

03

March
2022

FORCE PERFORMANCE VOLLEYBALL CLUB NEWS

we believe in the power of sports

UPCOMING EVENTS IN MARCH

March 13th - Power League #2 14s
March 19th - Power League #2 13s/15s
March 20th - Power League #2 16s
March 27th - Power League #3 13s/14s

March 5th & 6th - Power League Champs 17s

March 12th - Premier League #2 12s/13s/14s
March 13th - Premier League #2 15s/16s/17s
March 26th - Premier League #3 12s
March 27th - Premier League #3 13s/14s

March 5th & 6th - Golden State Classic 16 Ren
March 4th, 5th & 6th - Sierra National Qualifiers 18 Ren
March 5th, 6th, & 7th - Salt Lake City Showdown 15 Ren

REMINDERS

- ✓ The weather is warming up! Make sure you stay hydrated for practice and tournaments.
- ✓ **Book your hotels for Far Westerns using the link through THS. Rooms will be added weekly. Check back each Monday!**
- ✓ Conditioning is ON! Check the website for your schedule.

OUR TEAMS ROCK!

15 REN

Salt Lake City Showdown
29TH

17 REN

Power League Championships
25TH

16 REN

Golden State Classic
10TH

18 REN

Sierra National Qualifier
26TH

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Jordyn

Coach Jordyn's story is unique since she started playing volleyball at nine years old with her parents, Kristen and Randy as coaches. Jordyn accomplished quite a lot throughout her playing career, most notably at Franklin High School where she won All League, was selected for the Delta League Optimist Game, and received the Delta Sportsmanship Award. Jordyn continued her education at UC Davis, where she continued to play during her freshman year. She earned her degree in Wildlife, Fish, and Conservation Biology and she is applying for a masters degree in education at UC Davis.

Jordyn's favorite memory while playing in college was winning the conference. *"It was so rewarding to see all our effort and teamwork pay off at the end of the season."* Her favorite memory while playing at FPVC was playing at all the big convention centers and hearing the noise and seeing all the amazing teams playing. As a player, her favorite drill was Hitting Hell Drill. She was able to have the opportunity to work on the relationship with her hitters and work on tricking the middle on the opposing side.

Her greatest obstacle while playing volleyball was the recovery after breaking her wrist during a high school playoff game. Originally misdiagnosed, she continued to play on her wrist. She eventually found out it was broken with significant bone decay which would require surgery and bone stimulation. The doctor later told her it should have been a career ending injury. Jordyn worked extremely hard to come back and set for her club team that same season at the last tournament. She continued to play in college. Jordyn contributes mental strength getting her through this experience. After hearing the severity of her injury Jordyn could have given up, but she was determined to prove to herself and to her doctors that she could recover quickly. Jordyn said, *"I am stronger now because of that experience and I welcome adversity and hardship, knowing I can overcome anything I put my mind to."*

Jordyn decided to coach during her sophomore year of college. With some added chronic injuries during college, she decided to apply herself to the sport she loved in other ways! Since then, she has coached indoor volleyball for five years and beach volleyball for three years. Jordyn's favorite drill as a coach? It is 4v4 cooperative. *"Consistency and control over all skills in the game are critical to become a successful team."*

When we asked Jordyn what she thought the most challenging thing about coaching is she felt it was finding the technique or feedback that will get through to each player. Everyone learns in different ways and what works for one player might not work for the next. To solve this problem, Jordyn likes to stay a student of the game. On a weekly basis she watches and listens to the best coaches in the country to add more knowledge to her coaching toolbox. Jordyn believes mental toughness is just as important as your skills. As an athlete you will encounter different obstacles that will test your mental toughness and teach you lessons that will help you later in life. Taking ownership is the key to move past these obstacles that stand in the way of your goals. The athletes that take ownership and rise to the occasion are the athletes that go on to play at an elite level. *"Bad things will happen or instances will not go in your favor...ok what are YOU going to do about it?"*

There are so many favorite memories Jordyn can recall during her time coaching. Overall, she loves when an athlete gets a breakthrough. For instance, when an athlete makes a significant change or does a rep correctly for the first time. That is the most rewarding feeling.

Jordyn sees herself teaching, coaching, and traveling in the future. Always looking for ways to better herself and live life to the fullest that she can!



SENIOR SPOTLIGHT

FHS c/o 2022

Ella

Ella has been playing volleyball for seven years. She has been playing club volleyball for five years, all of those five with FPVC. She started playing volleyball when she was 11. Ella started out as a middle, then moved to the right side, then found her spot on the outside where she is still playing.

Ella's goals after high school are to get a degree in psychology and to continue coaching volleyball.

She would tell younger players to balance having fun but also being able to focus when necessary. She believes it will make you a better player but also allow you to enjoy the game.

Her favorite drill is setters and middles because she was able to get a lot of hitting reps in and it allowed for more one on one coaching.

Ella's favorite memory as a volleyball player was when she was with her varsity team. They were always laughing and having fun and they became her best friends.

Ella is going to continue pursuing her education and playing at Sacramento City College in the fall.



SENIOR SPOTLIGHT

FHS c/o 2022

Rachel

Rachel started playing volleyball when she was in fifth grade and began playing club for FPVC in seventh grade. Rachel started out playing as a rightside hitter. As she continued her career, she played setter and is currently a middle blocker for the 18 REN team.

Her plans for her education is to attend a four-year university. Rachel is considering studying math and criminal justice or art education. She plans to be "successful with adulting" and she hopes to continue playing intramural volleyball in college.

Rachel's advice for younger players is to be to always be supportive of others. "Be loud and encouraging both on and off the court."

Her favorite memory is when Franklin made it to playoffs during her sophomore and senior years. "It was such an amazing opportunity, and I am really grateful for the experience."

Rachel will miss all of the friends that she has made throughout the years. She loves the game and she hopes to be able to play volleyball for the rest of her life.



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