



# NET News

Leadership

Courage

Discipline

Respect

Integrity

Teamwork

Character

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## SPOTLIGHT ON TRIANGLE STUDENT-ATHLETES

**Katie Kabbes**, *Triangle 18 Black*, was recently named one of 12 finalists for the *Schelde National HS Senior of the Year Award*. For more details check out [PrepVolleyball.com](http://PrepVolleyball.com)

Two *Triangle* student-athletes were named to the Mizuno®/ *Volleyball* magazine High School All-American Team

1st Team-**Katie Kabbes**  
Honorable Mention-**Katie Camp**

**Hailey Mize** (16 Black) and **Mary Hannah Ross** (17 Blue) were selected to the Daily Dispatch All-Area First Team with Hailey earning the Player of the Year award.

## WELCOME BACK!

*Triangle* is delighted to welcome back to its staff **Sara Uniacke** ('06). Sara will be coaching 14 White along with student-athlete coaching assistant Liz Willis.

## Carolina Region Competition begins...TRIANGLE shines!

January 5th marked the official start of the Carolina Region competitive season with the 12's-15's teams competing all across the region. On the following weekend, region tournaments were held for 16's-18's.

All Triangle teams competed in the highest division for their age group.

In the first tournament of the 2008 club season, 11 of 16 Triangle teams emerged from pool play into bracket play. Four teams won 1st place (14 Black, 15 Black, 16 Black and 18 Black); 17 Black finished 2nd; four teams tied for 3rd (12 Black, 13 Black, 13 Blue, 14 Blue) and two teams tied for 5th (15 Blue and 16 Blue). Currently Triangle leads the region in points in every age division 14's-18's marking one of the best regional starts in Triangle history.

The first travel tournament of the season, the Monument City Classic, will be held in Richmond, VA. Triangle will have 12 teams competing in the event in both the open and club divisions for their age group.

Congratulations to everyone for a strong beginning to the 2008 season!

## Winter Programs Flourish!

With its commitment to grow the sport of volleyball in North Carolina *Triangle* offers several programs to non-members. After a very successful Holiday/ Winter Ball Control Camp, *Triangle* began 2008 with its **Winter YVP program** and the **Triangle Setting Academy**.

After expanding YVP to include 3 levels, beginner, intermediate and advanced and adding weekday classes enrollment has jumped to nearly 100 participants.

TSA will begin on Sunday, January 27th and continue for 10 sessions. A full class of 32 setters are already registered.

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## 4th Annual Alumni Match-Exciting & FUN!

On Sunday, January 6th *Triangle* hosted it's 4th Annual Alumni match with the alumni taking on 18 Black in front of approximately 120 fans. Nine graduates returned to *Triangle* for this fun event and pushed 18 Black to 5 sets. The match ended with 18 Black edging out the alumni 3-2 in very exciting match play.

Games and prizes for the fans lead to an exciting afternoon at the gym. Following the match the alumni were treated to the annual alumni dinner with administrative staff.



**2008 Alumni Team**

FR: Brittany Horner '06, Christina Falcone '06, Kaylie Gibson '07, Sara Uniacke '06; BR: Nicole Boyle '07, Tara Enzweiler '06, Logan Striebel '04, Caroline Hammersley '07, Vanessa Dorismond '07

## Penn State Wins NCAA National Championship

The NCAA Women's Volleyball national championship was held on December 15th featuring #1 ranked Penn State vs. #4 ranked Stanford. *Triangle* had representation on both sides of the net as *Triangle* alumnae, Megan Hodge ('06) faced the Stanford Cardinals [Stanford Director of Volleyball Operations, Cobey Shoji, *Triangle* coach 2004/2005].

Penn State captured the national championship winning (3-2) a very exciting match. Megan Hodge was named the Most Outstanding Player of the finals, leading all players with 26 kills.

## KEEP A LOOK OUT!

The cover of both the February and March issues of *Volleyball* Magazine will feature past and present *Triangle* student-athletes!

*Volleyball* is the only monthly national magazine committed to covering all aspects of the sport from the ever-expanding juniors scene, to the college game and the beach scene and much more.

## Triangle Seminar Series-Nutrition & Hydration

All *Triangle* student-athletes participated in a nutrition and hydration seminar presented by Tracy Owens, MPH, RD, CSSD, LDN; Registered Dietitian and Board Certified Sports Dietitian.

Practical methods of maintaining proper energy levels and hydration during training and competition were the focus of this seminar.

The Nutrition/Hydration seminar is one in a seminar series presented by *Triangle* Volleyball Club for its players in the club program. Other topics in this series include Collegiate Recruiting Strategies, Female Athlete Health and Wellness, Sports Psychology and Mental Toughness, and more!