

* The Premier Star *

By Melissa Kucirek – 16 Gold Coach

WELCOME TO PREMIER VOLLEYBALL

Welcome to the 2002-2003 Premier Volleyball Season. As many of you have already experienced, volleyball is highly enjoyable, competitive and lots of work. Premier would like to assist in making the experience a good one for all of you, as much as possible. The Premier Star is designed to honor and inform you on what else, but your club.

Over the season, this monthly publication aims to cover not only players' stories, but coaches and community partners as well. To do this, we need your help! Please email Melissa Kucirek at mismelis9@hotmail.com with any stories, news tips, areas of interests, or if you would like to contribute in any way. For the older players, this may be of interest to those who are involved with their high school journalism programs. Just like in volleyball, writing needs to be practiced, too.

Make it count this season!

Melissa

GYHRA SETS "SITE" ON NEW SEASON

It's late on a Saturday afternoon. One by one parents and young athletes trickle in to get their apparel they've so eagerly awaited. Amidst the plethora of red bags, sacks fully marked with names scampered on the floor, t-shirts over several chairs, is Michelle Gyhra.



Like the epicenter of a tornado, she's calm and collected. She coolly follows the directions and notes in her highlighted, pen-marked, circled, and thick as a volleyball rulebook, scratched-out notebook.

Gyhra is not only the web-master for Premier Volleyball Club; she's a driving force behind the machine that makes the club run smoothly each season.

"I would describe her as outgoing and organized," her sister, Shannon, said. Organized yes.

With 115 players, 12 teams, plus parents, plus coaches, plus outside interest, Michelle assists Club Director Rick Welch and the club's travel coordinator, Michelle's mother, Marian Gyhra, in making sure every player has a uniform, is checking the website and has the low-down on what's happening.

"I would like to get the website to have more personal information," Michelle said. "More geared towards each team. The coaches could go in there and customize their own page."

Michelle's goals not only reflect her strong interest in Premier, but in her future. The University of Nebraska at Omaha senior is studying management information systems. Eventually, she said, she would like to own a business-consulting firm, targeted towards smaller companies.

"Even when I'm studying, I'm on the computer," Michelle said.

Shannon laughingly said that her sister is always on the computer, but Michelle begs to differ. The former defensive specialist for Daniel J. Gross High School and River City Juniors enjoys the great outdoors.

"I've always been so outdoorsy," she said, mentioning hunting and fishing as her favorite activities. "I grew up as a tomboy because we didn't have any boys in the family." When it comes to the Premier site, Michelle enjoys receiving the emails and the overall interest among the players.

"Actually talking to all the girls is great," Michelle said. "Getting emails from volleyball dad's always make me laugh. They're great."

Favorite Music	"Country—Kenny Chesney, or a little rock and roll like AC/DC, Joan Jett. I love Brittny Spears."
Favorite Movie (s)	" 'Coyote Ugly,' 'Miss Congeniality,' anything with Sandra Bullock."

PREMIER VOLLEYBALL JANUARY BIRTHDAYS

Sara Kenne, 16 Gold	January 2
Kara Brown, 15 Gold	January 8
Abby Jacobberger, 12 Gold	January 9
Jenny Snell, 14 Black Coach	January 14
Claire Seger, 13 Gold	January 16
Maddie Thompson, 15 Gold	January 17
Madison Berg, 14 Gold	January 19
Megan Crawford, 13 Black	January 22
Leigh Dutton, 14 Gold	January 25
Kaitlin Hahn, 12 Gold	January 30



~ From Premier Volleyball!

JANUARY'S PREMIER STARS

Who is a Premier Star? The Premier Stars are players who have been selected by their coaches for their commitment to their teams. Players are chosen based not only on skill, but teamwork, hard work and dedication. Premier Stars are shining examples of the idea that their efforts have paid off in practice and in competition.



This month's Premier Stars were very difficult for the coaches to select only "one" player at such an early point in the season. Premier Volleyball would like to recognize each and every one of our players. All of you have worked so hard to get to this exciting point of the season. **Keep shining!**

This month's "Premier Stars" are:

Madison Berg, 14 Gold –Madison comes to practice with lots of energy, a great attitude, eyes and ears open, and is "up" for any challenge we give her. Maddie (like her teammate Jill) is capable of playing well at any of the hitting positions yet has willingly accepted the task of learning the "setter" position and is quickly developing into a very fine setter. Maddie's hard work and determination will help propel her and her teammates to a higher level of play and will benefit the teams journey towards success.

Sara Kenne, 16 Gold - Sara Kenne brings tremendous energy and confidence to 16 Gold. She's extremely coachable and gives her "all" every drill and practice. What I'm most impressed with is her team commitment. There have been several times when she has encouraged and complimented her team members. Sara really pushes herself and I'm very excited to see that crossover to tournament play.

CLUB DIRECTOR'S CORNER...

The season officially has started, although our first tournament activity won't be for a couple weeks. Players, this is the time to focus on each repetition at practices and give your best effort every time.



Coaches, this is your time to intensify the practice sessions, using more team-oriented drills to build on the communication and competitive moments that are essential during tournaments.

Parents, we will be holding qualifier meetings soon. Please watch the web site for dates, times and locations. We must have your participation and input at these meetings or your commitment to the events prior to the meeting, if you can't attend.

We can feel the excitement building. So, play hard and we wish all of our teams the best in the upcoming events.

Recruiting 101: CSM's Coach Siedlik Dishes the Do's and Don'ts

Omaha's College of Saint Mary Head Volleyball Coach Trish Siedlik has been on both sides of the table when it comes to recruiting.



The former CSM standout had several offers to play college ball coming out of Westside High School. Now, in her first season at the helm of a young Flame squad, Siedlik has learned that patience and honesty makes a great team in the recruitment game.

"Recruiting is a very stressful time for the student athlete," Siedlik said. "Be patient and honest with coaches. Don't string them along if you have no intention of playing for them. They will respect you if you're honest, and things will go much smoother."

Siedlik suggested starting the process as early as freshmen year in high school. Student athletes should lay a strong foundation in their overall grade point average. In addition, playing club volleyball is a great way to gain valuable experience and exposure. "You will get noticed even at that age," Siedlik said.

Sophomore year student athletes should start getting more serious about their sport. Siedlik suggested they come up with ideas on what they would like to have as a major field of study in college. Also, start experimenting with a weight lifting program in their high schools.

Junior year, she said, is a more focused one. Student athletes should contact their high school counselor to fill out an NCAA Clearinghouse form. Begin writing letters to

programs of interest; with inclusion of height, position, academic interest and information that would help the coaches get to know you.

She mentioned the CSM volleyball site as having additional profile information. "Juniors should also send a tape of themselves performing all the skills of volleyball, including game footage," Siedlik said. "Show mistakes too. Coaches want to see how you correct them."

Junior student athletes often receive numerous letters and forms. "Do fill out every form that comes in the mail," Siedlik said. "You never know what school will work out best for you."

Seniors should take college visits the summer prior to their senior year, or during the fall. Watch the teams' play, ask lots of questions, and be realistic.

"Ask yourself several questions," Siedlik said. "Do you want to be a 'big fish' or grow into a 'big fish?' Not every player is Division I caliber. Look at the roster of the college team. Are the players in the position you're looking to play seniors, or two-time All-American juniors? Do you want to play as a freshman, or play a supporting role for three years?"

Family, Siedlik said, is another important factor in decision. "It may sound fun to go and play at a college in California," Siedlik said. "But, your parents may never see any of your games." Also, finances are on both the coaches and players' minds. Ask.

"Not every school offers full-rides," Siedlik said.

Finally, remember that the volleyball world can be a small one. Watch what you say.

"Don't talk negatively in recruiting visits about other programs or your high school program," Siedlik said. "You never know who knows who."

College of Saint Mary's Website - www.csm.edu

STAR QUOTES

"If it isn't fun, why do it?"

—Jerry Greenfield, *Co-founder of Ben & Jerry's Ice Cream*

"Even the impossible can be achieved if you believe."

—Anonymous

"Confidence is a lot of this game or any game. If you don't think you can, you won't."

—Jerry West

"Energy and persistence conquer all things."

—Benjamin Franklin

"To be a champion, you have to believe in yourself when no one else will."

—Sugar Ray Robinson

Premier Volleyball, January 2003

WEBSITE

Practices and Tournaments – Check the website www.premiervolleyball.org for your teams schedule of events.

Playing Sites – Directions and addresses are listed under "Locations".

Mandatory National Qualifier Parent Meeting – Keep an eye on the website for date and time.

UPCOMING DATES TO REMEMBER

January 4	Rules Clinic and Puffy Painting
January 11	Special Session
January 12	1 st Tournament Weekend
January 15	Player Fee Due (\$300 for 12s-13s and \$350 for 14s-18s)
March 20-23	Hoosier Mideast Jr National Qualifier
April 3-6	Colorado Crossroads Jr National Qualifier
April 12-13	Great Plains Jr Regionals
April 24-27	Northern Lights Jr National Qualifier

SIMPLY BLIMPIE SUBS AND SALADS

Rockbrook Blimpie's owner Terry Ford has generously offered his support to Premier. What better way to



grab a bite to eat after an early practice? How about getting a sandwich "to go" and bringing it to a Sunday tournament? Better yet, looking for a team outing? Before you hit AMC, stop at Blimpie's on the way!

Not only can you have a fresh, delicious sub sandwich, you can spread the word of Premier to the Omaha community. Mr. Ford's generosity is a fine example of Premier's community partnerships. It may go without saying so, but when Premier players visit establishments, such as Blimpie's, Fazoli's and Hauff Sports, remind them again of the club's appreciation. You never know, if you're wearing your warm-up jacket, they may recognize you!

Rockbrook Village Blimpie Subs and Salads

Address: 10811 PRARIE BROOK RD, OMAHA, NE 68144

Phone: 402-926-4103



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