

## 2008 USAV SEASON

### Club Information:

**Club Director:** Tony Miranda  
**Asst. Club Director:** Kim Werkau  
**Billing:** Jenny Lashinski  
**Club Address:** 15821 NE 8<sup>th</sup> St., Suite W-200  
Bellevue, WA 98008  
**Phone Numbers:** PH:(425) 497-1051 / FAX: (425) 455-9409  
**Club Email:** info@volleyballnw.com  
**Web Address:** www.nwjuniors.com

**Team Focals:** Thanks to all those parents who volunteered their time to make the teams run smoother for all. Your hard work is appreciated.

18 Storm	Holly Warren
17 Thunder	Allison Snedeker
17 Heat	Lisa Marie Hatch
17 Vortex	Leslie Bradley
16 Storm	Lynne Sayers
16 Ice	Cindy Kuijper
16 Cyclone	Shelly Safronek
16 Blizzard	Liz Kriewald
16 Avalanche	Susan Bakker & Shelly Oswald
16 Inferno	Karen Thompson
15 Thunder	Eric & Gretchen Roeder
15 Heat	Debra Hendricks
15 Tornado	Stacey Donlon
15 Tempest	Cary Ann Hitch
15 Lightning	Kirstie Ruvalcaba
14 Storm	Jackie Siochi
14 Eclipse	Lisa Wood
14 Cyclone	Diane Forsyth
14 Tornado	Lara Young & Tanya Peterson
14 Blizzard	Suzi Maloney
13 Thunder	Christy Niemann
13 Twister	Lisa Hurley
13 Tempest	Terry Page

### ***In addition, a special thanks to:***

Cindy Crank: Club Travel Coordinator

Michael Christiansen: U14 Eastside Program Coordinator

# **Northwest Juniors Volleyball Club**

## **Mission Statement**

**Northwest Juniors Volleyball Club** is committed to providing opportunities for young athletes at all levels of development to engage in quality, competitive experiences. We are dedicated to the idea that any player, regardless of size or skill level, who wants to participate in the USAV Junior Volleyball Program, should be given that opportunity.

A competitive athletic experience can instill good work habits, enhance social development, contribute to mental and physical health, and teach values of personal responsibility, self-discipline, self-motivation, and teamwork. Participation in junior volleyball also improves the athlete's opportunity to realize the goals of:

- *Improving individual skills and ability to play and contribute as a member of a team.*
- *Earning or keeping a position on the school varsity volleyball team.*
- *Earning a college scholarship.*

Each of the above goals involves individual player growth. This includes improvement in skill level AND in the mental outlook necessary to be a successful member of a volleyball team. The **Northwest Juniors** philosophy regarding player growth is simple; one must play to improve.

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### **Club Director, Tony Miranda**



#### **Administrative Experience**

- 8 years (2001 – 2008 seasons) as Director of Northwest Volleyball & NW Juniors Volleyball Club.
- 3 years (1997 – 1999) as Assistant Director of the Northwest Volleyball Center.
- Over ten years experience as a coach, club administrator, tournament and event director.
- Junior Program Director, Puget Sound Region USA Volleyball

“For the 2008 USAV season, **Northwest Juniors Volleyball Club** was 24 teams strong!!! We are very proud of the players, coaches and administration this season. As our mission statement reads, we are dedicated to players of all skill levels; to that end, we have 6 “National” teams competing at or near the top of the region (U18, U17, two U16’s, U15, U14), and 17 “Regional” teams of varying skill-levels and ages (U13 – U17) in the Eastside, Edmonds, and Kent areas. We are also proud to have a U10/11/12 League this year, introducing the sport to a great group of future volleyball stars.

Most area clubs are restricted to selecting only “all-stars”. We feel that we can provide an environment for “all-stars” through our National, Edmonds, and Kent team programs -- and at the same time provide opportunities for future all-stars through our Regional team program in all three geographic locations. We are excited about our program this year and look forward to the changes that will occur in years to come in upgrading our National programs and providing more opportunities for the younger age groups.”

## Northwest Juniors VBC Head Coaches



### Kim Werkau - 18 Storm

Kim is Northwest Volleyball's Adult Program Director and Assistant Club Director for Northwest Juniors VBC. She is also the Head Coach at **Bellevue Community College**, where her 2006 team finished 3rd in the northern division of the NWAACC and her 2007 team finished 2nd. Before Bellevue Community College, Kim was the head coach at Kent-Meridian High School, and assistant coach at Evergreen High School, and volunteer assistant at Sumner High School. Kim coached the NW Juniors 17 Thunder team in 2005 and 2006. She played club ball at Northwest Juniors during her entire high school career. Kim then played at Central Washington University from 1998-2001 where she was a middle blocker and a team captain in 2000-01. The team finished third in the NCAA in 1999, and second in the GNAC the following two years.



### Kevin Marts - 17 Thunder

Kevin has been involved in volleyball as a player (20 years) and coach dating back to before his college days at Washington State University. His coaching resume includes two years as an assistant coach at Washington State University, 2 years at Colfax MS & Colfax HS (2 state championships), 2 years with Palouse Jrs, 1 year with Moscow VBC, and 2 years head coach of the WSU Men's team. He played club ball at WSU and was a 4-year captain of the team and was an all-tournament selection at the NIRSA National Championship Tournament each of those 4 years. He was also a 3-time Pacific Coast Conf MVP, and spent 2 years on the National Select Club team. He will be a great addition to our coaching staff for 2008.



### Jessica Marsh - 17 Heat

Jessica returns for a second season with Northwest Juniors after coaching the 16 Blizzard team to a successful 2007 season. An Oregon native, Jessica comes to us with a wealth of volleyball knowledge and organizational skill. Since graduating high school in 2001, she competed on her intramural team at Western Oregon University, where she also earned her bachelors of science degree in speech, communication, humanities, and psychology (graduating cum laude) in 2006. From 2003 - 2006, Jessica was a coach for Cascade Jr's VBC based in Gresham, OR and focused primarily on the U-14 and U-16 teams. She has since moved to Seattle and is currently pursuing her Masters Degree from Seattle Pacific University in *Organizational Development*, and will graduate in 2008.



### Raven Northup - 17 Vortex

Raven moved recently to the Seattle area after completing her studies at Arizona State University. Her college playing career includes two seasons as an all-West Division player at Lower Columbia College. She played high school volleyball at Kelso HS and club for Cowlitz VBC. She coached several camps during her high school and college days, and will be a first year NW Juniors VBC coach. We are pleased to have an experienced college & club player directing our Kent U17 team.

# Northwest Juniors VBC Head Coaches



### Jason Mills - 16 Storm

2008 marks the fifth season for Jason and Northwest Juniors. Jason moves to the 16 Storm team after a highly successful 16 Heat season (they were the top U16 team in the club in 2007). Jason has been part of the Edmonds expansion since the inaugural season of the Northwest Juniors - Edmonds program. Jason also is the assistant club director in Edmonds -- partially responsible for maintaining the integrity of the **Gold Medal Systems** taught by Northwest Juniors Volleyball Club. Jason has attended two Gold Medal Squared Volleyball clinics. He also serves as an assistant coach on the Edmonds Community College coaching staff.



### Dragan Karadzic - 16 Ice

Dragan returns for his fourth season with Northwest Juniors Volleyball club. Previous to his coming to NWJRS, he coached in the Great Lakes Region, where he was extremely active in the Junior Volleyball Community. Dragan was an IMPACT Clinician in the Great Lakes Region along with being a member of the Great Lakes Region Executive Board, Great Lakes Region Girls Junior Coordinator, and Great Lakes Region High Performance Camp Co Head Administrator. Dragan is IMPACT, ASEP, CAP I Certified and a member of the American Volleyball Coaches Association (AVCA). Dragan is also the Puget Sound Region's High Performance Program Director as well as Junior Tournament Director. Dragan also serves on the USA Volleyball Junior Girls Competition Commission.



### Jenna Tomko - 16 Cyclone

Jenna is a 2002 Graduate of Bellarmine HS in Tacoma. While in High School she was on varsity three years and played for Puget Sound VBC (5 years) traveling to many National-level tournaments. After high school, she went on to star at Le Moyne College(DII) in Syracuse, NY where she was a starting Middle Blocker. She has coaching experience primarily in camps in High School and College. She is a great addition to the NW Juniors staff.



### Kristine Wilen - 16 Avalanche

Kristine comes to us from Club Dig It, where she has coached for the last three seasons. She has played one year for Edmonds CC and was a 4-year member of the Cedarcrest High School Volleyball team. She has attended two Gold Medal Squared volleyball clinics, coached several camps for Cedarcrest HS and Edmonds CC and remains active as volleyball player in rec leagues in Kirkland. We are pleased she has joined the NW Juniors staff for the 2008 season.

## Northwest Juniors VBC Head Coaches



### Jennifer Collins - 16 Blizzard

A native of Ferndale, WA, Jennifer has played volleyball since sixth grade. She has also played a year of community college volleyball at Whatcom CC. Since then, she has played in several adult leagues and tournaments as well as coach softball at her alma mater, Ferndale High School. Jennifer will do a great job coaching the 16 Blizzard team.



### April Barreras - 16 Inferno

April returns after taking two years completing a dental program in Yakima. 2008 will be April's second stint with NW Juniors. She is another former player for Tony Miranda at Foster High School who returns to coach for Northwest Juniors (joining Angela Burgess and Marla Tappero). April has been active as a player locally and played at Highline Community College for two years after graduating from Foster. We look forward to April's contributions this season.



### Leon Blazer - 15 Thunder

Leon moves up from the 14 Storm to the 15 Thunder team, hoping to capitalize on the momentum and improvements the 14 Storm team made in 2007 with the same core. Leon came to us mid-season in 2006 and was assigned as an assistant with the 14 Cyclone team. His previous coaching experience contributed to helping the team grow immensely. He is currently the JV coach at Sammamish High School. He has been involved as a player or coach for several years -- having moved from the Mt. Vernon area. We are excited about Leon's promotion as a National Team Head Coach and look forward to a great season for that team.



### Tony Miranda - 15 Heat

Tony is the current head coach at Edmonds Community College, his teams have had great successes the last two seasons (17 Thunder in 2007 & 16 Storm in 2006) and both years ended the season ranked in the top in the Puget Sound Region Rankings and placing high at the Volleyball Festival. Tony has taken four separate juniors teams to YJOV National Championship events.

**Northwest Juniors VBC Head Coaches**



**Rod Groce - 15 Tempest**

Rod is a recent transplant from Southern California where he coached 3 years for Seal Beach VBC, 2 years at Oxford High School, and 2 years at Saddleback VBC. He is a 15+ year veteran on the court and has played indoors and outdoors. He has also attended a few coaches clinics in southern Cal. We are pleased to add him to the NW Juniors Volleyball Club staff for 2008.



**Nichelle Barott - 15 Tornado**

Nichelle had a great season as the 14 Tornado coach in 2007 and returns as a U15 coach for NW Juniors. She is a former middle hitter at Bellevue Community College and is a 2005 graduate of Hanford High School. She has been involved in club volleyball for years, having played for Desert Volleyball Club, a club directed by her parents in the Tri-Cities area. Nichelle has great knowledge about the sport of volleyball and a great work ethic.



**Jen Hall - 15 Lightning**

Jen returns for a second season as a U15 coach for Northwest Juniors. She is currently the Junior Varsity Coach and assistant Varsity Coach at Highline High School. Jen has been involved in volleyball since sixth grade, and played for Northwest Juniors since she was a U14, including one season with Tony Miranda's 16 Storm team (including a Crossroads Championship and a trip to the Junior Olympic National Championships in Dallas). Jen's coaching experience includes volunteer assistant duties with her alma mater Auburn Riverside HS as well as Power Surge VBC. She is a welcomed addition to the NW Juniors Staff.



**Deana Thompson - 14 Storm**

Deana is a Senior Defensive Specialist at Northwest University in Kirkland, and coached our 13 Tempest team in 2007. She is originally from Centerville Texas, and she transferred to the Northwest from Southwestern AGU in Texas. Deana coached at Centerville High School in the Houston League and two years for NBC camps (both volleyball and basketball).

## Northwest Juniors VBC Head Coaches



### **Mindy Rencher - 14 Eclipse**

Mindy is a freshman on the Edmonds Community College volleyball team. She played club for Idaho Falls Juniors, and was a first team all-league player out of Idaho Falls HS before joining the EdCC team. She is an Outside Hitter for the Tritons and was named to the all-tournament team at the Whatcom Crossover tournament. She has worked volleyball camps for her high school and locally.



### **Amanda Frost - 14 Cyclone**

Amanda returns to NW Juniors after her first year working with the U12's. Amanda is a sophomore defensive specialist for Bellevue Community College. Amanda graduated from Mount Si High School in 2006. Amanda has an energetic personality, and will work great with the 14 Cyclone team this year.



### **Madeleine Krahn - 14 Tornado**

Madeleine (Maddie) is a Junior Middle at Northwest University. She has played all three of her collegiate seasons at Northwest U. She is from Milwaukie, Oregon (LaSalle HS). Her coaching experience includes , helping with Sudden Impact and volunteering with the Boys and Girls clubs locally. This will be her first season on staff at Northwest Juniors. We are happy to welcome her to the NW Juniors family.



### **Emily Price - 14 Blizzard**

Emily is a freshman on the Edmonds Community College volleyball team. She played three seasons with NW Juniors and Juanita HS before joining the EdCC team. She is a setter for the Tritons and has some coaching experience assisting club teams and working summer camps.

**Northwest Juniors VBC Head Coaches**



**Mati Bishop - 13 Thunder**

Most of Mati's coaching experience comes from coaching adult club teams locally since his arrival from Honolulu in 2005. Mati started playing volleyball in junior high through the Colorado Springs Parks and Rec programs and he continued to play in Hawaii and since his arrival here in Seattle. Mati is also currently a High School Volleyball Official with the Greater Seattle VB Officials.



**Lindsey Palmer - 13 Tempest**

Lindsey's coaching career began as an off-season assistant coach to her high school coach (in Alaska). She was a middle blocker and opposite and she played through high school and also club volleyball in at the University of Wyoming. This is her first season as a junior club volleyball coach.



**Lindsey Price - 13 Twister**

Lindsay returns after serving as the 17 Thunder assistant in 2006 and the 13 Tempest assistant coach in 2005. Lindsey played for the Juanita High School varsity from 2001 - 2003 and graduated from in 2004. She has played volleyball seven years and plans to study Education in college.

# Northwest Juniors VBC Assistant Coaches



Nicole Hill  
17 Thunder



Tessa Eberth  
17 Heat



Juleea Perez  
17 Vortex



Silver Keck  
16 Ice



Allegra Shank  
16 Cyclone



Nicole Tuson  
16 Blizzard



Cy Klein  
16 Inferno



Amanda Crank  
15 Thunder



Doug Molloy  
15 Thunder



Lauren Steenson  
15 Heat



Kristi Olson  
15 Tempest



Kacee Bootsma  
15 Tornado

## Northwest Juniors Volleyball Club



Kayla Morris  
15 Lightning



Libby Hellwig  
14 Storm



Anya Silva  
14 Eclipse



Lauren Holtz  
14 Tornado



Katie Rowe  
14 Cyclone



Bridget Marasigan  
14 Blizzard



Caitlin Sylvester  
13 Thunder



McKaley Brewer  
13 Tempest

### Coaches Not Pictured:

- Liv Fode – 18 Storm
- Karly Smaciarz – 16 Storm
- Justin Valente – 16 Avalanche
- Sarionna Rawlings – 15 Heat
- Mandy Veley – 13 Twister