

# BALANCE

APRIL 2023 NEWSLETTER

13 WHITE

3rd place- ROCKIN' ROCKFORD



18 WHITE

3rd PLACE= ROCKIN' ROCKFORD



ALL-TOURNAMENT TEAM- ROCKIN' ROCKFORD



Meg-18 W



Sophie- 17W



Hadley- 16W



Lucy - 15 W



Kailys- 14B



Maddie- 13S



Kara- 12W



**Danielle Hadad is beginning her officiating training!**

**We are so proud of her as she took the ref stand for her first time with the guidance of a trained official. Takes a lot of courage to learn something new!**



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THIS MONTH'S  
TOP STORIES

COMMITMENT ANNOUNCEMENT!!!



MEG ROTHERMEL- Middle Blocker- Cary-Grove HS

# BALANCE

B E A C H

IS BACK!!!! Please register at [www.balancevolleyball.com](http://www.balancevolleyball.com)

Any questions? Please contact Balance Beach Director

Kevin Fitzgibbons @ [kfitzgibbons21@yahoo.com](mailto:kfitzgibbons21@yahoo.com)

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**FIRST TRAVEL TRIP WAS A SUCCESS! Thank you to the chaperones and all the parents that helped to make the trip to the Dells such a positive experience for all!!**





### **FAVORITE PIC OF THE MONTH**

Paige from 17W shows how great volleyball player's hair can look when it is not in a ponytail!



## **COLLEGIATE ALUMNI UPDATE**

**Senior- KENZIE STONE**

Lakes Community HS

**Augustana Honors**

Fall 2021 Academic All-Conference honoree



**Why did you choose Augustana?**

I fell in love with the campus and volleyball program. Augustana also gave me a great program for my major and wasn't hard from home.

**What are you studying?**

Communication Science and Disorders

**Advice to athletes in regards to recruiting:**

DON'T settle for anything. There are so many colleges out there, and you don't need to pick the first college that gives you an offer. Be patient and wait for the right college to come along. Lastly, be open minded and look at schools you may have never looked at before.

**How did Balance prepare you for college?**

I was able to strengthen my skills in many ways, especially with positional training. Also being pushed hard in practice to be the best player I can be. Both of these things helped me go into college because I could be pushed and taught easily unlike other girls. Overall, very grateful to Balance for giving me some of my great tools and a work ethic.

**Hardest part of being a student-athlete?**

Definitely learning how to manage my time. Being an athlete and a STEM major there is a lot on my plate at once, but learning how to manage time for myself along with everything else was very important and hard my freshman year.

**How does being a student-athlete fulfill you?**

Definitely learning how to manage my time. Being an athlete and a STEM major there is a lot on my plate at once, but learning how to manage time for myself along with everything else was very important and hard my freshman year.

**What obstacles have you had to overcome?**

I have had a lot of obstacles to overcome. Coming out of high school and into college I was not the best player I could be. And when I got to Augie I was told I would need to do a lot of work to get the court time I wanted. I have finally reached my goal, but there were definitely setbacks and more obstacles to overcome there that journey, like multiple injuries, Covid, and new/better players coming in

**What did you stress out about in HS that was a waste of energy looking back?**

College athletics and picking the right college for me. When I look back at how much I stressed out about it, it is crazy. There was no need to stress about it because everything worked out in a calm way. I just feel like the unknown at the time was stressful, but that unknown is what actually makes it fun, so enjoy that fun. Don't worry about if it is right for you and if you are making the wrong decisions because if it was meant for you then it is going to happen and it is going to be what it is going to be.

## MEET ONE OF OUR BALANCE COACHES

**KAREN NAYMOLA**  
15 WHITE- Head Coach

**Growing up...**Karen was a multi-sport athlete with volleyball as her favorite. She played volleyball, basketball, club volleyball, softball and soccer. She always thought she would play basketball in college, but when she started playing club (thanks to Patty) and really getting into volleyball her passion and love for the game grew. She attended Cary Grove high school and played under Patty. Patty was a huge reason for all my success in high school and then all my success in college as well. Patty likes to claim



Karen copied everything about her, but Karen claims that is a much younger, cooler version of her. She played division one volleyball at EIU. Freshman year she broke the freshman kill record, and made the all newcomer team. Sophomore year she was the first player in school history to get over 600 kills and digs in two seasons and by her senior year she had over 1,000 career digs and kills. She also competed in the NCAA tournament my junior year.

**In college...**She majored in Speech Communications with a Physical Education minor. Her first teaching job was at Dundee Crown where she helped coach swimming. Being one of the worst swimmers of all time, she still enjoyed coaching and doing all the dry land strength and conditioning. The following year shel would be offered a head coaching job and teaching job at Hampshire High School. She was a head coach there for 8 years. In those years she made my first state run trip in 2A and finished 2nd in the state. She won 6 regional titles as well and two sectionals and one super sectional. She also had her future volleyball playing daughters Abby and Izzy Whitehouse. They both play for Balance. She accepted the Huntley Head job and she is currently still at Huntley High School coaching and teaching Physical Education. She has been fortunate to coach so many amazing athletes. She also enjoys helping athletes continue their volleyball careers after high school! She has had over 50 athletes in her 16 years of being a head coach go on to play in college.

Her youngest daughter Kylie Naymola has just started expressing an interest in volleyball this year. Besides liking to pepper with her sisters or play chair volleyball in our family room she completed her first season this year with Balance's U10 team! Karen has coached ages Kindergarten thru 18's and it's such a unique experience at all ages



## SENIOR SPOTLIGHT.....

**KATE WILSON**- Jacobs HS- LIBERO

Why did you choose Balance?



Choosing Balance was a scary decision at first, however, I have not once regretted the change. I had played at another club since I was 12 years old, so the thought of 'starting over' was challenging. I had actually planned on ending my volleyball career with the school season, being a senior, I was ready to be done. Or so I thought. I realized that I still wanted to play the sport that I love. After hearing many good things about both the club and Coach Patty, I called her and we quickly figured things out. Coach and the players were welcoming and made me feel at home right away.



**What makes Balance different from where you came from?**

At my past club we never had practices for positionals. Only occasionally, we would have 30-45 minutes of positional training at a random practice, but never more. Balance hosts these positional practices so that players can get time to specifically work with coaches that specialize in their position. At these positional sessions, you even get the opportunity to practice skills of other positions. Also, during some tournaments, we get to stay with our team in a house. This is so much fun and a great way to get to know your teammate.

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

The biggest obstacle I have had to overcome has been injuries. I have struggled with a knee injury for the past 4 years and have had to make some adjustments in my play. I almost had to quit because of my knee issues, but I decided to continue playing and have spent many hours in physical therapy for a couple of years.

**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 are your college plans?**



I am still deciding on where to attend college, as I would like to study Nursing. If the school and the opportunity arise, I would love to continue to play volleyball, but that will depend on my pain tolerance with my knee injury.

**What do you love about the game?**

Volleyball has many positives that I love. Your team becomes a family and some of my best friends are from my very first club team. It is such a great feeling when we come together during a game, especially when we win!

**What do you want to study in college?**

I plan on majoring in nursing.