



## Riley Zuhn Selected to Play on Youth National Training Team

Riley Zuhn has been selected one of 24 players to participate in the U.S. Girls' Youth National Training Team (GYNTT).

**Zuhn, a freshman outside hitter for NORCO 16 Black, is the first athlete in NORCO history to be selected to a USA Volleyball National Training Team.**

The roster consists of the top high school freshmen and sophomores from around the country. Zuhn is one of 10 outside/opposite hitters selected. She is the only player from the Rocky Mountain Region selected to the team.

"I am excited to have the opportunity to compete with the best players in the country," Zuhn said. "I know it will be difficult, but I want to represent NORCO and the RMR."

Erin Virtue, associate head coach at Northwestern University, has been selected to serve as the U.S. Girls' Youth National Team head coach. Stacy Sykora (USA Volleyball) will serve as an assistant coach for the team, while Jared Hazel (formerly of Colorado State University) will serve as technical coordinator. A second assistant coach will be added to the coaching staff in the near future.

"On behalf of the entire coaching staff, we are thrilled to announce this exceptional group as the 2016 U.S. Girls' Youth National Training Team," Virtue said. "These 24 athletes are among the best in the nation in their age group and will compete to represent USA at the NORCECA Championship. Our staff is honored to implement and teach the core values, philosophies and strategies of our U.S. Women's National Team to these young athletes. The High Performance pipeline is a critical piece to achieving success at the highest levels in USA Volleyball and we are excited to create a culture of learning within this training group." [Link to full article.](#)

Tentatively, the GYNTT will train July 11-24 in Fort Lauderdale, Florida, with the final 12-player U.S.

Girls' Youth National Team (GYNT) roster selected on July 19. The squad, along with the alternates, will compete in the USA Volleyball High Performance Championships held July 19-23 in Fort Lauderdale. The team will reconvene in Puerto Rico and compete in the NORCECA Women's U18 Continental Championship with tentative dates set for Aug. 26-Sept. 5.

## **Congratulations, Riley!!**



## **Summer Camps & Clinics Begin!**

Brook Coulter kicked off the Summer season with a Libero camp on Saturday! players had a blast passing, working on defense, and reading opponents.



### **Total Player Camp Saturday, May 21st**

Brook Coulter's Total Player Camp is geared towards the player who wants a complete training in all facets of the game. An exciting environment to be exposed to all technical aspects of the game as well as some mental system strategies. This camp will run from 9:00 - 11:30 am (Lunch Break) 12:30 - 3:00 pm.

**[Register Here!](#)**

# Hitting Clinic with Michelle Buckner

**Thursday, June 2nd**

Michelle Buckner NORCO's 2016 18 Black Head Coach will be leading this clinic. All hitting positions and ages are welcomed. The clinic is designed to breakdown the swing and provide hitters a ton of repetitions. Techniques will be broken down from footwork, jumping technique, arm-swing, and landing. Special focus will also be given to ball control and shot development.



[Register Here!](#)

## Summer Camp & Clinic Registrations Available!

NORCO is happy to announce its 2016 Summer Camp schedule. Highlighting this year's camps are guest coaches from Colorado State, California, Colorado and Wyoming. Former CSU Associate Head Coach Brook Coulter will also offer a series of camps at NORCO. Please see our flyer for the complete summer schedule.



[2016 Summer Flyer](#)

[Registrations are available HERE!](#)

## An Open Letter to the Athlete We Must Stop Recruiting

An Article By Becky Carlson

"Dear Prospective Student-Athlete,

I received your introductory two-line email and read through it. I must say your first sentence was painfully familiar as you introduced yourself by first name only. I assumed if you were trying to make an impression that you would have paid more attention to punctuation, but my assumption appears incorrect. While your opening email failed to identify your last name, what year in school you are, where you are from, or what position you play, you managed to include your most pressing question as to whether our team is "giving out scholarships".

A week later, I received a second email with full color resume attachment

including your action photos, and a variety of links to related newspaper articles. Each of these items were compiled in an orderly fashion and sent out directly from both your parents' emails.

...

As a word of advice, while many college coaches support parental enthusiasm, initiative taken by the athlete is crucial if you are serious about connecting with a quality program. Our staff explained to your parents that we would prefer to connect with you directly, but they continue to respond on your behalf. This will be a red flag for any coach, so please be aware of this feedback being a possibility from any of your other options."

To read the full article, [click here](#).

## This Week at NORCO!

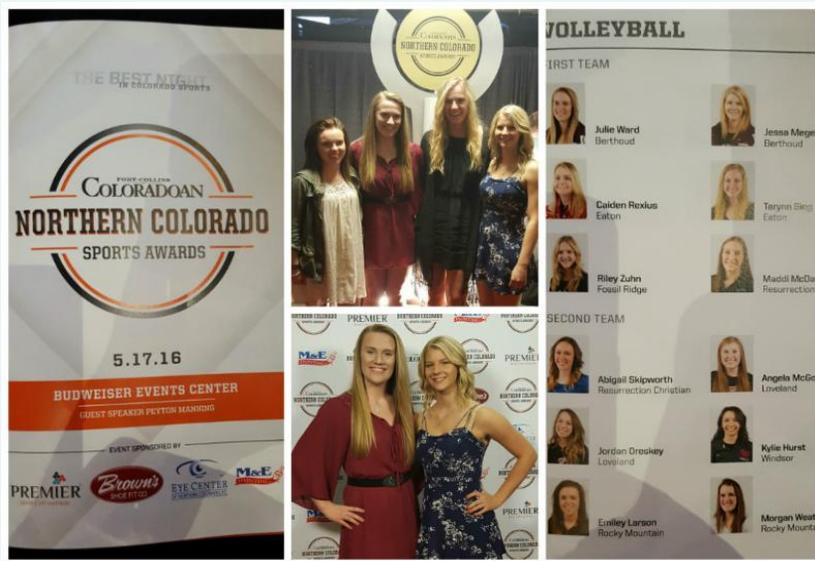


12 Blue had their end of season party over the weekend.

The team had a sleepover, a bounce relay-race, cake, and of course, played volleyball!



Thursday evening was the Northern Colorado Sports Awards. Many NORCO athletes were honored this year, including: Julie Ward (16-2), Jessa Megenhardt (17-1), Tarynn Sieg (18-1), Riley Zuhn (16-1), Emiley Larson (18-1), and Morgan Weatherwax (18-1).



Congratulations Rylee Anderson of 16 Black!! Rylee took first place in the State High School Championship 4A Long Jump - jumping **5 feet 8 inches!!**