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Welcome to the 2011 Season Preview!

We are looking forward to a very exciting & historically successful 2011 Season!

Many teams have participated in tournaments already. Congratulations to 13 Tide who came in First Place Gold at the Ice Breaker in Louisville, KY on January 16th Absolutely Awesome! Congratulations also to 12 Tide who competed in the same tournament and went undefeated in pool play and bracket play before losing in 3 games in the finals. 12 Tide finished Second in Gold! **WAY TO START US OFF RIGHT TIDE! WELL DONE TEAMS AND COACHES DANA AND PAM!**

NKYVC teams have already completed their first MidEast Power League (MEPL) in January and have had some great victories in their first tournaments!

- 12 Tsunami : 2-2
- 13 Tsunami: 3-2
- 13 Tide: 3-2
- 14 Tsunami: 4-1
- 14 Tide: 2-3
- 15 Tsunami: 3-2
- 15 Tide: 1-4
- 16 Tsunami: 5-0 – WOW!
- 17 Tsunami: 5-0 – WOW!
- 17 Tide: 2-3
- 18 Tsunami: 3-2



Upcoming Dates and Events

8TH ANNUAL MARCH MADNESS: Saturday, March 5th starting at 2:00 pm – non-sanctioned tournament to help prepare 9 Tsunami, 10 Tsunami & 10 Tide for their first USAV experience

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 (5:30-6:30pm) 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

NKYVC Community Outreach Program FREE ON-SITE Elementary & Middle School Training including a Coaches' Clinic–will facilitate camps & clinics at your facility – Email: NKYVC@fuse.net to set up a date & time

***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**

As we finalize this newsletter, many of our teams are competing in the President's Cup in Dayton, OH February 19th & 20th. Check for these results and results to all the 2011 USAV Tournaments listed below on the website: www.nkyvc.com

2011 USAV Tournament Forecast

2-4 dates MEPL or CZ Indy	Jan-May	Various Regional Sites
Presidents Day	Feb. 19-20	Dayton, OH
Bluegrass Pre-Qualifier	Mar. 12-13	Louisville, KY
1-2 Open or Club USA Qualifiers	Mar.-Apr.	(NEQ, MEQ, Big South)
OVR Bid Tournament	Apr. 9-10	Columbus, OH
JVA World Championships	Apr. 22-24	Louisville, KY
OVR Regional Championships-May	7/8, 14/15, 21/22	Columbus, OH
Pre-National Events	Early/Mid June	Various Sites
USA or JVA Championships	June-July	Atlanta, GA/Orlando, FL

** Always remember to support each other at all of the events when given the opportunity. **GOOD LUCK NKYVC! RESPRESENT SOMETHING BIGGER THAN YOURSELF!!**

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!!

LET'S MEET THE 2010-2011 CYCLONES

Back Row:

Jacob VonHandorf (9)
Jordan Drees (7)
Cody Rose (5)
Adam Franks (10)
Zach Schunder (8)



Front Row:

Bret Bey (2)
Alex Stautberg (1)
Jordan Wesseling (6)
Jonathan Bach (3)

Coach: Angie Reckers

The First NKYVC Cyclones team has been practicing & competing since December and finished 8th in Gold at the AAU Battle Royale in Columbus, OH. Feb. 5-6, 2011. This team is comprised of hard working student athletes from Holy Cross H.S. (Latonia, Ky.), Villa Madonna (Villa Hills, Ky.), Cooper H.S. (Union, Ky.) & Elder H.S. (Cin. Oh.)

Some Interesting Facts: **Adam** is also a Cheerleader who is leading his squad to the State Competition, his favorite quote: "Don't be sad, be glad!" **Jacob** is a powerful swimmer, loves tacos and smiles ALL the time! **Alex** has a record of juggling a soccer ball 100 consecutive times & he thinks his Cyclones team is hilarious! **Jonathan** also plays soccer & is learning to speak Japanese. He also likes to quote Willy Wonka "Confidence is Key". **Zach** plays soccer & one day will return as an NKYVC coach. He also enjoyed the chance to play with his Cyclone teammates from different schools. **Jordan Drees** likes to hunt & play hotel tag. He also plays baseball for his high school. **Bret** is on his school's bowling team, runs track & has run on the varsity cross country team since 6th grade. **Cody** plays golf for his high school, wants to go to UK to study medicine & be the manager of UK's women's volleyball team! GO CATS! **Jordan Wesseling** is also an outstanding soccer player for his high school & plays select soccer for NKSA!

GO CLONES!!

NKYVC and Social Media

It's official, NKYVC has a Face book page. Thank you to Maureen Donnellan for spearheading our start in the social media domain. You can find the link from www.nkyvc.com and 'LIKE' our page. You can share tourney results, download pictures, ask questions, etc.

What are USAV and JVA?

Both USA Volleyball (USVA) and the Junior Volleyball Association (JVA) promote the growth and development of junior volleyball through programs, education and events.

USAV was founded in 1928 and is the National Governing Body of the sport of volleyball as recognized by the USA Olympic Committee. USAV began with 8 Regional Volleyball Associations and now has 40 Regions including the Ohio Valley Region (OVR) which is the Region that NKYVC is a member of. Competitive and instructional programming is offered by USAV for youth, high school, collegiate and adult members from the age of 7 all the way to the age of 75 and above. USAV conducts **High Performance** tryouts annually, typically during a National Qualifier Tournament for every player that wants to play against the best - beach and indoor - and place themselves in the pipeline of USA Olympic Volleyball. Volleyball enthusiasts can subscribe to USA Volleyball media releases on National Teams, High Performance and Juniors via a free e-mail delivery system. Subscribe at: <http://usavolleyball.org/resources/free-e-news-updates>.

JVA is an association of Junior Club Directors that was formed in 2006 in order to influence USA Volleyball and other organizations that manage, regulate and influence Junior Volleyball. Since 2000 the number of junior girls participating in USAV has increased from 50,000 to over 150,000, a 300% increase. A group of club directors were concerned that USAV offered their primary financial supporters a disproportionate voice in decision making, rapidly inflating costs, especially for top teams to qualify to compete in the Open Division of the USAV Junior National Championships and a season that offered few athletes off-season days. JVA has partnered with AAU for two mid-year events; Allstate Sugar Bowl JVA World Challenge and JVA Youth Gala. JVA also partners with AAU for the AAU National Championships, a year end convention for JVA in Orlando, Florida.

NKYVC is a member of both the USAV and JVA this ensures we can carry the most competitive, visible and economic schedule for NKYVC teams to succeed and accomplish their goals.

Player Profile



Sydney Schuler - 16 Tsunami Yrs Played for NKYVC: 3

Sydney is a 6'1" middle hitter for 16 Tsunami. She attends Notre Dame Academy and has a 3.78 GPA.

She loves kids & plans to be a teacher. Sydney's volleyball career began a bit later than most of our players, she didn't play volleyball until 14U. Prior to that, she was an avid AAU basketball player & select soccer player. After attending the St. Henry/NDA "Playing for a Purpose" match & seeing the intensity & excitement of the teams & student bodies, she said to her mom, "I WANT THAT!!!" & set her sights on attaining it.

Sydney hopes to play volleyball in college. She loves her teammates at NKYVC & the fact that we have helped her achieve 'THAT'. Way to set a goal & go after it, Syd. We are proud of you!

Alumni Updates



DANIELLE KING

This former NKYVC athlete and Edinboro defensive standout is making an impact as a college freshman!! We profile Danielle because she epitomizes the **NEVER GIVE UP** attitude. Earning a scholarship was not an easy road for Danielle. After not making her HS school team Danielle focused her efforts on a successful club season and returned to earn a position on her HS team the following year.

Her HS coach said it best-**Danielle makes her team better because of her work ethic and attitude.** Although she had limited playing time at a nationally ranked HS program she never gave up on her dream of a volleyball scholarship. As a nursing student Danielle took charge of her destiny & recruiting and had several options before deciding on Edinboro University. Congratulations Danielle & Best of Luck on your continued success! **HARD WORK PAYS-BELIEVE IT!**

BIG CHILL WINTER CAMP UPDATE



For three days over the December Holiday Break, Coach Jill Hunt ran the Inaugural Big Chill Winter Camp. With a full house of over 70 athletes, Coach Jill put them through a tough 3 day series of drills & conditioning. This camp was open to all athletes, not just NKYVC, & the turnout was phenomenal! Thanks to Coach Jill for her time & to all of the court coaches that helped. Because of them, more athletes were exposed to NKYVC's Focus on Fundamentals training.

IS THERE SOMETHING IN THE WATER?!

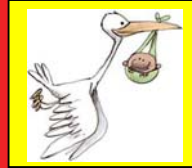
Congratulations to

Coach Jill (18 Tsunami)

Coach Shannon (15 Tsunami)

Coach Tasha (14 Tide) & husband
Coach Andy (16 Tsunami)

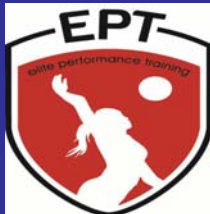
They are all expecting babies
during the 2011 season.



PARENTS

P is for praising, loud and often
A is for accepting, so hard edges will soften
R is for recognizing your child's many talents
E is for encouraging a good healthy balance
N is for nurturing, to help your child grow
T is for teaching, then letting go
S is for smiling at the growth and the glow

17-2 Tide is still looking for a hitter – anyone
interested please contact us ASAP at:
coachingdirector@nkyvc.com



In-Season Training: NKYVC Strength Circuits - Jan. 3rd-Season End

- 2 days a week as a part of team practices, run by NKYVC Coaches
- 15-20 minute circuit training using advanced training methods and equipment
- Free: Included in Club Fees

In-Season Training: EPT Training - Starts Jan. 7th-May 20th

- 20 weeks/1 day a week (20 hours of training with EPT Trainers)
- Every Friday 3:30PM-5:00PM (regardless of Positional Training** posted weekly on the website www.nkyvc.com)
- Work-out Groups (10U-12U, 13U-15U, 16U-18U) • Free-Included in Club Fees
- **PLEASE KEEP UP WITH THE WEBSITE FOR POSITIONAL TRAINING SCHEDULES**

The Libero can serve during the 2011 season:

The Ohio Valley Region Board of Directors recently voted to permit the Libero to serve during 2011 season, following National Collegiate Athletic Association guidelines. The Libero will still not be permitted to serve in USAV National Tournaments, Qualifiers, the OVR Bid Tournament or Bid Play-in for girls' American and 18 Regional Teams.

2010-2011
OVR Votes: Libero
Can Serve



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focus on fundamentals