

Volleyball for Life™

Newsletter

Dear Member:

This newsletter is an informational publication that is sent out approximately ten times per year. It is sent to all registered members (18 years and older) with a valid e-mail address. More detailed information can be found at www.ncrusav.org.

IMPORTANT NEWS

1. 2010-11 [Junior membership options](#) and fee information. Regional and Higher officials \$46 and Basic and Provisional \$35.
2. [Sports Authority](#) is a new sponsor for North Country Region. Click on their logo for coupons.
3. Our office will be closed August 2-13.
4. Congratulations to Valerie Swanson this year's Founder's Award. Congratulations to Virgil Clark, Lisa Nos-Tollefson and Mike Patenaude this year's Meritorious Service Winners.
5. Are you looking for [summer camps](#)? We have a list on our website.
6. Congratulations to Molly Kreklow on making US Women's Junior National Team and winning a gold medal at NORCECA!
7. Congratulations to Maggie McNamara who was voted as the [Honda Sports Award](#) Division II Female Athlete of the Year for NCAA Division II, as selected by the Collegiate Women's Sports Awards Program.
8. North Country Region is gathering information on Toddler/Tiny tots volleyball. If you are willing to share your information, please forward to judy@ncrusav.org. We would like to have information available for people to use by September 1st.
9. [Results](#) from Girls Nationals
10. New—[Rulebooks](#) will be printed every two years. The rulebook you receive this past year will be good for the 2009-10 and the 2010-11 seasons.
11. Uniform information—Uniforms numbered 1-99 centered on front (4") on back (6") on back. Highly recommended (6") on front and (8") on back.
12. Background Screenings—Any adult involved with a junior team must have a background screen and be a member (of North Country Region.) The screen is good for two seasons. If your name is NOT on [the list](#) you will need to be screened this season.
13. You've seen it on T.V., now it's time for you to try it out yourselves! It's time for Sand Camp! Beach Volleyball Bootcamp. Come learn from All-American indoor volleyball players turned professional beach volleyball players! Sand volleyball is a fantastic way for your player to cross-train and continue to improve their indoor volleyball skills while playing outside in the sun! Log on to www.beachvballbootcamp.com for more information and registration! Space is limited so sign up soon! See you in the SAND! Camp dates: Aug. 2-5

North Country Region represents Minnesota, North Dakota, South Dakota and the upper peninsula of Michigan.

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"In order to have a winner, the team must have a feeling of unity; every player must put the team first—ahead of personal glory."

-Paul "Bear" Bryant

Summer Office Hours

May 24-Sept 6

Monday—Thursday

8 AM-Noon

Closed Fridays

www.ncrusav.org

800-657-6967 or
952-831-9150

ADULTS—We offer all age divisions and skill levels!

Contact: Jennifer@ncrusav.org or ext. 4.

UPCOMING SUMMER EVENTS

- Saturday, August, 14th—Grass Coed 2's—St Croix Lutheran HS
- Saturday, September 25th—Grass Coed 2's—St Croix Lutheran HS
- Reminder: NCR can sanction your Adult Tournament so it appears on the NCR Adult Tournament schedule

JUNIOR BOYS—Ages 18 and under

Contact: Jennifer@ncrusav.org or ext. 4.

Divisions:

- Coed Elementary: 6th grade and under
- Middle School: 6th—8th grade
- Senior High: 9th—12th grade
- [General boys volleyball information](#)

JUNIOR GIRLS —Ages 18 and under

CONTACT: Ken@ncrusav.org or ext. 2 / sue@ncrusav.org or ext. 3.

- [Event Schedule](#)
- Uniform information—Uniforms numbered 1-99, centered on front (4") on back (6") highly recommended (6") on front (8") on back.
- Junior [Coaches wanted](#)
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Award Deadline—May 1st

Founder's Award

Meritorious Service Award

Next Annual Board meeting will be
Dec 5th at 9:00 AM

STAFF

[Judy Praska](#), Executive Director
ext. 1

[Ken Miller](#), Assoc Exec Dir/Jr Coord
ext. 2

[Sue Murphy](#), Jr Girls Coordinator
ext. 3

[Jennifer Brathol](#),
Adult/Boys/IMPACT/Webmaster
ext. 4

[Cara Lang](#), Officials Coordinator
ext 5

Sponsors

[Molten](#)—Official ball supplier of NCR

[Northwest Designs](#) -Official Event Merchandise Sponsor

[Kaepa](#)—Official Outfitter of NCR

[Championship Productions](#)—DVD's,
Videos, Books and more

North Country Region is proud to be a
Founding Member of the
[Sports Alliance of Minnesota](#)

For your information, where does
your membership fee go? Click [here](#)
for more detailed information.

IMPACT COACHES CLINIC

Contact: Jennifer@ncrusav.org or ext. 4.

- All coaches need to be IMPACT certified in order to coach.
- You only need to attend one IMPACT clinic during the duration of your JO coaching career. However, you may attend additional clinics at no cost.
- Check out your [IMPACT certification status](#).
- If you have attended an IMPACT Coaches Clinic but do not find your name on the certified list, contact us.

OFFICIALS

Contact: Cara@ncrusav.org or ext. 5.

- Now hiring officials for the 21st Annual Presidents' Day Festival (February 19-20, 2011). Reserve a spot today!
- If interested in becoming any of the following— contact Cara:
 - Junior Officials Clinician
 - Clinician Observer
 - Teach 'N' Trainer
 - NCR Rating Team Member

Have a great summer!

