

President's Day Madness!



This past weekend NORCO had **24 teams** playing in Omaha, Salt Lake City, and in the RMR Showdown. 16s had a blast in Salt Lake City and 14 Black took Second place in the Open Division!



Here at the Showdown **13 Black** took **First Place** and **12 Black** took **Second Place** in the 13s Division, **14 Blue** and **14 White** tied for **Third place** in the 14s Division, and **15 White** placed **Second** in the 15s Division!!



Way to go ladies, we are so proud of you!

Serving (Float & Jump Serve) Clinic - This Saturday, February 20th



14 Black Head Coach, Glenn Sapp, and 12 Black Head Coach, Jill Stucky, will lead this two-hour clinic covering the basics of footwork, body position, the toss, arm swing, and follow-through. They will be assisted by Krista Schwartz, Kelly Mundhenk, Chelsea Cloutier, and Laura Billington. 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.

[Register HERE](#)

Get Ready for Crossroads!

Clothing Sale Monday & Tuesday



NORCO will be hosting a clothing sale - **February 22nd & 23rd**. Under Armour and NORCO gear will be available, along with a few new designs. Check out our new **Spring Green** Long Sleeve - stop by the office to order yours today! NORCO beanies will be available as well!



Stop by the office on Mondays and

Thursdays between 4:30 and 6:00 pm to purchase additional clothing items.

Cash or check ONLY!



Practices & Crossroads

As we are approaching Crossroads, make sure to check the Calendar! Practice times and days may change, especially with Mary Wise and Keegan Cook on their way!

Crossroads has not yet posted pools, but you can determine your wave start time [here](#) - pools will be posted the week of each tournament. All guests at Crossroads will need a wristband to enter. You can purchase wristbands for one

day or all three days. Wristbands will be available each day, but you can beat those lines and order online! [Click here](#) for more guest information.

Wise & Cook - Less Than Two Weeks Away

Spaces are filling up quickly!



Mary Wise Returns on March 1st!

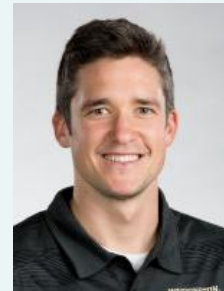
Mary Wise, the University of Florida Head Volleyball Coach, will be returning to the NORCO gym to run an All-Skills Clinic on Tuesday, March 1st from 5:30-7:30. Mary has lead the Gators to many great achievements, including 18 straight SEC Titles! She will cover all six skills to make you a better player by introducing techniques used at the University of Florida!

[Register HERE](#)



University of Washington Head Coach Keegan Cook to Hold Blocking and Serving Clinic

Keegan Cook finished his first season at UW with a 31-3 record and a share of the Pac-12 title. The Huskies are known for their elite blocking and serving and Cook will bring their training techniques to NORCO on Thursday, March 3rd from 5:30-7:30 p.m.. The clinic will cost \$50 and registration is available [HERE!](#)



News with NORCO

Still need fundraisers? Qdoba cards are still available in the office for purchase. These are a great way to help friends and family members receive discounts on food while you earn money towards your account!

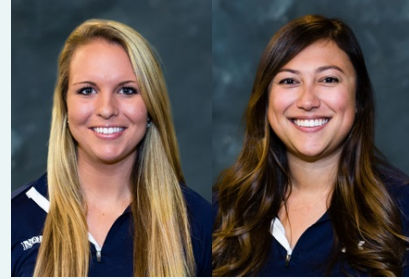


Spring Clinics

All clinics will run from 1:30-3:30 pm and cost \$40. For more information on these clinics, the full clinic list, and to register, head over to our [Clinics & Events](#) page to register!

Hitting Clinic - March 12th

17 Black & 13 Black Head Coaches, Sam Peters and Ashley Acuff, will be leading this hitting clinic. They will be assisted by Kendra Cunningham, Tami Bustamante, Holly Martin, and Zach Garcia. All hitting positions welcome - we will work on specific roles of each position. Special focus will also be given to ball control and shot development.



[Register HERE](#)



Passing/Defense Clinic - March 19th



18 Black Head Coach, Michelle Buckner and 16 Blue Head Coach, Jared Rudiger will lead this passing clinic. These coaches will be assisted by Katie Ronen, Hailey Elliott, Lindsay Miller, and Jeana Stading. 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.

[Register HERE](#)



Hitting/Blocking Clinic - April 2nd

17 Blue Head Coach, Geri Wagner, and 15 Blue Head Coach, Kate Hampson, will lead a hitting/blocking clinic. They will be assisted by Miles Wagner, Rileigh Lienemann, Courtney Scheffler, and Amber Ortnier. The hitting portion is designed to breakdown arm swing and provides hitters a ton of repetitions. The blocking portion will focus on footwork, hand position, net penetration and setting the block on the correct position.



[Register HERE](#)



First Annual NORCO Friendraiser moved to Friday, April 15th

Celebrate the 2016 season with this fun and informative evening. We would like to invite the entire community to learn more about our excellent program. The night will feature gift baskets, that each NORCO core team has provided, being auctioned off. We will also play the Head or Tails game for a chance to win 25 bottles of wine and another game to win 25 six packs of microbrew beers!

Wine and beer will be served along with a variety of complementary heavy hors d'oeuvres. Attire will be casual. This is a great opportunity to help with lowering our building debt while also helping us update the facility!

Click [here](#) to sign up now!