

# Volleyball for Life™ Newsletter

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

Volume 7, Issue 1

September 2011

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](http://www.ncrusav.org).

## IMPORTANT NEWS

1. The 2011-12 registration packets will be mailed the last week of September. All Registration information will be posted online by October 1st.
2. Junior girls event sanction forms are posted.
3. Tryout information is posted. [http://www.ncrusav.org/jr\\_girls/contacts\\_tryouts.html](http://www.ncrusav.org/jr_girls/contacts_tryouts.html)
4. If you would like your tryout information posted, please contact Ken (ext 2 or [ken@ncrusav.org](mailto:ken@ncrusav.org)).
5. Congratulations to Molly Kreklow on making the 2011 U.S. Women's Junior National Team.
6. Congratulations to Delaney Rohan and Natalie Wilson for competing in the nation's first ever College Sand Volleyball Scouting Event
7. Congratulations to the following players who were named to the All-Tournament Team at USAV Girls' Junior National Championships: 17 National: Kelsey Chambers, Maren Loe, Brianne Stamer; 16 Open: Alyssa Goehner, Sarah Wilhite, Sam Seliger-Swenson; 15 Open: Lydia Dimke (MVP), Abigail Monson, Kylee Zumach.
8. Rulebooks will be printed every two years. 2011-12 Season will have NEW rulebooks.
9. Uniform information—Uniforms numbered 1-99 centered on front (4") on back (6") on back. Highly recommended (6") on front and (8") on back.
10. 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 for the 2011-12 season.



## Contents

Adults.....	page 2
Junior Boys .....	page 2
Junior Girls .....	page 2
IMPACT Clinic .....	page 3
Officials .....	page 3

**CHANGE: "To the  
optimist, every new  
season is an invitation  
for success."  
Anonymous**

**Office Hours**  
**Mon—Fri 8 AM-4 PM**  
**[www.ncrusav.org](http://www.ncrusav.org)**  
**800-657-6967 or**  
**952-831-9150**

**Like North Country Region Volleyball,  
BECOME A FAN**



**SPORTS  
AUTHORITY**

## **ADULTS**-We offer all age divisions and skill levels!

Contact: [Jennifer@ncrusav.org](mailto:Jennifer@ncrusav.org) or ext. 4.

- For more information go to [www.ncrusav.org/adults](http://www.ncrusav.org/adults)
- Reminder: NCR can sanction your Adult Tournament so it appears on the NCR Adult Tournament schedule. Once the event is sanctioned, the event will have general liability insurance.
- The [2011-12 Tournament Schedule](#) has been posted! Many great events and simple and inexpensive to participate.
- [Educational Skills Clinic](#)-Brush up on your skills or learn new ones!
- 2012 USA Volleyball Adult Nationals will be held in Salt Lake City, Utah

## **JUNIOR BOYS**-Ages 18 and under

Contact: [Jennifer@ncrusav.org](mailto:Jennifer@ncrusav.org) or ext. 4.

Divisions:

- Elementary: 5th grade and under
- Middle School: 6th—8th grade
- Senior High: 9th—12th grade
- 2011-12 [Indoor Tournament Schedule](#) has been posted.
- Contact Jennifer if you are interested in becoming involved with the boys program as a coach or player.
- [Boys Grant information](#)
- 2012 USA Volleyball Boys Junior Nationals will be in Dallas, TX.

## **JUNIOR GIRLS** -Ages 18 and under

CONTACT: [Ken@ncrusav.org](mailto:Ken@ncrusav.org) or ext.2/[Sue@ncrusav.org](mailto:Sue@ncrusav.org) or ext. 3.

- The registration packets will be mailed the last week of September. All information will be posted online by October 1st.
- [Tryout information](#) is posted. If you would like your tryout information posted, please contact Ken (ext 2 or [ken@ncrusav.org](mailto:ken@ncrusav.org)).
- Junior [coaches wanted](#)
- 2012 USA Volleyball Girls' Junior National Championships will be in Columbus, OH (June 28-July 7, 2012)
- Uniform information-Uniforms numbered 1-99, centered on front (4") on back (6") highly recommended (6") on front and (8") on back.

## **Award Deadline—May 1st** **Founder's Award** **Meritorious Service Award**

**Next Annual Board meeting will be**  
**December 4th 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 Coord/  
Scorekeeping Chair  
ext 5  
Linzy Merrill, Office Assistant

### **Sponsors**

[Sports Authority](#)-Official Vendor

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

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

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

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

**Become a fan of**  
**North Country**  
**Region Volleyball**



## IMPACT COACHES CLINIC

Contact: [Jennifer@ncrusav.org](mailto:Jennifer@ncrusav.org) or ext. 4.

- All coaches need to be IMPACT certified in order to coach.
- You only need to attend one IMPACT Coaches 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 Jennifer.
- Coaches must be IMPACT certified prior to coaching in a Qualifier or USA Volleyball Nationals.
- [IMPACT Coaches clinic schedule](#) will be posted Oct 1st. If you are interested in hosting a clinic, please submit this form.

## OFFICIALS

Contact: [Cara@ncrusav.org](mailto:Cara@ncrusav.org) or ext. 5.

- NCR will be hosting a USAV National Official Clinic on October 16th in Eden Prairie, MN from 2:00pm to 6:00pm. Details and registration information can be found on our website or contact Cara with questions
- Check out the [Referee website](#)
- **NCR is hiring Officials for the 22nd Annual Presidents' Day Festival on the weekend of February 18-19, 2012. Please contact Cara to sign up.**
- Tournament Directors: Officials are available for hire to assist your tournament. Look for NCR certified Officials near you on our website at the Officials/Current Officials links or contact Cara for assistance!
- **If interested in becoming any of the following— contact Cara:**
  - Junior Officials Clinician
  - Clinician Observer
  - Teach 'N' Trainer
  - NCR Rating Team Member