



**Mark your calendar -**  
**Additional NORCO Open Gyms have been announced!**

This summer, NORCO will be hosting several Open Gyms and Pre-Tryout Clinics prior to Tryouts. Dates are subject to change, please check our [website](#) for updates or changes.

**Open Gyms - \$5, pay at check-in**

**Dates and Times:**

15s Age Division: Thursday, July 2nd 6:00 - 8:00 pm; Thursday, July 9th 6:00 - 8:00 pm

Players 15 & Up: Monday, July 6th 5:30 - 7:30 pm

16s Age Division: Wednesday, July 8th 6:30 - 7:30 pm

All Ages: Wednesday, July 8th 5:30 - 7:30 pm \*16s begin at 6:30 pm\*

Players 14 & Under: Tuesday, July 21st 5:30 - 7:30 pm

**14 & Under Pre-Tryout Clinics:**

Thursday, August 6th 6:00 - 8:30 pm - Register [HERE!](#)

Tuesday, August 11th 6:00 - 8:30 pm - Register [HERE!](#)

**Tryout Times Announced!**



## Players 15 & Up - Sunday July 12th

15s & 16s: 2:00 - 5:00 pm

17s & 18s: 6:00 - 8:00 pm

## Players 14 & Under - August 15th - 16th

More information, membership pricing, and registration will be available soon. Please check our [website](#) for any updates.

## Serving/ Jump Serving Clinic with Heather Evans



Ages 14-18

**July 15th, 9:00 - 11:00 am**

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/ Jump Serving Clinic](#)



## Hitting Clinic with Dri Culbert

Ages 5-13

**July 20th, 5:30 - 7:30 pm**

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](#)**

**Congratulations Macie Linne!!**

Senior Macie Linne has signed for a full ride with  
Bowling Green!!

"After almost 10 years of blood, sweat, tears, and big dreams to play Division 1 volleyball, I am excited to announce that I have committed the next 4 years to continuing my education and volleyball career at the collegiate level with Bowling Green State University!"

**Congratulations Macie, we are so proud of you!**

