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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.



NW Juniors Elite VBC was founded in 2009 to give local athletes who are motivated to play volleyball at the collegiate level an opportunity to excel, receive advanced training, and gain exposure for their hard work and dedication.

We do this by providing an environment where these motivated athletes will be exposed to high levels of training with an emphasis on fundamentals and sportsmanship, be given opportunities to compete with the best teams in the country, and offer them the tools to be successful. Among the tools we will provide:

- Training in systems of play used by the greatest teams in the world
- Tools to promote themselves to college recruiters
- An understanding of the importance of goal setting in developing the whole athlete and belief that in order to be successful, they must have a roadmap to success
- Promote leadership and teach the importance of team unity

Stress the importance of personal discipline, organizational skills, time management, and character building

NORTHWEST JUNIORS VBC

Club Information

Club Director	Tony Miranda
Assistant Club Director	Kim Culliton
Business Manager	Jenny Lashinski
Support/Billing	Tresa Tassia & Justin Clearwater
Club Address	15821 NE 8th St. Suite W-200 Bellevue, WA 98008
Club Phone	(425) 497-1051
Club Fax	(425) 869-0165
Club Email	info@volleyballnw.com
Website	www.nwjuniors.com

Team Focals:

Thank you to all those parents who volunteered their time to make the teams run smoothly. Your hard work and dedication is appreciated.

NW JUNIORS ELITE VBC		NW JUNIORS VOLLEYBALL CLUB			
18 Elite Black	Tonya Bedell	16 Storm	Mary Jo McLaughlin	14 Cyclone	Alise Quinn
16 Elite Black	Tina Fischer	15 Heat	Karen Brusseau	13 Thunder	Alice Moran
16 Elite Gold	Deborah Michael	15 Thunder	Melissa Hawkins	13 Heat	Nicole Hagen
15 Elite Gold	Kim Lisk	15 Tornado	Jen Van Avery	13 Tornado	Pam Logan
14 Elite Gold	Maralea Binz	14 Eclipse	Kris Sackman	12 Eclipse	Nicole D'Urso
		14 Storm	Evie Wright	12 Storm	Beth Knapick

Club Director, Tony Miranda

- 10 years (2001 – 2010 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 (2004-2007)

For the 2011 USAV season, **Northwest Juniors Volleyball Club** was 17 teams strong!!! We also added 4 non-travel teams in our Jamba Winter League for a total of 21 teams. 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 five teams in our ELITE program (*NW Juniors Elite VBC*) that compete at or near the top of the region; 12 teams in our NW Juniors program, comprised of teams of varying skill-levels and ages (U12 – U16) in the Eastside and Edmonds; and 4 teams in our non-travel programs that run a short season from February - May.

Most area clubs are restricted to selecting only "all-stars". We feel that we can provide an environment for "all-stars" through our Elite programs in Bellevue and Edmonds -- and at the same time provide opportunities for future all-stars through our NW Juniors team and our League programs. We are excited about our program this year and look forward to the changes that will occur in years to come in upgrading our Elite programs and providing more opportunities for the younger age groups.

Assistant Club Director, Kim Culliton

Kim is Northwest Volleyball's Adult Program Director and Assistant Club Director for Northwest Juniors VBC. She is also the Head Coach at **Bellevue College**, where she has finished in the top three of the North Division and top 5 in the NWAACC every year she has coached at Bellevue. The 2009 BCC team finished 5th overall in the NWAACC, and Kim was the recipient of the Northern Region Coach of the Year Award. Before being hired at 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. This is Kim's 6th season at Northwest Jrs VBC. Previous to her Northwest Juniors coaching experience, she coached the Bonney Lake U17 team during the 2003 USA Volleyball season. Kim played high school ball at Sumner High School, and 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 served as team captain during the 2000-01 seasons.

NW JUNIORS ELITE VBC STAFF

18 Elite Black (Edmonds)



Tony Miranda, Technical Coach & Recruiting Coordinator

Tony has extensive college coaching experience, having spent five years at *Edmonds Community College* (3 NWAACC Tournament appearances and a 3rd place in 2008); four years at Bellevue College (finished his career there with a record of 39-9 in the North Division and 124 – 76 overall, was voted coach of the year in the Northern Division in 2001 & 2002, and in 2002 was voted all-NWAACC coach of the year); and two years as assistant coach at Seattle Pacific University in 1999 & 2000. Tony has been a part of Northwest Juniors VBC since 1989 and has been the director of the club since 2000. Over the years, Tony has taken several teams to YJOV National Championship events. Tony's responsibilities also include coaches education and he is a staff coach in the Edmonds part of the club.



Stephanie Witsil, Assistant Coach

Stephanie recently moved from Billings, Montana, where she coached for the Billings Avalanche VBC in 2009 & 2010. She has also coached at Einstein Middle School (2008-2009), High Altitude Volleyball Club, U-14's, Flagstaff, AZ (2006-2007) Flagstaff High School, Volunteer Coach, Flagstaff, AZ (2005-2007). She is still active playing locally, and played College Club volleyball at Northern Arizona University (2005-2007) and High School Volleyball at Chelan High School, where she was the starting setter.

16 Elite Black (Edmonds)



Vettiar Chup, Head Coach

2010 C team coach at Everett High School , 2008 & 2009 Graduate Assistant Coach at *Edmonds Community College*. Has played beach several years and is in his second year of coaching college volleyball. "V" was the co-head coach of the 17 Elite Black team in 2010 and of the 15 Heat team in 2009. He is a very popular coach at the Edmonds club. He plays indoor and outdoor volleyball and brings great youth and enthusiasm to the staff. He is a patient and knowledgeable coach with a great understanding of the game.



Amber Johnson, Assistant Coach

Amber is the JV coach at Everett High School, after a very successful season as the assistant coach for the 16 Eclipse team. Her playing career includes playing her sophomore season at Seattle Pacific University and her freshman year at Whatcom Community College, where she was named North Region Co-MVP her freshman year. She was also the Northwest Conference MVP her senior year at Mt. Vernon High School. She played primarily for Skagit Volleyball Club. She is continuing her education at North Seattle CC and plans to transfer to a 4-year school after completing her 2-year degree.

16 Elite Gold (Eastside)



Sheena Surplus, Head Coach

Sheena previously coached in 2007-2008 for Nike NW Juniors (Portland) 18's team. From 2002-2006 she coached all University of Portland Summer camps/team camps where she played volleyball. She also coached Woodland High School Volleyball Camps. She is still an active player, playing on a women's USAV team. She played college volleyball ball from 2002-2006 at the University of Portland (Portland, OR) and High School for Gresham High (Gresham, OR). During her High school years, she played club for Nike NW Juniors VBC.



Jessica Gockel, Assistant Coach

Jessica returns for her second year coaching club volleyball for NW Juniors and has a great background: 3 years at University of Portland (2007 Graduate), 3 years of club volleyball (including with NW Juniors), 3 years varsity at Holy Names Academy, 3 years assistant CYO volleyball, clinician at Univ. of Portland VB Camps, and attended a Gold Medal Squared coaches clinic.

NORTHWEST JUNIORS VBC

15 Elite Gold (Eastside)



Kristine Wilen, Head Coach

Kristine is a graduate of Cedarcrest High School who starred on her varsity and went on to play one season at Edmonds CC. She has been the Head Volleyball Coach at Cle Elum Roslyn High School for the past two seasons and has several years of club coaching experience. She coached for Northwest Juniors in 2008 and for Club Dig-It from 2004-2007.



Mandy Veley, Assistant Coach

Mandy started out with NW Juniors as the Assistant Coach for the 17 Thunder team in 2007; she then assisted the 13 Twister team in 2008. She returns to the club and is an asset – especially given her experience as a Division II Outside Hitter. She played college volleyball at New Mexico State University, and Yakima Valley CC.

14 Elite Gold (Eastside)



Kim Culliton, Head Coach

Kim is the Assistant Club Director for Northwest Juniors VBC. She is also the Head Coach at **Bellevue College**, where her teams placed in the top three of the Northern region of the NWAACC every year (2006-present). The 2008 BCC team finished 5th overall in the NWAACC, and Kim was the recipient of the Northern Region Co-Coach of the Year Award in 2008 and Northern Region Coach of the Year Award 2009 and 2010. Before being hired at 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. This is Kim's 7th season at Northwest Jrs VBC. Kim played at Central Washington University from 1998-2001 where she was a middle blocker and served as team captain during the 2000-01 seasons.



Jessica Weitman, Assistant Coach

Jessica hails from Spokane. She is a freshman player at Bellevue College. This is her first season coaching for NW Juniors VBC, but she has extensive club and camp experience gained during her high school years in Spokane.

A SPECIAL “THANK-YOU” TO SPONSORS OF NORTHWEST JUNIORS VOLLEYBALL CLUB



Adidas is the Official Clothing and Footwear provider of Northwest Juniors Volleyball Club



Baden is the official Volleyball of Northwest Juniors Volleyball Club and Northwest Volleyball Camps. The Perfection Elite is the official volleyball of all Northwest Volleyball events.



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Jamba Juice is an official Sponsor of the Northwest Volleyball Fall and Winter League Programs. Jamba Juice is the Official Sponsor of the NW Juniors Junior Beach Series and is an official vendor at Northwest Volleyball Events

NW JUNIORS VBC STAFF

16 Storm (Eastside)



Lindsey Palmer-Steele, Head Coach

Lindsey started her volleyball career playing high school and club for four years. She played competitive co-ed league ball at the University of Wyoming and has played league since moving to Washington. This is her third year coaching for Northwest Jr's. In addition, she has ran clinics for the Boys and Girls Club and Hazen High School and worked as one of Kim Culliton's assistant coaches at Bellevue College in the 2008 fall season



Lauren Allen, Assistant Coach

Lauren joins NW Juniors as the 16 Storm assistant after experiences coaching for Eastside VBP and Momentum VBC from 2002 - 2006. She also coached for the Olympia Volleyball Club program while a student at Evergreen State College from 2006 to 2009. She is a graduate of Bellevue HS and played for Team Yakima, NW Juniors, Shoreline College, and Evergreen State College.

15 Thunder (Eastside)



Kellie Dahlquist, Head Coach

Kelli has been a basketball and volleyball coach -- mostly in her home town of Toutle Lake. She will start her club career on staff for one of our eastside teams. She played at Toutle Lake HS and for Cowlitz VBC and was also a member of the 2002 Washington All-State team.



Amanda Phan, Assistant Coach

Amanda joined the NW Juniors Coaching staff in 2010, and previously coached a few seasons for Space Needle Volleyball Foundation. She played college volleyball at Shoreline College and is a graduate of Juanita HS. She played her club volleyball for NW Juniors and Space Needle.

15 Heat (Edmonds)



Stephen Endsley, Head Coach

A recent transplant from LaCrosse, Wisconsin, Steven comes to NW Juniors with significant experience in athletics. His volleyball coaching experience includes time coaching both boys and girls: 2009 with West Bend Power VBC (girls), 2007-2009 with North Shore Milwaukee VBC (girls & boys), 2007 with Offshore Waves VBC (boys). He is a 2007 graduate of the University of Wisconsin-Whitewater, where he played on the men's club team. He also played boys club and High School volleyball in Wisconsin. He is also a certified volleyball official. He will coach boys and girls for NW Juniors.

No Photo Available

Jennifer Watson, Assistant Coach

Jennifer most recently coached for Sabotage VBC during the 2008-2010 seasons. She has also served as an assistant coach at West Seattle High School (2005-2007), coached CYO Volleyball (2000-2005) and has worked as a volunteer tutor for 3rd graders at Schmitz Park Elementary School. She played her high school volleyball at West Seattle HS and for NW Juniors VBC.

NORTHWEST JUNIORS VBC

15 Tornado (Edmonds)



Heidi Powell, Head Coach

Heidi established and manages the volleyball program for 7-12th graders at Christ Church Academy in Kirkland. She has been involved in volleyball as either a player or coach for over 15 years and played collegiately at Northwest University.



Alyssa Martin, Assistant Coach

Alyssa has a strong volleyball background. As a player, she was a setter and a DS and has had some great experiences. In high school, she was a three year letter winner at Snohomish High School and was starting setter on the 2005 team which placed fourth in State. While at Snohomish, she played for Washington Volleyball Academy where her three teams qualified for and competed at the Junior Olympic Nationals. After graduation, she played two years at NCAA Division II, West Virginia Wesleyan College. Her coaching experiences include organizing and running youth volleyball clinics through Snohomish High School Volleyball and serving as a camp coach at the Seattle Pacific University Volleyball Camps.

14 Eclipse (Edmonds)



Emily Davis, Head Coach

Entering her third season with NW Juniors VBC, Emily is the former head volleyball coach at Seattle Lutheran HS, where she was part of the program as a coach for over 3 years. She is a graduate of Seattle Pacific University and her volleyball playing experience dates back to her club days where she played 6 seasons with Saddleback Volleyball Club in Southern California.

No Photo Available

Holly DeGroot, Assistant Coach

Holly joins our staff after several successful seasons with LaConner High School and LaConner VBC. A 2004 graduate of LaConner HS, Holly currently works for Beyond Malibu Young Life in Seattle. She coached 5 & 6th graders for LaConner VBC in 2010 and was the JV Coach/Varsity assistant at LaConner HS during the 2006-2009 seasons. She has also attended several PNW All-Sport Clinics and is IMPACT certified.

14 Storm (Eastside)



Marli Henry, Head Coach

Marli is a first-year NW Juniors coach; she has coached summer camps and has an extensive playing background. She played one season at Bellevue College, and played club for Olympia VBC and Puget Sound VBC. She was a standout player at Fife High School and graduated in 2005.



Tillie Henry, Assistant Coach

Tillie is a first-year NW Juniors coach and is a 2008 graduate of Fife High School where she was an All-State player. She has played over 7 years and played Club for Puget Sound VBC & KJ VBC.

14 Cyclone (Eastside)



Jenessa Reid, Head Coach

A graduate of West Valley High School in Yakima, Jenessa is an outside/rightside hitter at Bellevue College. Jenessa has tons of camp coaching experiences with Northwest Juniors, West Valley High School, and the All Star Volleyball Academy. She has a great understanding of the game, and was the assistant coach for the U14 Gold team in 2010.



Brandy Johnson, Assistant Coach

Brandy is a freshman middle blocker at Bellevue College. She played at Central Valley HS in Spokane and also coached club volleyball for a Spokane area club. While an imposing figure at 6-1, Brandy has great patience and works well with our younger players. She also worked several camps last summer for NW Juniors and Bellevue College.

13 Thunder (Eastside)



Kristin Huffman, Head Coach

Kristin is a freshman setter and outside hitter at Bellevue College. She played at Lindbergh HS and also coached club volleyball while a senior. This is Kristin's first time working with NW Juniors, though she did work several camps last summer for Bellevue College.



Dez Diego, Assistant Coach

Dez is a defensive specialist at Bellevue College. Prior to attending BC, Dez played at Bothell HS and Rain City VBC. Dez coached at 4 NW Jrs. Camps this summer, and did a fantastic job with the younger age groups. She was assistant coach for the 12 Storm team in 2010.

13 Heat (Edmonds)



Craig Barrow, Head Coach

Craig has a great background primarily as player. He has coached with the Boys and Girls programs in Snohomish County for the last several years and is looking to expand and challenge himself as a coach for club volleyball. He will be working with our younger teams in Edmonds.



Kelli Yalowicki, Assistant Coach

Kelli's roots are in Marysville, but her coaching experiences are from her travels abroad. She most recently coached the high school JV team on the Camp Zama military base in Japan. Since that experience, she has helped out her sister's program at Marysville High School during their summer camps. She played locally, for club Vertical and Rain City VBC while in high school, then two seasons at Edmonds Community College

NORTHWEST JUNIORS VBC

13 Tornado (Eastside)



Susan Rogel, Head Coach

This is Susan's first year coaching with NW Juniors, but she coached for a few clubs in the recent past. This is not her first exposure to the club, as her daughters have played for NW Juniors VBC and her oldest daughter Emma, a Newport HS graduate plays at Bellevue College.

No Photo Available

Kinzie Van Voorst, Assistant Coach

Kinzie is a recent transplant from Houston where she played for the University of St. Thomas and coached U13's for Club Fort Bend Fire. Her coaching and experiences include: coaching three seasons of AAU volleyball in Iowa (5,6 and 7th grade), five years coaching softball, and summer camps while playing college ball. As a player, she started 2 seasons at the University of Sioux Falls, (OH and DS) played a semester at University of South Dakota, and one season at the University of St. Thomas in Houston. She was a 4 year starter high school (Iowa), and played junior volleyball for a club based out of the University of Okoboji

12 Eclipse (Edmonds)



Deb Miranda, Head Coach

Debbie returns to coaching after having coached a few years in the Snohomish Parks system. She has been heavily involved in the sport since her daughter Taylor took up the sport as a nine year-old and coached Taylor her U10-U12 seasons. She has coached a few camps and worked as a tournament director the last few years. She coached the 12 Eclipse team to a successful top 10 finish in 2010 and returns as the 12 Eclipse coach in 2011.



Taylor Brooks, Assistant Coach

Taylor is a Senior setter at Edmonds-Woodway High School, and has played for Northwest Juniors VBC since her U14 season. She most recently played for the 2010 17 Elite Black team, and has worked summer camps extensively. She is a patient coach and very familiar with the NW Juniors systems of play and is a great complement to the 12 Eclipse Head Coach.

12 Storm (Eastside)



Jessica Weitman, Head Coach

Jessica hails from Spokane. She is a freshman player at Bellevue College. This is her first season coaching for NW Juniors VBC, but she has extensive club and camp experience gained during her high school years in Spokane. She is also the assistant coach for the 14 Elite Gold team, coached by her college coach Kim Culliton.



Jel Baca, Assistant Coach

Anjelica "Jel" is re-starting her coaching career after coaching middle school summer leagues and summer camps from 2002-2004. Her playing experience includes playing at Mountain View Middle School 1998-2000 Rio Rancho High School 2000-2004 and club volleyball for the Rio Storm and Rio Dynasty. She was also a People to People Sport Ambassador in 2003; she played club volleyball in college and continues to play through Underdog Sports and A/E volleyball leagues.