

Lake Norman Volleyball



Preseason Newsletter

UNCC Partners with Lake Norman

Newsletter Oct 1
Volume 1, Issue 1

September 21, 2009

Lake Norman Volleyball Club is pleased to announce the addition of the **Chris Redding**, Head Coach at UNCC, as well as assistant coaches **Jay Correll** and **Casey Harris**.

Redding will be on a newly formed Advisory Board. Correll will be the new Director of Coaching and Coach Harris will be coaching one of the Junior Olympic National Teams.

LNVB Director, Steve Iannarino was very pleased, "This is the next step in offering the families and athletes in our area the best training possible. It will allow us to attract and train the best possible coaches in the area.

We always want to continue to improve how we train our players which is the core mission of the Club."

Iannarino added, "Adding Coach

Redding and the UNCC staff will give us a college-level resource that we believe will take us to higher level in the region and give us unlimited potential."



Jay Correll, LNVB
Master Coach



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LNVB Welcomes New Coaches

September 15, 2009

LNVB is proud to announce two new local high school coaches into the 2010 coaching staff.

Rebecca Byrnes, Northside Christian's Head Coach, brings

previous JOs experience into the club and is excited to work with the younger ages.

Additionally, Mallard Creek's Head Coach **Ashley Pridegon** looks to further refine the more experienced players,

drawing on her experiences coaching at 18s team last season in Florida.

The final coaching assignments will be posted October 1st on the website.



2009 – 2010 Tryouts Posted Online

September 21, 2009

Mark your calendars! Tryouts for the upcoming club season have been posted to the website. As always, players will have 2 opportunities to showcase their abilities before team selections. Come prepared to work hard and show us what you got!

Online registration opens October 1st and we encourage all players to utilize this to speed up the check-in process.

For more information, please consult the website.

12s

Sun, 11/01 - 1pm - 3pm
Mon, 11/2 - 7pm - 830pm

13s

Sun, 11/01 - 1pm - 3pm
Mon, 11/2 - 7pm - 830pm

14s

Sun, 11/01 - 4pm - 6pm
Tue, 11/3 - 7pm - 830pm

15s

Sun, 11/08 - 1pm - 3pm
Tue, 11/10 - 7pm - 830pm

16s

Sun, 11/08 - 4pm - 6pm
Wed, 11/11 - 7pm - 830pm

17s

Mon, 11/09 - 730pm - 930pm
Thurs, 11/12 - 730pm - 930pm

18s

Mon, 11/09 - 730pm - 930pm
Thurs, 11/12 - 730pm - 930pm

Note:

All tryouts are at the Huntersville location.

2009 – 2010 Open Gyms Announced

September 23, 2009

Open gyms are back! As high school seasons wind down, the club season quickly approaches. Keep yourself in court shape by attending the open gyms and competing with some of the best players in the regions. The LNVB staff will be on hand to facilitate the courts, but ample time will be spent getting prepared for club season.

For the younger athletes, fundamentals will be taught and skills further refined in a game-like setting. For the older players, high level games and competitions will be setup to allow these athletes to continue to stretch their skills.

Please bring \$3 per session to help cover the facility costs. Tryout registration will also be available.

Sat, 10/10

9am-11am (14&younger)
11am-1pm (15&older)

Wed, 10/14

630-830pm (all ages)

Sat, 10/17

9am-11am (14&younger)
11am-1pm (15&older)

Wed, 10/21

630-830pm (all ages)

Sat, 10/24

9am-11am (14&younger)
11am-1pm (15&older)

Wed, 10/28

630-830pm (all ages)

Carolina Region Early Bird Registration Open

September 1, 2009

The Carolina Region has opened registration for the 2010 season to all players, and as an incentive, offers a discount to those who register prior to November 1st.

For 2010, regular registration for JO players will be \$45. Early bird registration gives a \$10 discount for a total of \$35 for the year. By doing so, the player understands that the

registration is non-refundable, but this does not lock the player into a club. LNVB requires that all players register with the region prior to the first tournament in January,

however, if you are certain you would like to play, there is a definite advantage to the early bird. For all the information, please see the region by clicking on the following link:

<http://www.carolinaregionvb.org/Registration/>

Online Early Bird Registration: \$35

Online Regular JO Registration: \$50

Mail-In Regular JO Registration: \$60

Lake Norman Volleyball Club

Website Address

www.lakenormanvolleyball.net

General Questions

director@lakenormanvolleyball.net

Technical Issues

webmaster@lakenormanvolleyball.net



Lake Norman Volleyball Club (LNVB) was founded in 1997 to provide players, ages 12-18, an opportunity to develop as student-athletes through the sport of volleyball and to increase the overall quality of play in the north Charlotte area.

At LNVB we strive to provide...

- A positive atmosphere where parents, players and coaches can grow in their knowledge and appreciation of the sport of volleyball
- A well-organized, competitive program that facilitates winning attitudes on and off the court
- An environment where student-athletes are pushed to learn new skills and taught how to achieve team and individual goals
- A place where we as coaches, parents and players strive to conduct ourselves in such a manner that brings respect to ourselves, our family, our coaches, our teammates and the Club
- A place where student-athletes prepare themselves to succeed at the "next level"

We're Facebook!

Join our group: Lake Norman Volleyball Club

Lake Norman Looks to Train Younger Players

The sport of volleyball is quickly spreading in Charlotte, and with this new popularity, what was once reserved for older age groups, is now appealing to younger athletes.

Lake Norman recognizes this trend and is eager to start training athletes the fundamentals of the game at the ages of 10-13.

Some of the most competitive athletes and teams in the country have already started training basics at this level and the results speak for themselves. The athletes learn the rules and basics, but also how to interact and work together as a team as well as coordination and balance.

By giving the athletes this ability to start younger, the players are developing a love for the game earlier and truly committing to the sport at a much earlier age.

Lake Norman will offer regional teams at both the 12s and 13s level this upcoming season and will host mini training camps for these ages on select weekends throughout the club season.

This will provide a means to play and develop without the extensive schedule and commitment of the more advanced teams. Additionally, the developmental team will expand this year to include the youngest players who are focused on skills development and core fundamentals.

More information will be posted soon on these opportunities and emails can be directed to youth@lakenormanvolleyball.net.

