

BALANCE

MAY 2023 NEWSLETTER

14 WHITE

CHAMPIONS- WORLD CHALLENGE- Kentucky



✓ Registration fee to Nationals (ORLANDO)
PAID!!! Thanks to the JVA!!!



✓ 70% Registration fee to Nationals (Orlando)
PAID! Thank you to AAU!

THIS MONTH'S
TOP STORIES

MOST IMPORTANT PHYSICAL STAT FOR A VOLLEYBALL PLAYER

APPROACH TOUCH

Outside hitter recruiting guidelines

ALL LEVELS COMBINED D1/D2/D3/NAIA

BIG 10 Conference- 10' at the lowest end

10' is the same height as the basketball rim.

Setters are LOWER than average

RS/MB are 2 inches higher

Skill	College Average	80th Percentile of College Athletes
Standing reach	7'9"	7'10.5"
Attack jump	9'1"	9'5"
Vertical jump	19.9"	22.6"
Block jump	9'1"	9'5"

2023

BALANCE HIGH FLIERS!

6th Grade

Olivia Johnson 9' ½"



7th Grade

Tori Brents 9'4"



8th Grade

Adeline Grider 9'4 ½"



9th Grade

Lucy Sarna 9'6"



WANT TO IMPROVE YOUR APPROACH TOUCH?

Check out some simple tips [here](#).

10th Grade

Hadley Rogge 9'7"



11th Grade

Delaney Rogge 9'7 1/2"



12th Grade

Meg Rothermel 10'



SAVE THE DATE-----JUNE 7th! 10am to 3pm

BALANCE BEACH BASH and AWARDS!

SIDEOUTS SPORTS BAR, Island Lake, IL

ALMOST TIME TO GO CAMPING!!!

For over 90 years, Camp Fort Hill has connected the youth of the community to nature.

If you are a parent, and would like to stay at the campground, please let Patty know ASAP!

21710 N Everson Dr
Sturgis, MI 49091

<https://www.campforhill.org/>



FAVORITE PIC OF THE MONTH

Our cowgirls are celebrating their win in Kentucky!



MEET ONE OF OUR BALANCE COACHES

KARL O'REILLY

16 BLACK- Head Coach

Growing up...I had just turned 13 when my parents decided to become permanent site owners at Jellystone Campground in Amboy Il. My family never went on vacations or Disney trips. We did however spend entire summers at Jellystone where I camped under the stars, talked for hours around campfires, and still remain close friends with people I met there.

Jellystone offered tons of activities including a volleyball tournament the entire (or most of the) campground would watch. My parents' friends were playing in the semi-finals and someone needed to leave for some reason or another. Being tall, lengthy and incredibly good looking (insert laughter here) I frightfully joined these grown adults in a game I knew nothing about. Every time I touched the ball everyone was so positive, so supportive and reassuring. I'm sure I was awful - I truly don't remember - but It felt great. The sun set eventually and without lights on the court the spectators, players and ball fell into darkness. The teams agreed to start back up the next morning and continue with the same scores (this was back when you only scored on your serve). After explaining my family's early departure the next morning they begged me to stay. Begged. Looking back it was probably just kindness to a young boy or just a need to fill that 6th roster spot. Either way I was hooked on this sport called volleyball.

We left the next morning... early. I spent the entire ride home vowing to learn the game of volleyball. I spent the next 5 years winning every Jellystone volleyball tournament.

In college...I played 4 years of High School Volleyball. 2 years as captain of Hoffman Estates volleyball program. Coach Sheaperd and Fitzpatrik are still impactful voices I can still hear in my sleep. I had scholarship offers from 3 schools and landed at Park University outside of Kansas City. I also coached the Kansas City North Stars 14's for 2 years. After graduating I played USAV for over 15 years, played every 3's grass and doubles beach tournament available and balanced 2 or 3 indoor and outdoor leagues year round.

What is your other job? Currently I'm a Design Director for Lakeshore Exhibits. I design, engineer and sell experiential spaces for the trade shows, corporate events and branding corporate interiors. I also draw, paint and create original artwork out of multiple mediums. <https://studioreilly.squarespace.com/> (shameless marketing opportunity :^)

Professionally, I don't call myself an artist. Anyone can declare themselves an "artist". I can draw, sketch, build, create and design but it's up to an audience to bequeath me with that title. I see coaching the same way. Anyone can "coach" but I'd like to think of coaching as something others think you would be good at.

Why did you become a coach? I was recommended by my college coach to help with the KCNS 14's team. I was also asked to join Balance as an assistant by a close friend with the program.

Coaching found me... I didn't seek it out. I will always be involved in the sport that I excelled at, sent me lifelong friends and guided so many life changing decisions. Volleyball has been my life for so long, coaching inevitably pulled me back once the peak of my vertical began its descent.

Lastly, I was always the captain of a club or team. Professionally I've worked so many jobs, even as an independent contractor. I've been promoted to manager, creative director and now design director. I lead. I'm not interested in joining the herd to follow. Staying humble with a positive communication style will help me on this never ending journey of coaching.

What do you love about coaching? The individual improvements of players. The joy you see collectively after a win or good play. The pride and smile these kids have when they do well.

What is the most challenging part of coaching? Parents. Young girls being young girls to each other. The Age of Entitlement.

At the end of a season, what do you hope your players reflect on in regards to you as their coach and their season? I played every game in High School. I never sat on the bench. Never. Started every match. Ok, Senior Ditch Day had me on the bench the first couple plays but you get my point. I worked my butt off, trained in the off season, helped run the summer program, managed and took stats for the women's team, never missed a workout, never missed a game, never missed a practice, never came in late, always on time. When I wasn't at practice my co-captain Jeff Farinosi and I would pepper in his backyard until the sun set to improve our ball handling skills. I EARNED that position.

However I was pulled from a game.

Early Senior year we were playing Fremd (ranked high in the State) with some stud middle that later went on to play professionally overseas. Our right side was subbed in who was lengthy, awkward and, in my opinion, not better than the setter he replaced. After a lengthy rally he set a right side ball just outside the antenna. He couldn't have looked more unathletic or awkward in his attempt to ballet the ball over the net. I made eye contact with the coach and mimicked his ballet movements in an attempt to convey the "why is he in?" IMMEDIATELY She angrily and aggressively subbed me out. No explanation. No justification. Not a word.

I couldn't have been more immature or wrong. Thank you Coach Dawn Shepherd.



SENIOR SPOTLIGHT.....

MEG ROTHERMEL- Cary-Grove HS- NORTH PARK UNIVERSITY



Why did you choose Balance?

For me, it was an easy choice, Coach Patty was my HS coach at Cary-Grove. Plus, most of my friends played at Balance and it was close to my home. I also heard it was a club that let you Balance club and school so that was a bid factor.

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

It was injuries that came with playing the game. Sprained ankles to stress fractures, it has been a challenge. It taught me that sometimes rest and patience is the most needed thing for you and your team.

What are your college plans?

I am going to North Park University and I am going to play volleyball there, because everything about the school and the volleyball program checked a box on my list.

Currently I am an undecided major, but hopefully as I explore what North Park has to offer, I will narrow down more on what I want to do.

What do you love about the game?

What do you love about the game?

For me, the thing that made volleyball stand out more than any other sport was the team aspect. Volleyball is unique because it is not about individual performance, but instead, it is about how well the team performs together. Volleyball is a sport that builds trust, communication and teamwork, which are all valuable skills that can be applied to other areas in life.

What are things that I wish I would not have stressed about when I was younger?

Fitting in with my teammates. It is scary coming to a new club at the beginning, but Balance made it really easy to feel welcome and comfortable for me. One of the main things that helped me become better friends with the girls on the team were Team Stays. Having to spend time outside of volleyball with the girls on your team makes the bond between you grow stronger and really helps the friendships grow stronger and really helps relationships to grow. Some of the girls that I am no longer on a team with I am still friends with because of how close I got with them during the season. It is funny how quickly my stress from going to practice and not knowing people changed to excitement about seeing my friends.

Did you ever think about quitting?

I never thought about quitting, but I had to experience people on my team quitting many times. It is hard to stay motivated when people around you are talking negatively and acting on negative feelings by quitting. For me, I just knew that if I quit, I would always regret it because of how much I love the game. I also would not be going to the school of my dreams if it was not for volleyball! So I am very thankful I never let other people's actions and words coerce me into quitting.

Advice for younger Balance players.....

Explore new things. You never know what will work out for you and what could make you better. Even if it is a new play you are running, or a new position, even having the experiences from trying them will make you better. As a middle, I even went to Libero positionals, which was a little embarrassing, but in the end it made me better. So never burn bridges early on because they may lead you to something that will help you in the future.



College Update

Mya Bajromovic

Here is Mya's story, as she made the difficult decision to transfer after her 1st year of college.

Why did you decide to transfer?

I wanted to transfer because I felt like West Virginia Wesleyan would not help me live up to my full potential. I really wanted to play in a gym with athletes who wanted to be there and wanted to succeed. Even though I was starting as a senior, which was amazing and helped me learn so much, I wanted to be in a more competitive environment. I also wanted a school with a better Business program and somewhere in which I could succeed after school.

Was the transfer progress easy?

Trying to find the right school to transfer to was very difficult. I was far away from most schools that I was interested in transferring to, and it was hard to find time to visit the schools as I was still in school. There was another challenge, because my coaches at Wesleyan played me as an Outside Hitter, so I had no film of me playing in the middle as a collegiate athlete. A lot of schools in my school's conference, the MEC, reached out because they had seen me play, but I wanted to leave the MEC. There were also situations in which the school's that were recruiting me had coaches that left, which caused me to have to start all over

Why did you choose Lewis University?

It had everything that I was looking for. It had my major and a more competitive volleyball environment and it was closer to home. I was really looking for a school that would be challenging. I wanted to make sure that with the time that I have left playing volleyball, I use to work as hard as I can to be the best player that I can be!



