

# 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. [Regional National Qualifier](#) deadline is March 22.
2. [Area Event](#) deadline is April 2. The 12's/14's division in Fargo/Moorhead is full.
3. All Coaches must be IMPACT certified prior to Nationals. NO IMPACT Clinics will be held at Nationals.
4. Nominations for the [Founder's Award](#) and [Meritorious Service Awards](#) are due May 1st.
5. All junior players and coaches attending an officials clinic MUST PRE-REGISTER. Please bring your email registration confirmation to the clinic. You may be turned away. This is VERY IMPORTANT. Contact [Cara](#) (ext.5) to sign up.
6. New—[Rulebooks will be printed every two years](#). The rulebook you receive this year will be for the 2009-10 and the 2010-11 seasons.
7. Uniform information—Uniforms numbered 1-99 centered on front (4") on back (6") on back. Highly recommended (6") on front and (8") on back.
8. Tournament Directors: if you are interested in having paid officials for your event, please contact [Cara](#) (ext. 5).
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 this season.

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

Volume 5, Issue 7

March 2010



## Contents

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

**"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**

## Office Hours

Monday—Friday

8:00 AM—4:00 PM

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

800-657-6967 or  
952-831-9150

## ADULTS

We offer all age divisions and skill levels!

### FEBRUARY UPCOMING EVENTS

- Friday, March 5—Mini R-4's
- Friday, March 12- Mini HI LO 4's
- Saturday, March 27-Coed 4's

[Tournament registration forms](#) are posted for March.

To enter any of the above events, please contact [Jennifer](#) (ext. 4)

- 2009-10 [Complete Educational Skills Clinic](#) and [Tournament Schedule](#) is posted!
- If you would like to sanction your Adult Tournament so it appears on our 2009-10 NCR Adult Tournament schedule, please contact [Jennifer](#) (ext. 4)
- 2010 [Adult Nationals](#) will be held in Phoenix, AZ (May 29–June 5, 2010)



Award Deadline—May 1, 2010

[Founder's Award](#)

[Meritorious Service Award](#)

Next Annual Board meeting will be  
July 18th at 9:00 AM

## JUNIOR BOYS (Ages 18 and under)

### Divisions:

- Coed Elementary: 6th grade and under
- Junior High: 7th–9th grade
- Senior High: 10th–12th grade

- UPCOMING [Boys tournaments](#)
  - Saturday, March 13-[Apple Valley Community Center](#)
  - Saturday, March 20-[New Hope Community Gym](#)
  - Saturday, April 3-[Bloomington Jefferson Activity Center](#)
- Contact [Jennifer](#) (ext. 4) if you are interested in becoming involved with the boys program as a coach or player
- [General boys volleyball information](#)
- [USA Volleyball](#) Boys Junior Nationals will be held in Austin, TX (June 30–July 7)

## JUNIOR GIRLS (Ages 18 and under)

- [Regional National Qualifier](#) deadline is March 22nd.
- [NCR Area Event](#) deadline is April 2nd. The 12's/14's division in Fargo/Moorhead is full.
- New this year—Tournament directors have the option to let the Libero serve. This is only for non-qualifying events in North Country Region only. If you have questions, please contact [Ken](#) (ext. 2). [Tournament Schedule](#)
- All Coaches must be IMPACT certified prior to Nationals. NO IMPACT Clinics will be held at Nationals.

### 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.

## JUNIOR GIRLS, continued

- All junior players and coaches attending an officials clinic MUST PRE-REGISTER. You may be turned away. All registrations for the Junior Officials' clinic are open to all members and go through [Cara](#) (ext. 5)
- [Event Schedule](#)
- Uniform information—Uniforms numbered 1-99, centered on front (4") on back (6") highly recommended (6") on front (8") on back.
- How to find a [team/club](#)
- [Event Sanction](#) information
- Junior [Coaches wanted](#)
- The [Junior Officials' Clinic schedule](#) is posted.
- If your team/club would like to host a [Junior Officials' clinic](#), please complete the Host a clinic form.
- If interested in becoming a Junior Officials clinician, please contact [Cara](#) (ext. 5).
- If you are interested in Hiring Officials for upcoming tournaments, please contact [Cara](#) (ext. 5).
- 2010 USA Volleyball Girls Junior National Championships will be held in Reno, NV (June 26—July 3). For more information, contact [USA Volleyball](#).

## IMPACT COACHES CLINIC

All coaches need to be IMPACT certified in order to coach

- Current [IMPACT Coaches Clinic Schedule](#)
- 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.
- If interested in hosting an IMPACT Coaching Clinic for 2009-2010 season, please complete the [request form](#).
- Check out your [IMPACT certification status](#).
- If you have attended an IMPACT Coaches Clinic but do not find your name on the certified list, please contact Jennifer.
- If you have any questions, contact [Jennifer](#) (ext. 4)

## OFFICIALS

- If interested in becoming any of the following—please contact [Cara](#) (ext. 5):
  - Junior Officials Clinician
  - Clinician Observer
  - Teach 'N' Trainer
  - NCR Rating Team Member
- If interested in signing up for any of the following—please contact [Cara](#) (ext. 5):
  - Rating Session
  - Advanced Officials Clinic