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NKYVC Tsunami and Tide Make a Loud Splash at President's Cup Tournament

This tournament has become an annual event for most of our teams. This is a very competitive tournament for most age groups and play is offered at both the National and Regional levels. Tsunami and Tide compete at the National level. Top teams from throughout the Midwest attend this tournament for an early season test before the National Qualifier cycles begin in March.

NKYVC is known for its club-wide support of each and every team and the players, parents and coaches did not disappoint at the President's Cup. There were many of you that took the time to stop and watch another NKYVC team play and every parent, player and coach appreciate your efforts and encouragement!

Many of our teams faced tough competition and finished with great results!
WAY TO GO NKYVC – WAY TO REPRESENT SOMETHING BIGGER THAN YOURSELF!

- 12 Tsunami : 14TH SILVER
- 13 Tsunami: 6TH GOLD
- 13 Tide: 1ST BRONZE
- 14 Tsunami: 5TH GOLD
- 14 Tide: 3RD SILVER
- 15 Tsunami: 2ND GOLD – WOW!
- 15 Tide: 3RD BRONZE
- 16 Tsunami: 5TH GOLD
- 16 Tide: 20TH
- 17 Tsunami: 5TH GOLD
- 17 Tide: 23RD
- 18 Tsunami: 25TH

As we finalize this newsletter, many of our teams are competing in the Bluegrass Qualifier. Check for these results on the website, nkyvc.com.

- The first Mid-East Qualifier is March 17th thru 20th in St. Louis, Missouri for 12 Tsunami & Tide, 13 Tsunami & Tide, 14 Tsunami & Tide and 15 Tsunami & Tide.
- On that same weekend 10 Tsunami & Tide will be competing in Middletown, OH and 11 Tsunami & Tide will be playing in the Xtreme Winter Classic.
- On March 26th 17 Thunder will compete in the Dig or Die tournament in Mason, OH.
- Finally, 14 Tide will play in the Outback Kangaroo tournament in Northern Kentucky on March 27th.

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



Upcoming Dates and Events

*Each Friday EPT Training is from 3:30 to 5:00 pm. These sessions are included in your fees. If you want to get the most out of your on-court training with your coach, let Jeremy and his EPT staff work with and improve your overall conditioning on Fridays. EPT helps injury prevention as well.

ADVANCED TRAINING TEAMS: First Session is Wednesday, March 16th – 5th & 6th Graders (4:30-6:00 pm) 7th & 8th Graders (6:00-7:30 pm) 9th, 10th & 11th Graders (7:30-9:00 pm)

PRE-K, K, 1st & 2nd GRADE SPRINKLES: First Session starts March 17th – Pre-K & Kindergarten (6:30-7:30pm) 1st & 2nd Graders (6:30-7:30pm)

NKYVC CYCLONES LEAGUE*: High energy, high intensity, training environment EXCLUSIVELY for BOYS starts March 22nd – May 10th on Tuesdays from 3:30-5:30 pm. For all 4th through 12th Graders – Registration Now Open – space is limited! www.nkyvc.com

*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

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**
 - 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!!

Team Highlights

12 Tsunami – Coach Sara Palazzo's team kicked off their season with a Christmas party in December and their continued team bonding off the court is proving to be successful on the court. They placed in silver and bronze in several 13 & 14 year old tournament in January and February and finished 2nd in Gold at the Mizuno Cincy Classics Tournament on February 26th. Great Job Tsunami!!!

12 Tide – On February 19th 12 Tide won the GOLD at the Union Classic in Louisville, KY. After winning all 6 games in Pool Play, Tide went to the Gold Bracket and had a thrilling 2-1 game win in the Semifinals to advance to the Championship game. Tide beat Union in 2 straight games to win it all. A great effort was made by everyone on the team to help Coach Pam win her 1st ever tournament while coaching the **12 Tide** team at NKYVC – WAY TO GO TIDE & COACH PAM – CONGRATULATIONS!!



Per-se-ver-ance (noun) – steady persistence in a course of action, a purpose, etc., especially in spite of difficulties, See “**13 Tsunami**”

Every team faces adversity during the season. Tough losses, injuries... then there's **13-1 Tsunami**. 2 broken ankles, 1 concussion, 1 groin injury. *All at the same time*. In addition, multiple overlapping bouts of flu and strep throat. At times, just 5 healthy players. The last time everyone practiced together? January!

How would **13 Tsunami** persevere? They played with only 6 players. They played new positions. They borrowed players from **14 Tsunami**, **14 Tide**, **13 Tide**, and **12 Tsunami**. Did they quit? No. Did they win? Sometimes. Did they smile? Yes. Did they persevere? Yes. **13 Tsunami** may have already learned one of the most important lessons they'll learn all season. As the saying goes – it's not how you start, it's how you finish. Given the “difficulties & obstacles” **13-1 Tsunami** & coach Angie have overcome so far... hold onto your seats & prepare for a fantastic finish!

15 Tsunami – is having a fantastic season so far! The team is currently ranked #1 in the OVR National Division (highest division). They took 2nd place at the President's Day Cup, losing only to MAVA Elite in 3 games in the finals. In the 2 Mid-East Power Leagues they we3-2 in Muncie and 5-0 in Indianapolis. 15 Tsunami is on the move!

WAY TO GO NAMI & COACH SHANNON – KEEP IT UP!!



www.nkyvc.com

This is your home for all information NKYVC. See the latest tournament results, team rosters - now with pictures of beautiful smiling NKYVC faces ☺ Most importantly, this is where you will find information for specialized skills clinics – more being added in March & April!

NKYVC "Off-Court" Achievements

13 Tide – is off to a great start this season, coming in 1st place Gold at the Icebreaker and 1st place Bronze at President's Cup. They are not only a group of talented volleyball players, but they have also been very busy off the court displaying their many other talents. **Dani Noll**, **Megan Saelinger** and **Shannon Saelinger** took the ACT as 7th graders. **Dani Noll** scored in the top 84th percentile among college bound high school students! **Paige Deglow's** science fair project "Trouble with Tendons" came in 6th place in the St. Agnes Science Fair! **Shannon Saelinger** and **Megan Saelinger** also had great science fair projects that received honorable mentions at their school. **Rachel O'Day** just signed a modeling contract to work as a print model. Both **Janell Tobler** and **Paige Deglow** will be participating in their upcoming school plays and **Dani Noll** is also active in her drama club. Beauty, brains and athletics! These girls can do it all! **WAY TO GO TIDE!!!**

13 Tsunami – Madison Salkowski was selected for the Diocesan All-Tournament basketball team and won 1st place in Social Studies in the Diocesan Academic Competition on March 8th. **AWESOME JOB MADISON!!!**

14 Tsunami – Alicia VonHandorf & Mickey Stephenson both competed in the Diocesan Academic Competition on March 8th and both took 1st Place in Persuasive Speech. **Alicia's** topic was "Why We Should Use Reusable Bags at the Grocery Store Instead of Paper or Plastic" and **Mickey's** topic was "Why Little Girls Should NOT Be In Beauty Pageants". Both girls competed in the large school division, but in separate classrooms so the **14 Tsunami** teammates did not have to compete against each other... wonder who would have won if they did have to compete against each other???

CONGRATULATIONS ALICIA & MICKEY!!



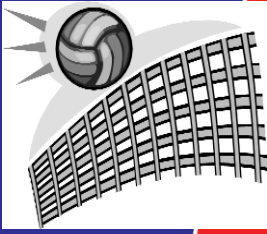
If you or any of your NKYVC teammates have "Off-Court" Achievements that should be recognized please submit to areckers@amig.com by the 5th of April, 2011



Alumni Updates - Natalie Penrod, 5'11" Outside Hitter, Tennessee Tech

Natalie Penrod gave the Golden Eagles a spark on offense during her freshman season. She is 3rd on the team in kills with 250 (2.38 kps). Penrod has also added 113 digs, 41 total blocks and nine service aces. She recorded at least 10 kills in 11 matches during her 2010 season including a career-high 16 against Southeast Missouri.

Natalie was named to the OVC (Ohio Valley Conference) 2010 All-Newcomer Team - She is a Business Law Major and her Top Rated Song on her iPod is Erase Me – Kid Cupi. She also loves Ice Cream & O'Charley's rolls – GREAT JOB NATALIE! NKYVC IS SO PROUD – KEEP UP THE HARD WORK!



1. Physiology - how you use your body. How you breathe, how you move, fast or slow? Where are your shoulders? Where is your head, is it up or down? Your physiology is the fastest way to change your emotions & how you focus. Remember how you move they days you dominate out on the court. Then walk, breathe & move the same way you did then. Observe older players or elite teams & watch how the most confident players use their physiology. Then, model it.

Confidence is a skill that your work on. If you shank a pass, move your body & shake it out. Then, tell yourself, “next one’s going to be perfect”.

2. What You Say to Yourself – What you say to yourself and how you say it, will determine how you FEEL and where your brain focuses. “I can pass at a high level during the whole match”, “I am consistent”, “I am swinging with power today”. Never tell your mind what it is that you “don’t” want to happen. Such as, “I don’t want to miss my serve” or “I don’t want to have a poor match today”. Your brain goes directly t that thought and you have pre-programmed your mind to struggle. Instead of using “don’t”, replace those thoughts with what you would like to happen. “I will hit aggressively down the line”, “I am serving with power”, “I WILL have my best match today”!

3. Visualization – The 3rd way to master your focus is through the process of visualization. This is the most effective way to pre-program your mind and body before competitions so that you respond without thinking and compete naturally.

MARCH MADNESS

On March 5th, NKYVC hosted the 8th Annual March Madness. This event is held each year in early March to help prepare the 10 Tsunami, 10 Tide and this year the 9 Tsunami teams for their first USA Volleyball Tournament experience. Teams from area clubs are invited for a one-day non-sanctioned tournament. Each team participates in pool play and with the help of 18 Tsunami this year learned how to score-keep, officiate and line judge. Most importantly they learned how to make a successful team “camp” area! Thanks to everyone who help coordinate this successful event especially Coach Cassie & Coach Jill & 18 Tsunami! NKYVC – Something bigger than yourself!!!

Seven NKYVC Coaches attended USAV CAP I Training in Cincinnati January 15TH & 16TH. The Coaching Accreditation Program is a comprehensive, multi-level coaching education program that covers all aspects of coaching and teaching volleyball. Both Level 1 and 2 courses focus on the critical athlete performance principles in coaching. Better Coaching through Continued Education is the focus for NKYVC Coaches in 2011 and beyond. Great class, great fun and great USA Cadre!!

Coach Cassie (11U), Coach Shannon (15U), Coach Elizabeth (17U), Coach Andrea (15U)
Coach Tasha (14U), Coach Dion (14U) and Coaching Director Kathy Kennedy with USA
Cadre Penny Lucas White



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www.facebook.com/NKYVC

focus on fundamentals