

Included in this Newsletter:

Summer Clinics

Glenn Sapp on Twitter

Middle School League

Pictures

**Sign up now to take advantage
of our impressive
summer camp line up.**



***We are the only club in
Colorado to feature seven current or
former college coaches along with***

two Olympic silver medalists.

**It is not too late to sign up for our
Collegiate Coaches Series (June 10-12)
featuring three Top 25 Division I coaches**

(Tom Hilbert, Mark Rosen and Christy Johnson-Lynch). Former Ohio State Head Coach and current USA Junior National Team Head Coach Jim Stone hosts a clinic on Monday, June 15th. We will host 2008 Olympic silver medalist Heather Bown on Saturday, June 20th for a Hitting and Blocking clinic.

**Please see a complete list of
our summer camps below.**



Setting Clinic with Kate Hampson

Ages 5 - 13

June 4th, 5:30 - 7:30 pm

Kate Hampson, NORCO Coach and former Washburn Two Time All-American Setter, will be leading this clinic. A setter plays a huge role in the success of any team. This two-hour clinic will focus on the technical skill of setting and the tactical skill of becoming an effective game manager. This clinic will focus on how to run an offense, leadership, and the keys to effectively executing an overhead set. There will special focus on in-system and out-of-system setting while working on basic sets.

Click Below to register:

[Setting Clinic](#)



**Outside Hitting Camp with
Colorado State University
Head Coach, Tom Hilbert**

All Ages

June 10th, 9:00am-3:00 pm

Colorado State University Head Coach, Tom Hilbert will lead an extensive five-hour camp focusing on the skill of playing outside hitter. The most diverse position on the court, the outside must be able to pass, hit, block, serve and defend. Coach Hilbert will center his morning session on the fundamentals of being a sound outside hitter. In the afternoon, participants will learn more advanced skills of vision, shots and tactics.

Click Below to Register:
[Collegiate Camp Series](#)

**Ball Control Camp with the
University of Michigan's Mark Rosen
All Ages
June 11th, 9am - 3:00 pm**



University of Michigan Head Coach, Mark Rosen will conduct a five-hour clinic on the most important skill in the game - ball control. He will teach you how an elite college program teaches passing, defense, serve receive and free ball passing. This clinic is essential for anyone who serve receives or plays defense for their team.

Click Below to Register:
[Colligate Camp Series](#)

**Setting Camp with Iowa State
Head Coach, Christy Johnson-Lynch
All Ages
June 12th, 9:00am - 3:00 pm**

Iowa State Head Coach Christy Johnson-Lynch brings her setting expertise to NORCO. Johnson-Lynch won a national championship as a setter at the University of Nebraska. She will teach both advanced and fundamental setting skills. She will also spend time discussing game management and decision making for setters.



Click Below to Register:
Collegiate Camp Series



All Skills Camp with Jim Stone
All Ages
June 15th 9am-3pm

Jim will take players through his elite training techniques in this five-hour clinic. Coach Stone will cover all basic skills.

Click Below to Register:
All Skills Camp

Defense/Passing/Libero Clinic
with Glenn Sapp
Ages 5-13
June 18th, 5:30-7:30pm



The most important skill in volleyball is the pass. The first contact can be the initiation of a kill or the end of a point.

Great passers always find a way to earn playing time! 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. Special emphasis will be placed on developing Volleyball IQ and learning the vital skills of platform passing, overhead passing, and reading a hitter/server.

Click Below to Register:
[Defense/Passing/Libero Clinic](#)



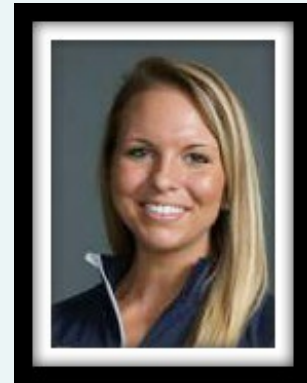
**Hitting/Blocking Camp with
Heather Bown
All Ages Clinic
June 20th 9am-3pm**

Olympic silver medalist Heather Bown will lead this five-hour clinic on hitting and blocking. She will cover the basics of footwork, arm swing, ball contact, net penetration and block location. This is a once and a lifetime opportunity to learn from a three-time Olympian.

Click Below to Register
[Hitting Clinic](#)

**Hitting Clinic with Sam Peters_
Ages 14-18
June 22nd, 9-11am**

All hitting positions welcome - middles, outsides, and opposites. We will work on specific roles of each position, starting with the technical skills of attacking. The two-hour hitting clinic is designed to breakdown the swing and provides 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.



Click Below to Register
[Hitting Clinic](#)



Blocking Clinic with Sam Peters

Ages 14-18

June 22nd, 12-2pm

Sam Peters, former standout CSU Ram and NORCO 17 Black Head Coach, will lead a blocking clinic raising the level of anyone's game with lots of technique and reps. The blocking clinic will focus on footwork, hand position, net penetration and setting the block on the correct position.

Click Below to Register:

[Blocking Clinic](#)

Defense/Passing/Libero Clinic with

Jaime Colaizzi

Ages 14-18

June 24th, 9-11am



The most important skill in volleyball is the pass. The first contact can be the initiation of a kill or the end of a point.

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Click Below to Register:

[Defense/Passing/Libero Clinic](#)



Serving Clinic with Amber Ortnor

Ages 5-13

June 29th, 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 Clinic](#)



Congratulations to Glenn Sapp for being awarded the
Doc Booth

Successful 2015 Middle School League!



Coach Courtney



Coach Sammie



Coach Kelly



Coach Macie



Coach Alx



**Coach Anna From
18 BIK**



Coach Emiley



**Coach
Sam**

Pictures



14-1 Scrimmaging CSU players to prepare for Nationals.



Pilates Training with 15-1 and 16-1

