

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. Are you looking for [summer camps](#)? We have a list on our website.
2. Good luck to all teams participating at Nationals!
3. NCR Summer Office Hours are posted on the right.
4. NCR [Area Event results](#). There were 682 teams that participated. Thanks for making this a great event.
5. Congratulations to Mizuno Northern Lights 15-1 and 16-1 teams for qualifying in the Open division at USA Volleyball Girls' Junior National Championships.
6. NCR [Regional National Qualifier](#) results.
7. The next newsletter will come out in Mid-July.
8. 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.
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 this season.
11. You've seen it on T.V., now it's time for you to try it out yourself! 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: June 14-17, 21-24; July 12-15, 19-22; 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, June 19th-Grass Coed 3's-St Croix Lutheran HS
- Saturday, June 26th-Grass Men's & Women's 3's-St Croix Lutheran HS
- Saturday, July 17th-[Duk Duk Days-Coed 4's Grass](#)
- Saturday, July 24th-Grass Coed 2's-St Croix Lutheran HS
- Saturday, July 31st-Grass Coed 3's-St Croix Lutheran HS
- 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
- 2010 [Adult Nationals](#) will be held in Phoenix, AZ (May 29-June 5, 2010)

JUNIOR BOYS-Ages 18 and under

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

Divisions:

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

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](#)
- 2010 USA Volleyball Girls Junior National Championships will be held in Reno, NV (June 26-July 3). For more information, contact [USA Volleyball](#).



Award Deadline—May 1st

Founder's Award

Meritorious Service Award

Next Annual Board meeting will be
June 13th 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!
