



# NET News

Leadership

Courage

Discipline

Respect

Integrity

Teamwork

Character

## IMPORTANT DATES

January 18, 2007

Volume 2, Issue 1

*Triangle* (in conjunction with graduate students from Duke University) is please to offer the following clinics.

### HEALTH/SPORTS CLINIC for PARENTS & COACHES -

Sun, Jan 21<sup>st</sup>, 715pm

Will focus on health issues particularly relating to female student-athletes. The clinic will last ~2 hours.

### HEALTH/SPORTS CLINIC for STUDENT-ATHLETES & COACHES\*

Sun, Jan 28<sup>th</sup>, 715pm

This clinic, for *Triangle* student-athletes and coaches, will focus on health issues and injury prevention. \*This clinic is mandatory for all student-athletes. Wear your practice gear.

Triangle Retreat Day  
(for all student-athletes)

March 3rd  
2-8 PM

## 2nd Annual Alumni Match Begins New Year!

### FRIDAY, JANUARY 5TH, 6 PM

Six Triangle alums—Andrea Bentley '04 (NCSU), Ashley Board '04 (Carolina), Tara Enzweiler '06 (Notre Dame), Christina Falcone '06 (Duke), Logan Striebel '04 (American), and Sara Uniacke '06 (Wake Forest)—took time out of their holiday break to accept the challenge of Triangle 18 Black. Despite no subs and a roster including 4 defensive specialists, a setter, and one middle, the alumni team put up a valiant effort. 18 Black prevailed 2-1 avenging a 0-3 loss to the alumni team last season.

Collegiately, Triangle alums continue to shine. As a addendum to our last feature on Megan Hodge '06 (Penn State), we are pleased to announce that

Megan was named *AVCA National Freshman Volleyball Player* of the year. Megan is the first player in Big Ten history to earn First Team AVCA All-America honors as a freshman. And, she is the only player to ever claim both Big Ten Player of the Year *and* Freshman of the Year honors; Hodge also becomes the first-ever player to earn Gatorade's National High School Volleyball Player of the Year honors *and* AVCA National Freshman of the Year honors in consecutive seasons. Congratulations!

Becca Brezovec '03 (Junior, Wingate University) was awarded the *South Atlantic Conference's Presidents Award*, considered one of the most prestigious awards given to student-athletes in the SAC. Congratulations!

## Katie Kabbes named "Gatorade's Volleyball Player of the Year"

Triangle's own Katie Kabbes '08 (6'5" OH, Triangle 18 Black; Junior/Cardinal Gibbons HS) has been named the North Carolina *Gatorade Volleyball Player of the Year* for 2006-2007. Katie joins former teammate and Triangle alum, Megan Hodge '06, who earned this title in 2004 & 2005 and was named Gatorade's National Volleyball POY in 2005.

In 1985, The Gatorade Company established this award to honor America's elite high school student-athletes. In the subsequent two decades, the *Gatorade*

*Player of the Year* award has become the most prestigious award in high school sports. The NC award began in 1996.

*Triangle* has a plethora of these award-winners in our midst. Other 'Triangle' *Gatorade Volleyball POYs* include:

Dorette Burwell (Asst. Coach, 15 Blue); Christie Clark '04 (Asst. Coach, 13 Black); Laura Greene (Asst. Coach, 18 Black); Stephanie Jansma (Asst. Coach, 15 Blue); and Molly Pyles (Staff alum, current asst. coach at ECU).

**Spring YVP (2007)**

March 18 (FREE CLINIC)  
 March 25, April 1  
 April 8 - OFF (Easter)  
 April 15, 22, 29  
 May 6th

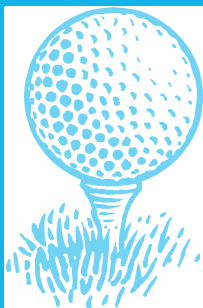
**NEW TIMES:**

4-5:30 PM grades 2-5  
 5:30-7 PM grades 6-8

*We've added weekday sessions! Contact the Club for details!*

**2nd Annual Triangle Golf Classic & Silent Auction**

Monday, March 26, 2007  
 North Ridge Country Club  
 Shotgun start at noon!



**We are looking for sponsors, auction items and of course, volunteers.**

Look for more information regarding golf registration in future Net News!

**Save the date!**

**Triangle Teams off to a GREAT start in 2007!**

- ▲ Triangle 14 Black—1st Place—Quest for Excellence
- ▲ Triangle 15 Black—2nd Place—Quest for Excellence
- ▲ Triangle 18 Black—2nd Place—Jan 6 Regional
- ▲ Triangle 17 Black—T-3—Jan 6 Regional
- ▲ Triangle 14 Black—2nd Place—Jan 13 Regional
- ▲ Triangle 18 Black—5-0 record—Quest Challenge Series

*Please welcome our newest banner sponsors:*

*Fairfield Inn & Suites  
 TownePlace Suites  
 Physical Solutions, Inc.*

The **2007 Triangle Volleyball Club directory** has been finalized. Look for your copy over e-mail!

The public **wireless network** in the club is now active! Hopefully you've already been enjoying it. Should come up as "Triangle" on your laptop.

**Congratulations to Katie Camp '08 and Katie Kabbes '08.** Both were selected to **Prepvolleyball.com's** Top 50 HS Juniors List. Kabbes was also named a semi-finalist (top 15 Juniors in the nation).

**Winter Ball Control Camp**

*We had two wonderfully attended sessions of our ball control camp. Over 160 Triangle and non-member student-athletes attended the series.*

*Special thanks to Coach Curtis for running camp I.*

**Building Character-Triangle's 1st service project of 2007**

Several members of our **15's teams** accompanied by **Coach Leslie Crandell Dawes** (15 Blue & 9 months pregnant at the time) and her husband, **Andy**, visited the Shepherd's Table Soup Kitchen in Raleigh on Monday in observance of a day of service in honor of Martin Luther King, Jr.

Agnes Penny, coordinator of volunteers on Mondays, commented on how impressed she was with our girls' work ethic and the sensitivity they demonstrated towards the visitors to the soup kitchen. She believed each student-athlete benefited in a special way from the experience. Great job!

**YVP Explodes**

**If you missed it...  
 ...you were among the few!**

The success of Winter 2007 YVP has been unprecedented. As a matter of fact, the normal Sunday clinic program was already full (80 participants) in the hours leading up to Triangle's FREE introductory clinic.

What do you do when there's no more room? You meet demand.

We are pleased to announce the expansion of YVP to include weekday classes which begin at 4:30 PM right after school. They are 1 hour in length and meet for 6 weeks. Clinic sizes will be smaller, with a maximum of 12 student-athletes.

To get more information on Weekday YVP please contact our office or Jenna at [hinton@trianglevolleyball.org](mailto:hinton@trianglevolleyball.org).