

BALANCE

JUNE 2023 NEWSLETTER

THIS MONTH'S
TOP STORIES

THANK YOU TO ALL THE PARENTS THAT HELPED MAKE AMISHLAND ANOTHER
FANTASTIC EXPERIENCE FOR OUR PLAYERS!!



JUNE 7th

Make sure you do not miss this great day in the sun to celebrate the end of this amazing season!

BALANCE BEACH BASH



2023 AAU GIRLS' JUNIOR NATIONAL VOLLEYBALL CHAMPIONSHIPS

JUNE 13 - 29, 2023 ■ ORLANDO, FLORIDA



PARENT DO's

and

DON'TS

- **Drop off your daughter at the condo on time!
- **Give yourself plenty of time to park and walk in!
- **Buy your tickets online
- **Make reservations for lunch/dinner
- **Bring positive parent energy and cheers!!
- **Be respectful to officials
- **Be mindful of team bonding time
- **Help carpool if requested
- **Encourage your daughter to take this tournament

- **Expect traffic to be good
- **Forget about good nutrition, it is a long 4 days
- **Research places to park or car pool
- **Don't forget to lend a hand to the chaperones
- **Be negative, support the team!
- **Wait to buy the tournament sweatshirt
- **Forget to check out all the great food vendors
- **Forget to enjoy the experience
- **Forget to be grateful for all the coaches

seriously. SLEEP WELL, EAT WELL!!!

sacrificed this season to coach your team!

THERE ARE 4,799 teams attending this year!!!!

13 WHITE JUNE 22-25

14 BLACK JUNE 14-17th PM WAVE first 3 days

14 WHITE JUNE 14-17th AM WAVE first 3 days

15 WHITE JUNE 18-21st PM WAVE first 3 days

16 BLACK JUNE 26-29th



16 WHITE JUNE 26-29th

17 WHITE JUNE 26-29th

18 WHITE JUNE 18-21st AM WAVE



2021 18 WHITE- 2nd PLACE

2022 18 WHITE-3rd PLACE

2023 ????????????????

FAVORITE PIC OF THE MONTH

Love our coaching staff and they love each other!!!



MEET ONE OF OUR BALANCE COACHES

LEXI ALGRIM

14 WHITE- Head Coach



Growing up... I actually was not really into sports until around 7th and 8th grade. I started playing basketball and volleyball in middle school, both of which I played throughout high school. When I wasn't in the gym, you could find me shooting hoops in the driveway or "peppering" against the side of our house.

In college... I played volleyball in college at the University of Wisconsin Whitewater. It was through that opportunity that I met some of my very best friends and was able to travel to some cool places, including Australia and New Zealand. My senior year I also coached both basketball and volleyball at a local high school.



What is your other job? I am a high school social worker and volleyball coach at Crystal Lake Central High School.

Why did you become a coach? I decided to become a coach in college because athletics had played such an important role in my life. I had many good coaches over the years, but my high school basketball coach was a particularly phenomenal coach and person, someone I still stay in touch with to this day. He taught us so much more than basketball - about life, work ethic, and appreciation for what you have and you could tell he really cared about us. I aspire to be even half the coach he was for me.

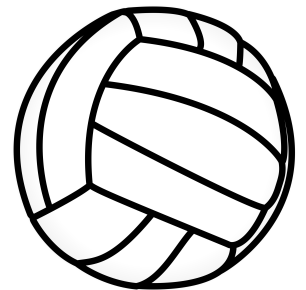
What do you love about coaching? I think pushing through the "burnout" phase, both for coaches and players. There comes a point in every season that feels like the hump you are fighting to get over; people's bodies are tired, emotionally everyone is at capacity, the end of the school year is approaching, etc, and things are ramping up in the volleyball world.

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 hope they had fun, felt like they improved and most importantly are proud of their season. I hope they know that I care about them as much more than just volleyball players. I am so grateful we have the nicest and hardest working group of girls this season - I am always emotional at the end of the season but this one is going to be really tough!



SENIOR SPOTLIGHT.....

KATYA FLAUGHER- Prairie Ridge HS- UNIV. of ILLINOIS



Why did you choose Balance?

During my junior year my setter from 15s and 16s, Emma Stowasser told me the 18s team needed a pin, so I gave it a try. I had been at another club before moving to Balance.

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

Quitting and then finding the desire to come back to volleyball afterwards.

What are your college plans?

I am going to the University of Illinois at Urbana-Champaign to study biochemistry, then hopefully go to graduate school after. While there I hope to play club volleyball.

What do you love about the game?

Well, I love it all. But, despite being a pin, I love playing defense. Getting a good dig gives me far more joy than getting a good kill could ever give me

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

I wish I was less stressed about applying to college in general. I let my stress about completing applications consume me and didn't do as many things during the fall as I wish I did. I would tell my past self to enjoy my last year with my hometown friends instead of constantly worrying I won't finish my applications.

Did you ever think about quitting?

I thought about it, and ended up doing it my junior year. In retrospect, I have a bit of regret quitting, but I am also glad I did. I was burned out and hated volleyball at the time, and had I not quit I would most likely not play my 17's and 18s year. Quitting also led me to play at Balance and meet teammates that will now be my lifelong friends, and for that I am eternally grateful.

Advice for younger Balance players.....


Anything you do, whether that be in volleyball or life in general, always put forth your best effort. Although it may not seem like it will do much to help you improve at the moment, things have a way of working themselves out. You will see massive improvements over time if you put in that little bit of extra effort.

Want to play in college?

One thing to do this summer.....

Pick a school that you love or dream of attending and attend their summer camp!!! Many schools are recruiting straight from their team camps. It is a chance to work directly with the college coaches! They can see how you train and you can see how they coach.

Here is an example. For HS players, try to attend their ELITE CAMPS, most schools offer them, but you can be assured the Head coach will be in high attendance at these specific camps!



20  23

SAVE THE DATE!

HUSKIE SKILLS CAMP JULY 12TH & 13TH	HIGH SCHOOL TEAM CAMP JULY 15TH & 16TH
ELITE CAMP JULY 17TH & 18TH	SERVING CAMP JULY 19TH

VOLLEYBALL CAMPS

THE NCAA STIPULATES THAT THE CAMP OR CLINIC IS OPEN TO ANY AND ALL ENTRANTS LIMITED ONLY BY NUMBER, AGE, GRADE LEVEL AND/OR GENDER.

