



May-June 2011

Points of Interest:

- Meet Dr. Gylton Da Matta
- Strauss-Troudt & Fornstrom Come Full Circle
- Profiles - Mike Rhoads, Julie Hilt, & Katie Toman
- SAQ & NORCO Recaps
- Summer Camps and Clinics

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100% Senior NORCO Players Accepting Collegiate Offers



Congratulations to the graduating class of 2011!

- Alexa Hardy-Iowa Western
- Sara Hewson-Fort Hays State
- Taylor Mares-Fort Hays State
- Gracie Peterson-Washburn University
- Shelby Meyer-Washburn University
- Michalea Schmitt-Chadron State
- Megan Sipe-University of WYO
- Kaitlan Bestgen-Colorado State
- Stephi Matsushima-George Mason
- Jessica Piper-Colby College
- Alysse Steinee-Hastings College
- Alix Denison-Kean College
- Tehya Smith-Fort Lewis
- Alyssa Olsen-Western NE
- Brynne Hazzard-Allegheny University
- Veronica Gibbs-Johnson & Wales
- Amanda Gulickson-Merryville College
- Cameron Aris-Missouri Valley College

“Casino Night– A “Hit””

Once again the Annual NORCO Fund-raiser, “Casino Night” was a big success thanks to the help of our many volunteers including our players, parents, coaches as well as the NORCO Board of Directors. Along with our NORCO teams/families, many local businesses, restaurants, hotels and others contributed to our wide array of wonderful auction items. Because of our success we were able to set aside \$3200 to be used towards a “Hardship Scholarship.” A big thank you to all our attendees and our volunteers, especially Kari Basey, Sharon Duncan and Deborah Skaar!



Black Jack-Craps-Roulette-Games

Dr. Gylton Da Matta : Volleyball -Volleyball -Volleyball !



Dr. Da Matta has completed his Doctoral Degree at the University of South Carolina (USC) Department of Physical Education in Expertise Development in Sports. While at Graduate School Dr. Da Matta served as volleyball consultant, sport analyst and volleyball manager for four years at USC volleyball program. Prior to USC Dr. Da Matta spent three years as the Assistant Coach at Appalachian State University, where he earned his Masters Degree in Sports Management and Administration with concentration in International Marketing.

Dr. Da Matta's research emphasized the role of new volleyball rules for teaching and training high level volleyball skills. He also studied the impact of the new rules of spectators attendance in sports (volleyball) events at a medium division I college level. Dr. Da Matta's international background volleyball includes a Level IV International Coaching License in 2006. He has also a degree in Sports Pedagogy and Sports Science from Federal University of Minas Gerais, Brazil. Dr. Da Matta played volleyball for 12 years and was three times national champion in Brazil at the High School Level, as a Junior Olympic (Select National Team) and as a member of the University select team of Minas Gerais.

Dr. Da Matta also won two collegiate national titles as a

setter in 1983 and 1984. Throughout his career, as a coach, Dr. Da Matta has initiated 12 world volleyball players and coached some icons in the world of volleyball such as the world and Olympic champions Gilson and Anderson from the men's national team of Brazil and Marcia and Fernanda Venturini in the women's team. Author of a Volleyball Method, AWESOME VOLLEYBALL, Dr. Da Matta has made a volleyball CD and an instructional guide for expertise development for elite players, DAMATTAS, in which

Dr. Da Matta has disseminated extensively through hundreds of clinics, volleyball camps, parents education workshops and international symposiums. Currently, Dr. Da Matta is writing articles and working on a book about expertise in sports as an extension of his Ph.D. in PE/Pedagogy/Sports. After collecting his data with the men's and women's national teams of Brazil in Rio in 2002, Dr. Da Matta now intend to develop a volleyball curriculum and instruction programs colleges, clubs and national federations based on his dissertation on motor skills performance expertise in volleyball.

Since 2005 Dr. Da Matta has utilized advanced video technology (Dartfish) to map out technical and tactical development in volleyball. Finally, Dr. Da Matta is designing injury prevention tasks on spiking, blocking, jump serving and floor defense so, youth and adult players can enjoy volleyball for a lifetime.



NORCO Summer Camps with Gylton–

SERVE, SET & SHINE -Playing volleyball for a life time and if possible at the national team too!

There are so many good volleyball players in Colorado, nonetheless, we believe that there is a need to **SERVE** our volleyball community (athletes, coaches, parents and teachers) with new concepts of volleyball skills performance that will allow each player to perform at a higher level. The intent of this volleyball camp is to **SET** new standards and to set NORCO VOLLEYBALL as the top educational and scientific program in Colorado. So, we want our players to **SHINE** playing at any level of their choice such as the U.S. National teams, colleges in all divisions or at any recreational league, but first and foremost playing and being **HAPPY, HEALTHY** and **HAVING FUN** for a lifetime!

Thus, it is critical that player rewire motor patterns and re-shape their movement repertoire so they become more accurate, more efficient and biomechanically sound.

There are so many good volleyball players in Colorado, however, we would like to share some skills from world champions and Olympic champions that can and will allow each camper to refine their skills and acquire movements that will ultimately prevent injuries as well as enhance their level of play.

In this camp each player will learn the concept of learning skills that will allow them to go from GOOD to GREAT!

July 17, 18, 19 Advanced Skills Camp – All Ages.

Cost: \$200 per player

The purpose of this camp is to expose and teach advanced skills to volleyball players of all ages. In this camp the students will be able to:

- Acquire highly efficient skills in all fundamentals of volleyball.
- Refine serving, attacking and blocking skills across all ages through the use of advanced techniques developed by elite players and coaches.
- Increase their overall tactical, mental and performance skills through the use of most recently published drills and training concepts.
- Learn developmentally appropriate attacking skills and advanced shots that will allow players to fake and overcome blockers.
- Learn how to properly perform floor defense and be fearless in any defensive situation.
- Enjoy the game of volleyball through the acquisition of playing drills, modified games and essential volleyball specific skill themes that will last for a lifetime.

July 25 & 26 – Position training – All Ages

Cost: \$150 per athlete

We strongly believe that each player on court should be skillful in all fundamentals of volleyball, however, specialization is part of players general expertise. We have observed that many volleyball players have specialized to soon and many skills we taught outside of their learning windows. This camp will re-assess the pre-requisites needed for players to excel in each specialized positions. We intent to film each player and provide visual feedback using advanced video technology (Dartfish) along with a MATRIX FOR REFINEMENT & EXPERTISE of each skills and position.

The purpose of this position training is to set specific progression drills that will provide training for setters, outside hitter/passers, middle hitters/blockers and liberos/defensive specialists. During our POSITION TRAINING CAMP, we want to provide scientific-based drills for each position. Moreover, we want to administer such progressions starting from the very simple to complex and from the very easy tasks to more difficult in each position.

During the first day, Dr. Da Matta will overview all skills for all players and by the second day, each player will be assigned into stations (with Coaches Specialist for their positions) and perform the best drills and progressions designed for each position.

July 27, 28 & 29. High Performance Camp.

Grades 9th-12th. Cost: \$250 per athlete

The High Performance Camp is designed for finesse, accuracy and top performance. Although top players are already good, it takes an expert coach to raise the bar a little higher for the elite athletes.

We highly believe that after studying volleyball for 20 years, we still have lots to learn. As volleyball evolves and the game changes so drastically, we would like to provide our top players the opportunity for them to refine their skills, acquire new concepts of training and see/analyze elite players from Russia, China, Brazil and Cuba. After practicing for many years, elite players acquire bad habits or idiosyncrasies that even good coaches might not “see”. Moreover, top players might feel that they have already peaked but, from an expertise development research stand-point, THERE IS MUCH MORE TO BE LEARNED.

In this HIGH PERFORMANCE CAMP, our goal is to provide a long-term practice plan to all serious, self-motivated athletes, with a well-rounded coaching environment in which each player is challenged so that each can develop and sharpen skills required to excel in the sport. We also intent to administer an injury prevention lecture and design individualized drills for elite players so they can maintain/ sustain exceptional performance for long periods of time. This program is designed for a wide range of high skilled players in different experience levels, but essentially from advanced to expert players. In addition, to be practicing with other elite players, we will show the very rare practice videos of the Brazilian national team, in preparation for the Beijing Summer Olympics. Video sessions will be after lunch and it will not interfere with training/practice time.

This whole camp will utilize volleyball research-based strategies drawn from FIV from a compile of volleyball specific drills recommended by the USA VOLLEYBALL.

NORCO Boys Headed to Junior Nationals



USA Volleyball
BOYS' JUNIOR NATIONAL
CHAMPIONSHIPS

Congratulations to the NORCO Boys 18s as they will be playing in the Boys Junior National Championships. Competition will start on June 29th and conclude on July 2nd. This year the championship will be held at the Minneapolis Convention Center in Minnesota. Head Coach, Mike Rhoads is looking forward to this event and he will be assisted by Jeff Fisher and Glenn Sapp.

Michael Rhoads-NORCO Coach and Doctoral Student

Michael Rhoads is a fifth year coach at NORCO. He has been a head coach for the 14 blue team and an assistant coach for the 17 blue and 15 black teams. This year Mike also served as the Boys 18's head coach. In addition, Mike worked as a volunteer assistant coach at UNC for two years. Mike has also worked summer camps at UNC and at Regis University. Prior to coaching, Mike played at Newman University in Wichita, Kansas. In his junior year, the Newman Jets lost in the NAIA national finals to California Baptist. In his senior year he led the MAMVIC conference in blocks and received 1st team honorable mention for the conference. Mike continues to play indoor and outdoor volleyball.

Currently Mike is working on his Ph.D in Educational Psychology at UNC. He is conducting a study this summer examining the learning process involved in hitting. Participants will have an opportunity to receive coaching, see an instant replay of their performance on video, and hit off of a setting machine. The study will run from June through the first week of August. Athletes who are interested in participating can email Mike at michael.rhoads@unco.edu



On The Road Again - AAU's and JO's

Good Luck to 18-Black, 18-Boys, 17-Black, 17-Blue, 16-Black, and 16-Blue At Their Summer National Tournaments



Strauss-Troudt & Fornstrom Come Full Circle



The year was 2004---who would have thought to ask NORCO players Jaime Strauss-Troudt and Ashley Fornstrom after winning a Junior National Bid in the Far Western Tourney (Reno, NV) as high school juniors, what were the chances of them winning a bid in the same tourney as NORCO coaches seven years later?

"Deja Vu"-Yes, it happened! They were playing under Coach Andy Klussmann (current NORCO Boys 18s coach) when this hitting-setting combo earned their team a "Gold" Medal in the Open Division in Reno and a trip to Junior Nationals in Dallas, Texas. Fast forward and with the help of Ashley's sister, Brittany (also a former NORCO/CSU Player), the 16 Black coaches will be challenging their players at JOs like Andy did for them! Who says history doesn't repeat itself????



NORCO Youth Volleyball League Winners

Congratulations to "The Unstoppables" as they went undefeated in the NORCO Youth Volleyball League.

The Spring league was our largest ever with over 45 participants! Combined with our Volleykidz program, we had roughly 75 kids in the gym every week!!!



1st Year Recap - Strength & Conditioning



Ryan Tanaka
Strength & Conditioning
Coach

Whew, I can't believe the season has come and gone already with the exception of the teams playing at Nationals and AAU's. This year proved greater than my wildest imagination but leaves me unsatisfied and hungry for more.

Overall I think the girls did a good job in progressing throughout the season. I think after having this first year under our belts we can start pushing them to new and higher levels in the upcoming years. I'm encouraged by the positive responses received from both parents and players but promise you, we will not rest on our laurels. I will spend the summer learning new exercises, techniques, and programs to further enhance and enrich the Strength and Conditioning training at NORCO for this upcoming year.

I strongly encourage our players to spend the summer first to recharge and rest their bodies after a long and strenuous club season and then come back to push themselves even further to improve and get ready for high school season. Summer provides athletes the best time to improve physically to ensure they reach their highest potential especially for players that want to continue playing at the next level.

I will also be around this summer to provide Strength and Conditioning training for our athletes to get them ready for school volleyball and the upcoming club season. For more information please call me at 720-225-7596 or email me at ryan@reachsportsperformance.com

NORCO Enjoys The Best Year Ever!!!

Incredible year:

- **All NORCO Seniors committed to play College ball!**
- B-18's: accepted to USAV Junior National Championships
- 16 Black JNQ Bid Winners; First national bid since 2009
- 17 Black: 3 Top 5 finishes in National Tournaments
- RMR Regional Champions: 12 Black, 14 White & 16 Blue
- 12 Black: 2nd place finish at Crossroads
- 14 Black: 3rd place Reno JNQ
- 13 Black: Bronze Div. Winners in Reno
- 14 Blue: Top 5 in Reno
- 17 Blue: 5th Place In Omaha
- 18 Black: Top 8 Omaha, Top 5 at Crossroads
- 14 Black, 14 Blue and 16 Black Top 5 at Crossroads
- 12's teams: 3 in the club, highest in RMR
- 12 Black, 13 Black, 14 Blue, 14 Black and 18 Black: Top 8 in RMR and qualify for RMR JNQ
- **SAQ a HUGE success**



Meet 16 Blue Coach—Julie Hilt



Coach Hilt began her volleyball playing career right here at Norco! She is a graduate of Poudre High School, class of 2000! Through her experiences here at Norco, she continued to play at the highest level, playing at Winthrop University in Rock Hill, South Carolina. Volleyball is a passion of Coach Hilt and it shows as she continues to play volleyball whenever she gets the chance, but then she has been coaching for 9 years. She has coached at the collegiate level, high school and club level. Outside of playing and coaching volleyball, Coach Hilt shows Appaloosa Horses, the other passion in her life. She works at Triple Crown Sports, a youth sports event business that puts on youth events for softball, baseball and basketball. TCS also puts on the NCAA Women's NIT tournament and a Cancun Challenge for college programs in basketball. Since Coach Hilt arrived at TCS, she has helped them step into the world of volleyball as they begin their first year with a tournament in New York City. Julie moved back to Fort Collins after coaching for two years at Chadron State College in Nebraska to be closer to her family, family is a big part of her life as many saw this year with her team. Her parents made it to many of their Sunday tournaments and when we were in Omaha, her aunt and uncle came to watch her team play there. "Coaching is something that I really love to do", says Coach Hilt, "I love to

impact young athletes and I try and teach them what I learned from all the coaches I have had, volleyball teaches you to be responsible for your own actions, be accountable to yourself and your teammates, and understand that working hard on the court will be seen in the classroom, work environment and will help to shape you as an individual. Most concepts coaches talked about to me (time management, accountability, discipline, punctual etc) and my teammates are things that I continue to use today and see that they weren't just there to teach us the skills of volleyball, but skills we would need for life". This year the 16-Blue team is full of great talent and girls that are committed to their team and improving their skills. They have come a long way and Coach Hilt couldn't be more proud of the group of girls that she has had the honor to coach this year at Norco.

17 Black Plays Chinese Professional Team

NORCO had the honor of hosting Tianjin Bridgestone, one of the top Women's professional teams in the world and the number 1 pro team in China. Our 17-Black team lost to Tianjin in 4 games. Our team played incredible and won the 3rd game 25-23 in a thrilling set. This is a phenomenal feat considering some of the top programs in college volleyball didn't even take a set off them.

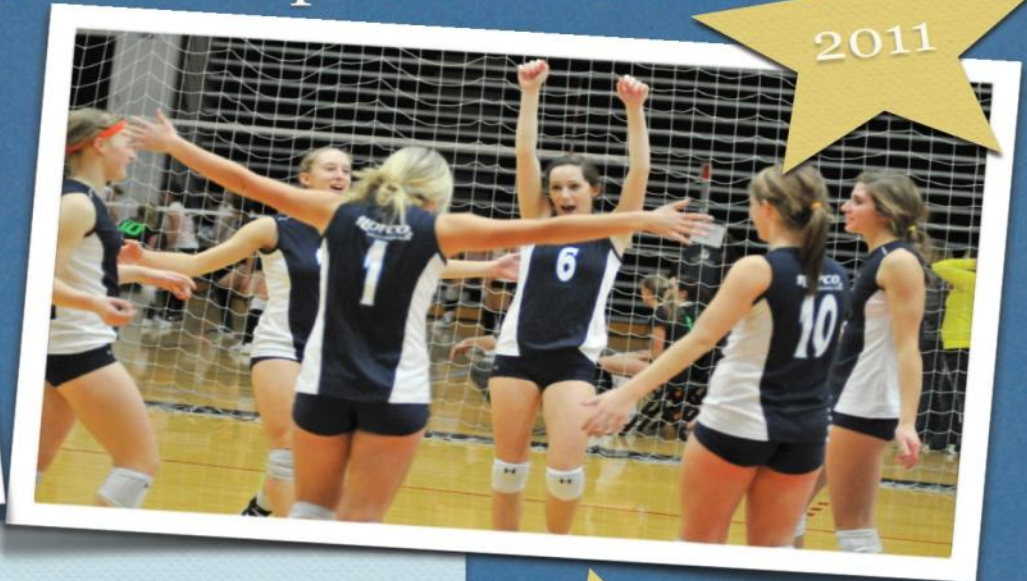
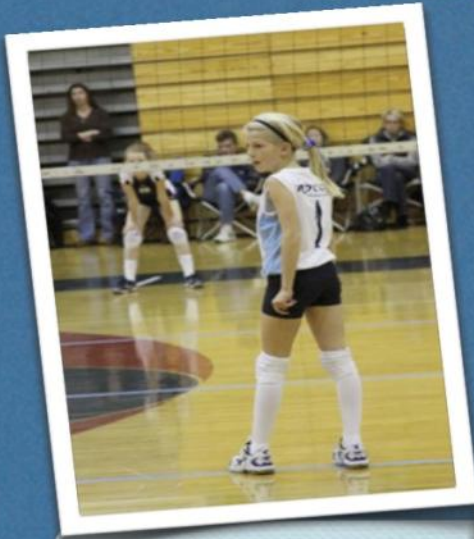
It was an incredible experience for our athletes being one of only two club teams in the United States to play them. Tianjin Bridgestone toured the U.S. and played Illinois, Nebraska, Kansas State, Creighton, Colorado State UC-Irvine, Laguna Beach Volleyball Club, and Concordia before going back to China.



NORCO VOLLEYBALL CLUB

Summer Camps and Clinics

2011



For More Information:

Please visit our webpage at <http://www.norcovolleyball.com> and click on the Clinics & Leagues tab or call (970) 667-5005.



May and June

May 1st	Adult Spring Fling Co-ed 4's Tourney	9:00-5:00pm	\$100/ team
May 17th - June 14th (Tuesdays)	Volleykidz Session 3	6:00-7:30pm	\$125
May 22nd	Adult Reverse Co-ed 4's Tourney	9:00-5:00pm	\$100/ team
May 29th	Junior 4's Tourney	9:00-5:00pm	\$100/ team
June 5th, 12th, 19th, & 26th (Sundays)	Open Gym - Free Play	5:00-7:00pm	\$5
June 6th	Serving Clinic	4:00-6:00pm	\$40
June 8th	Hitting/Attacking Clinic	4:00-6:00pm	\$40
June 9th	Setting Clinic	4:00-6:00pm	\$40
June 23rd	Defense/Passing Clinic	4:00-6:00pm	\$40
June 27th	Serving Clinic	4:00-6:00pm	\$40
June 28th-29th (Tues.-Wed.)	Setting Camp	1:00-5:00pm	\$100
June 30th	Hitting/Attacking Clinic	4:00-6:00pm	\$40

July and August

July 5th - August 2nd (Tuesdays)	Volleykidz Session 4	6:00-7:30pm	\$125
July 6th	Hitting/Attacking Clinic	4:00-6:00pm	\$40
July 6th, 13th, 20th, & 27th	Open Gym - Free Play	5:00-7:00pm	\$5
July 15th & 16th	High School Team Tournament	8:00am- 4:00pm	\$200/ team
July 17th-19th	Advanced Skills Camp	8:30am- 5:00pm	\$200
July 25th and 26th	Position Specific Training Camp	9:00am- 8:00pm	\$150
July 27th-29th	High Performance Volleyball Camp Grades 9-12	8:30am- 5:00pm	\$250
August 2nd-3rd	Middle School Tryout Prep	8:00am- 12:00pm	\$125
August 2nd-3rd	High School Tryout Prep	1:00pm- 5:00pm	\$125
August 5th	HS Positional (Serve, Pass, Set, & Hit)	8-10, 10-12, 12-2, & 2-4	\$40/ session
August 7th	Juniors' Doubles Tournament	9:00am- 5:00pm	\$50/team
August 8th	MS Positional (Serve, Pass, Set & Hit)	8-10, 10-12, 12-2, & 2-4	\$40/ session
August 9th	Serving Clinic	4:00-6:00pm	\$40
August 10th	Setting & Hitting Clinic	4:00-6:00pm	\$40
August 14th, 21st, & 28th (Sundays)	Open Gym - Free Play	5:00-7:00pm	\$5

Strength & Conditioning (with Ryan Tanaka)

1-on-1 Private Training

Jump Training

High School Prep

College Prep

26 Years of Building Teams, Players, and People

Profile - 16 Black's Katie Toman



There are so many special players in NORCO and Katie Toman is a player we all are very proud of and happy to introduce to the other NORCO families. Katie is the libero for the 16 black team and this is her 4th year playing for NORCO. Katie plays for Weld Central High School and wants to earn a scholarship and play collegiate volleyball upon graduation. Her interests besides volleyball are: dancing, listening to music and traveling to volleyball tournaments. To help offset Katie's membership costs, she raises and shows sheep. Katie believes in team loyalty and this year's team has been one of the most fun and competitive years. According to Katie, her current coaches have challenged her to perform at her highest level.

"Katie is a great leader for our team; she pushes everyone to compete at the highest level, and always puts forth 100% in everything that she does. She reads the court really well, and brings a lot of heart to our team", Jaime Troudt, Head Coach 16 Black.



NORCO Staff

Cathy Mahaffey, Ed.D:	Club Director	Ryan Tanaka	Strength and Conditioning Website Camps/Clinics
Mary Murphy	Administrative Assistant Player Accounts	Amber Ortner	Youth Volleyball Volleykidz
Pam Kawakami	Uniforms-Pro Shop	Sharon Duncan	Facility-Fundraising-Bingo
Tully Mahaffey	Canine Advisor		

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Also, be sure to check out the NORCO website at:

<http://www.norcovolleyball.com>

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