



Good Luck Teams!!

This is the second weekend of Crossroads and NORCO will be represented by 14 teams! Good luck to: 11 Black, 12 Black, 12 Blue, 13 Black, 13 Blue, 13 White, 14 Black, 14 Blue, 14 White, 14 Silver, 15 Black, 15 Blue, 15 White, & 15 Silver!!

Crossroads Week 1 Success!!

Congratulations to all of our teams for their performance at the first week of Crossroads! Special recognition to 16 Black who finished 4th out of 48 teams in 16 Open. 18 Black (33rd out of 48), 17 Blue (57th out of 96), 17 Black (29th out of 80), 16 Blue (21st out of 120) also performed well.



Thank You Collegiate Coaches!!

A huge THANK YOU goes out to both of our Collegiate coaches we had in the gym this week - Mary Wise and Keegan Cook!



The University of Florida's Head Coach, Mary Wise brought along Associate Head Coach, Dave Boos. This was Mary's second and Dave's first visit to NORCO and they didn't fail to impress - players brought in snow shovels

to help learn new defensive strategies! Players and coaches learned from this outstanding clinic, thanks again Mary & Dave!!

The University of Washington's Head Coach, Keegan Cook brought Volunteer Assistant Coach, Dylan Hamilton for a blocking and serving clinic. Players were kept at a



fast pace so serves were dynamic and blocks were aggressive! Thank you Keegan and Dylan for a great clinic - for both players and coaches!!

THANK YOU MARY & KEEGAN!

Spring Clinics

All clinics will run from 1:30-3:30 pm and cost \$40 online or \$50 at the door. For more information on these clinics, the full clinic list, and to register, head over to our [Clinics & Events](#) page to register!

Hitting Clinic - March 12th

17 Black & 13 Black Head Coaches, Sam Peters and Ashley Acuff, will be leading this hitting clinic. They will be assisted by Kendra Cunningham, Tami Bustamante, Holly Martin, and Zach Garcia. All hitting positions welcome - we will work on specific roles of each position. Special focus will also be given to ball control and shot development.



[Register HERE](#)



Passing/Defense Clinic - March 19th



18 Black Head Coach, Michelle Buckner and 16 Blue Head Coach, Jared Rudiger will lead this passing clinic. These coaches will be assisted by Katie Ronen, Hailey Elliott, Lindsay Miller, and Jeana Stading. Passing is a fundamental skill that helps every team and player achieve their potential. All positions welcome! The two-hour clinic will work on serve receive, dig transition, down ball, and free ball defense.

[Register HERE](#)



Hitting/Blocking Clinic - April 2nd

17 Blue Head Coach, Geri Wagner, and 15 Blue Head Coach, Kate Hampson, will lead a hitting/blocking clinic. They will be assisted by Miles Wagner, Rileigh Lienemann, Courtney Scheffler, and Amber Ortnier. The hitting portion is designed to breakdown arm swing and provides hitters a ton of repetitions. The blocking portion will focus on footwork, hand position, net penetration and setting the block on the correct position.



[Register HERE](#)

Youth Events

Spring is right around the corner, and so are our Youth Camps!



Volleykidz is a great beginner's program that focuses on skill development and a little bit of integrated game play. The next session begins on March 18th.

[Register HERE](#)

All-Stars Skills Camp is for the more intermediate volleyball player and there is more emphasis on court development and strategy. The next session begins on April 5th.



[Register HERE](#)

Head over to our [Youth page](#) for more information on our upcoming Youth events and to register for them!

Why I Won't Pay For Club Volleyball

To My Daughter Allie,

Why I don't Pay for Club Volleyball:

During a recent dinner one of my friends asked, "Why do you pay so much for club volleyball?", Below is a summary of my answer, I wanted you to know what I really "pay" for and what I hope you gain from these experiences. The truth is I never intend to pay for club volleyball.

I pay to assure that you pushed beyond your perceived limits. I pay professional coaches to challenge you at every practice and match. I pay them to push and challenge you to the point where you might want to quit because it is so tough. I pay them to build up your confidence at the same time so you don't. I pay them to coach you in volleyball because I understand that your self-assurance on the court transcends to your everyday life. I pay for you to learn how to set goals and chase down dreams. I pay your coaches to help install a high level of self-confidence that you can and will accomplish the goals you set for yourself. I pay so you have more caring and responsible adults involved in your life. I pay for the days when you arrive at home exhausted from school and you don't really want to go to position training/weights/plyo-metrics, but you do it anyway. I pay for the life lessons that losses, frustrations, and disappointment from competition can provide. I pay for life lessons, victories, and personal/team accomplishments that competition can provide. I pay for these opportunities because I do not have to push or force you to play volleyball, rather your desire to play is unequivocally intrinsic.

I pay for you to have opportunities to take pride in your actions on and off the court. I pay for you to be accountable to others (coaches, teammates, club directors) and to help you understand that you are not the center of the universe. I pay for the opportunity for you to honor your teammates and coaches by always giving your best effort on and off the court. I pay for you to have the leadership opportunities volleyball offers. I pay to provide opportunities for you to help everyone around you improve as a person and teammate. I pay for you to understand that you will forever be surrounded by more talented people and less talented people, and that a true leader has the humility and patience to work with both. I pay for you, my daughter, to learn that it is the accumulation of hours upon hours of practice combined with numerous personal sacrifices to be an overnight success.

No it is not club volleyball that I am paying for, I am paying for the time and conversation with a teenage girl on the way to and from practice. I pay for the smiles and sense of purpose that playing club volleyball provides you. I pay to provide lifelong memories from traveling and going to new places with me. I pay for you to experience new cultures, foods, and cities that we experience by traveling to tournaments. I pay because its clear that volleyball sparks your life, passion, and sense of pride. I pay for help in guiding you down the right path. I pay because club volleyball reinforces the life lessons about hope, compassion, hard work, and commitment to yourself and

NORCO's Middle School League is designed for the beginner to intermediate volleyball 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! This league is suited for players who are or will be in 6th - 8th grade.



NORCO provides a lead instructor as well as high school aged coaches for teams, should they need one! This is important at this level because we want to provide instruction as well as team play.

During the registration process you will have the option to sign up as an individual, request a team, or request to play with a friend! Practices will be Mondays from 4:30 - 6:00 pm and matches will be Fridays from 6:00 - 7:30 pm. The 2016 league will run Monday, April 25th through May 27th.

[Register HERE](#)