

NKYVC 16-1 Volleyball standout Lauren O'Conner shares her USAV High Performance Experience!

After flying to Ft. Lauderdale, the USAV Staff picked me up and took me to NOVA Southeast for training. We were assigned rooms and roommates then we had a team meeting where we were given our schedule for the remainder of the training and tournament along with practice t-shirts, spandex, kneepads, and shoes.

Each morning we had a team meeting to discuss topics like recovery, player/position roles, strategy, etc. After lunch we had a practice session from 1-4 then we had some down time to go to the pool or just hang out. Our night session was from 8:30-10:30. We had this schedule from the 16th through the 20th. After the afternoon session on the 19th we were split up into three teams: Red, White, and Blue. I made the Blue team.



On the night of the 20th, instead of having a night session we went on a 3 story yacht with all of the USA teams. On the 21st we relocated to the Embassy Suites for tournament play (which started on the 22nd) and we had a walk through at the Ft. Lauderdale Convention Center to get used to the facility.

Then we were given our uniforms that we got to keep, it was so crazy that my uniform had USA on the back. That night we had an opening ceremony banquet with every team that was in the tournament and had a guest speaker, Tayyiba Haneef-Park, from the USA Women's Olympic Team.

The tournament ran from the 22nd to the 25th. In the tournament we played Dominican Republic, Iowa HP, Nova Scotia, Team Alberta, USA White, USA Red, and Women's Junior USA Red team. It was cool to hear the teams on the other side of the net speak in different languages.

This was such an awesome experience to meet and play with different girls all across the country and learn the new techniques that the Olympic team is learning now. I learned so much and met so many new friends and awesome people.

This is something that I will always remember and I hope I can do this again next year!