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OVR Regional Championships Updates

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

- ◆ 18 Tsunami 3rd Place Silver
- ◆ 17 Thunder 5th Place Mercury
- ◆ 12 Tsunami 2nd Place Gold
- ◆ 12 Tide 5th Place Gold
- ◆ 11 Tsunami 2nd Place Silver
- ◆ 11 Tide 5th Place Bronze
- ◆ 10 Tsunami 2nd Place Gold
- ◆ 10 Tide 5th Place Bronze
- ◆ 9 Tsunami 3rd Place Platinum (10's Division)

CONGRATULATIONS NKYVC!!!

WAY TO REPRESENT AT THE OVR REGIONAL CHAMPIONSHIPS!!!



UPCOMING DATES & EVENTS

*NKYVC 2011 PLAYDAY & BBQ - Tuesday, May 24th from 6:00-7:30 PM. All NKYVC Participants and Parents - Including all USAV Teams, Training Teams 9U-18U, A.I.T., Sprinkles Pre-K - 3rd and Cyclones.

*NKYVC 2011 SUMMER PREP SERIES - starts on June 1st and ends on July 6th (No session on July 3rd) - two practices per week - Register now at: www.nkyvc.com SPACE IS LIMITED!!!

*NKYVC 2011 ADVANCED SKILLS BOOT CAMP - July 8th, 9th & 10th - All current 4th thru 11th Graders - Register now at: www.nkyvc.com SPACE IS LIMITED!!

*NKYVC 2011 COACHING CLINIC - JULY 10TH REGISTER NOW AT www.nkyvc.com

*NKYVC 2011 FAST START PROGRAM - starts on August 10th and ends on September 21st (no session the Sunday of Labor Day Weekend) All Athletes entering 3rd thru 11th Grade - Register now at: 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

RESULTS FOR JVA WORLD CHAMPIONSHIPS MAY 22ND-24TH

- ◆ 18 Tsunami 13th Place Open Division
- ◆ 16 Tide 21st Place Open Division
- ◆ 15 Tsunami 13th Place Open Division
- ◆ 15 Tide 31st Place Club Division

As we finalize this newsletter, some of our teams are still competing in OVR Regional Championships and other high level tournaments.

- JVA Mideast Power League, Various Sites, May 14th & 15th: 16 Tsunami, 15 Tsunami, 15 Tide & 12 Tide
- Derby Spring Fling, Louisville, KY, May 21st & 22nd: 11 Tsunami
- Munciana Classic, Muncie, IN, June 5th & 6th: 11 Tsunami
- AAU Junior National Championships, Orlando, FL: 18 Tsunami & 16 Tsunami
- USA Junior National Championships, Atlanta, GA: 17 Tsunami, 15 Tsunami, 14 Tsunami & 12 Tsunami

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**

- Kelly Leonard: 18 Tsunami – Libero/DS, Capitol University (DI) Seton HS, OH – **NEW!**
- Sydney Sizemore: 18 Tsunami – Outside, Robert Morris University (DI) Holy Cross, KY
- 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!!



LESSONS PROGRAM – MAY 8TH 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.

A complete list of instructors & MANDATORY WAIVER are available at www.nkyvc.com

- All scheduling and coordination should be made directly with the instructor
- All NKYVC coaches are at a minimum Impact Certified and are experienced instructors
- All NKYVC coaches fees are consistent across all instructors
- Lessons and NKYVC court availability are on a first come, first serve basis
- This program is open to the public

NKYVC SKILLS & POSITIONAL CLINICS THRU MAY 31ST

As some USAV teams come to the end of their season, please remember that NKYVC will still have specific skills and positional clinics every Friday thru May 31st. EPT Sport Training is every Friday 3:30-5:00 pm regardless of the positional training schedule. Be sure to take advantage of these clinics and specialized training as your season ends, they are included in your NKYVC base fees.

A great way to finish your season strong!

Be sure to go to www.nkyvc.com for the weekly schedule of specialized skills clinics and your home for all NKYVC information including latest tournament results, team rosters & photos!



Did You Know?

Kara Lindsay, Outside/Middle Hitter for 13 Tide is a PADI certified diver and models for Images Modeling in Lexington, KY?

Player Profile: Sydney Katelyn Sizemore



18 Tsunami – Yrs. Played for NKYVC: 3

Sydney is a 5'10" Outside/Opposite Hitter for 18 Tsunami. She has been a member of the Varsity Volleyball team at Holy Cross High School (Cov. KY) since her sophomore year serving as team captain in 2009 & 2010. She has been selected for numerous All-Tournament Teams throughout her high school career and was Kentucky All State Team Honorable Mention in 2010.

She is also a member of the National Honor Society, Spanish Club, Art Club, Pep Club and the Senior Class Secretary. In a few short weeks she will graduate high school and in the fall pursue her volleyball career at Robert Morris University, Pittsburgh, PA where she has been awarded an athletic scholarship to the Division I Program.

Congratulations Sydney & Good Luck – NKYVC is very proud & knows that

NKYVC On and "Off Court" Accomplishments

13 Tsunami – Morgan Hentz, Madison Salkowski & Hanna Knaley all tried out for the USA Volleyball High Performance Program in March. It was a great experience with awesome results. **Morgan Hentz** has been selected as a member of the Future Select A2 Team & **Hanna Knaley** was selected as an alternate for this program. **Madison Salkowski** had to try out with an older age division due to her date of birth & was selected as a member of the A3 Program. Both **Morgan & Madison** will attend a program July 4-8th in Grand Rapids Michigan where they will train with USA & college coaches & will also participate in international competitions. The High Performance Program was developed by USA Volleyball as a mission to build a national pipeline of junior volleyball athletes & coaches, creating broad opportunities for advancing the level of play, competition & skill development throughout the sport. Congratulations **Morgan, Madison & Hanna!** NKYVC supports you as you enter the USA Volleyball Pipeline – AWESOME!!!

16 Tsunami & 16 Tide – Colleen Mulrey (16 Tsunami) & **Maddie Kunkel** (16 Tide) were both selected to represent Turpin High School (Cin. OH) & the FAVC at the OHSAA (Ohio High School Athletic Association) Foundation's Student Leadership Conference. They were the only female athletes selected from Turpin High School.

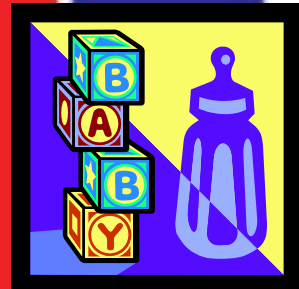
Great Job **Colleen & Maddie!** More NKYVC athletes demonstrating leadership skills & being noticed!

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

"BABY" & "BID" NEWS FOR 15 TSUNAMI

NKYVC would like to send a BIG CONGRATULATIONS to 15 Tsunami coach, Shannon Roeper Hemsink & husband on the safe arrival of their perfect new bundle of joy! Lincoln was born on May 9th and weighed 7 lbs. 13 oz. and was 21.5 inches long. Mom & baby are home doing well & will probably be seen on the sidelines of a volleyball court very soon. Welcome Lincoln & Congratulations Coach Shannon!

15 Tsunami has also received a reallocated National Division Bid after earning an American Division Bid at the OVR Bid Tournament by finishing 3rd Place in Gold – Good Luck 15 Tsunami as you compete at the USAV National Championships in Atlanta, GA in June!!!



14 Tsunami Earns Open Bid



The team of girls who makes up 14 Tsunami has a history of top finishes for NKYVC. Each year they have given their coaches a season of firsts. This year when Coach Dion talked with the players about competing & qualifying at the Open level at USA Girls Junior Volleyball Championships, the girls knew they were up to the challenge. Coach Dion had competed at Open before but only through a trickle down bid, his teams had never earned the bid at a qualifier, by placing in the top 3. Could this be another first for this group of girls? *They all hoped so...*

Throughout the season they learned how to prepare & how to compete at the highest level. The team boarded the planes & loaded the cars for the long trip to Baltimore for the Northeast Qualifier over Easter Weekend. This would be their last chance to qualify Open & accomplish their goal.

After arriving in Baltimore the team ate a fabulous dinner at a mom & pop restaurant in Little Italy. The captains held a team meeting to talk about the weekend & what the expectations were, and from there, it was all business.

Day 1 Tsunami was a 2 seed in a 3 team pool. Beating the other teams in the pool meant they secured a 'still in the running' spot for the bid. The crossover match with OVR foe Eastside Cleveland was one they lost in 3 close sets. However, their only goal each day was to be 'still in the running', so they left the gym knowing that the goal for Day 1 was accomplished.

After a great time walking the harbor area in Baltimore & a team dinner at Uno's, the girls headed back to the hotel for a team 'dance competition' & all around silliness. They were then quick to bed to get ready for what would prove to be a very long Day 2.

Day 2 the goal was the same, 1st or 2nd place finish to be 'in the running' for the bid. The girls did just that, securing 1st place by having the highest winning percentage. Day 2...mission accomplished – they thought! But in a new twist for the team, they learned they had to play another pool that would start later in the evening, giving the girls a 3 hour break to eat, rest, change & get back to the gym. On to Subway & then the hotel with a very happy, excited & determined group.

Day 3 actually started on the evening of Day 2 with a match vs, Academy Cleveland, another OVR foe. Tsunami won handily & realized they probably needed to win only one more match on Sunday to reach their goal. A quick bite to eat & right to bed...Day 3 would come quickly.

At the start of Day 3, Tsunami had matches with Jamba (eventual Open qualifier) & Skyline (previously qualified Open) so they knew they would have their work cut out for them. Dispatching of Skyline (from Texas) in two relatively easy sets gave Tsunami the confidence they needed going into the final match of pool play. Only one team stood between them and their goal...Beat Jamba & secure the bid.

It was not an easy task. Jamba (Southern California) came ready to play & needed to win the match to stay alive and they played like it; the calm and confidence that Tsunami had been building all weekend, showed on the court. There were huge digs, awesome sets & big kills from all the hitters. This was Open level volleyball at its finest & even though the match was three sets, Tsunami never really doubted the outcome. Win this match & the Open bid is ours! And, win they did....celebration ensued.

The road to an OPEN BID is paved with ups & downs but ends with being a Top 32 team in the entire USA. That is a huge accomplishment that was only possible because of Coach Dion's dedication to the girls, this team's goals & because of the hard work & contributions of every single team member.

Way to go 14 Tsunami! NKYVC is very proud & supports you as you work even harder to compete at Nationals in the Open Division in Atlanta, GA in June! Keep Working Hard!



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focus on fundamentals