



XCELERATION VBC 2010 – 2011



**Check our web site for more information and to stay current
with club news!**

www.xcelerationvbc.com

Welcome to the Xceleration Volleyball Club. The club executive director and owner is Jon Segall, who began the club in 2002 to give volleyball players in the area a competitive club in which to participate. Each year our club has enjoyed great success, growing in number of participants and competitiveness of our teams.

Xceleration VBC is a competitive volleyball club directed to girls who love the game of volleyball. Volleyball athletes join our club to learn, improve and refine their games. Is Xceleration VBC a place where only college bound athletes compete? Absolutely not! Learning a lifelong sport, making friends from a host of different schools, and having fun are often the reasons a young girl will get into volleyball. While we are very proud of the girls who have gone on to play at the intercollegiate level, we are equally proud of the girls who have simply learned the enjoyment of playing a game that they can carry with them into the future. We strive to develop the athlete not only as a player but also as a person, learning life long skills such as teamwork and interpersonal skills, the ability to handle pressure situations and to effectively use goal setting to accomplish anything.

Xceleration teams are all coached by quality coaches who are either current college coaches, current college players, former college players or current high school coaches. We are very proud of our staff and their ability to teach volleyball. Feel free to check our website to see their bio's.

Xceleration has practice facilities in the Oakland Hills and Concord.

Thank You for taking the time to check our programs out. We hope to see you at one of our events in the near future!

Last year was a very successful season at Xceleration VBC. 6 of our 9 teams finished in the Gold, Silver or Bronze Divisions of the NCVA Power League in their age groups. Our 18Blue team also qualified for the Junior Nationals in Reno and secured a 5th place finish in the National Division. We congratulate the girls and their coaches.

Last season at Xceleration brought some new benefits to the club. Our weekend lesson plans were staffed by former and current college players and coaches and were very well attended. We will be continuing with the lesson plans this season. This past summer and for the first time in our brief history, we offered two weeks of summer camps and a 6 week advanced instruction and conditioning camp. The camps, staffed by former and current college players and coaches, were instructional, beneficial and fun for the girls.

We are also happy to announce that our association with Jim Spagle and his program at Cal State East Bay will continue this season. Jim was very helpful and instrumental with our recruiting program and he will continue working with our coaches this season.

Speaking of our recruiting program, our program continues to flourish and has received rave reviews from college coaches across the nation. We currently have a database of over 125 coaches across the country that we have made direct contact with at tournaments and with whom we keep apprised of Xceleration's progress via e-mails. We deal directly with these coaches on a constant basis to assist our players during the recruiting process. Our recruiting seminars will resume in October. Keep an eye on our website for dates.

Coaches are the backbone of any club and at Xceleration we are EXTREMELY pleased with our coaching staff. Their coaching resumes are excellent and they all are wonderful teachers of the game of volleyball. We currently have the following coaches as a part of our club:

Andy Schroeder	Dwight Combs	Harrison Graham	Colleen Boston
Alicia Powers	Bonnie Wilson	Shannon Ross	Natasha Gayle
Jenny Wilson	Miya Frank	Joey Ballesteros	Rebecca Chase
Erika Norris	Mariah Christiansen		

We are still adding more coaches and will be posting them on our web site as soon as they are committed to the club.

XCELERATION CLINICS AND TRYOUTS

(ALL CLINICS ARE HELD AT THE BLADIUM IN ALMEDA)

CLINICS:

9/12	Ages 15 – 16	1pm – 3pm
	Ages 17 – 18	1pm - 3pm
9/19	Ages 15 – 16	1pm – 3pm
9/26	Ages 12 – 14	1pm – 3pm
10/3	Ages 12 – 14	1pm – 3pm
10/10	Ages 17 – 18	1pm – 3pm
10/17	Ages 12 – 14	1pm – 3pm
	Ages 17 – 18	1pm - 3pm
10/24	Ages 15 – 16	1pm – 3pm
	Ages 17 – 18	1pm - 3pm
10/31	Ages 12 – 14	1pm – 3pm
	Ages 15 – 16	1pm - 3pm

COST: \$20 per clinic or \$70 if you prepay
for all four clinics.

Registration Form available on the club web site as well as at the clinic site.

OPEN GYMS:

Sundays at our Concord practice facility. Check our website for dates and times

TRYOUTS:

Saturday, November 6 and Sunday November 7

Times and location TBD (will be posted on our website)

The tryouts registration form will be available on our web site as well as at the tryouts.

Or e-mail jrosses@aol.com to have a registration form mailed to you or with any questions.