



# Milwaukee Rally Volleyball Club



Volume 2, Issue 1  
January 2009

## From the Director...

### Hello Everyone! Welcome to Rally!

This is the first newsletter of the season, and since we have new members, I wanted to remind everyone that this newsletter is one of the only communication vehicles utilized during the season. We also have our website (www.milwaukeeerallyvbc.com) which will be unveiling its new look very soon, and we have team email. Each of these communication tools are used at various times to get needed information to you in as timely a manner as possible.

We welcome your comments and suggestions as to how we can improve on all of them to better serve you throughout the season.

In terms of upcoming events, we will be conducting a Special Olympics fundraiser during the season and over the summer we will be holding a volleyball skills and conditioning camp. Last year's

camp only focused on conditioning and based on your feedback, we are adding skills as well so will have the maximum experience, all wrapped up into one camp! I know it seems funny to think about summer already but it will come faster than you think!

Our coaches are ready for a fun packed and great season. If we all (coaches and athletes) put in the hard work and effort needed to succeed, I am certain you will see great positive results to your game by the end of the season!

I again welcome everyone to the Rally family and look forward to continuing to build on the positive results to your game by the end of the season!

Happy Holidays and Go Rally!

Coach Casey

## Coaches Spotlight... Janelle Balcerzak

Each month we will feature a coach from Rally so you can learn a little bit about them! This month we are featuring our 15-Black Co-Coach, Janelle

**Age:** 23

**High School:** Pius XI High School, 2003 Graduate

**Favorite Food:** Mexican

**Favorite part about volleyball:** From the player perspective, I love the feeling you get right after you get a kill or an ace! From the coaching perspective, seeing one of your players complete a skill that they

have worked so hard to learn!

**When did you begin playing?**

4th grade, there was a rec league at a grade school two blocks from mine. I didn't want to play, but my mom made me! I'm glad she did!

**Favorite Movie:** Mary Poppins or Willy Wonka & The Chocolate Factory

**Favorite Season:** Summer

**If you could travel anywhere where would you go?** Hawaii, I love warm weather and all the islands look amazing!

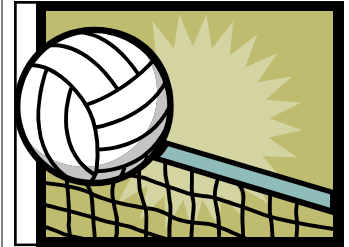
**Favorite memory of 2008?** Getting engaged in October!!!

**Why do you like coaching for**

**Rally?** I like the group of coaches we have here and I love that all the coaches are involved in trying to help make each girl a better player!

**If you could give advice to members of Rally, what would it be?**

Work hard and never give up! If you don't get something the first time, second or even tenth time, keep trying! You won't succeed without practice!



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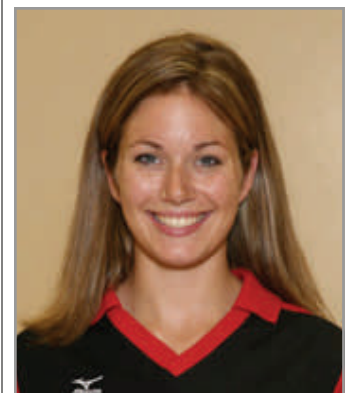
featuring Janelle

Balcerzak

-Coach Walker's

Corner

-Website Additions for 2009 Season





## Great New Additions to Website for 2009!

If you haven't already checked out our new online web store, what are you WAITING for?

We have something that will suit everyone in your family, and support your Rally club!



From t-shirts to scarfs, and sweatshirts to fleeces, there is a huge variety and many new additions from last season!

To access the new web store, go to :  
[www.milwaukeeerrallyvbc.weartobuy.com](http://www.milwaukeeerrallyvbc.weartobuy.com)

There you can sign up for an account and purchase any items you wish with ease!



Thanks to Chris Roessler and City Screen Print & Embroidery for all the hard work!



**City Screen Print & Embroidery** Top Quality Screen Printed & Embroidered Goods Plus Much, Much More!

## Coach Walker's Corner ....

As you all know, **Mike Walker** from 121 Fitness, LLC will be running conditioning practices for the Rally again this season. Mike will answer players, parents, or coaches questions regarding fitness, working out, and training. If you have a question for Mike to answer, send it to [kendralynncasey@gmail.com](mailto:kendralynncasey@gmail.com)

### YEAR ROUND CONDITIONING

Long gone are the days of beginning workouts a month or so before preseason prac-

tice begins. These days, athletes must train year round to attain superiority over opponents. That includes volleyball players. Whether your level of training is basic or advanced, your concentration must be on improving throughout the year. This means following a year round routine geared toward achieving maximum benefits at the right time. A volleyball athlete's year round training regimen can be divided into three 16 -week phases:

### **Preparation, Strength, and Power.**

That leaves four weeks for rest, relaxation, and recrea-

tion. The cycle of exercises differs between the beginning and advanced levels, but all athletes should adhere to this schedule starting with the first 16-week phase during the off-season and progressing to the strength and power phases. Exercises should be performed in the order projected for the year plan. Now conditioning for a volleyball player is an important of practice with the expertise of the conditioning coach as is also the skills practice with your volleyball coach as well.

-Coach Walker

**Mike Walker**  
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