

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

## IMPORTANT NEWS

1. All Registration information has been posted online.
2. North Country Region members receive discounted tickets to University of Minnesota Gopher volleyball.
3. Junior girls event sanction forms are posted.
4. Tryout information is posted.
5. Junior Event Schedule is posted.
6. If you would like your tryout information posted, please contact Ken (ext 2 or [ken@ncrusav.org](mailto:ken@ncrusav.org)).
7. Rulebooks will be printed every two years. 2011-12 Season will have NEW rulebooks.
8. Uniform information: Uniforms numbered 1-99 centered on front (4") on back (6") on back. Highly recommended (6") on front and (8") on back.
9. 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.

Like North Country Region Volleyball,  
BECOME A FAN



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

Volume 7, Issue 2

October 2011



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**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

**SPORTS  
AUTHORITY.**

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

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

### **UPCOMING EVENTS**

Friday, Oct 7th-Coed 3's-M1 Volleyball Center  
 Friday, Oct 14th-R4's-Ralia Sports Center  
 Saturday, Oct 15th-Coed 4's-Crystal Community Center  
 Friday, Oct 21st-Coed 3's-M1 Volleyball Center  
 Friday, Oct 28th-Mens 3's/Women 4's-Ralia Sports Center

- Check out our NEW [Adult Points Award Scoring System \(PASS\)](#)
- **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!
  - Session 1: Wed Oct 5th-Passing & Setting
  - Session 2: Wed Oct 12th-Hitting & Serving
  - Session 3: Wed Oct 19th-Team Building Drills
- 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. Most boy's events ever offered!
- [Boy's' Tryout information](#) has been posted!
- Looking for a club to join? Check out a list of [Club Teams](#). Check back as more will be added!
- 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.

### **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 Coordinator  
 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](#)**



## 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.

- [Registration information](#) is posted online.
- [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)).
- [Event schedule](#) is posted.
- [Event sanction information](#) is posted.
- 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.

## 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.**
- IMPACT Coaches Clinics will begin in December 2011.
- 2011-12 [IMPACT Coaches Clinic schedule](#) is posted.
- If you are interested in hosting an IMPACT Coaches Clinic, please complete the [request form](#).
- 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.

## 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
- **NCR has selected Brad Aaberg as the new Officials/Scorers Chair. NCR would like to thank Travis Karlin for all his hard work the past four years.**
- Check out the [Referee website](#)
- [Advanced Officials Clinic Schedule](#) is posted. Sign up for a clinic near you!
- **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