

BALANCE

MARCH 2023 NEWSLETTER

TOP PERFORMERS!

14 BLACK

RUNNER-UPS

President's Day event- Wisconsin Juniors



13 Silver

Runner-ups- Frozen Festival

Bedford Park



ALL- TOURNAMENT RECIPIENTS- February



13 Silver- Reagan Horstman



14 Black- Layla Addison & Hannah Gawlak

THIS MONTH'S
TOP STORIES

REASONS TO BECOME A CERTIFIED VOLLEYBALL OFFICIAL AS A PARENT and/or PLAYER?

1. Great part time job, with very good pay
2. Parents, your kids can play morning wave, and you could officiate afternoon wave
3. Make your schedule
4. Could work 6 days a week in the fall. In the spring, you can make @ \$260/day.
5. You can advance and become a local college official.
6. You have to be 16 years old to officiate junior high volleyball and most club events.

IF INTERESTED, EMAIL JUSTIN

footin86@hotmail.com

FIRST OVERNIGHT TRIP

14 White, 15 White, 16 White, 17 White and 18 White

Wisconsin Dells

EXPECTATIONS FOR PARENTS:

1. Talk to your daughters about appropriate behavior.
2. Help drive players to the event, if requested.
3. Be responsive to the Team Rep and/or Chaperones if they have any needs
4. Stay positive in regards to Chaperones and/or Team reps decisions in regards to food, entertainment, etc.
5. If you go to visit the team, NO ALCOHOL is allowed in the house.



EXPECTATIONS OF ATHLETES:

1. Be respectful to the chaperones. They are working very hard to help take care of each player for 3 ¼ days.
2. We travel to tournaments to WIN. Behave accordingly. Go sleep when told, do not be a player that is responsible for others not getting a good night sleep.

3. CLEAN up after yourselves!
4. Balance has zero tolerance of drug/tobacco/alcohol use. If an athlete violates this, they will be removed immediately from the club.
5. Chaperones will have Coach Patty's cell and are instructed to call her immediately if there are any issues, regardless of the time of day.

FAVORITE PIC OF THE MONTH
Kenley Diehl and Coach Patty

Coach Patty getting old? In this pic, she is cheering on Kenley Diehl, the daughter of Patty's ex-Cary-Grove stud setter, Krista Diehl!!



Balance is the home to quite a few of Coach Patty's ex-players daughters

Abigail Whitehouse- 15 White Karen Liss (Naymola)
Izzy Whitehouse- 14 White Karen Liss (Naymola)
Jordyn Johnson- 13 White Amy Kaplan (Johnson)
Hailey Anderson-12 White Christina Miller (Anderson)
Layla Pagels-12 White Aunt's Nikki and Amanda Pagels
Sydney Johnson- 10's Amy Kaplan (Johnson)
Kylie Naymola- 10's Karen Liss (Naymola)

COLLEGIATE ALUMNI UPDATE

EVYNN LAYSHOCK



WHY DID YOU CHOOSE NORTHERN MICHIGAN?

I fell in love with the town, the campus and the Volleyball program. I could not believe how Beautiful the U.P. was and how amazing the People were.

WHAT ARE YOU STUDYING IN SCHOOL?

Secondary English in hopes of being a teacher!

ADVICE TO ATHLETES IN REGARDS TO RECRUITING

BE PICKY! Do not sacrifice your key wants when Choosing a school. **STAY PATIENT!** Do not discouraged, It may take time to find the perfect school, it took me 2 Years to find the best fit for me and I am so grateful that I waited.

HOW DID BALANCE HELP PREPARE YOU FOR COLLEGE

I was able to strengthen my skills at positional training. We were pushed in practice to work hard and be our best and work our hardest. Going into college, I was automatically a hard worker and I realized that not Everyone was taught that, but I am glad that I was. Having a good work ethic stands out to coaches, I am so Happy that Balance made that a priority.

HARDEST PART OF BEING A COLLEGIATE ATHLETE?

Learning how to manage my time. As an athlete, there is a Lot on my plate and I am expected to perform on the court And in the classroom. Balancing athletics and academics is a Tough thing to learn your freshman year. I also had to make Time for myself, because it is important to prioritize mental Health.

HOW DOES BEING AN ATHLETE FULFILL YOU?

My favorite thing is the community that I am a part of. There are so many amazing athletes that I get to meet and relate to in so many ways that people will never understand. In so many senses, I am never alone. Also feeling the entire town standing behind me and Supporting me no matter what, is unmatched. I have Never felt more love than I do by Marquette, Michigan's Community. And I love how much they appreciate Volleyball!!!

OBSTACLES I HAVE HAD TO OVERCOME

I have had endless obstacles to overcome. The biggest, Was finding my role on the team. I came out of HS With pretty high expectations of a great collegiate career. I Was so blind to the reality of being a part of a college team. I got to school and realized that everyone was as good as me. Maybe even better. I was forced to some reflection about not Just who I was a player, but also as a teammate. So I have Learned that sometimes things do not work out exactly how you Want them to, and it is important to be adaptable. I have now Accepted whatever role I am given and I do whatever I can to be The best person I can for the team. **ALWAYS** be a selfless player.

WHAT STRESSED ME OUT IN HS, THAT WAS A WASTE.

College athletics. It is hard not to look back at myself and laugh. I stressed about normal things, like are practices and conditioning going to be hard or am I Going to be able to keep up in school. All I can say, is Those things will work themselves out. I was so much more prepared than I thought that I would be, to not only tackle athletics, but also school. I did not realize it at the time, but my coaches and teachers set me up for success. So if you are worried or stressed about anything, take a deep breath and remember that you Have worked hard for a reason, and it is all going to turn Out OK.

HOW HAS VOLLEYBALL IMPACTED YOUR LIFE?

If it weren't for volleyball, I have no idea where I would be right now. This sport and this school have brought me all the joy in my life. I have met the girls that will be the bridesmaids in my wedding. I have explored and hiked the beautiful UP. I have been able to spend time with an incredible team, I literally have 14 sisters, and I have truly soaked up every minute. Being on a team with built-in best friends, while competing and playing a sport that I love, has been one of the best times in my life. I have learned so many valuable lessons in volleyball that I will carry for forever. I have grown to be someone that I am really proud of, and I couldn't thank Northern and the volleyball club enough. I strongly recommend that if you are on the fence about playing volleyball in college, DO IT!



Evynn discussed the importance of learning to embrace her role on the team, and to always try to be the best person she can for her team.

WHEN YOUR DAUGHTER IS NOT PLAYING AS MUCH AS THEY HOPED, WHAT TO DO AS A PARENT:

ENCOURAGE THEM TO:

1. Embrace their role.
2. Keep fighting.
3. Talk to their coach and ask what they need to work on in practice
4. Remember, that it is a long season and things can change at any moment.
5. Not to dwell on one match, or one day at a tournament or one weekend.

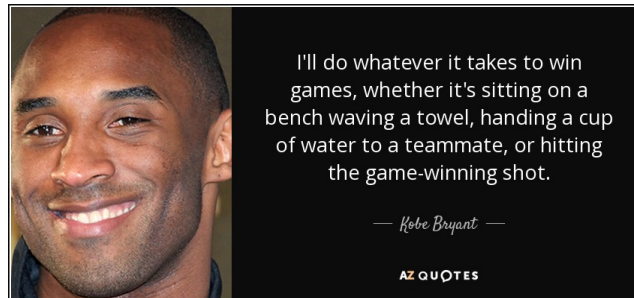
It's not an easy task, but parental support is needed to get the players to buy in and believe in the team, the coach and their ability to work hard to improve.

But, quite often, the parents choose to:

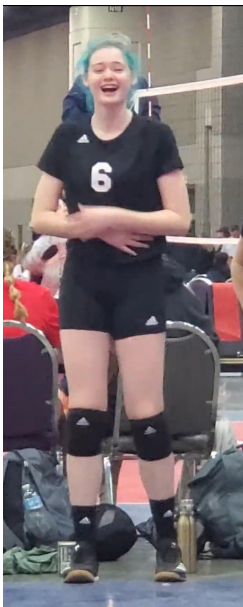
1. Think the coach is wrong about who should play.
2. Believe the coach has favorites and/or just doesn't like their kid.
3. Speak negatively about the coach to their kid, other parents, and/or other coaches.
4. Make excuses for their child's lack of effort, ability, and/or poor attitude.
5. Resent other kids and/or their parents.

Instead, what the team really needs is parents who choose to:

1. Believe the coaching staff is making the best decision they can, based on the information they currently have—and they *do have* significantly more information than the parents!
2. Encourage their child to keep showing up every day and do their best, so they can make a better argument for more playing time.
3. Encourage gratitude for the opportunity to be part of the team.
4. Reiterate to their children that for the team to be successful, they need to show up and push their teammates in practice.
5. Admire and cheer on the other players for their strengths and the effort they have put in.
6. Remind them to be ready! They never know when their moment will come!



A learning moment this a few weekends ago from 18 White,
Taylor Nygren



Saturday- Taylor played in ZERO games
Sunday- Taylor played 10 points.

How did Taylor keep a positive attitude?

“I told myself that I still have a lot improvement that I could work on. It was also really fun watching my team, my friends, play the sport that I love and to cheer them on! I reminded myself to encourage them with my words and to wish the best for my team, not merely what I wanted.”

How did Taylor’s parents handle the situation?

They said, “hey, it is OK that you didn’t play, we saw how much fun you were having cheering on your team and that there is always a chance that you will play tomorrow, do not worry if you are not playing now!”

BE LIKE TAYLOR!

MEET A BALANCE COACH!

MEG DOBBERTIN 13 WHITE- Head Coach

We are very lucky to have Meg join our staff this season! Although she has a wealth of experience, she is a 1st year Balance coach. During positional training, Meg showed how dedicated she is to being the best coach possible as she attended more sessions than any other coach and she always had her notebook to jot notes and ideas. We are very lucky to have her on staff!!

Growing up, Meg was a multi-sport athlete with volleyball as her favorite. She played volleyball, basketball, club volleyball and softball throughout high school. Meg's parents coached 3 sports and taught PE/Health/Social Studies for 35 years. In fact, the gymnasium at the school she went to is now named after her dad. Watching the impact her parents made on the community, she knew she wanted to be a teacher and coach.



In college...Illinois State University is known as being one of the top ranking schools for earning your degree in education, and Meg knew that was where she wanted to go. Although she did not play volleyball in college, she was able to practice with the men's club volleyball team every week and she started coaching club volleyball. Meg continued her teaching and coaching career when she was hired as a Health/PE teacher and Marengo's varsity volleyball coach in 2002. In 2020, she resigned from high school volleyball to be able to spend more time watching her three kids be active in their sports. She has since earned her National Board Certification and was nominated as a Golden Apple Teacher of the Year.



Meg loves coaching because of the transformation players make from start to finish. She finds it tremendously rewarding to watch a player develop leadership skills, teamwork, dedication, strength, tenacity, citizenship, on top of all the skill development. It also has allowed her to develop relationships with players that will last a lifetime. She is grateful for the opportunity to continue coaching this year at Balance

Hardest part of coaching is walking the tightrope. Finding that balance between pushing hard, but not too far or too little. Setting high expectations that are achievable for each and every player.

SENIOR SPOTLIGHT.....

EMMA STOWASSWER- CL SOUTH HS, Setter



Why did you choose Balance?

Choosing Balance was an easy decision for me. I had played at a different club since I was 12 years old. When I found out that Balance was looking for a setter, I immediately reached out to Coach Patty, it was clear from my first conversation with her that I would have so many more opportunities that I would not have otherwise gotten. Of course, having the chance to be coached by Patty was also super exciting given all of the experience and knowledge she has on setting. With her as my coach, I have made unbelievable gains and I have never looked back!

What makes Balance different from where you came from?

Balance is special for many reasons. One of the reasons that sticks out to me is the opportunity they give their athletes to train outside of their teams, during positional specific training sessions. These practices give all Balance players an opportunity to work with different coaches who specialize in their positions. Another reason that Balance stands out to me is their philosophy of finding, "Balance" as a student/athlete. They allow their athletes to participate in other sports or extracurricular activities. Being able to play other sports or do the things that are important outside of volleyball helps maintain a healthy Balance and keeps athletes happy!

Missing all of last season, due to knee surgery, how did you stay mentally positive and motivated?

It was hard to stay positive. Staying in the gym and remaining involved with my team helped my stay in a good frame of mind and motivated me to get back on the court as fast as possible. Being slowly cleared to do some small things like footwork or stationary setting was so exciting to me- it made me remember why I love this sport.

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

Feeling like I did not want to play volleyball anymore. After playing for so many years, I felt like maybe I was playing because that is what I have always done, not because I wanted to play. But after being sidelined all season, I realized how much I love this sport and how much I missed playing, I was so excited to get back on the court. I do not take playing for granted anymore.

What do you love about the game?

Coming together as a team and winning! There is no better feeling than all of the hours in the gym finally paying off with a win.

Why did you decide not to play volleyball in college?

For the past few years I have been going back and forth, I just was not sure I wanted to play volleyball in college. Now that I have decided not to play next year, I have the luxury of enjoying this season without any additional stress. After the high school season, I was not ready to be completely done with volleyball, so I am excited to have one last club season ahead of me. I have all of my decisions for next year made and I am happy to have a super stress free mindset this season.

What do you want to study in college?

Next year, I am going to Marquette University in Milwaukee, WI and I am majoring in Nursing.



FUN PICS FROM FEBRUARY!



BIG SISTERS with LITTLE SISTERS

