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## NATIONAL BOUND!!!

CONGRATULATIONS to all of the NKYVC TSUNAMI and TIDE teams that work hard and competed in the OVR (OHIO VALLEY REGION) Bid Tournament in Columbus, Ohio on April 9<sup>th</sup> & 10<sup>th</sup>

As a result of the Bid Tournament, four NKYVC Teams are heading to Atlanta, GA for the USAV Junior National Championships June 25<sup>th</sup> – July 4<sup>th</sup>

- 12 Tsunami: 3<sup>rd</sup> Place Gold, America Bid
- 14 Tsunami: 4<sup>th</sup> Place Gold, American Bid
- 15 Tsunami: 3<sup>rd</sup> Place Gold, American Bid
- 17 Tsunami: 2<sup>nd</sup> Place Gold, American Bid

CONGRATULATIONS AND GOOD LUCK AT NATIONALS NKYVC!!!

### OVR Bid Tournament Results

TEAM	Place	Bid
➤ 11 Tsunami:	11 <sup>th</sup> (12's Division)	
➤ 12 Tsunami:	2 <sup>nd</sup>	American
➤ 12 Tide:	5 <sup>th</sup>	
➤ 13 Tsunami:	6 <sup>th</sup>	
➤ 13 Tide:	14 <sup>th</sup>	
➤ 14 Tsunami:	4 <sup>th</sup>	American
➤ 14 Tide:	13 <sup>th</sup>	
➤ 15 Tsunami:	3 <sup>rd</sup>	American
➤ 15 Tide:	19 <sup>th</sup>	
➤ 16 Tsunami:	8 <sup>th</sup>	
➤ 16 Tide:	13 <sup>th</sup>	
➤ 17 Tsunami:	2 <sup>nd</sup>	American
➤ 17 Tide:	19 <sup>th</sup>	



### UPCOMING DATES & EVENTS

\*NKYVC 2011 PLAY DAY & BBQ – Tuesday, May 24<sup>th</sup> from 6:00-7:30 PM. All NKYVC Participants and Parents – Including all USAV teams, Training Teams 9U-18U, Sprinkles Pre-K – 3<sup>rd</sup> and Cyclones.

\*NKYVC 2011 SUMMER PREP SERIES – starts on June 1<sup>st</sup> and ends on July 6<sup>th</sup> (No session on July 3<sup>rd</sup>) – 2 practices per week – Register now at: [www.nkyvc.com](http://www.nkyvc.com) SPACE IS LIMITED!!!

\*NKYVC 2011 ADVANCED SKILLS BOOT CAMP – July 8<sup>th</sup>, 9<sup>th</sup> & 10<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 2011 COACHING CLINIC – JULY 10<sup>TH</sup> REGISTER NOW AT [www.nkyvc.com](http://www.nkyvc.com)

\*NKYVC 2011 FAST START PROGRAM – starts on August 10<sup>th</sup> and ends on September 21<sup>st</sup> (no session the Sunday of Labor Day Weekend) All Athletes entering 3<sup>rd</sup> thru 11<sup>th</sup> Grade – Register now at: [www.nkyvc.com](http://www.nkyvc.com) SPACE IS LIMITED!!

\*All NKYVC training is held at Town & Country Sports Complex, 1018 Town Drive, Wilder, Ky. (AA Hwy. off exit 275) Register now for ALL NKYVC Programs at [www.nkyvc.com](http://www.nkyvc.com)

As we finalize this newsletter, some of our teams are still competing in high level tournaments and National Qualifiers.

- NEQ Qualifier, Baltimore, MD April 16<sup>th</sup> – 18<sup>th</sup>: 14 Tsunami, 16 Tsunami, 17 Tide & 17 Tsunami
- JVA World Championships, Louisville, KY April 22<sup>nd</sup> – 24<sup>th</sup>: 15 Tide, 15 Tsunami, 16 Tide, 17 Tide & 18 Tsunami
- JVA Mideast Power League, Various Sites, April 30<sup>th</sup> – May 1<sup>st</sup>: 13 Tide, 13 Tsunami, 14 Tide, 14 Tsunami, 15 Tide
- ACES Challenge, Northern KY, April 30<sup>th</sup> – May 1<sup>st</sup>: 10 Tsunami, 11 Tide, 12 Tide & 17 Thunder

Remember to support each other at all of the events when given the opportunity.  
**GOOD LUCK NKYVC!!!**

# 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.

- **2011 Commitments**
  - Sydney Sizemore: 18 Tsunami – Outside, Robert Morris University (DI) Holy Cross, KY - **NEW!!**
  - Stacey Sebald: 18 Tsunami – Middle/Outside, University of Cumberlands (NAIA) Colerain, HS
  - Lauren O'Connor: Outside Hitter, University of Kentucky (DI) Scott HS, KY
  - Stephanie Gurren: 18 Tsunami - Setter, Georgetown College (NAIA) St. Henry HS, KY
  - Samantha Diebold: 18 Tsunami - Outside/DS, Youngstown State U (DI) Mt. Notre Dame, OH
  - Rachel D'Agnillo: Libero, Transylvania University St. Henry HS, KY
  - Kara Crabill: 18 Tsunami - Middle/Outside Hitter, Fairmont State University (DII) Clinton Massie
- **2012 Commitments**
  - Marissa Prinzbach: 17 Tsunami - Setter, University of Connecticut (DI) Mercy HS, OH

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

[www.nkyvc.com](http://www.nkyvc.com)

This is your home for all information NKYVC. See the latest tournament results, team rosters and pictures. Most importantly, this is where you will find information for specialized skills clinics – more being added in April & May!

## 2011 SPRINKLES

The NKYVC Sprinkles Program is a one of a kind for the Greater Cincinnati Area and now half-way through the 2011 program. These adorable little PreK (new 2011) and Kindergarten athletes along with 1<sup>st</sup> & 2<sup>nd</sup> Graders are having a blast learning the fundamentals of volleyball and overall athletics. Lower nets, special balls and techniques are used to facilitate the young athletes in learning the skills. Some of our own USAV athletes from older teams find the time to attend these sessions and help coach and athletes in the Sprinkles Program really enjoy and look up to our older athletes. The Sprinkles athletes learn all of the skills of volleyball and also get the experience of being on a team in a structured disciplined setting. These one hour sessions are held on Thursdays from 6:30-7:30 pm. Our Sprinkles Program is in its 10<sup>th</sup> year!



**"The greatest accomplishment is not in never falling, but in rising again after you fall."- Vince Lombardi.**



# TEAM HIGHLIGHTS

March was packed with 3 important tournaments for 15 Tsunami. After the MidEast Qualifier in St. Louis, MO, Tsunami went undefeated 5-0 in the first 2 days at the Big South Qualifier in Atlanta, GA. After working hard & experiencing their ups & downs at both National Qualifiers, 15 Tsunami dominated the OVR Bid Tournament where they earned their "golden ticket" to the USAV Nationals – Way to Go Tsunami!!



12 Tsunami was also busy in March on & off the court. At the Bluegrass Pre-Qualifier they sang the

National Anthem on the morning of the finals to the entire convention center. It was a beautiful display of team work, honor & patriotism. Seconds later the team dashed off the podium & beat their opponents in 2 sets! Later that day they won the Silver Division – talk about talent! Onto St. Louis next where 12 Tsunami had an incredible 3 day tournament against tough competition & finished 2<sup>nd</sup> Place in Gold! Nami moms & dads also participated in the singing in St. Louis at the "Jive and Wail" piano bar – too bad no one sent in any pictures of that!

12 Tide also went to the Bluegrass Pre-Qualifier. The team did great finishing with a 3-3 record. One of the biggest accomplishments for Tide was beating Teva 12 Blue a team who they lost to 3 weeks earlier. Then 12 Tide was off to St. Louis, Missouri competing in the MEQ. They took a tour of famous Arch & had a lot of fun together as a team. The team finished with the record 2-5. They had a great first day beating Circle City (team ranked 17). Overall the team ended ranked 17/48, moving up 9 spots in rankings!

What's going to work? TEAMWORK! GO TIDE, GO!



## Player Profile: Emily Schmahl

17 Tsunami – Yrs. Played for NKYVC: 7

Emily is a 5' 10" Outside/Middle Hitter for 17 Tsunami who attends Notre Dame Academy. She has played volleyball since she was 10 years old & has loved every minute of it. Her list of achievements is long even though she is only a Junior! Her awards are athletic & academic. Emily works very hard off the court to maintain her 3.78 GPA. In July, 2010, she was selected as a USAV All American at the USAV National Championships in Reno, NV.

WAY TO GO EMILY – NKYVC IS VERY PROUD! Finish 2011 Strong!

## Catch Up with Alumni...

### Jessica Isaac



A 2009 Graduate from the University of Connecticut has certainly left her mark with the Division I Volleyball program. For starters, her class made it to the Big East Tournament every year from 2006-2009. She was named the UConn Defensive Player of the Year for 4 straight years, team captain in 2007, 2008 & 2009, team MVP in 2009 & smashed a 13 year school record of most digs with 2064 career digs (the previous record was 1729). She also left her mark academically. Making the Dean's List and graduating with a Bachelors of Nutritional Science, she was the recipient of the Student Athlete Award and the Outstanding Senior Scholar Award in April 2010. She now lives in Michigan & attends Wayne State University in Detroit to become a Registered Dietitian and she LOVES that the yellow libero jerseys are still going strong at NKYVC!!

2011 Head Coach for  
16 Oakland Elite (MI)

# NKYVC "Off Court" Achievements

**12 Tide – Deandra Atwood** was inducted into the National Junior Honor Society for maintaining a 3.5 GPA. She also received the MVP award for her school volleyball team at the spring banquet on March 9<sup>th</sup>. Fantastic Job Deandra!

**13 Tsunami & 13 Tide - Christa Saelinger** (13 Tsunami), **Megan & Shannon Saelinger** (13 Tide) were all three selected to participate in the Duke University Tip Program which is a program that invites academically eligible students to attend 2 week summer sessions at Vanderbilt, Western Kentucky or Duke University. This also allows all 3 of them to take the ACT in 7<sup>th</sup> Grade. **Shannon Saelinger** was also chosen on the All Tournament Team for Diocese of Covington 7<sup>th</sup> Grade Basketball. Always tough competition in the Saelinger household, athletic & academic – Way to go Saelinger Ladies – keep up the hard work!

**14 Tide – Anna Ficker** received a Scholarship towards St. Ursula High School for the fall from the Knights of Columbus at Immaculate Heart of Mary Parish in Cincinnati, Oh. She wrote a vocations essay which described the importance of Fr. Jamie, her uncle who is Pastor at St. Cecilia Church in Oakley, Oh. in her life and the positive affects it has had on her and with others. Great Job Anna, CONGRATULATIONS!!

**15 Tide – Mary Clare Doyle** achieved "A" Honors at Walnut Hills High School & teammate **Meghan Lemberg** also received straight A's & made the Gold Honor Roll at Nagel Middle School. Athletes with Brains! Way to Go Mary Clare & Meghan!

**17 Thunder – Lila Garner** has been selected to participate in two summer leadership seminars at the U.S. Military Academy at West Point and the U.S. Naval Academy. Lila will be among 1,000 juniors selected Nationwide to participate in academic, leadership, athletic and military workshops. Both one week sessions are designed to help juniors with their college selection process, while giving them an idea of importance of decision making in their education, careers and lives in general. **THIS IS SUCH AN AWESOME ACHIEVEMENT LILA!!! CONGRATULATIONS & GOOD LUCK!!!**

*If you or any of your NKYVC teammates have "Off-Court" Achievements that should be recognized please submit to [areckers@amig.com](mailto:areckers@amig.com) by the 5<sup>th</sup> of May, 2011*

1. **Get Focused on Your Body** – Good athletes know their bodies well. Know how you are breathing; take deep breaths, counting up to 4 or 5 as you inhale. This will help you relax and stay calm.
2. **Trust Your Training** – You have done all the training needed & have earned the right to celebrate & test your skills on game day. Don't try to sneak in extra training or try something different at the last minute.
3. **Don't Allow Yourself to be Distracted** – Don't be distracted by the weather, your opponent or team records, do what you came to do. Distractions can take away energy, save your energy for the game.
4. **Use Your Recall Button** – Do not predict your next move or action based on your last failure. Stop, do a little positive self-talk, replay a great play & then perform at your peak level. Hanging onto failures will not only affect your performance, it will affect the team as well.
5. **Prepare for Glitches** – Just as your train or visualize success, it is equally important to mentally rehearse the "glitches". See yourself recover from your failures immediately so that you have an image that will reset you "back on track".

**5 WAYS TO  
OVERCOME  
GAME-DAY  
JITTERS**



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**focus on fundamentals**