

Xceleration Philosophy

Our philosophy is simple and can be summed up in three lines:

*Compete because you love to Compete
Win because you love to Win
Play because you love the Sport*

We love volleyball – plain and simple. It is love of the game that made us want to create a club that reflects the best part of the sport. The fluidity, the speed, the teamwork, the confidence, the aggressiveness, and the “art” of a game played to perfection.

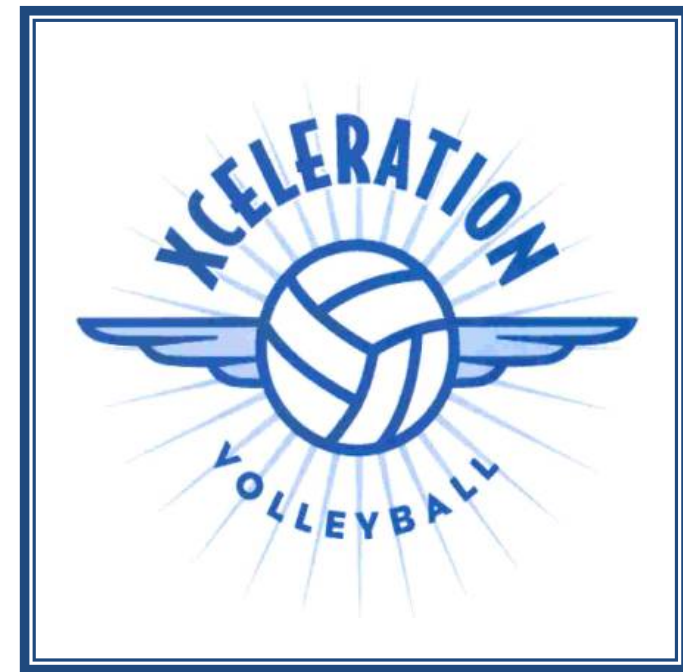
We want athletes and parents in our club to come to appreciate all aspects of the game volleyball, and revel in the joy that competition and the pursuit of excellence brings.



Xceleration VBC
552 Maureen Lane
Pleasant Hill, CA 94523
Address Correction Required



Xceleration Volleyball Club



Play Because You
Love the Sport

Phone: 510. 484.4622
Web site: www.xcelerationvbc.com
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What is Xceleration Volleyball Club

Our club teaches a style of the game that is strong on fundamentals with an emphasis on speed, and smoothness of movement. We look to the recent past (15-20 years ago) when USA Volleyball was the dominant force in the world and we teach those techniques that made the U.S. program Gold and Silver medalists in the Olympics. We don't need the tallest players; we just need those athletes with the biggest hearts and those girls willing to go the "extra mile" to succeed on the court.

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 reasons a young girls will get into volleyball. While we are 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.

Who is Xceleration Volleyball Club

Xceleration's club owner is Jon Segall, who began the club in 2001 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.

We offer competitive teams that compete regionally and nationally in a season that runs from December through early July. We also offer a training schedule involving clinics and private lessons that runs from mid July through October. Our practice facilities are located in Alameda and Concord.

As of now we have the following excellent coaches on our staff. We are in the process of adding more prior to the start of the coming season.

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|-------------------|-------------------|
| ◇ Andy Schroeder | ◇ Chris Wells |
| ◇ Jeremy Swan | ◇ Lindsey Bronson |
| ◇ Colleen Boston | ◇ Sean Farlin |
| ◇ Bonnie Wilson | ◇ Petra Martinez |
| ◇ Jon Segall | ◇ Randy Lopez |
| ◇ Erin Houghton | ◇ Kevin Jorgenson |
| ◇ Kelly Maldonado | |

IMPORTANT DATES

SATURDAY, NOVEMBER 1, 2008 TRYOUTS – BLADIUM ALAMEDA

2:00pm – 4:30pm Ages 12/13/14

4:30pm – 7:30pm Ages 15/16

7:30pm – 10:00pm Ages 17/18

NOTE: A MANDATORY parents meeting occurs at the start of each session.

CLINICS – BLADIUM ALAMEDA

SUNDAY, SEPTEMBER 28, 2008

15 & under - 12:00pm – 2:00pm

16 & older - 2:00pm – 4:00pm

SUNDAY, OCTOBER 5, 2008

15 & under - 12:00pm – 2:00pm

16 & older - 2:00pm – 4:00pm

SUNDAY, OCTOBER 12, 2008

15 & under - 12:00pm – 2:00pm

16 & older - 2:00pm – 4:00pm

SUNDAY, OCTOBER 19, 2008

15 & under - 12:00pm – 2:00pm

16 & older - 2:00pm – 4:00pm

Tryout Cost: \$ 35.00

Clinic Cost: \$ 20.00 per clinic. Prepay for all four and pay only \$ 75.00

Sign-up sheets are available online at our website and will be available at all clinics and tryouts.

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