



Ryan Tanaka, President and Owner of Reach Sports Performance will be available during the summer for 1-on-1 Private Training, Vertical Jump Training, High School Prep, and College Prep Training.

Ryan worked with the University of Colorado Athletic Department and professional athletes in the United States and Europe. He is a Certified Personal Trainer through the National Strength and Conditioning Association. He has personally worked with over 1000 clients during the past 5 years.

For more info visit [www.reachsportsperformance.com](http://www.reachsportsperformance.com) or call 720-225-7596.



- ALL sessions will be held at the NORCO Volleyball Facility, 7395 Greendale Rd. Windsor, CO 80550.
- All participants need to arrive 15 min early to finalize registration.
- Participants need a water bottle and lunch for all day clinics.



## NORTHERN COLORADO VOLLEYBALL CLUB

7395 GREENDALE ROAD  
WINDSOR, CO 80550

OFFICE: (970) 667-5005

FAX: (970) 667-5665

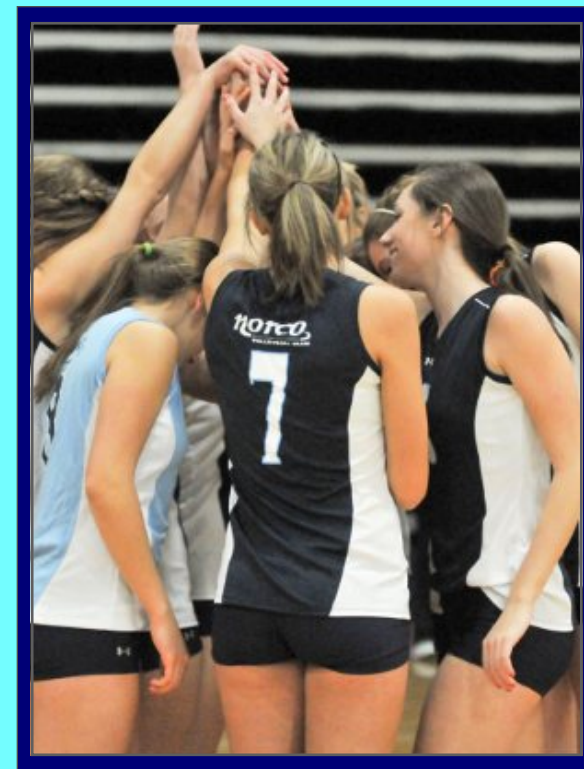
EMAIL:

[NORCOVOLLEYBALL@COMCAST.NET](mailto:NORCOVOLLEYBALL@COMCAST.NET)

# NORCO

NORTHERN COLORADO  
VOLLEYBALL CLUB

## 2011 Summer Schedule



[www.norcovolleyball.com](http://www.norcovolleyball.com)

# NORCO VOLLEYBALL CLUB

## LOOKING FOR THAT COMPETITIVE EDGE IN YOUR TRAINING?

NORCO's Summer Camp and Clinic Schedules are designed to train the volleyball athlete for their upcoming school and club seasons:

- Clinics are skill and age divided for better training
- High level clinics for the advanced athletes
- Maximum 8 to 1 camper to staff ratio
- Court coaches will consist of Colligate Coaches, former Colligate Players, and NORCO coaches

For a more detailed description of any of our summer camps or clinics please visit our website at [www.norcovolleyball.com](http://www.norcovolleyball.com) or call us at 970-667-5005.



NORCO was established in 1985 and is one of the largest and most successful clubs in the Rocky Mountain Region. Our top teams consistently finish in the top five in each age division. NORCO teams have also participated in 12 of the last 13 National Championships winning three Olympic Medals, including a Silver Medal in the 18 Open Division.

Since 1991, 200-plus of our NORCO club players have received Division I - Division II Volleyball Scholarships.

## May and June

May 1st	Adult Spring Fling Co-ed 4's Tourney	9:00-5:00pm	\$100/ team
May 17th - June 14th (Tuesdays)	Volleykidz Session 3	6:00-7:30pm	\$125
May 22nd	Adult Reverse Co-ed 4's Tourney	9:00-5:00pm	\$100/ team
May 29th	Summer Kick-Off Junior 4's Tour.	9:00-5:00pm	\$100/ team
June 5th, 12th, 19th, & 26th (Sundays)	Open Gym - Free Play	5:00-7:00pm	\$5
June 6th	Serving Clinic	4:00-6:00pm	\$40
June 8th	Hitting/Attacking Clinic	4:00-6:00pm	\$40
June 9th	Setting Clinic	4:00-6:00pm	\$40
June 23rd	Defense/Passing Clinic	4:00-6:00pm	\$40
June 27th	Serving Clinic	4:00-6:00pm	\$40
June 28th-29th (Tues.-Wed.)	Setting Camp	1:00-5:00pm	\$100
June 30th	Hitting/Attacking Clinic	4:00-6:00pm	\$40

## July and August

July 5th - August 2nd (Tuesdays)	Volleykidz Session 4	6:00-7:30pm	\$125
July 6th	Hitting/Attacking Clinic	4:00-6:00pm	\$40
July 6th, 13th, 20th, & 27th (Wednesdays)	Open Gym - Free Play	5:00-7:00pm	\$5
July 15th & 16th	High School Team Tournament	8:00am- 4:00pm	\$200/ team
July 17th-19th	Advanced Skills Camp w/ Dr. Da Matta	8:30am- 5:00pm	\$200
July 25th and 26th	Position Specific Training Camp w/ Dr. Da Matta	8:30am- 5:00pm	\$150
July 27th-29th	High Performance Volleyball Camp Grades 9-12	4:00-6:00pm 6:00-8:00pm	\$250
August 2nd-3rd	Middle School Tryout Prep	8:00am- 12:00pm	\$125
August 2nd-3rd	High School Tryout Prep	1:00pm- 4:00pm	\$125
August 5th	HS Positional (Serve, Pass, Set, & Hit)	8-10, 10-12, 12-2, & 2-4	\$40/ session
August 7th	Juniors' Doubles Tournament	9:00am- 5:00pm	\$50/ team
August 14th, 21st, & 28th (Sundays)	Open Gym - Free Play	5:00-7:00pm	\$5

**NORCO Volleyball Club ♦ 7395 Greendale Road, Windsor, CO 80550 ♦ 970-667-5005 ♦ [www.norcovolleyball.com](http://www.norcovolleyball.com)**