



## Teams Return to the Gym This Week



Excitement was high as ten teams returned to the gym starting Wednesday. The girls were full of energy and enthusiasm to kick off the 2015-16 season. The elementary and middle skill age groups start this week, while the high school age teams start on November 4th (15's)

and November 18th (16's-18's).



## Prep Teams Begin Practice This Friday

NORCO Prep teams will start their practice season this Friday evening. Please remember to arrive 30 minutes early to receive your practice gear, talk to your coaches and get a Player/Parent Handbook. Arrival times are as follows Team Lindsay and Team Alx arrive at 4:30, Team Arielle, Team Amanda, Team Abbie and Team Taryn arrive at 5:30 and Team Chuck arrives at 6:30.

## NORCO Welcomes Adina Premer and Crystal Young to Coaching Staff

Adina Premer and Crystal Young have been added to the 2015-16 NORCO coaching staff. Adina will coach a 15 Prep team out of Longmont. Currently, she is the varsity coach at Twin Peaks Charter Academy. Crystal, a senior setter at CSU, will assist Emily Bench at 15 White. The Clear Lake, Texas native won a Junior College National Championship at Blinn College in 2013.



### It's a Girl for Former NORCO Coach Matt Botsford!!

Former CSU Assistant and NORCO Coach Matt Botsford and his wife Lindsey will be expecting their first child next Spring. Matt is currently the Head Coach at Florida Gulf Coast University in Fort Myers, FL.



## NORCO 16 Black Assistant Named Sports Imports/AVCA National Player of the Week!!

Colorado State senior Adrianna Culbert has added to her list of accolades after being named Sports Imports/AVCA Player of the Week on Tuesday.

Culbert, the Mountain West Preseason Player of the Year, had a stellar and rare week for CSU, posting the first quadruple-double in Rams and Mountain West history at San Jose State on Saturday. Culbert posted 10 kills, 20 assists, 13 digs and 11 blocks in the Rams' four-set victory, marking the first quadruple-double in the NCAA since 2010, and only the second since the NCAA switched to the 25-point rally-scoring format. In addition, her quadruple-double is the first ever to come in four sets under the current scoring format.

That performance followed a record-breaking night against Wyoming on Tuesday, when she recorded her fifth triple-double of the season (and of her career), setting the all-time mark for career triple-doubles at CSU.



## Alum Ashton Mares Named to Weekly Honor Roll

East Carolina outside hitter Ashton Mares was named to the American Athletic Conference Weekly Honor Roll last Monday after helping the Pirates to a pair of league wins over the weekend.

The sophomore had a team-high 20 kills on Friday night in a five-set win against Tulane and posted 11 kills in the Pirates' sweep of first-place Houston Sunday. She also registered double digit digs in both matches for her fifth and sixth double-doubles of the season. Mares' 20 kills against the Green Wave matched her American conference career-best as she also had 20 against Houston as a freshman.



## NORCO to Host the 5th Annual Theander Memorial Classic This Saturday, October 24th



In August 2011, our volleyball community lost a great friend and competitor, Gregg Theander. Please come and support Gregg's kids, Hope and Lane, while playing the game that Gregg loved. Email Casey Robinson at [caseyk.robinson@gmail.com](mailto:caseyk.robinson@gmail.com) to

receive an entry form, or for any other questions that you might have.

All player payment plans must be set up before their first practice. Prep players can set up their payment plan on Friday before practices begin. Mary Murphy will be available from 3:30-7 p.m. on Friday. Any questions contact Mary at [marymurphy@norcovolleyball.com](mailto:marymurphy@norcovolleyball.com).

NORCO is working with Eastbay again and we are passing on these great savings. Eastbay is offering several shoes, being offered at a discounted rate, but only for a limited time!

The logo features the word "Eastbay" in a stylized, yellow, cursive font with a black outline. Below it, the words "TEAM SALES" are written in a bold, black, sans-serif font.