



Good Luck Teams!!

This is the first weekend of Crossroads and 18 Black, 17 Black, 17 Blue, 16 Black, and 16 Blue will all be playing!



Practices, Crossroads, & Collegiate Camps

As we approach 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 the second weekend 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.

Congrats Power 3 Even Winners - 12 Black & 15 Blue!!



Wise & Cook - Next Week

Spaces are filling up!



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!](#)



NORCO Welcomes Brook Coulter!!



Brook Coulter has an outstanding volleyball background and we are so lucky to have her back in the gym doing private lessons! She will also be leading several camps and clinics through out the summer. Brook is a proud NORCO alum and played collegiality for the University of California - Berkeley. Brook was named All Pac-10 Freshman Team and was a two-time Honorable Mention to the All-Pac-10 Team. Brook also played internationally in Slovenia, Austria, Spain, Germany and Holland! As a collegiate coach, Brook has coached at the University of Denver, Georgia and CSU. As the Associate Head Coach with

CSU, she coached four NCAA All-American Players, was part of four consecutive Mountain West Conference titles, four consecutive NCAA appearances including one NCAA Sweet 16. Brook has also been a collegiate assistant with University of Georgia and University of Denver. She has also worked closely with USA Volleyball in numerous coaching roles among all age group over the past eight years, most recently as an Assistant with the 2014 Youth National Team.

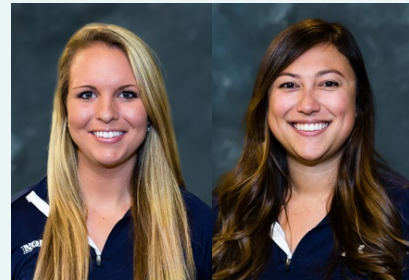
We are happy to have you here, Brook!

Spring Clinics

All clinics will run from 1:30-3:30 pm and cost \$40 online or \$50 at the door. 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 Ortnr. 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](#)

Middle School League at NORCO



NORCO's Middle School League is designed for the beginner to intermediate volleyball player and is open to both club and non-club members. This is a great opportunity to freshen up on your skills, get lots of touches and play with old friends or meet new ones! This league is suited for players who are or will be in 6th - 8th grade.

During the Middle School League, NORCO provides a lead instructor as well as high school aged coaches for teams, should they need one! This is important at this level because we want to provide instruction as well as team play.

During the registration process you will have the option to sign up as an individual, request a team, or request to play with a friend. Practices will be Mondays from 4:30 - 6:00 pm and matches will be Fridays from 6:00 - 7:30 pm. The 2016 league will run Monday, April 25th through May 27th.

[Register 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!



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!