



NET News

Leadership

Courage

Discipline

Respect

Integrity

Teamwork

Character

IMPORTANT DATES

Lone Star Classic Qualifier
April 21-23, Dallas

Regional Bid Tournaments
April 28th

Why PACT? Information session
Sunday, April 29th
7:15 PM



SATURDAY, MAY 19TH
14s, 15s & 16s
SATURDAY, JUNE 9TH
16s, 17s & 18s

TRIANGLE SUMMER INVITATIONAL

Quest For Excellence
May 12 & 13
Greensboro Sportsplex

End-of-Season Club Party
June 23, 6 PM
Details TBD



Check our website for Triangle Summer Camp information!

April 18, 2007

Volume 2, Issue 4

TRIANGLE Shines in the Region!

SATURDAY, APRIL 14TH

Twelve out of fourteen Triangle teams hit the courts seeking a regional championship title. Below are the results from this BANNER day!

13 Blue (Silver)
2nd Place!

14 Black (Platinum*)
Regional Champions!

15 Black (Platinum*)
Tied for 3rd!

16 Black (Platinum*)
2nd Place!

17 Black (Platinum*)
2nd Place!

18 Black (Gold*)
Regional Champions!

These results are further bolstered by our remaining two teams performance on March 24th in their respective division championships.

12 Black (Gold*)
Regional Champions!

14 White (Silver)
Regional Champions!

We are also pleased to announce the following recipients of special Regional recognition:

Sportsmanship Awards

15 Blue
18 Black

Tournament MVPs

12 Black-Sasha Karelov
14 Black-Madison Bugg
14 White-Elisa DeCarolis
18 Black-Vanessa Dorismond

All Tournament Honors

12 Black-Gabby Benda, Kelsey Gabel,
Kati Stammen

13 Blue-Josiane Layne, Abby Ward

14 Black-Colby Gabel, Alston Kearns,
Mandy Kramer

14 White- Elisa DeCarolis, Carolyn
Mathiot, Amanda Thompson

15 Black-Avery Striebel

16 Black-Molly Krull, Cayla Shortley

17 Black-Megan Brown, Charlotte
Harris

18 Black-Nicole Boyle, Holly Fong,
Ginny Phillips

Congratulations ALL!!!!



Educating the whole person through excellence in the sport of volleyball

Spring YVP (2007)

March 18 (FREE CLINIC)

March 25, April 1

April 8 - OFF (Easter)

April 15, 22, 29

May 6th

NEW TIMES:

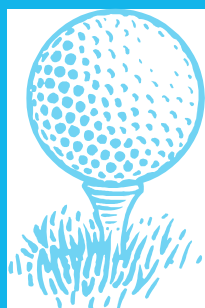
4-5:30 PM grades 2-5

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, May 7, 2007
North Ridge Country Club
Shot gun start at noon!



Great Hole-in-One prizes including a brand new Mercedes-Benz AND a \$2500 PUTT for CASH!

The Golf Classic brochure is available on our website. Space for 4-somes is limited so register early!

BIG SOUTH Wrap-UP!

Nine (9) *Triangle* teams headed to Atlanta to compete in the Big South National Qualifier over Easter weekend. Our teams competed hard and had some wonderful results. Here are a few of the stories:

14 Black literally ripped its way through the 86-team field in 14 CLUB, going 6-1 in the event (one close loss to Club Texas in day 2 pool play) until Easter morning when it ran into NASA 141 JJ in the first round of the gold division playoffs. Triangle played an amazing match against NASA (the 2006 winners of 13 CLUB at Big South) but fell short 15-25, 25-22, 10-15. NASA went on to qualify for nationals, losing to KIVA in the gold division finals.

While the oldest Triangle teams have been competing at the OPEN level since 2004, **15 Black's** participation in the 15 OPEN division at Big South became the first time that a second Triangle team joins the OPEN ranks. 15 Black loved this level—every match they played was ultra-competitive. They finished 28th/36.

18 Black-finished 9th in the 32 team 18 OPEN division (7-3 overall) and posted huge wins against the nationally ranked #7 Circle City and #19 OVA (twice). Seeded 19th in the field overall, Triangle stunned already qualified 3-seed Circle City to win its day 1 pool 3-0. This set-up a monster day 2 pool with 1st Alliance (#9/nation), Epic (#5/nation), and OVA. Triangle forced the three way tie an playoff by beating OVA twice, but fell short against Epic (the eventual winner) and 1st Alliance (3rd place). 18 Black currently ranks 35th nationally.

Spring/Summer Outdoor Volleyball Opportunities

If you are interested in learning more about playing outdoor volleyball check out www.vh1ball.com or contact vh1balljrs@yahoo.com

The ImPACT of it ALL!

This year *Triangle Volleyball Club* fully integrated PACT (Power Agility & Conditioning Training) into team practices by allotting 15-20 minutes of every practice time to PACT.

WHY? **Greg Gatz, Director of Triangle PACT**, notes that in general fitness and physical development terms today's youth are limited in part due to physical inactivity but also due to the athletic specialization that now takes place at such a young age. By specializing in a particular sport so young general fitness, coordination, and agility development that was a

natural by-product of general childhood play activity is reduced. PACT serves to raise general fitness and physical development to a higher standard; increasing performance while reducing ones propensity for injury. We have observed measurable improvements in agility, jump height, etc. throughout the club season due in large part to PACT.

For more information on the benefits of PACT-type training please plan on attending the information session on April 29th at 7:15 PM.