

BALANCE

JANUARY 2024 NEWSLETTER



THIS MONTH'S
NEWCOMER TO BALANCE

 *ERIN SALAJEAN- BARRINGTON HS*

17 Black - LIBERO/DS

How long have you played volleyball? I started playing volleyball at the beginning of 7th grade at school and with Pittsburg Pointe VBC. Ever since, I played with Rolling Thunder for 2 years and Sky High for 2 years.

What do you love to do that is not volleyball related? Outside of volleyball I enjoy spending time with my mom the most. We travel and always do fun things together

Why did you choose Balance? I've heard so many great things about Balance and most importantly for me was that the club has a healthy balance that allows their players to pursue their academic goals at the same time as developing as a player.

What are you looking forward to this season? I'm looking forward to all the new connections I will make with all my new teammates, the coaches, and tournaments with my team.

What other sports do you play? I don't play any other sports currently, but I used to play tennis and do gymnastics.

What kind of teammate are you? I am very supportive of my teammates on the court as well as off court and compassionate. I have a very positive attitude and when the time is right I will help my teammates smile.

What are you most nervous about in regards to starting at a new club? Getting to know the team and the coaches, and be a good player for my team. Also, I hope to find a balance between school and club volleyball.

What do you hope volleyball will do for you in the future?

I hope volleyball will continue to teach me consistency, hard work, and growth through helping others.

RECRUITING TIDBITS OF THE MONTH

Misconception- Balance does not attend tournaments in which players will be recruited. In 9 years, Balance has never had a player who wanted to play college volleyball, not be offered the opportunity to do so. Look at this [list!!!!](#) *46 players in 9 years* continued their career at the collegiate level!

Why are colleges NOT at all of our tournaments? NCAA DIV 1 coaches have strict restrictions that are listed [here](#). As you will see, NO D1 coaches can attend tournaments or practices until Feb 16th. This is another reason we use the winter to train and strengthen. Also, they are not allowed to recruit for the entire month of May. HOWEVER....May is the month that D2 and D3 schools really attempt to recruit when the D1 coaches cannot attend.

A recruiting conversation with Balance grad



 ***Meg Rothermel #35*** 

CONFERENCE FRESHMAN OF THE YEAR

CONFERENCE CHAMPIONS

NCAA TOURNAMENT QUALIFIER



HOW DID BALANCE HELP YOU THROUGH THE RECRUITING PROCESS?

Patty took a lot of initiative in reaching out to schools on my behalf. It was nice having someone helping me so much and giving me a wide array of schools to look at. Ultimately, I was able to look at far more schools than I would have if she did not help me.

DID YOU FEEL THAT YOU HAD A LOT OF OPTIONS?

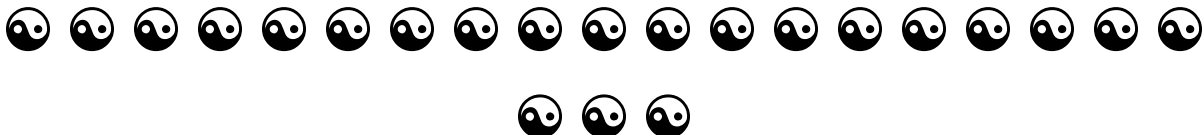
Yes, I had a lot of options! Like I said before, Patty reached out to a diverse set of schools for me. This allowed me to find a school that was a perfect for me.

DID YOU FEEL YOU HAD SUPPORT DURING THIS DIFFICULT PROCESS?

My parents were very supportive during the process. They were both former D3 athletes, so they did not care if I went D1, D2, D3, etc. All they wanted was the best for me. The coaches at Balance were also incredibly supportive. Throughout all of my time at Balance I felt like each and every coach wanted the best for me. They pushed me to be the best player and person that I could be.

DID YOU END UP AT THE RIGHT SCHOOL?

I love North Park and think it is the perfect fit for me. From the coaches to the players, the college itself, and even the proximity from home.



REMINDERS-

- 1. PLAYERS MUST BE WEARING BLACK ADIDAS SHOES TO TOURNAMENTS**

- 2. BE ON TIME TO TOURNAMENTS AND PRACTICE**
- 3. MAKE SURE THE FULL WARM-UPS ARE WORN TO TOURNAMENTS**
- 4. GET THE APP- GAMECHANGER SO YOU CAN LIVE STREAM YOUR TEAMS MATCHES FOR FREE!**
- 5. 13 and up, WEAR ADIDAS SOCKS AND SPANDEX**
- 6. IF YOU ARE GOING TO BE LATE A TOURNAMENT, LET THE COACH KNOW ASAP!**

FAVORITE PIC OF THE MONTH

Nice to see so many returning Balance players! And welcome to the club, Sienna #47!!!!



15 BLACK is BACK!!



14 WHITE 1st day playing as a team!

It will be amazing to watch their progress!



MEET ONE OF OUR BALANCE COACHES

ISABELLE STRADER

13 BLACK- Assistant Coach

Growing up..... I did gymnastics until I was 11. And then when I was 12 I started playing volleyball. I played at Sky High for 7 years. My last year of club, I switched and played for Wisconsin Juniors.

In college... After a lot of thought, I decided not to play volleyball in college and to focus on academics. I am going to transfer to Arizona State in the fall, where I will major in Psychology and minoring in Criminology. I hope to be a Therapist for criminals.



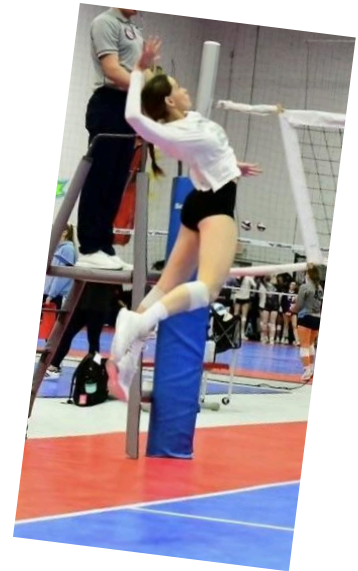
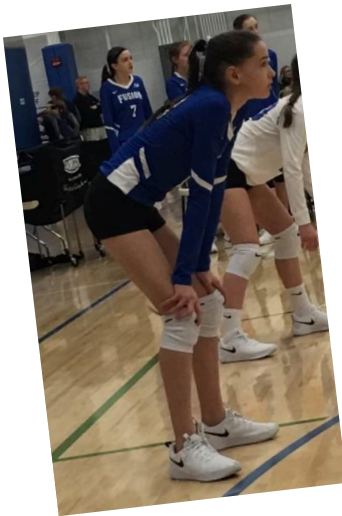
What is your other job? I am a server at Moretti's in Barrington

Why did you become a coach? I decided to coach because I miss volleyball, and coaching makes me feel like I am still a club volleyball player. Coaching at tournaments that I used to play in brings back good memories.

What do you love about coaching? I love still being involved in volleyball. I like going to tournaments and coaching the girls because it reminds me of myself when I was young.



At the end of a season, what do you hope your players reflect on in regards to you as their coach and their season? At the end of the season, I hope my players have a positive mindset and good attitudes. As a team sport, attitudes are one of the most important aspects of the game. I hope that they learn not to stress over mistakes, because mistakes will happen and they are OK!



SENIOR SPOTLIGHT.....

DELANEY ROGGE- WOODSTOCK NORTH HS- Carthage College



Why did you choose Balance? because I knew it was a positive uplifting environment to play in. I went and watched a practice and I loved the coaches and how the club is run.

What is the biggest obstacle you have had to overcome in volleyball? The biggest obstacle I have had to overcome was probably finding out I tore my labrum and needed shoulder surgery. I was told I would not be able to play volleyball from September to April which was pretty scary to hear. Luckily with a lot of hard work and pushing through I will be able to play this month! 3 months earlier than they predicted!

What are your college plans? I will be playing volleyball at Carthage College in Kenosha Wisconsin. I will be majoring in Biology with a goal of becoming a Physician's Assistant in Dermatology.

What do you love about the game? I love that volleyball is a place for me where stressors or problems in my personal life completely go away. When I am playing volleyball I am just happy I have the opportunity to be playing and I focus on being the best I possibly can

What are things that I wish I would not have stressed about when I was younger? Some things I wished I did not stress about when I was younger are pushing myself way too hard, worrying about college too much, and being WAY too hard on myself. I have very high expectations when I play and I was definitely way too hard on myself and it's something I still struggle with.

Did you ever think about quitting? Yes, I thought about quitting many times. I have always been very hard on myself about playing perfect and pushing myself too hard. Doing that led to me being completely burned out. Last year I was 100% set on not playing in college and I really did not want to play club either. I could say for the first time in my life that I really disliked playing volleyball. As I said earlier I found out I needed surgery and at the time I thought it was the worst thing to ever happen. I missed my senior season and would miss a lot of club. I look back now and this injury was the best thing that could have ever happened to me with volleyball. Sitting on the sidelines of our high school games really opened my eyes and made me realize how much I love volleyball and want to play. During my injury I reached out to the Carthage head coach and was committed about a month later. So in the end it all worked out!

Advice for younger Balance players.....My advice would be to be thankful you have the chance to play while you do. Volleyball really is a great sport and if you work hard you can really get yourself huge opportunities. With that I will also say do not work yourself too hard and get burnt out. Make sure you have a great balance between volleyball and things you want to do outside of it, like school or your social life. Lastly I would say just have fun and be able to be focused, but also make sure you can laugh and enjoy what you are doing.

College Update

Lauren Passaglia #11

2024 All-Conference

2023 3rd Team All-Conference

*2023/2024 Conference Champions
2023/2024 NCAA Tournament Bid*

Here is Lauren's story, as she chose to be a 3 sport athlete at Cary-Grove and was a 2 time Female Athlete of the Year in HS. She did not start playing club volleyball until her sophomore year in HS!!!

How did you Balance being a 3 sport athlete for 4 years while playing club volleyball?

I loved being able to play three sports throughout high school! I was able to balance it with club volleyball because I had the support of the coaches I played for and got really good at managing my time.

When did you realize volleyball was the sport you were going to play in College?

I realized that I wanted to pursue volleyball in college during my sophomore year. I always knew I wanted to play a sport in college but it was just a matter of figuring out which one. I had such a great experience playing for Coach Langanis both at Cary Grove and for Balance. She challenged me in ways that I hadn't found in other sports and it ultimately made my decision easy

How did Balance help you in the recruiting process?

The recruiting process was really scary just because I had never gone through anything like it. Coach Langanis did such a wonderful job of reaching out to schools and putting me in contact with coaches from all over. In fact, I had never heard of Hillsdale before I was put in contact with them, so ultimately Coach is the reason I'm here!

What did you personally do that helped you get recruited?

During visits, I tried to talk to as many people as I could. It's important to make as many connections as you can while going to different schools by talking to people from different parts of campus, because you are a student athlete, not just a volleyball player.

What is the biggest difference from club and HS to playing D2 volleyball?

The biggest difference between club/high school and college volleyball is the speed of the game and the overall buy in. Everything moves a lot faster in college and you are expected to learn quickly, but this is made much easier by the support of your teammates. I've loved getting to be a part of a college program because the commitments that people are willing to make are much more significant than in highschool.



What is your favorite part of being a D2 athlete?

. My favorite part of being a D2 athlete is that I get to devote my time to both my sport and my

studies. Our season is slightly shorter than D1 and our travel commitments are significantly less, so we are able to spend a lot of time in the classroom as well as on the court

What is the hardest part of being a D2 athlete?

The hardest part about being an athlete in college is the time commitments you have to make. Athletes are almost always held to the same or even a higher standard than the rest of the student body. This can be very challenging to manage with busy travel schedules and long hours in the gym.

What type of academic support does your school offer you as an athlete?

As an athlete at Hillsdale, there is great academic support. Our small class sizes make it really easy to communicate and make a plan with professors when we are traveling and we also participate in study tables our freshman year. A lot of my team will continue to attend study tables beyond just freshman year as it's great to see everyone working just as hard on their studies as they do on the court.

