

BALANCE

FEB. 2023 NEWSLETTER

Team practices are beginning next week!

[LINK](#) to team practice schedules



CONGRATULATIONS TO 18 White! Champions of the 2023 Winter Classic!

HOPING TO GET RECRUITED? Things to get done now:

1. Get a highlight film on YouTube. [EXAMPLE](#)
2. Start filming all matches from different angles.
3. Many colleges are offering PROSPECT CAMPS! [EXAMPLE](#) If you love a school, check to see if they are offering a PROSPECT CAMP!
4. If you are interested in a school, email them! Send them your schedule, a bio of yourself and your contact information!

THIS MONTH'S TOP STORIES

WINTER CLASSIC ALL-TOURNAMENT MEMBERS



EMMA- 18W

MEG- 18W

KATYA- 18W

LEAH- 15W

LUCY-15W

MADDIE- 13S

3rd JERSEYS ARE HERE!

Please Venmo Patty Langanis @BalanceVBC \$55 to pay for the jersey. When a team is paid in FULL, the uniforms will be delivered to their team practice.

THANK YOU TO OUR TEAM REPS

Team reps are a vital part of Balance VBC! We appreciate that these people are choosing to volunteer their time to help improve communication, organize chaperones, and be the 1st line of communication with the coaches.

18 White- Shannon Stowasser

17 White- Katie Haslow

16 White- Sam Newman

16 Black- Christine Figas

15 White- Heather Bestman

14 White- Laurie and Rick Brents

14 Black- Amy Kristufek

13 White- Amy Johnson

As we enter competition season, we urge parents to be supportive of your daughter by encouraging them to get comfortable being uncomfortable.



Encourage them to discuss questions, frustrations, and positive feedback with their coaches!

Playing time is not promised or guaranteed, but we promise and guarantee that we will train each athlete to the best of our ability.

PARENT CODE:

I will respect players, coaches, officials, spectators, and families at all times. I will respect the decisions of officials or coaches. I will not engage in any violence or verbal threats or use any profanity. I will not yell advice to my child during a game. I will have fun cheering for the entire team and enjoy the process of the season.

Your child's success or lack of success in sports does not indicate what kind of parent you are.

But, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.

Work with your child on the important things.



BIG SISTERS-LITTLE SISTERS

All players have either been assigned as a Big Sister or a Little Sister!

Big Sisters roles... support/encourage and befriend their Little Sisters.

We have asked Big Sisters to share their cell # so they can communicate easily.



FINAL TOURNAMENT [SCHEDULE](#) for each team.

Tournament playing schedules are always located on [AES](#)



Please remember that TRAVEL PAYMENTS WILL BEGIN MARCH 1st!!!

The final cost of travel payments will be announced as soon as we are done finalizing housing costs for Orlando.

**FAVORITE PIC OF THE MONTH
EMMA STOWASSER**

**18's Setter and assistant coach to our 12's team!
We love when our players give back to the sport that they love!!**



COLLEGIATE ALUMNI UPDATE

CONGRATULATIONS to Mia and Hannah for completing their 5 years as collegiate athletes.



MIA RUFFOLO
BARRINGTON HS



HANNAH GRIFFITH
CHRISTIAN HARVEST ACADEMY

BEST THING ABOUT BEING A STUDENT ATHLETE

The support network and amount of connections/relationships I was able to build just by playing the sport that I love

BEST THING ABOUT BEING A STUDENT ATHLETE

The constant competition between you and your teammates that make you better everyday.

HARDEST PART OF BEING A STUDENT ATHLETE

The demanding schedules but in the long run, it was not that hard. It did force me to be productive and efficient with my time so I wouldn't fall behind in my classes

HARDEST PART OF BEING A STUDENT ATHLETE

Learning not to compare yourself to others. Also, being careful not to let the sport define who you are as a person.



Mia making a big dig on the 18's team, seems like yesterday!



Having a red out practice to celebrate Hannah's verbal Commitment to Benedictine is an old Balance tradition we must bring back this season!

MEET ONE OF OUR BALANCE COACHES

JACKSON OTTO

14 BLACK- Assistant Coach

Jackson began coaching with us last season and was Coach Karl's assistant coach. He attended Prairie Ridge HS where his mom, Stephanie just surpassed 700 career wins as the head volleyball coach.

Jackson played club volleyball at Sky High volleyball and is now competing at Judson College as their Libero!

In college...Jackson is studying to be a secondary Math teacher just like his father, who taught math for over 30 years! Hearing how much students loved having his dad for a teacher motivated Jackson to follow in his path in the hopes of helping change student's lives.

Growing up, Jackson was a multi-sport athlete with basketball emerging as his favorite, before volleyball took hold his junior year.

Jackson loves coaching because he likes to create successful experiences for his players. He believes sports teaches more than just passing a volleyball, but also teaches them how to communicate and dedicate themselves to their teammates. He loves coaching so he can help them in these areas and have them understand they do not need to be #1 in the world to be successful. He loves seeing players progress and seeing them improve is what keeps him coming back to coaching.

Hardest part of coaching, understanding that they are not just players, but they are humans too. I sometimes get focused on their mistakes and what they need to do better. I have to step back and remind myself that they may just need some encouragement or a laugh to help them get focused and enjoy the game. As a coach, I never want to be the person that strips their love of the game.!



Get out and watch Jackson play!

[Judson schedule](#)



SENIOR SPOTLIGHT.....

EMILY WILLIS- Huntley HS, OH/RS/MB

McHenry County College



Why did you choose Balance?

The reason why I chose to come to Balance is a pretty funny story. It was the day after my high school team, Huntley, lost in the super-sectionals and I wasn't planning on playing at a club for my 18's year. That next day I already missed playing and I knew I had to play club. That's when I texted Patty if I could join her team. I'm so happy with the decision I made.

What makes Balance different from where you came from?

Balance is different from the clubs I came from because it allows you to train in multiple different positions and doesn't just limit you to just one. Balance also rents houses for teams to stay at when at a far away tournament which is something I'm really looking forward to. All the clubs I was at before never had these aspects.

Why did you choose MCC?

I had a few reasons for why I chose MCC. My main reason was that I'm unsure of what career/major I want to do in the future. So getting my general ed's out of the way and figuring out what I want to do will help me out for the future. Also since MCC is a community college, financially, it is the smartest decision for me since I'm wanting to pay for college myself. Another reason was that I wanted to stay at home for a little longer and be able to watch my sister finish high school. I also really like the girls on the team and the program.

What is the biggest obstacle you have had to overcome in volleyball?

The biggest obstacle that I've had to overcome in volleyball is around the time I first started in 8th grade. I had to choose between basketball, the sport I used to love and volleyball. I came to the decision to only play volleyball when I ended up breaking my leg during a basketball game and I was more sad that I was going to miss my volleyball practice than my injury.

What do you love about the game?

There are so many reasons why I love volleyball. I love the community this sport brings and how your team turns into a family. I love how you can play different positions, for example I've played outside, middle, and right side but I have a special spot in my heart for back-row. I also love the different aspects of the game like having to read a hitter or where you should swing. I like how volleyball isn't just a physically strong sport but you also have to be mentally strong.

What do you want to study in college?

I'm currently going to MCC to get my Associates in General Studies. After MCC I'm hoping to go into a study that will allow me to either help our environment or help animals/people.

Emily will be joining Balance grads, Jaclyn Poinier and Lauren Klutke this fall at MCC!!

