

Team Results - 1
Dates and Events – 1
Club News – 2
Tournament Forecast – 2
Quote of the Month - 2

IN THIS ISSUE:

Team Highlights – 3
Player Profile – 3
National Bound – 3

Team Spotlight – 4
Did You Know? – 4
Competitor's Edge – 4
Tips for Sports Parents – 4

OVR Bid Results & Rankings

Congratulations to all the NKYVC USAV Teams that participated and dominated in the OVR Bid Tournament April 17th & 18th at the Columbus Convention Center.

OVR Bid Tournament Results-5 NKYVC teams are heading to Nationals in Reno! 10 NKYVC teams finished in the top 10 at this very competitive tournament! Spectacular!

TEAM	Place	Bid
➤ 11 Tsunami:	10 th /12	
➤ 11 Tide:	11 th /12	
➤ 12 Tsunami:	1 st /12	National
➤ 12 Tide:	8 th /12	
➤ 13 Tsunami:	3 rd /14	American
➤ 13 Tide:	8 th /14	
➤ 14 Tsunami:	3 rd /19	American
➤ 14 Tide:	15 th /19	
➤ 15 Tsunami:	8 th /19	
➤ 15 Tide:	3 rd /19	American
➤ 16 Tsunami:	2 nd /23	National
➤ 16 Tide:	11 th /23	
➤ 17 Tsunami:	10 th /17	
➤ 17 Tide:	12 th /17	
➤ 18 Tsunami:	JVA/AAU Nationals	
➤ 18 Tide:	13 th /19	

OVR Rankings- 7 NKYVC teams ranked in the top 10 of the Ohio Valley Region.

TEAM	Place	Division
➤ 10 Tsunami:	12 th /31	Girls' 10s
➤ 10 Tide:	22 nd /31	Girls' 10s
➤ 11 Tsunami:	9 th /47	Girls' 11s
➤ 11 Tide:	13 th /47	Girls' 11s
➤ 12 Tsunami:	1 st /149	Girls' 12s
➤ 12 Tide:	16 th /149	Girls' 12s
➤ 13 Tsunami:	2 nd /22	13 National
➤ 13 Tide:	14 th /22	13 National
➤ 14 Tsunami:	7 th /30	14 National
➤ 14 Tide:	28 th /30	14 National
➤ 15 Tsunami:	5 th /27	15 National
➤ 15 Tide:	18 th /27	15 National
➤ 15 Thunder:	80 th /171	15 Regional
➤ 16 Tsunami:	5 th /31	16 National
➤ 16 Tide:	26 th /31	16 National
➤ 16 Thunder:	51 st /154	16 Regional
➤ 17 Tsunami:	17 th /26	17 National
➤ 17 Tide:	24 th /26	17 National
➤ 18 Tsunami:	5 th /27	18 National
➤ 18 Tide:	24 th /27	18 National



Upcoming Dates and Events

*NKYVC 2010 PLAY DAY & BBQ – Tuesday, May 18th from 6:00 – 7:30 PM. All NKYVC Participants and Parents - Including all USAV teams, Training Teams 10-18U, Sprinkles K-3rd and Cyclones.

*NKYVC 2010 SUMMER PREP SERIES – starts week of May 23rd & runs 6 weeks – 2 practices per week – Register now at: www.nkyvc.com SPACE IS LIMITED

*NKYVC 2010 ADVANCED SKILLS BOOT CAMP – July 9th, 10th & 11th – All current 4th thru 11th Graders – Register now at: www.nkyvc.com SPACE IS LIMITED

*NKYVC 2010 COACHING CLINIC – July 11th – All coaches welcome for all levels and age divisions – Register now at: www.nkyvc.com SPACE IS LIMITED

*All sessions are held at Town & Country Sports Complex, 1018 Town Drive, Wilder, Ky. (AA Hwy. off exit 275)

OVR Regional Championships Updates

A full report will be in the May Issue of "The Wave" newsletter as finishes roll in. Results as of May 9th more results from the next 2 weekends will be in the next newsletter and on-line at www.nkyvc.com

- 10 Tsunami Bronze Champions
- 10 Tide 2nd Place Nickel
- **11 Tsunami 1st Place Gold Champions**
- 11 Tide 5th Place Gold
- **12 Tsunami 1st Place Gold Champions**
- 12 Tide Silver Runner-Up
- **18 Tsunami 1st Place Gold Champions**
- 18 Tide Silver Champions

Club News

The following is a list of NKYVC athletes who have accepted scholarships and/or committed to continue their academic & sports career at the college of their choice.

- **2010 Commitments**

- **Allison Kirby:** 18 Tide - Libero, **Malone College (NAIA)** McNicholas HS, OH
- **Leslie Schellhaas:** 18 Tsunami - Libero, **Morehead State Univ. (DI)** Notre Dame, KY
- **Gaby Gray:** 18 Tsunami - Setter/OPP, **Northwestern University (DI)** Sycamore HS, OH
- **Erin Fortner:** 18 Tsunami - Setter/OPP, **U.S. Naval Academy (DI)** St. Henry HS, KY
- **Elizabeth Barton:** 18 Tsunami - Middle Hitter, **Univ. of S, Florida (DI)** Notre Dame, KY
- **Lauren Marlatt:** 18 Tsunami - Outside Hitter, **Winthrop University (DI)** Ursuline Academy, OH
- **Natalie Penrod:** 18 Tsunami - Outside Hitter, **Tennessee Tech (DI)** Campbell County HS, KY
- **Danielle King:** 18 Tsunami - DS/Libero, **Edinboro University (DII)** Mt. Notre Dame, OH
- **Cayla Flood:** 18 Tide - Setter, **Univ. of Wisconsin Parkside (DII)** St. Henry HS, KY
- **Jenna Cavanaugh:** 18 Tsunami - Middle, **Youngstown State (DI)** Campbell County HS, KY
- **Kathryn Smith:** 18 Tide - Outside Hitter, **Georgetown College (NAIA)** Simon Kenton HS, KY
- **Lindsay Criswell:** 18 Tide - Outside Hitter, **Mount St. Joseph (DIII)** McCauley HS, OH

- **2011 Commitments**

- **Lauren O'Connor:** 18 Tsunami - Outside Hitter, **University of Kentucky (DI)** Scott HS, KY
- **Stephanie Gurren:** 17 Tsunami – Setter, **Georgetown College (NAIA)** St. Henry HS, KY

CONGRATULATIONS TO ALL – NKYVC is very proud of all of your accomplishments & excited about all you will achieve in the future – BEST OF LUCK!!

OPEN GYM – MAY 17TH THRU JUNE 30TH

NKYVC will provide Open Gym for all members that have completed their USAV season. Please check the website: www.nkyvc.com for current Open Gym schedule and changes. Starting on May 17th the Open Gym schedule will be as follows:

Mondays 3:30-5:30 p.m. – 13U & 14U

Wednesdays 5:30-7:30 p.m. – 15U, 16U, 17U & 18U

PRIVATE LESSONS – MAY 1ST THRU AUGUST 31ST

NKYVC provides individual lessons for any volleyball athlete that wants to further develop their skills or just maintain their skills leading up to school try outs. This program is open to the public and all scheduling and coordination should be made directly with the instructor. A complete list of instructors & MANDATORY WAIVER are available at www.nkyvc.com

All NKYVC coaches are Impact Certified and fees are consistent across all instructors

Tournament Forecast for May 2010

This month most of NKYVC USAV Teams will compete in the OVR-Kaepa Regional Championships at the Columbus Convention Center. 10 Tsunami, 10 Tide, 11 Tsunami, 11 Tide, 12 Tsunami, 12 Tide, 18 Tsunami & 18 Tide will compete May 8th & 9th. 13 Tsunami, 13 Tide, 14 Tsunami, 14 Tide, 16 Tsunami, 16 Tide, 16 Thunder, 17 Tsunami & 17 Tide will compete May 15th & 16th. 15 Tsunami, 15 Tide & 15 Thunder will compete May 23rd.

GOOD LUCK NKYVC AT THE OVR-KAEPa REGIONAL CHAMPIONSHIPS!!!



Team Highlights

CYCLONES – Concluded their first training session on May 4 and the progress made in a short 8 week session was very impressive. Members of NKYVC's first **Cyclones** program are: **Nate Montelisciani, Sam "VP" Fugate, Joseph "Canada" Isaac, Johnny Mollman, Tony Bessler, Fritz Beimesch, Chris "High C" Case, Ross Meek, Zach Klocke and Ben Klocke**

11 Tsunami - Lainey Stephenson taught her 17 classmates at St. Agnes School how to perform "Priscilla" which is a partner skit that has been around NKYVC teams for a long time and is hilarious. Their act beat out 8 other acts to win for their grade

12 Tide – Rylee Stephenson performed at her school talent show on April 30, 2010. She sang "Impossible" from Cinderella by Rogers and Hammerstein. She hopes to sing the National Anthem at a USAV Qualifier or USAV Nationals in a few years, so keep your ears open.

12 Tsunami - The 12 Tsunami won the OVR bid tournament to earn a **National Bid for the JNC in Reno**. The team was lead by **Caroline Fedders, Hannah Talkers and Madison Salkowski**. The 12 Tsunami also won the **OVR Regional Championships**. **Morgan Hentz and Chase Barber** provided strong defensive play and protected the back court while **Caroline Fedders and Madison Salkowski** dominated the net with outstanding hitting and blocking. **Hannah Talkers** provided court leadership and the consistent sets to make the big plays!

13 Tsunami – Is officially Reno bound in June in hopes of proving they are one of the best teams in the nation! In mid-March, 13 Tsunami headed south to Louisville for a one day tournament & dominated the courts. As the school year wraps up, all the girls are working hard on and off the court to exemplify the kind of student-athlete NKYVC likes to represent. We were all reminded the weekend of April 16-18 at the Bid Tournament in Columbus what an important role our family, friends and faith play in helping us overcome adversity. It was nice to witness all the support players, coaches and parents have for one another in good times and bad. Just another reason for all of us to be proud to be a part of NKYVC!!!! Best of luck to all teams in their upcoming tournaments and good luck 13 Tsunami in Regionals! Go Nami!

15 Tsunami – Abbey Scherrer has been chosen as a member of the Chamber Choir at St. Henry District High School. Many tried out and only 10 individuals made the distinguished choral group that has recorded albums, performed at local community events and traveled abroad to Italy and Ireland. **Congratulations Abbey and GOOD LUCK** as you develop and broaden your vocal interest and talent!!!

16 Tide – had a number 1 seed going into the Show Me National Qualifier in Kansas City, MO, April 29th – May 2nd. They dominated the tough competition on the first day and finished 1st in their Pool. On the second day they finished 2nd in their Pool only losing to the #1 seed overall. They put up a tough fight in the Gold Bracket but lost to the team that ended up winning the entire tournament, plus the only bid. **Coach Whitney & 16 Tide** finished 14th out of 56 and also enjoyed live cage fighting during dinner – WAY TO GO TIDE!!

Player Profile



Could we be looking at NKYVC's first National Player? Maybe a future Olympian? NKYVC 18 Tsunami standout Lauren O'Conner has been selected to the USA A2 training squad and has been invited to try out for the Women's Junior National team May 20th at the USA Olympic Training facility in Colorado Springs.

NATIONAL BOUND

Five NKYVC Teams are heading to Reno, NV for the USA Junior National Championships June 24th – July 3rd

- 12 Tsunami: 1st Place, National Bid, Reno
- 13 Tsunami: 3rd Place, American Bid, Reno
- 14 Tsunami: 3rd Place, American Bid, Reno
- 15 Tide: 3rd Place, American Bid, Reno
- 16 Tsunami: 2nd Place, American Bid, Reno
- 18 Tsunami will participate in the JVA/AAU National Championships in Orlando, FL which will take place June 16th – June 23rd

GOOD LUCK AT NATIONALS NKYVC!!!

Team Spotlight

11 Tsunami Takes the OVR Championship



Congratulations to Cassie Doering and her 11-1 Tsunami Team for winning the Ohio Valley Regional Tournament in Columbus, Ohio on May 8, 2010! The team headed into the tournament ranked 9th in the region, a ranking not truly indicative of their skill level because of their tough schedule, but a lower ranking nonetheless. They knocked off the region's top ranked team, Kaepa Eastside of Cleveland, in the first match of pool play, and continued on to finish first in their pool. Playing in Gold in the eight team field, they beat CVC Blue in the first round, and Club Hawk in the semi-finals, only to find themselves up against the strong, 3rd ranked Cleveland Volleyball Club Black Team in the finals. CVC Black just beat Tsunami convincingly two weeks prior in a tournament in Louisville. However, Cassie mentally and physically had the girls ready for the challenge. They dropped the first game of the final match 21-25, but came back to take the next two games, 25-23 and 15-12 recovering from 1-8 DOWN! What a great way to win a championship. Congratulations girls! Persistence and hard work truly pays off!

That **Hannah Talkers (12 Tsunami)** and **Rylee Stephenson (12 Tide)** can teach you how to do the dance to Hoe Down Throw Down by Miley Cyrus? They taught the Kindergarten class at St. Agnes and then led the entire school in the dance

**DID YOU
KNOW?**

**THE
COMPETITOR'S
EDGE**
No Excuses!

The basic premise we use in all of our Competitor's Edge programs is to live our athletic commitment to the fullest and don't make excuses. This means having the discipline to do whatever it takes to improve in order to contribute to the mission of the team. Everyone has limitations and the way to become the best athlete you can is to work hard to overcome those limitations and not to use them as excuses for poor performance. Excuses take on many forms and they're usually used by individuals who failed to prepare properly as reasons for poor performance. Each athlete has a responsibility to their team to perform at the best of their ability. The great thing about that is nobody really knows how good they can truly be. So with a little more attention to certain details performance can be enhanced significantly.

Which details you ask? Put extra time into your conditioning when you're not in the gym. A daily routine of pushups, sit ups, squats and flexibility will help your overall ability as you play. Spend some additional time working on the skills that your coaches are always reminding you of. Remember, you don't always have to be in the gym to do things to improve. Also, eat well and get plenty of rest. Turn the cell phones off and go to sleep at a decent hour! Your performance at the end of the season depends on you doing the right things now.

As you concentrate some time and effort in these areas you will notice an improvement in your abilities. As each individual improves the total team performance enhances significantly. So take a little extra time and do the things that will make a difference for you. Here's a thought, you may want to try this with other aspects of your life, like homework. It will work just as well with that.

Help identify and address your child's mental game challenges:

- 1. Boost your child's confidence:** You should help your child identify doubts and beliefs that undermine confidence and then encourage your child to practice positive thinking.
- 2. Help your child cope with fear of failure:** As a parent, you should honestly and openly discuss your child's fears. Try to help your child stop thinking so much about what they believe or what other think. Help your child focus on their own goals.

**TIPS FOR
SPORTS
PARENTS**

focus on fundamentals