

**NORTHERN
KENTUCKY JUNIOR
VOLLEYBALL**

**PO BOX 175852
COVINGTON, KY 41017**

Calendar:

- 1/22 All NKJV Program Ads must be in
- Cookie Dough Sale begins January 22
- 2/1 Club Team Clinics @ Better Bodies
- **2/1—Final fee payments are due**
- 2/6 Cookie Dough Sale Ends
- 3/1 Cookie Dough Pickup @ CCMS 5-7pm
- 4/8-4/9/06 Kaepa Aces Challenge
- 6/28-7/5 2006 JOVC in Atlanta, GA
- 6/29-7/2 JOIC in Minneapolis

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NKJV Aces



Providing the volleyball experience for over 20 Years

Edition 20

January 23, 2006

Training—Just As Important For The Coach As The Player

Just like all other professions coaching is one endless educational process. Whether it is from informal discussion among other coaches, observing a coach on the next court, or something more formal, coaches are always absorbing new material.

It is extremely important, USAV takes it seriously, and so does our club. In fact in this months VolleyballUSA magazine there is an article about the training of coaches and the Coaching Accreditation Program (CAP) setup by USA Volleyball.

Each year all our new coaches must participate in the IMPACT training. This is required to be able to coach at USAV Junior Club Qualifiers and National Championships. Impact training covers a variety of topics like pro-

fessional ethics, philosophy and coaching development, motor skill development, drill development, and sports medicine and risk management among others. Ron Kordes from the Pioneer Region presented the class at CCMS for our club and others on January 9th, 2006.

We encourage our coaches to pursue the various levels of CAP certification.

Coaches have a lasting impact on their players and we want it to be a positive ex-

perience for both parties.

On January 11, Jamie Gordon, the Head Coach for Morehead State University put on a clinic for all our coaches. The MSU Eagles are in the Ohio Valley Conference and they are a NCAA Division I school. Jamie began his coaching career at UK as a volunteer assistant. He was head coach at West Virginia Wesleyan and then an assistant at UK before becoming the head coach at MSU.



Maryville College –Lady Scots Volleyball—Rachael Skerczak

Rachael Skerczak graduated in the Spring of 2005 from Beechwood High School where she played middle for the Tigers. She got the opportunity to continue playing volleyball at the next level at Maryville College. We are proud to say she is an alum of NKJV.

The Lady Scots finished the season 25-13 and captured the #1 seed in the Great South Athletic Conference Tournament. They went on to win the GSAC Tournament Championship.

Rachael was one of two Maryville players honored

for outstanding performances as freshman by being named to the 2005 GSAC All-Freshman Team. She was also honored as the 2005 GSAC Freshman Volleyball Player of the Year by the conference coaches. Rachael's picture is on next page lower right hand corner.

Northern KY Coaches Association 2005 All Opponent Teams



Tasha Tanner Ryle
Division I Coach of the Year 2005

“Mintonette: The original name of the game of volleyball, created by William Morgan”

For Division I, 1st Team: Cassie Moore, Kara Wells, Allie Bertke, Kenzie Martin, Kristen Wells, Paula Stilkey; 2nd Team: Kristy Hock, **Rachel Kloentrup (17-1)**, Sara Kloentrup, Kirsten Allen, **Allison McElveen (16-1)**, Kristine Rust; Honorable Mention: Caroline Miller, **Christina Rebholz (18-1)**, Liza Toebbe, Christina Prindle, Linda Moorhead, Jessica Visse, Caitlin Martin, Miranda South, Autumn Combs, Bethany Schmitt, **Megan Dunn (16-1)**, Kim O’Toole, Jessica Hagan. Coach of the year is **Tasha Tanner (14-2)** from Ryle for the second year in a row.

For Division II, 1st Team: Jessica Isaac, Sara Meineke, Hillary Otte, Andrea Price, Kaela Jo Frepson, Alyz Schulte; 2nd Team: **Katelyn Koeninger (17-2)**, Diane Schulenberg, **Jessica Federle (17-1)**, **Emily Beiting (17-1)**, Stacey Sinclair, Holly Dorning; Honorable Mention: **Karley Riffe (17-1)**, Tara Enzweiler, Jessica Bauman, Cate Gooch, Abby Webster, Tori Verville, Brittany Goetz, Chelsea Williams. The co-coaches of the year are Mauren Kaiser from St. Henry and Jenny Myrtle from NCC. Division III, 1st Team: Lauren Snyder, **Becky**

Sanders (18-1), Julie Shumate, Andrea Wise, Mindy Merritt, **Michelle Papas (16-2)**; 2nd Team: **Kelsie Martin (18-1)**, **Lauren Budde (17-1)**, Katelynn Bachman, Amanda Watt, **Ashley Farmer (17-2)**, Michelle Zerhusen; Honorable Mention: Kassi Wofford, Taren Schwierjohann, Saramarie Anderson, Lindsay Salchi, Devan Smith, Kelly Goodpaster, Lindsea Clarke, Shelbi White, Erin Beard, Kelsey Schwab, Jessica Frederick, Rachel Acree, Devon Kells. The coach of the year is **Jodi Schmidt (Tourney Scheduling)** from Ludlow.

Rule Differences USAV vs National Federation of H.S.

Issue	USA VolleyBall	National Federation
Length of Timeouts	30 seconds. No warning whistle is blown before end of timeout period	60 seconds. Warning whistle is blown 15 seconds before end of timeout period.
Toss for Service	<ul style="list-style-type: none"> One toss for service after the service is authorized. Ball must be tossed or released before contact. Time allowed for service contact – 8 seconds. Exceptions – 14 and under divisions & regional development divisions – two tosses and 5 sec. allowed after each beckon. 	<ul style="list-style-type: none"> After the ball is released for service, it may be caught or allowed to drop to the floor to get a re-serve. Only one re-serve per player per term of service. Ball does not need to be tossed/released before contact. Time allowed for service contact – 5 seconds.
Legal Contact	Anywhere on body is legal.	On or above the waist.
Match length	Matches may be the best 2 out of 3 games or 3 out of 5 games.	Matches are the best 3 out of 5 games (best 2 of 3 is allowed by state association; if so, all games are 25 points).



Rachael Skerczak
Marysville College

Alumnus Taylor Tanner

Taylor Tanner, a freshman member of the Marshall University Volleyball team, won the Conference USA Championship in an exciting five game match. The win advances the team to the NCAA Tournament. The Herd had to travel to Ohio State in the first round of the NCAA Tournament. The season ended there. Taylor is a 2005 graduate



of Ryle High School where she enjoyed a very successful career. She was also a member of the 18 Purple team that placed 3rd at the 2005 Invitational where she was named to the all tournament team, and was our 2005 KAEPANJKJV scholarship recipient. Congratulations to Taylor on her first season at Marshall!



Taylor Tanner
#15
Marshall University
Thundering Herd

Cookie Dough Fundraiser

The club is sponsoring a cookie dough fundraiser. This will be our 3rd year as it has been quite successful in the past. Over 900 tubs were sold last year.

This is a great opportunity to help offset your fees. Players keep 40% of everything they collect as their profit.

The sale begins January 22nd and ends February 6th. Most everyone enjoys a good cookie and these are good. The best part is there is no mess to prepare them just scoop and place on a cookie sheet. It doesn't get any easier.

Like all fundraisers this is optional and available to all club players.

Kim Visse is spearheading the fundraiser for us again this year. If you have any questions please call Kim at 859-635-1081.

Cookie dough delivery will be March 1st, 5-7pm at Campbell County Middle School.

"Keep POSITIVE support, encouragement, cheer-leading and general hollering and yelling to a MAXIMUM on the sidelines."

Looking For Additional Players—Club and League

We are looking for a few additional players for the 12 and Under division. If you know someone who may be interested please have them contact us at 859-657-6657 or via email at Jakmac59@aol.com. Elementary and Middle school age girls interested in playing for the

NKJV Volleyball League please contact Beth Trapp via email at b.trapp@fuse.net. We are also trying to put together a few league teams for Boys if you are interested in a boys team you should also contact Beth Trapp.



Taylor Tanner
Focused on the ball

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PO BOX 175852
Covington, KY 41017

Phone 859.657.6657

**Final Fee Payment
Due February 1st.**

NKJV.NET



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Club Team Clinic-

The club team clinic will be held on Wednesday, February 1st at Better Bodies. Age 15-17's will be from 5-7pm and age 12-14 will be from 7-9pm. We sponsor these clinics to give you more specialized training. Be sure you take advantage of the opportunity.



Last Year's 18's Team at Bluegrass Pre-Qualifier playing a game between matches.

Newsletter Feedback

If you have something you would like to see in the newsletter please let us know. We are always interested in new topics that are of interest to you. You may send information to the PO BOX to the attention of Rick Perry or you may email me at

nkjvnb@aol.com

