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## 2010 OVR CHAMPIONSHIPS

**NKYVC Teams Finish on Top at the Ohio Valley Regional Championships!**

Eight NKYVC teams landed in **GOLD** and 3 teams brought home the Championship! The Ohio Valley is one of the largest regions in the nation with hundreds of teams registered at each age division. NKYVC had the highest finishes ever as a club and the highest ever for our Tide & Thunder teams! **WAY TO GO NKYVC** – it looks like another historical season!!



**OVR Championships Results**

TEAM	Place
➤ 10 Tsunami:	1 <sup>st</sup> Bronze
➤ 10 Tide:	2 <sup>nd</sup> Nickel
➤ <b>11 Tsunami:</b>	<b>1<sup>st</sup> Gold</b>
➤ <b>11 Tide:</b>	<b>5<sup>th</sup> Gold</b>
➤ <b>12 Tsunami:</b>	<b>1<sup>st</sup> Gold</b>
➤ 12 Tide:	2 <sup>nd</sup> Silver
➤ <b>13 Tsunami:</b>	<b>2<sup>nd</sup> Gold</b>
➤ 13 Tide:	1 <sup>st</sup> Bronze
➤ <b>14 Tsunami:</b>	<b>3<sup>rd</sup> Gold</b>
➤ 14 Tide:	2 <sup>nd</sup> Bronze
➤ <b>15 Tsunami:</b>	<b>3<sup>rd</sup> Gold</b>
➤ 15 Tide:	2 <sup>nd</sup> Bronze
➤ 15 Thunder:	1 <sup>st</sup> Chromium
➤ <b>16 Tsunami:</b>	<b>3<sup>rd</sup> Gold</b>
➤ 16 Tide:	2 <sup>nd</sup> Copper
➤ 16 Thunder:	5 <sup>th</sup> Nickel
➤ 17 Tsunami:	2 <sup>nd</sup> Bronze
➤ 17 Tide:	5 <sup>th</sup> Bronze
➤ <b>18 Tsunami:</b>	<b>1<sup>st</sup> Gold</b>
➤ 18 Tide:	1 <sup>st</sup> Silver



**11 Tsunami - 11U OVR CHAMPS**



**12 Tsunami - 12U OVR CHAMPS**



**18 Tsunami - 18U OVR CHAMPS**

## Upcoming Dates and Events

USAV GIRLS JUNIOR NATIONAL CHAMPIONSHIPS (GJNC)... Reno, NV – June 24<sup>th</sup> thru July 3<sup>rd</sup>. GOOD LUCK NKYVC: 12 Tsunami, 13 Tsunami, 14 Tsunami, 15 Tide & 16 Tsunami

AAU Girls Junior National Champions... Orlando, FL – June 24<sup>th</sup> – 27<sup>th</sup>. GOOD LUCK NKYVC: 15 Tsunami & 18 Tsunami

\*NKYVC 2010 ADVANCED SKILLS BOOT CAMP – July 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> – All current 4<sup>th</sup> thru 11<sup>th</sup> Graders – Register now at: [www.nkyvc.com](http://www.nkyvc.com) SPACE IS LIMITED

\*NKYVC 2010 COACHING CLINIC – July 11<sup>th</sup> – All coaches welcome for all levels and age divisions – Register now at: [www.nkyvc.com](http://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)

## Season End Celebration & BBQ...was held

Tuesday, May 18<sup>th</sup>! Senior Awards and Recognition, Team Performance Recognition and a special skit performed by 11 Tsunami with help from a few 17 Tsunami players are just a few highlights as we enjoyed hamburgers, hot dogs, watermelon cookies and kool-aid! Thanks for a great season and look forward to seeing you all next year!!

# 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!!**

## NKYVC BOOT CAMP – FILLING FAST, REGISTER NOW!!!

This camp is one of the best camps you will attend this summer. There is no standing around, only non-stop progression & repetition! It is a high intensity, high expectation camp that covers all core skills including instruction & drilling. We run organized game situation drilling & include intensity & endurance training. Courts are Skill and Age divided to ensure that your skill level is being addressed & you maximize your time at our camp. Be prepared for school tryouts, gain a competitive advantage & refresh your skills!

\$85 covers all 3 Sessions and includes a camp T-shirt & skills evaluation

**5<sup>th</sup> & 6<sup>th</sup> Grade – July 9<sup>th</sup> (9:00-11:30 am), July 10<sup>th</sup> (9:00-11:30 am) & July 11<sup>th</sup> (12:00-2:00 pm)**

**7<sup>th</sup> & 8<sup>th</sup> Grade – July 9<sup>th</sup> (12:00-2:30 pm), July 10<sup>th</sup> (12:00-2:30 pm) & July 11<sup>th</sup> (2:00-4:00 pm)**

**9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> Grade – July 9<sup>th</sup> (2:30-5:00 pm), July 10<sup>th</sup> (2:30-5:00 pm) & July 11<sup>th</sup> (4:00-6:00 pm)**

Sessions are held at Town & Country Sports Complex, 1018 Town Dr., Wilder, KY

Go to: [www.nkyvc.com](http://www.nkyvc.com) to register or download the form

## NKYVC 5<sup>TH</sup> ANNUAL COACHES CLINIC

NKYVC is offering their annual coaching education series on Sunday July 11<sup>th</sup>, 2010 (10:00 am – 2:00 pm). The education series is a comprehensive approach to training the core skills in volleyball. In addition, coaches will leave with a higher level of confidence that they know how to teach and correct fundamental skills used in the sport of volleyball. As well as build a practice plan and line-up that work for any age level.

Fee is \$25 per person – 3 coaches from the same school will be \$20 each  
All coaches will receive a coach's guide with key words & practice plan

Register at: [www.nkyvc.com](http://www.nkyvc.com) – Deadline is July 10<sup>th</sup> 2010!!!



# Team Highlights

## 10 Tide – HAS BEEN BUSY!!!!

- **Peyton McCarthy** has had a busy year. She was the only 5<sup>th</sup> grader to make the “A” volleyball team at St. Dominic. Her team won the league and preseason tournament. She also made the 6<sup>th</sup> grade “A” basketball team which won numerous tournaments and 30 games in a row. She also made the 12 year old traveling softball team, the Cincinnati Buckeyes and made the honor roll all 3 quarters with a 95% grade point average. **Madison Read** won the 5<sup>th</sup> grade spelling bee this year and her basketball team won 3<sup>rd</sup> Place in the St. Pius League. **Katie Hellman** received the Staying on Track award at her school for maintaining a straight “A” average. She also received the Presidential Fitness Award and starred as “Tracy” in a Hairspray Jr. production. She wasn’t busy enough so she decided to try out for the Cincinnati Conservatory of Music production, “Seussical Jr.” and made that too! **Jackie Noll** is a member of her school academic team and she placed 5<sup>th</sup> in the region for language arts and math. She also plays soccer, softball and basketball. Jackie also received the Christian Service Award at her school and was elected to the Honor Guard for the May Crowning. CONGRATULAIONS ladies for all of your achievements this year outside of volleyball. NKYVC is VERY PROUD!!!

**13 Tsunami – Alexis Thomas** also plays fast pitch for Cincy Static 14U. They opened their season at Teal Town Ballpark in Milford, Ohio for the Tune Up tournament where they won 5 back to back games on May 23<sup>rd</sup>. Lexi batted 4th in the line up that day and filled the part well by leading her team in RBI's. She was awarded the MVP of the championship game which was selected by the opposing coach. Cincy Static also finished 2<sup>nd</sup> at the USSSA State Championship Tournament on May 29<sup>th</sup> & 30<sup>th</sup>. On June 5<sup>th</sup> & 6<sup>th</sup> they won the Harrison Shootout Tournament. Lexi plays multiple positions for Cincy Static. She catches every other game and also plays 3rd base, Left or Right Field. Lexi also received a Straight "A" award for the 7th grade for all A's in every class all year long at Fairfield Middle School in Fairfield, Ohio. Great Job Lexi – well rounded superstar!!

**15 Tide - Kendall Gardt** participated for the track and field team for the first time this spring for Ryle High School. She competed in the high-jump for the varsity and finished top-5 at almost every meet she competed. This included the Area-5/Northern KY Championships and with **15 Thunder** player **Ashlee Howe** combined to win the Northern KY Conference. Kendall capped her season by qualifying at Regionals, and competing at the KY AAA State Championship at University of Louisville, also along with Ryle teammate and **15 Thunder** player **Ashlee Howe**. Can you believe this multi sport athletes are only Freshman! GREAT JOB KENDALL & ASHLEE!!

## Player Profile

**Taylor Angel:** 6'1 OH NKYVC 15 Tsunami, Notre Dame Academy (Covington KY) has been invited to play on the **USA VOLLEYBALL HIGH PERFORMANCE A2 YOUTH TEAM**



The USAV High Performance Championships will be held in Wisconsin Dells, WI July 25-30<sup>th</sup>. Team competition will be regional USA teams & international teams from Italy, Puerto Rico & Canada). **CONGRATULATIONS TAYLOR!!**

## Catch up with a NKYVC Alumni

**Katelyn Luckman,** Notre Dame Academy, 2005  
Samford University, 2009

Katie is currently working as a pharmacy intern at Crestville Drugs in Crescent Springs, KY. In August she will return to Samford University to start her 3<sup>rd</sup> year of pharmacy school at McWhorter School of Pharmacy. Katie played 4 years at Samford where she provided leadership, volleyball intelligence, communication & maturity. She was a team representative on the Student-Athlete Advisory Committee & a member of the OVC Commissioner's Honor Roll. In her Junior season (2008) the Bulldogs won the SoCon North Division Championship & finished with a 28-5 record. In 2009 Samford won the North Division Championship-Katie contributed the match winning kill while running her famous slide; it was a deserving & memorable finish for her on her senior night.

Katie is continuing to work hard & is looking forward to completing her last two years of graduate school. We can only cross our fingers and hope that she returns to a Northern Kentucky pharmacy and volleyball court near you! Congratulations Katie and Good Luck with the rest of Graduate School!!

# Director's Comments

Coaching Director, Recruiting Counselor – Kathy Kennedy

It is hard to believe the 2010 season is coming to its conclusion. This has been another historical season for NKYVC culminating with the best Ohio Valley Regional Championship finishes ever as a club. NKYVC still has 7 teams working hard in preparation for post season play at the USA Junior National Championships in Reno NV and JVA/AAU National Championships in Orlando FL. Finish strong ladies and represent yourselves, your team and NKYVC well!

As we look back on the 2010 season we ask ourselves: How do we know if we were successful or not? Did we accomplish the goals we set out to achieve? How did the new training elements impact our performance? What worked? What didn't? In an effort to answer these questions NKYVC provided a season end survey to all participating families. As NKYVC customers, your survey feedback is very valuable in helping NKYVC shape the 2011 season. Every year we try to add more value; some examples that impacted 2010 performance: Friday Professional Sports Conditioning, Coaches Circuit Training 2 days a week, Friday Positional Training, 3 practices a week, Competition tri-practices, Open Gyms and Clinics in May-June were a result of the previous season's feedback.

It is not too late to send in your evaluations so please take the time to do so and we look forward to your suggestions.

**NKYVC offers Elementary & Middle School On-Site Training?** As part of NKYVC's on going efforts to offer proper volleyball training to every athlete at every skill level we have established a **Community Outreach Program** that will provide camps and clinics at your facility. NKYVC will also provide a **Coaching Clinic** at your facility. Please Email: [NKYVC@fuse.net](mailto:NKYVC@fuse.net) to set up a date & time.

**DID YOU  
KNOW?**

## NKYVC 2011 Season Planning

Believe it or not! The 2011 USA Volleyball Season is being planned and posted. Go to [www.nkyvc.com](http://www.nkyvc.com) and click on "Schedules" for important dates. Here are a few highlights to add to your planning calendar:

- **2011 NKYVC SEASON KICK-OFF PRESENTATION:** October, 7th 2010 (6:30PM-8:30PM)
- **2011 Pre-Season Tune-Up Clinics:** October 16, 17, 23, 24, 30, November 6, 7, 13
- **2011 Try-outs 10U-18U:** Late October-Early November
- **FALL-WINTER Clinics:** November 20, 21, 27, 28. December 5, 11, 12, 18, 19
- **Elite Performance Training-(Accelerated),** Nov. 22nd - Jan. 3<sup>rd</sup> (2 days a week)
- **Season Kick-Off Team/Parent/Coach Meeting** December 4<sup>th</sup>, 2010
- **USA Team Scrimmages-College Combine,** December 11th & 12th, 2010
- **USA TEAM SESSIONS:** January 8th & 9th, 2011 (team photos, uniforms, scorekeepers clinic)

### Top 4 Tips for a Successful School Try-Out:

- 1. PREPARE YOURSELF:** Eat well, get plenty of rest & be in shape.
- 2. DO NOT BE LATE!** Arrive early enough to register, warm-up & stretch on your own
- 3. DRESS FOR SUCCESS:** Be noticed; wear bright colors, socks & t-shirts with championship winner, etc. Have all of your equipment including a distinctive water bottle & make sure your knee pads are clean. Pull your hair back out of your face, do not wear jewelry or chew gum.
- 4. BE VOCAL, ALWAYS HUSTLE and BRING A "CAN DO" ATTITUDE!**

**TIPS FOR A  
SUCCESSFUL  
TRYOUT**

**focus on fundamentals**