



Don't miss out on this amazing opportunity!

**Defense/Passing/Libero Camp
with
Three-Time Olympian
Stacy Sykora**

All Ages

August 3rd, 9:00 - 11:30 am (Lunch Break) 12:30 - 3:00pm

This exclusive five-hour camp will feature three-time Olympic libero Stacy Sykora. She will bring her energy and wealth of experience to the most important skill in volleyball. The camp will cover the basic of ball control including footwork, platform control, free ball passing and defensive positioning. Sykora will also introduce some advanced techniques she has learned in her 10 plus years as a professional volleyball player. All are welcome.

Click Below to Register:

[Defense/Passing/Libero Clinic](#)



Senior Spotlight:

Macie Linne

Macie Linne has been a part of NORCO Volleyball Club for 7 years and will be playing on the 18 Black team under Michelle Buckner. This will be her 10th year playing at the club level. She started her career in Fort Meyers, Florida playing for USA South Volleyball Club in Estero, Florida. To her, club volleyball is a huge commitment that has taught her so many values that she applies in her life today. Starting out in her career in Florida she never left the bench - the driving factor that led to her successes today. To better herself, she would go out to hit and serve against her garage door every day. After moving to Colorado, potential was

seen under coach Glenn Sapp. "He made me the athlete I am today. I don't think I would have received my scholarship without him. He taught me how to pass, he taught me the game, and he gave me leadership opportunities. Without those key things and the belief in me that he, and many coaches that followed - along with my club director, Cathy Mahaffey, I think I would be a completely different athlete. I'm not the tallest person for my position but I think some key skills, wonderful coaches, support from my parents, and countless hours of hard work allowed this incredible opportunity that lies ahead."

Some of the opportunities and accomplishments that Macie has become apart of include: playing for USA Volleyball High Performance, going to State during her sophomore year along with an undefeated season, lettering the last 3 years, competing in the National Championships her 17s season, and having the opportunity to travel around the U.S. in many National Qualifiers.

"My excitement for this opportunity at Bowling Green State is beyond words. I feel blessed and without the support and belief of the many coaches and as well as my family and friends I wouldn't be where I am at now. I'm excited to take my volleyball career to the collegiate level and am excited to see what lies ahead for me. Club has been an amazing experience and this club has shaped me into the athlete I am today."

Congratulations on your success Macie!!

Are you ready for club tryouts?

Pre-Tryout Clinics are a great way to meet other NORCO players, meet our coaches, go over drills that NORCO will be running at tryouts, and be seen early by our coaches!

Pre-Tryout Clinics

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

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

14 & Under Tryouts - Sunday, August 16th

11s, 12s, & 13s: 10:00 am - 12:00 pm (Check-in begins at 9:30 am)

14s: 12:30 - 3:00 pm (Check-in begins at 12:00 pm)

Register [HERE!](#)

Junior High/Middle School Prep Camp



with

Glenn Sapp and Gavin Markovits



August 5th, 9:00 - 11:30 am (Lunch Break) 12:30 - 3:00 pm

This five-hour clinic is an all-skills clinic that will cover the basics and fundamentals of volleyball, in addition to a few more advanced techniques. Led by NORCO's 14 Black Coach, Glenn Sapp, as well as NORCO's Recruiting Coordinator, Gavin Markovits, this camp will fit any middle school volleyball player. Whether they have never played before, or they are on a 14 and under club team, this clinic will give players the opportunity to learn new techniques, as well as a chance to get tons of touches, benefitting those whose middle school season is approaching. This clinic will cover all the basics in preparation for the fall volleyball season and reinforce what players have learned throughout the club season. Clinic participants will go over serving, passing, setting, hitting, and blocking. Clinic participants do not have to be on a club team to participate.

Click Below to Register:
[Junior High/Middle School Prep Camp](#)

**Hitting Clinic
with
NORCO 15 Black Head Coach and
UNC Assistant Coach
John Critzer**



All Ages

August 6th, 9:00 - 11:00 am

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](#)



**Serving/ Jump Serving Clinic
with
Gavin Markovits**

All Ages

August 7th, 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](#)



**NORCO is happy to pass on some
incredible deals from our
partnership with Eastbay!**

Eastbay is offering ten pairs of shoes, including men's and youth sizes! These are being offered at a discounted rate, but only for a limited time! Click on the link below to check out this great sale!

[NORCO & Eastbay Sale Flyer](#)