaches that do not have the Safe-Sport certification have until **February 1st, 2016** to complete this class. Coaches can complete this course online for free - visit the RMR [website](#) and select the '[Safe Sport](#)' tab. Follow the instructions on how to register for and complete the course.

Team Picture Times

Check below for your team's time. Players will need to wear their **Carolina jersey**, spandex, knee pads, and shoes. Coaches need to wear their **Navy UA 1/4 Zip**.

Wednesday, December 9th		Thursday, December 10th		Friday, December 11th	
4:30 - 4:45 pm	12-1	4:45 - 5:00 pm	12-2	5:00 - 5:15 pm	12 Amanda
4:45 - 5:00 pm	17-1	5:00 - 5:15 pm	11-1	5:15 - 5:30 pm	15 Taryn
5:45 - 6:00 pm	15-4	6:00 - 6:15 pm	14-3	5:30 - 5:45 pm	14 Arielle
6:00 - 6:15 pm	15-2	6:15 - 6:30 pm	14-1	5:45 - 6:00 pm	12 Lindsay
6:15 - 6:30 pm	15-3	6:30 - 6:45 pm	14-2	6:00 - 6:15 pm	13 Meghan
6:30 - 6:45 pm	17-2	6:45 - 7:00 pm	14-4	6:45 - 7:00 pm	16 Chuck
6:45 - 7:00 pm	15-1	7:00 - 7:15 pm	13-2	7:05 - 7:20 pm	14 Alx
7:00 - 7:15 pm	16-2	7:15 - 7:30 pm	13-1		
7:15 - 7:30 pm	16-1	7:30 - 7:45 pm	13-3		
7:30 - 7:45 pm	18-1				

Coach of the Week



Jeana Stading, **12 Blue Head Coach**, is in her fourth year coaching with NORCO. Jeana was a two year varsity player for Doherty High School in Colorado Springs and played club for five years. Jeana is a great motivator and keeps her team competitive. Jeana works with NORCO's Youth Program,

frequently coaching sessions of Volleykidz!

Congratulations Jeana!

Player of the Week

Reagan McWhinney is in her second year at NORCO! Reagan is a member of 11 Black this year. She is an avid volleyball player, frequenting many NORCO camps and clinics over the summer!

Reagan goes to Resurrection Christian. Her parents and grandmother are great supporters of Reagan and encourage her learning of the sport.



In the News!

Practice Times: Please arrive 15 minutes before practice starts. If you have an emergency and you need to drop your child off earlier than 15 minutes, **please**

notify the office of this request so we are aware for safety issues.

Team Duties: All teams are assigned a duty before or after their practices.

These duties take 5-8 minutes as long as everyone pitches in. The first team 14 & older (14, 15, 16, 17, 18) on the court on Monday's will be responsible for wet mopping.



Former CSU player, **Katelyn Steffan** (now Katelyn Greenwald!) and her family are back in the Fort Collins area! Katelyn was a four year starter for Colorado State University and earned many accolades while playing there. In 2011, Katelyn was the Mountain West Conference Player of the Year and Conference Championship MVP, and was named AVCA's All-American. In 2012, she was the Colorado Sports Hall of Fame Female College Athlete of the Year and College Volleyball Sportswoman of the Year.

Katelyn will be available for private lessons, head over to our [Private Lessons](#) page to contact her.



Meet team 'Franken-swine' - Madeline Stucky, Alexis Stucky (12 Black), and Jessica & Kelsey Crane (15 Silver). The girls participated in the 2015 Pig Wrestling County Fair Fund Raiser in Wyoming! Resident cat, Hops, helped Mackenzie Fidelak (16 Black) work out!

Clothing Sale Dates -

December 16th through December 19th!



NORCO is stocking up on new gear for our clothing sale: **Wednesday, December 16th through Saturday, December 19th.** Hours will be 4:00 pm - 8:00 pm Wednesday through Friday and 9:00 am-1:00 pm on Saturday! All of NORCO's t-shirts (short and long sleeve), hoodies, and items will be available and even more items will be available for order. Under Armour items such as spandex, socks, kneepads, jackets, warm-ups, backpacks and duffel bags will be available for purchase!

NO CREDIT CARDS WILL BE ACCEPTED
CASH OR CHECK ONLY!

NORCO's 6th Annual Dig to Win

3 vs 3 Tournament

Sunday, December 27th

Sunday, December 27th will be NORCO's 6th Annual Dig to Win 3 vs 3 Tournament! Come join us to burn off some holiday food and have a great time! Junior teams are allowed to have one (1) adult or coach and there will be a new division this year for Norco Alumni and Volleyball Parents! A team of three graduated NORCO alumni can receive free admission by contacting the office for a discount code.



The three age divisions are:

- 14 & Under
- 15 & Up
- Alumni/ Volleyball Parents

Cost is \$75 per team, registration is available now. Check out our flyer below for more info - prizes are awarded to the winning teams!

[NORCO's 6th Annual Dig to Win 3 vs 3 Tournament Flyer](#)



NORCO Serve 50!

NORCO will sponsored its first annual Serve 50 Fundraiser in late November. The fundraiser was a simple way for families to raise money toward their account as well as help keep our facility the best in the RMR. Each team was challenged to raise \$1000 each. Prizes will be awarded for the individual and team that raises the most money.

Our other event will be our "First Annual NORCO Friendraiser and Silent Auction" on Friday, January 8th. This fun evening of socializing will kick off the club season while providing funds to help individual accounts and keep overall fees lower. Click [HERE](#) for more information!