

SPORTS  
PERFORMANCE  
VOLLEYBALL



INC.

1855 MANCHESTER ROAD • WHEATON, IL 60187 • (312) 690-2074

Sports Performance is unlike any other volleyball program I have seen in this country. It is a program not meant for everybody, nor is it meant just for anybody. The primary prerequisites for being a Sports Performance player are possessing a good work ethic and a strong desire to become a great volleyball player, realizing the latter cannot be obtained without the former. My three years playing for Sports Performance (1981-1984) were filled with countless ups and downs, tears and laughter, failures and successes. Although the details of specific matches or trips escape me, there is one thing I will never forget about those days - - that is, the feeling of wearing a Sports Performance jersey. It is an incredible feeling of pride standing on the endline before a match with your teammates, knowing you have worked harder than any opponent you will face... knowing you have reached higher, and with more persistence, towards obtaining your potential as a player, than most will ever do. To me, there is no better feeling.

In retrospect I have never regretted all the hours in the gym, gallons of sweat, or times of frustration that went along with being a Sports Performance athlete. These were just a part of the package, far outweighed by my development as a player and a person. "What you put into it is what you'll get out of it," is a cliché, but I have found it to be quite true. Again, it isn't the medals or specific techniques that I remember most from the program, but rather what it means to work hard for something, and the satisfaction of knowing without a doubt, "I have done my best" ----- All fame, honors, or titles lie in the shadow of that statement.

I am very proud to be a product of Sports Performance Volleyball. As a consequence, I have never looked back in time and wondered "What if?" Sports Performance was a tremendous learning experience accompanied by a plethora of great times. Thank you Kay Rogness and Rick Butler!

Nancy Reno  
Glenbard West High School - "84"  
Stanford- "88"  
NCAA All American  
Major League Volleyball  
U.S. National Team

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